

# FAITH RX'D (UK)

England & Wales · Charity number 1174505

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2017-09-05

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

## Contact

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**Address** Lower Guscott  
Huntshaw  
Torrington  
EX38 7HE

**Phone** 07817456322

**Email** [faithrxduk@gmail.com](mailto:faithrxduk@gmail.com)

## Activities

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**Objects:** THE PROMOTION OF THE CHRISTIAN FAITH, FOR THE PUBLIC BENEFIT, AMONGST THE FITNESS COMMUNITY IN THE UK, THROUGH ORGANISING LOCAL CHAPTERS, TRAINING EVENTS, FESTIVALS, RESOURCING AND COMPETITION PRESENCE.

**Activities:** Our activities include Chapters: Volunteer-led chapters strengthen the fitness community through workouts, prayer, teaching, open discussion, social and service events. Training Events, Festival Gyms: Service: : Apply goal setting, strength, determination and teamwork inspired by the example and Biblical admonitions and refined by the challenge of functional fitness to serve a world in need.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Religious Activities
- **Who:** The General Public/mankind

## Geography

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- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£965	£676	-	-
2024-06-30	£1,397	£1,640	-	-
2023-06-30	£181	£1,013	-	-
2022-06-30	£1,397	£1,756	-	-
2021-06-30	£3,124	£1,803	-	-

## Trustees

Name	Role	Appointed
<b>MATTHEW WILCOX</b>	Chair	2017-04-27
IAN DAWSON		2017-04-27
Jim Cozelman		2019-07-03
LOUISE WILCOX		2017-04-27

**FAITH RX'D (UK)**

England & Wales - Charity number 1174505

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# Accounts

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Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
		01	07		2024	30

## Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Lower Guscott	
Huntshaw	
Torrington	
Postcode	EX38 7HE

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Matt Wilcox	Chair		
2	Ian Dawson			
3	Louise Wilcox			
4	Jim Conzleman			

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	Foundation model dated 24 <sup>th</sup> April 2017
How the charity is constituted <small>(eg. trust, association, company)</small>	The Charity is a Charitable Incorporated Organisation
Trustee selection methods <small>(eg. appointed by, elected by)</small>	

## Section C Objectives and activities

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

The objects of the CIO are  
The promotion of the Christian faith, for the public benefit, amongst the fitness community in the UK, through organising local chapters, training events, festivals, resourcing, and competition presence.

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)

## Section D

Summary of the main achievements of the charity during the year

Engage: by inspiring the community to pursue greatness through authentic relationships, social media and competition presence

Equip: our community by providing enriching content, "Ambassador weekend training camps three times per year, chapter events in cities around the country, and an annual "IMPACT" conference for chapter leadership teams

Expand: when our leaders and those whom they influence are mature Christians and able to run activities in their communities, and organise acts of service, while engaging others as described above.

Chapters: Volunteer-led chapters strengthen the fitness community through workouts, prayer, teaching, open discussion, social and service events. People of all beliefs are encouraged to attend. This is the heart of Faith Rx'd.

Training Events: Each "Ambassadors" weekend event allows participants to grow physically and spiritually as they train with our world-class coaches and connect with fellow athletes, coaches and gym owners. They learn how faith can bring renewed purpose to their athletic performance, profession and relationships, and steer them in a positive direction.

Festival Gyms: Volunteers attend festivals and offer free fitness and health sessions. The aim is to get attendees to recognise the value of looking at their health as being physical, mental and spiritual. Often combined with a merchandise stall to promote the charity and its goals.

Service: Apply goal setting, strength, determination and teamwork inspired by the example and Biblical admonitions and refined by the challenge of functional fitness to serve a world in need. Our staff will work closely with Chapter leaders to create local and international opportunities for sustained, life giving impact through partnerships with other successful non-profit service organizations. We base our work in this area on the biblical admonition to love and serve our neighbour.

