



## **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

Charity name	FAITH RX'D UK	
Other names charity is known by		
Registered charity number (if any)	1174505	
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 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

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**

## Section G Declaration

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

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

**Signature(s)**

**Full name(s)**

**Position (eg Secretary, Chair, etc)**

**Date**

Matt Wilcox		
Chair		

27/02/2022



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

Receipts and payments accounts

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For the period from	Period start date	To	Period end date
	01/07/2020		30/06/2021

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 £
<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>	2,270	-	-	2,270	2,397
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	2,270	-	-	2,270	2,397
<b>A3 Payments</b>					
Equipment	445	-	-	445	300
Events	-	-	-	-	1,120
Office costs	179	-	-	179	52
Grant	325	-	-	325	858
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	949	-	-	949	2,330
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	949	-	-	949	2,330
<b>Net of receipts/(payments)</b>	1,321	-	-	1,321	67
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	1,092	-	-	1,092	1,025
<b>Cash funds this year end</b>	2,413	-	-	2,413	1,092

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	Bank account	1,092	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	1,092	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
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 or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Matt Wilcox	27/02/20220	