



Faith RX'D

Trustees Annual Report and Accounts

For the year ended 30th June 2022

Trustees' Annual Report for the period						
	Period start date			To	Period end date	
From	01	07	2021		30	06 2022

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 th 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 30th 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

Signature(s)		
Full name(s)	Matt Wilcox	
Position (eg Secretary, Chair, etc)	Chair	

Date 27/02/2023



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

Receipts and payments accounts

CC16a

For the period from	Period start date 01/07/2021	To	Period end date 30/06/2022
------------------------	---------------------------------	----	-------------------------------

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	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
Sub total (Gross income for AR)	1,397	0	0	1,397	2,270
A2 Asset and investment sales, (see table).					
	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total receipts	1,397	0	0	1,397	2,270
A3 Payments					
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
Sub total	1,756	0	0	1,756	949
A4 Asset and investment purchases, (see table)					
	0	0	0	0	0
	0	0	0	0	0
Sub total	0	0	0	0	0
Total payments	1,756	0	0	1,756	949
Net of receipts/(payments)	(359)	0	0	(359)	1,321
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	1,904	0	0	1,904	583
Cash funds this year end	1,545	0	0	1,545	1,904

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	1,545	-	-
		-	-	-
		-	-	-
	Total cash funds	1,545	-	-
	(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 or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Matt Wilcox	27/02/2023	