Competition Presence: Leaders staff a booth for athletes and fans to become familiar with the opportunities provided by Faith Rx'd. Branded merchandise is available to advertise the organisation and help fund events.

### Achievements in 2024-25

The charity continues to maintain it's standing during the last financial year.

Our chapters in Cardiff, Barnstaple, Belfast and Darwen continue to meet regularly, and provide services to their local fitness communities. We have now begun to explore new chapters in South Wales and two in Cornwall, with an aim to start them before the end of 2025.

In August 2024 we attended Creationfest and delivered sessions to over 120 people. While event numbers were lower than the previous year this was representative of a drop in numbers for the event as a whole. We were given a bigger space than last year and so while not a full gym set up ran closer to previous years. The organisers were again delighted to have us in attendance but continue to wrestle with finances and the future of the event is far from clear. We have commenced plans for August 2025 with promises of a dedicated space and increased footprint.

We continue to partner with Sports Chaplaincy UK and their Gym Chaplain Initiative, and with TotalFit to promote their work in the UK. Our relationship with the European Christian Sports Ministry is now well established with a seat on their steering committee for the Fitness Stream of the organisation, and a lead role in organising and facilitating their bi-annual conference in Germany in May 2025.

We are also involved in helping the Faith RXD Global brand get re-established after an almost total collapse following the covid pandemic, providing their new owners with significant advice and guidance. This positions us well to lean into their greater resources and future expansion.

We continue to look to partner and develop other ministries in the coming year to both solidify our position and seek to expand into other areas of the UK and Europe if the opportunities present themselves. We remain the largest Faith and Fitness ministry in the UK.

## Section E Financial review

**Brief statement of the charity's policy on reserves**


The charity seeks to maintain a reasonable level of reserves to maintain its regular activities with risks deemed to be low at present.  
Reserves at 30<sup>th</sup> June 2025 were £978.34

**Details of any funds materially in deficit**

## Section G Declaration

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Matt Wilcox	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	

Date 4/8/25



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Faith Rx'd UK

No (if any)

## Receipts and payments accounts

CC16a

For the period from 01/07/2024 To 30/06/2025

### 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 £
<b>A1 Receipts</b>					
Donations	965	0	0	965	1,397
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total (Gross income for AR)</b>	<b>965</b>	<b>0</b>	<b>0</b>	<b>965</b>	<b>1,397</b>
<b>A2 Asset and investment sales, (see table).</b>					
	0	0	0	0	
	0	0	0	0	0
<b>Sub total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total receipts</b>	<b>965</b>	<b>0</b>	<b>0</b>	<b>965</b>	<b>1,397</b>
<b>A3 Payments</b>					
Event Costs	301	0	0	301	854
Office costs	375	0	0	375	759
Bank Charges	0	0	0	0	28
Equipment	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total</b>	<b>676</b>	<b>0</b>	<b>0</b>	<b>676</b>	<b>1,640</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	0	0	0	0	
	0	0	0	0	0
<b>Sub total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total payments</b>	<b>676</b>	<b>0</b>	<b>0</b>	<b>676</b>	<b>1,640</b>
<b>Net of receipts/(payments)</b>	<b>289</b>	<b>0</b>	<b>0</b>	<b>289</b>	<b>(244)</b>
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	689	0	0	689	933
<b>Cash funds this year end</b>	<b>978</b>	<b>0</b>	<b>0</b>	<b>978</b>	<b>689</b>

# 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 £
<b>B1 Cash funds</b>	Bank Account	978	0	0
		0	0	0
		0	0	0
		0	0	0
	<b>Total cash funds</b>	<b>978</b>	<b>0</b>	<b>0</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

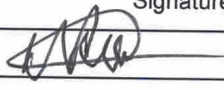
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			0	0
			0	0
			0	0
			0	0
			0	0

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			0	
			0	
			0	
			0	
			0	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	MATT WILGAY	11/9/25

