

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

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 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 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 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 30th 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

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

Date

4/8/24



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Faith Rx'd UK

No (if any)

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/07/2023

To

Period end date
30/06/2024

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	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
Sub total (Gross income for AR)	1,397	0	0	1,397	120
A2 Asset and investment sales, (see table).					
	0	0	0	0	
	0	0	0	0	0
Sub total	0	0	0	0	0
Total receipts	1,397	0	0	1,397	120
A3 Payments					
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
Sub total	1,640	0	0	1,640	732
A4 Asset and investment purchases, (see table)					
	0	0	0	0	
	0	0	0	0	0
Sub total	0	0	0	0	0
Total payments	1,640	0	0	1,640	732
Net of receipts/(payments)	(244)	0	0	(244)	(612)
A5 Transfers between funds	0	0	0	0	0
A6 Cash funds last year end	933	0	0	933	0
Cash funds this year end	689	0	0	689	(612)

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	689	0	0
		0	0	0
		0	0	0
	Total cash funds	689	0	0
	(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 £
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			0	0
			0	0
			0	0
			0	0
			0	0
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			0	
			0	
			0	
			0	
			0	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	