**FAITH RX'D (UK)**

England & Wales - Charity number 1174505

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# Accounts

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Trustees' Annual Report for the period									
From		Period start date			To		Period end date		
		01	07	2023			30	06	2024

## Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Lower Guscott
Huntshaw
Torrington
Postcode <input type="text" value="EX38 7HE"/>

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Matt Wilcox	Chair		
2	Ian Dawson			
3	Louise Wilcox			
4	Jim Conzleman			

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Foundation model dated 24 <sup>th</sup> April 2017
How the charity is constituted (eg. trust, association, company)	The Charity is a Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	

## Section C Objectives and activities

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

The objects of the CIO are  
The promotion of the Christian faith, for the public benefit, amongst the fitness community in the UK, through organising local chapters, training events, festivals, resourcing, and competition presence.

**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)**

## Section D

**Summary of the main achievements of the charity during the year**

Engage: by inspiring the community to pursue greatness through authentic relationships, social media and competition presence

Equip: our community by providing enriching content, "Ambassador weekend training camps three times per year, chapter events in cities around the country, and an annual "IMPACT" conference for chapter leadership teams

Expand: when our leaders and those whom they influence are mature Christians and able to run activities in their communities, and organise acts of service, while engaging others as described above.

Chapters: Volunteer-led chapters strengthen the fitness community through workouts, prayer, teaching, open discussion, social and service events. People of all beliefs are encouraged to attend. This is the heart of Faith Rx'd.

Training Events: Each "Ambassadors" weekend event allows participants to grow physically and spiritually as they train with our world-class coaches and connect with fellow athletes, coaches and gym owners. They learn how faith can bring renewed purpose to their athletic performance, profession and relationships, and steer them in a positive direction.

Festival Gyms: Volunteers attend festivals and offer free fitness and health sessions. The aim is to get attendees to recognise the value of looking at their health as being physical, mental and spiritual. Often combined with a merchandise stall to promote the charity and its goals.

Service: Apply goal setting, strength, determination and teamwork inspired by the example and Biblical admonitions and refined by the challenge of functional fitness to serve a world in need. Our staff will work closely with Chapter leaders to create local and international opportunities for sustained, life giving impact through partnerships with other successful non-profit service organizations. We base our work in this area on the biblical admonition to love and serve our neighbour.

Competition Presence: Leaders staff a booth for athletes and fans to become familiar with the opportunities provided by Faith Rx'd. Branded merchandise is available to advertise the organisation and help fund events.

### Achievements in 2023-24

The charity continues to maintain it's standing during the last financial year.

Our chapters in Devon, Cardiff, Barnstaple, and Darwen continue to meet regularly, and provide services to their local fitness communities

In August 2023 we attended Creationfest and delivered sessions to over 140 people but with limited space and on a 'pop up' gym basis, having to set up and then pack down after each session. This wasn't ideal as we didn't get to have a presence to engage with the wider audience at the festival. The organisers are always thrilled to have us back but they are struggling with financial issues just like many festivals and so had to limit the number of marquees they hire. We have commenced plans for August 2024 with promises of a dedicated space.

We continue to partner with Sports Chaplaincy UK and their Gym Chaplain Initiative, and with TotalFit to promote their work in the UK. Our relationship with the European Christian Sports Ministry has continued to improve with a seat on their steering committee for the Fitness Stream of the organisation giving us both influence on direction and opportunities to shape policy.

We continue to look to partner and develop other ministries in the coming year to both solidify our position and seek to expand into other areas of the UK and Europe if the opportunities present themselves. We remain the largest Faith and Fitness ministry in the UK.

## Section E Financial review

**Brief statement of the charity's policy on reserves**

The charity seeks to maintain a reasonable level of reserves to maintain its regular activities with risks deemed to be low at present.  
Reserves at 30<sup>th</sup> June 2022 were £689.34

**Details of any funds materially in deficit**

## Section G Declaration

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

**Signed on behalf of the charity's trustees**

<b>Signature(s)</b>		
<b>Full name(s)</b>	Matt Wilcox	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	

**Date**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name Faith Rx'd UK	No (if any)
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## Receipts and payments accounts

CC16a

For the period from	Period start date 01/07/2023	To	Period end date 30/06/2024
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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 £
<b>A1 Receipts</b>					
Donations	1,397	0	0	1,397	120
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total (Gross income for AR)</b>	<b>1,397</b>	<b>0</b>	<b>0</b>	<b>1,397</b>	<b>120</b>
<b>A2 Asset and investment sales, (see table).</b>					
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total receipts</b>	<b>1,397</b>	<b>0</b>	<b>0</b>	<b>1,397</b>	<b>120</b>
<b>A3 Payments</b>					
Event Costs	854	0	0	854	642
Office costs	759	0	0	759	88
Bank Charges	28	0	0	28	2
Equipment	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total</b>	<b>1,640</b>	<b>0</b>	<b>0</b>	<b>1,640</b>	<b>732</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total payments</b>	<b>1,640</b>	<b>0</b>	<b>0</b>	<b>1,640</b>	<b>732</b>
<b>Net of receipts/(payments)</b>	<b>(244)</b>	<b>0</b>	<b>0</b>	<b>(244)</b>	<b>(612)</b>
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	933	0	0	933	0
<b>Cash funds this year end</b>	<b>689</b>	<b>0</b>	<b>0</b>	<b>689</b>	<b>(612)</b>

## 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 £
<b>B1 Cash funds</b>	Bank Account	689	0	0
		0	0	0
		0	0	0
	<b>Total cash funds</b>	<b>689</b>	<b>0</b>	<b>0</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			0	0
			0	0
			0	0
			0	0
			0	0

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			0	
			0	
			0	
			0	
			0	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval

**FAITH RX'D (UK)**

England & Wales - Charity number 1174505

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# Accounts

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Trustees' Annual Report for the period									
From		Period start date			To		Period end date		
		01	07	2022			30	06	2023

## Section A Reference and administration details

<b>Charity name</b>	FAITH RX'D UK
<b>Other names charity is known by</b>	
<b>Registered charity number (if any)</b>	1174505
<b>Charity's principal address</b>	Lower Guscott
	Huntshaw
	Torrington
	<b>Postcode</b> EX38 7HE

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Matt Wilcox	Chair		
2	Ian Dawson			
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**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)**

## Section D

**Summary of the main achievements of the charity during the year**

Engage: by inspiring the community to pursue greatness through authentic relationships, social media and competition presence

Equip: our community by providing enriching content, "Ambassador weekend training camps three times per year, chapter events in cities around the country, and an annual "IMPACT" conference for chapter leadership teams

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Training Events: Each "Ambassadors" weekend event allows participants to grow physically and spiritually as they train with our world-class coaches and connect with fellow athletes, coaches and gym owners. They learn how faith can bring renewed purpose to their athletic performance, profession and relationships, and steer them in a positive direction.

Festival Gyms: Volunteers attend festivals and offer free fitness and health sessions. The aim is to get attendees to recognise the value of looking at their health as being physical, mental and spiritual. Often combined with a merchandise stall to promote the charity and its goals.

Service: Apply goal setting, strength, determination and teamwork inspired by the example and Biblical admonitions and refined by the challenge of functional fitness to serve a world in need. Our staff will work closely with Chapter leaders to create local and international opportunities for sustained, life giving impact through partnerships with other successful non-profit service organizations. We base our work in this area on the biblical admonition to love and serve our neighbour.

Competition Presence: Leaders staff a booth for athletes and fans to become familiar with the opportunities provided by Faith Rx'd. Branded merchandise is available to advertise the organisation and help fund events.

### **Achievements in 2022-23**

The charity continues to maintain its standing during the last financial year.

Our chapters in Devon, Cardiff, Barnstaple, and Darwen continue to meet regularly, and provide services to their local fitness communities.

In August 2022 we attended Creationfest at the Royal Cornwall Showground. This has been a staple of our charity for many years now and it was great to be able to meet and engage with our primary audience – Christians who are active in the fitness space. Our space was limited, and it wasn't as easy to deliver a full programme. However, we still engaged with over a 100 people. Organisers have promised us a better space next year.

Other opportunities to attend shows has proved fruitless this year but we continue to seek these opportunities as they present.

We continue to partner with Sports Chaplaincy UK and their Gym Chaplain Initiative, and with TotalFit to promote their work in the UK. Our relationship with the European Christian Sports Ministry is excellent now and we were able to attend and speak at their full conference in Malta during May 2023.

We remain the largest Faith and Fitness ministry in the UK.

## Section E Financial review

**Brief statement of the charity's policy on reserves**

The charity seeks to maintain a reasonable level of reserves to maintain its regular activities with risks deemed to be low at present.  
Reserves at 30<sup>th</sup> June 2022 were £933.02

**Details of any funds materially in deficit**

## Section G Declaration

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Matt Wilcox	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	30/7/23	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name Faith Rx'd UK	No (if any)
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## Receipts and payments accounts

CC16a

For the period from	Period start date 01/07/2022	To	Period end date 30/06/2023
------------------------	---------------------------------	----	-------------------------------

### 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 £
<b>A1 Receipts</b>					
Donations	120	0	0	120	620
Merchandise	0	0	0	0	777
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total (Gross income for AR)</b>	<b>120</b>	<b>0</b>	<b>0</b>	<b>120</b>	<b>1,397</b>
<b>A2 Asset and investment sales, (see table).</b>					
	0	0	0	0	
	0	0	0	0	0
<b>Sub total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total receipts</b>	<b>120</b>	<b>0</b>	<b>0</b>	<b>120</b>	<b>1,397</b>
<b>A3 Payments</b>					
Event Costs	642	0	0	642	1,428
Office costs	88	0	0	88	227
Bank Charges	2	0	0	2	6
Equipment	0	0	0	0	95
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total</b>	<b>732</b>	<b>0</b>	<b>0</b>	<b>732</b>	<b>1,756</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	0	0	0	0	
	0	0	0	0	0
<b>Sub total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total payments</b>	<b>732</b>	<b>0</b>	<b>0</b>	<b>732</b>	<b>1,756</b>
<b>Net of receipts/(payments)</b>	<b>(612)</b>	<b>0</b>	<b>0</b>	<b>(612)</b>	<b>(359)</b>
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	1,545	0	0	1,545	0
<b>Cash funds this year end</b>	<b>933</b>	<b>0</b>	<b>0</b>	<b>933</b>	<b>(359)</b>

## 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 £
<b>B1 Cash funds</b>	Bank Account	933	0	0
		0	0	0
		0	0	0
	<b>Total cash funds</b>	<b>933</b>	<b>0</b>	<b>0</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			0	0
			0	0
			0	0
			0	0
			0	0

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			0	
			0	
			0	
			0	
			0	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval

**FAITH RX'D (UK)**

England & Wales - Charity number 1174505

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# Accounts

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## **Faith RX'D**

# **Trustees Annual Report and Accounts**

**For the year ended 30<sup>th</sup> June 2022**

Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
		01	07		2021	

## Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Lower Guscott
Huntshaw
Torrington
Postcode <input type="text" value="EX38 7HE"/>

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Matt Wilcox	Chair		
2	Ian Dawson			
3	Louise Wilcox			
4	Jim Cozelman			

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Foundation model dated 24 <sup>th</sup> April 2017
How the charity is constituted (eg. trust, association, company)	The Charity is a Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	

## Section C Objectives and activities

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

The objects of the CIO are  
The promotion of the Christian faith, for the public benefit, amongst the fitness community in the UK, through organising local chapters, training events, festivals, resourcing, and competition presence.

**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)**

## Section D

**Summary of the main achievements of the charity during the year**

Engage: by inspiring the community to pursue greatness through authentic relationships, social media and competition presence  
Equip: our community by providing enriching content, "Ambassador weekend training camps three times per year, chapter events in cities around the country, and an annual "IMPACT" conference for chapter leadership teams  
Expand: when our leaders and those whom they influence are mature Christians and able to run activities in their communities, and organise acts of service, while engaging others as described above.  
Chapters: Volunteer-led chapters strengthen the fitness community through workouts, prayer, teaching, open discussion, social and service events. People of all beliefs are encouraged to attend. This is the heart of Faith Rx'd.  
Training Events: Each "Ambassadors" weekend event allows participants to grow physically and spiritually as they train with our world-class coaches and connect with fellow athletes, coaches and gym owners. They learn how faith can bring renewed purpose to their athletic performance, profession and relationships, and steer them in a positive direction.  
Festival Gyms: Volunteers attend festivals and offer free fitness and health sessions. The aim is to get attendees to recognise the value of looking at their health as being physical, mental and spiritual. Often combined with a merchandise stall to promote the charity and its goals.  
Service: Apply goal setting, strength, determination and teamwork inspired by the example and Biblical admonitions and refined by the challenge of functional fitness to serve a world in need. Our staff will work closely with Chapter leaders to create local and international opportunities for sustained, life giving impact through partnerships with other successful non-profit service organizations. We base our work in this area on the biblical admonition to love and serve our neighbour.  
Competition Presence: Leaders staff a booth for athletes and fans to become familiar with the opportunities provided by Faith Rx'd. Branded merchandise is available to advertise the organisation and help fund events.

### Achievements in 2021-22

The Covid pandemic hit the fitness community heavily and it wasn't really until January 2022 that we were able to relaunch running both local Chapter meetings and National events. Up until the end of then we maintained good relationships with our supporters, volunteer work force and partners. In October 2021 we ran a weekend team building event on the edge of the Brecon Beacons with 12 of our regular staff group, and potential future volunteers.

Our chapters started meeting again in early 2022 with 3 surviving the pandemic and gym closures. In March 2022 we launched a new chapter in Darwen, near Manchester. This has the prospect of being potentially our most successful gym as it fits into a strong existing team with significant resources. The launch event attracted over 30 people of all ages. They are already working with Substance misusers and several clients attended the launch event.

We have been invited to attend and run activities at Creationfest in August 2022 and this will be our first major event since 2019.

In the last year we have partnered with Sports Chaplaincy UK to relaunch the Gym Chaplain Initiative and the first gym chaplains are already active in the UK. We are also partnering with TotalFit to promote their work in the UK. Our relationship with the European Christian Sports Ministry is excellent now and we were able to attend and speak at their Health and

Fitness Conference in Germany during May 2022. We continue to look to partner with other ministries in the coming year to both solidify our position and seek to expand into other areas of the UK and Europe if the opportunities present themselves. We remain the largest Faith and Fitness ministry in the UK.

**Section E Financial review**

**Brief statement of the charity’s policy on reserves**

The charity seeks to maintain a reasonable level of reserves to maintain its regular activities with risks deemed to be low at present.  
Reserves at 30<sup>th</sup> June 2022 were £1,545.22

**Details of any funds materially in deficit**

**Section G Declaration**

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

Signed on behalf of the charity’s trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Matt Wilcox	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	

**Date** 27/02/2023



Charity Name Faith RX'D UK	No (if any)
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**CC16a**

## Receipts and payments accounts

For the period from	Period start date 01/07/2021	To	Period end date 30/06/2022
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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 £
<b>A1 Receipts</b>					
Donations	620	0	0	620	2,270
Merchandise	777	0	0	777	0
Gift aid received	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total (Gross income for AR)</b>	<b>1,397</b>	<b>0</b>	<b>0</b>	<b>1,397</b>	<b>2,270</b>
<b>A2 Asset and investment sales, (see table).</b>					
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total receipts</b>	<b>1,397</b>	<b>0</b>	<b>0</b>	<b>1,397</b>	<b>2,270</b>
<b>A3 Payments</b>					
Equipment	95	0	0	95	445
Events	1,428	0	0	1,428	0
Office costs	227	0	0	227	179
Grant	0	0	0	0	325
Bank charges	6	0	0	6	0
	0	0	0	0	0
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total</b>	<b>1,756</b>	<b>0</b>	<b>0</b>	<b>1,756</b>	<b>949</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	0	0	0	0	0
	0	0	0	0	0
<b>Sub total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total payments</b>	<b>1,756</b>	<b>0</b>	<b>0</b>	<b>1,756</b>	<b>949</b>
<b>Net of receipts/(payments)</b>	<b>(359)</b>	<b>0</b>	<b>0</b>	<b>(359)</b>	<b>1,321</b>
<b>A5 Transfers between funds</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>A6 Cash funds last year end</b>	<b>1,904</b>	<b>0</b>	<b>0</b>	<b>1,904</b>	<b>583</b>
<b>Cash funds this year end</b>	<b>1,545</b>	<b>0</b>	<b>0</b>	<b>1,545</b>	<b>1,904</b>

## 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 £
<b>B1 Cash funds</b>	Bank account	1,545	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>1,545</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Matt Wilcox		27/02/2023

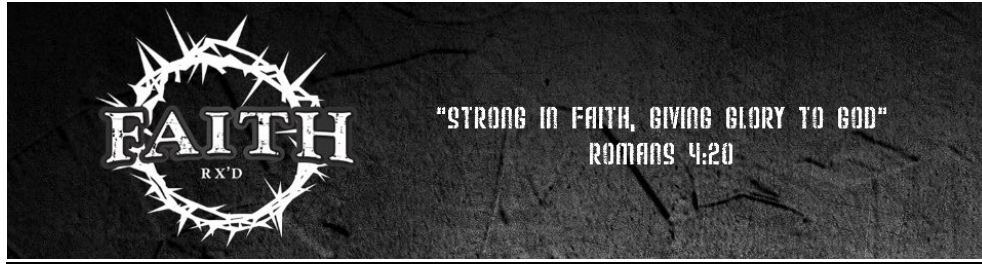
**FAITH RX'D (UK)**

England & Wales - Charity number 1174505

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# Accounts

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## **Faith RX'D**

# **Trustees Annual Report and Accounts**

**For the year ended 30<sup>th</sup> June 2021**

# Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	07	2020	To	30	06	2021

## Section A Reference and administration details

<b>Charity name</b>	FAITH RX'D UK		
<b>Other names charity is known by</b>			
<b>Registered charity number (if any)</b>	1174505		
<b>Charity's principal address</b>	Lower Guscott		
	Huntshaw		
	Torrington		
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;"><b>Postcode</b></td> <td style="border: 1px solid black; padding: 2px;">EX38 7HE</td> </tr> </table>	<b>Postcode</b>	EX38 7HE
<b>Postcode</b>	EX38 7HE		

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Matt Wilcox	Chair		
2	Ian Dawson			
3	Louise Wilcox			
4	Jim Cozelman			

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	Foundation model dated 24 <sup>th</sup> April 2017
How the charity is constituted <small>(eg. trust, association, company)</small>	The Charity is a Charitable Incorporated Organisation
Trustee selection methods <small>(eg. appointed by, elected by)</small>	

## Section C Objectives and activities

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

The objects of the CIO are  
The promotion of the Christian faith, for the public benefit, amongst the fitness community in the UK, through organising local chapters, training events, festivals, resourcing and competition presence.

**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)**

## Section D

**Summary of the main achievements of the charity during the year**

Engage: by inspiring the community to pursue greatness through authentic relationships, social media and competition presence  
Equip: our community by providing enriching content, "Ambassador weekend training camps three times per year, chapter events in cities around the country, and an annual "IMPACT" conference for chapter leadership teams  
Expand: when our leaders and those whom they influence are mature Christians and able to run activities in their communities, and organise acts of service, while engaging others as described above.  
Chapters: Volunteer-led chapters strengthen the fitness community through workouts, prayer, teaching, open discussion, social and service events. People of all beliefs are encouraged to attend. This is the heart of Faith Rx'd.

Training Events: Each "Ambassadors" weekend event allows participants to grow physically and spiritually as they train with our world-class coaches and connect with fellow athletes, coaches and gym owners. They learn how faith can bring renewed purpose to their athletic performance, profession and relationships, and steer them in a positive direction.

Festival Gyms: Volunteers attend festivals and offer free fitness and health sessions. The aim is to get attendees to recognise the value of looking at their health as being physical, mental and spiritual. Often combined with a merchandise stall to promote the charity and its goals.

Service: Apply goal setting, strength, determination and teamwork inspired by the example and Biblical admonitions and refined by the challenge of functional fitness to serve a world in need. Our staff will work closely with Chapter leaders to create local and international opportunities for sustained, life giving impact through partnerships with other successful non-profit service organizations. We base our work in this area on the biblical admonition to love and serve our neighbour.

Competition Presence: Leaders staff a booth for athletes and fans to become familiar with the opportunities provided by Faith Rx'd. Branded merchandise is available to advertise the organisation and help fund events.

### Achievements

The last two years have been the most difficult of our existence. The Covid 19 Pandemic which started in March 2020 and is still ongoing at the time of writing all but stopped our charitable activities.

Gyms and large public events have been stopped and this has prevented us running both local Chapter meetings and National events. Instead, we focused on maintain the equipment and growing our volunteer work force to deliver in person work as soon as the pandemic ends. To this end we have been running weekly support groups for our staff team and supporters. This has been popular and has enabled us to identify and equip key staff for future events.

We remain the largest Faith and Fitness ministry in the UK, but we will be looking to partner with other ministries in the coming year to both solidify our position and seek to expand into other areas of the UK and Europe if the opportunities present themselves.

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

The charity seeks to maintain a reasonable level of reserves to maintain its regular activities with risks deemed to be low at present.  
Reserves at 30<sup>th</sup> June 2021 were £1904.01

**Details of any funds materially in deficit**

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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**

<b>Signature(s)</b>		
<b>Full name(s)</b>	Matt Wilcox	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	27/02/2022	



Charity Name Faith RX'D UK	No (if any)
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<b>CC16a</b>
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## Receipts and payments accounts

For the period from	Period start date 01/07/2020	To	Period end date 30/06/2021
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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 £
<b>A1 Receipts</b>					
Donations	2,270	-	-	2,270	1,235
Merchandise	-	-	-	-	976
Gift aid received	-	-	-	-	186
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>2,270</b>	<b>-</b>	<b>-</b>	<b>2,270</b>	<b>2,397</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>2,270</b>	<b>-</b>	<b>-</b>	<b>2,270</b>	<b>2,397</b>
<b>A3 Payments</b>					
Equipment	445	-	-	445	300
Events	-	-	-	-	1,120
Office costs	179	-	-	179	52
Grant	325	-	-	325	858
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>949</b>	<b>-</b>	<b>-</b>	<b>949</b>	<b>2,330</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>949</b>	<b>-</b>	<b>-</b>	<b>949</b>	<b>2,330</b>
<b>Net of receipts/(payments)</b>	<b>1,321</b>	<b>-</b>	<b>-</b>	<b>1,321</b>	<b>67</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>1,092</b>	<b>-</b>	<b>-</b>	<b>1,092</b>	<b>1,025</b>
<b>Cash funds this year end</b>	<b>2,413</b>	<b>-</b>	<b>-</b>	<b>2,413</b>	<b>1,092</b>

## 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 £
<b>B1 Cash funds</b>	Bank account	1,092	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>1,092</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
<b>B2 Other monetary assets</b>	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Matt Wilcox		27/02/20220