



Trustees' Annual Report for the period

From

Period start date

01 08 2020

To

Period end date

31 07 2021

Section A

Reference and administration details

Charity name Evexia Foundation

Other names charity is known by n/a

Registered charity number (if any) 1176962

Charity's principal address 3 Cedarwood Close

Reepham

Norfolk

Postcode

NR10 4FP

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 Clare Kenvyn	Chair		Membership at AGM
2 Wendy van der Haagen Boyd	Treasurer		
3 Nick Thyer	Secretary		
4			
5			
6			
7			
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9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)**Type of adviser****Name****Address**

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document

(eg. trust deed, constitution)

Constitution adopted 20 June 2017

How the charity is constituted

(eg. trust, association, company)

Charitable Incorporated Organisation

Trustee selection methods

(eg. appointed by, elected by)

Elected by members at AGM

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

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

1. FOR THE PUBLIC BENEFIT TO ADVANCE THE EDUCATION OF COMMUNITIES ACROSS ENGLAND AND WALES ON THE SUBJECT OF MENTAL HEALTH AND PERSONAL RESILIENCE.

2. FOR THE PUBLIC BENEFIT TO ADVANCE GOOD HEALTH AND PRESERVE AND PROTECT HEALTH THROUGH THE PROVISION OF ACTIVITIES WITH PROVEN HEALTH BENEFITS WITHIN COMMUNITIES, WORKPLACES OR OTHER SETTINGS.

THESE PURPOSES WILL BE REALISED THROUGH A HOLISTIC SUITE OF PRACTICE THAT WILL INCLUDE PHYSICAL ACTIVITY, RECOGNISED COURSES (SUCH AS THE MENTAL HEALTH FIRST AID AWARD), AND THE

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)

POSSIBILITY OF BESPOKE INTERVENTIONS TO MEET THE NEEDS OF SPECIFIC COMMUNITIES.
IN THIS CLAUSE 'PERSONAL RESILIENCE' IS DEFINED AS 'THE ABILITY TO COPE WITH DAILY CHALLENGE, DISAPPOINTMENT AND PAIN AND TO RECOVER FROM THESE SET-BACKS AND RETAIN A SENSE OF SELF-WORTH AND DIGNITY OF ONESELF AND OTHERS', (HEALTH EDUCATION AUTHORITY, 1997)

Throughout the year, especially during planning meetings, the trustees have taken into account the guidance issued by the Charity Commission on public benefit (ref. 'public benefit requirement', The Charities Act, 2011).

The trustees also took into account additional guidance issued, including from the Government, regarding the lockdown and then subsequent easing of restrictions associated with the coronavirus pandemic.

A programme of weekly community-based Pilates and Tai Chi classes has been established and a small number of tailored classes have also been provided. During periods of lockdown, classes were delivered on-line

On-line Mental Health First Aid courses have been provided and workshops around personal resilience have been developed and delivered

With support from the National Lottery Community Fund, work on a project - "Resilient Reepham: Positive Steps Towards Better Mental Health" - was delivered in the local community where Evexia is registered.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The programme of weekly Pilates and Tai Chi classes continued to develop, Pilates classes are now full with a small waiting list, and all community classes now have a core of regular participants. Classes were promoted via Evexia's website, social media and a promotional campaign including posters, adverts in the community newspaper and written articles. Word of mouth has also proved important in raising levels of awareness and encouraging people to join in. Classes continue to involve participants facing a wide range of health issues, and those seeking to recover from injury/operations. Participants have also been supportive to each other when personal difficulties/issues have been shared with the group. Class teachers maintain professional development and development of their personal practice in order to be able to safely and effectively deliver classes to a wide range of participants.

The tai chi classes have benefited from being rescheduled to a morning class. Some of the longer standing participants have encouraged friends to join. During lockdown classes were delivered online, and most participants were able to continue with tai chi this way. And when restrictions were eased, classes took place outside which our participants found they really enjoyed. Being able to exercise outside in fresh air was really appreciated, plus the outside space provided a feeling of safety. Unfortunately all the restrictions associated with lockdown mean that meeting in a local café for tea/coffee and cake has all but come to a halt.

During periods of lockdown, Pilates classes continued to operate via an online programme. The 'zoom room' opened before class was due to commence and remained open after class, and this allowed some valuable time for participants to chat with each other and establish a feeling of connection. This was important to their well being. Classes were also recorded and made available to individuals not able to attend the regular class slot.

A key activity for Evexia was to deliver the project for which grant funding from the National Lottery Community Fund had been received. Initially, due to lockdown, a series of films and webinars discussing and raising awareness and understanding of mental health issues the development and promotion. Once it became clear that the pandemic was going to endure, with all the associated restrictions, the project was wholly redesigned. Face-to-face workshops were not feasible and were replaced by online workshops. However, the local high school and sixth form college became a key and important beneficiary, with resilience workshops being delivered to every form in every year group as well as to teaching staff and support staff.

The charity gratefully received donations from members of the public during 2020/21.

Section E

Financial review

Brief statement of the charity's policy on reserves

At the end of the financial year there was £4,993 in the bank, all of the funds being non-restricted funds being held in reserve.

In line with our Reserves Policy, during 2021/22 further reserves are being accumulated to ensure the running costs of the organisation can be met up to one year in advance. This allows us to offer events on a 'donation only' basis which removes financial barriers to participation and opens access to all.

Details of any funds materially in deficit

No deficits

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)

Clare Kenvyn

Wendy van der Haagen Boyd

Full name(s)

Clare Kenvyn

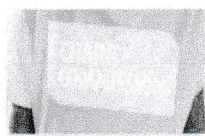
Wendy van der Haagen Boyd

Position (eg Secretary, Chair, etc)

Chair

Treasurer

Date



Charity Name Evexia Foundation	No (if any) 1176962
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Receipts and payments accounts

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For the period from	Period start date 01/08/2020	To	Period end date 31/07/2021
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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 £
A1 Receipts					
Donations	5,843	-	-	5,843	-
HMRC Gift Aid		-	-	-	-
MHFA Course Training		-	-	-	-
National Lottery 'Awrds for All' - Grant			-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	£ 5,843	-	-	5,843	-
A2 Asset and investment sales, etc.					
	-	-	-	-	-
Total receipts	£ 5,843	-	-	5,843	-
A3 Payments					
Website & IT Costs	707	-	-	707	-
Venue Hire	672	-	-	672	-
Equipment	659	-	-	659	-
Teacher Services	4,500	-	-	4,500	-
Training / Research & Development	2,130	-	-	2,130	-
Administration & Consultation	130	-	-	130	-
Social Media / Promo & Marketing		-	-	-	-
Project Delivery - Awards for All	-	6,667	-	6,667	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	8,797	6,667	-	15,464	-
A4 Asset and investment purchases, etc.					
	-	-	-	-	-
Total payments	8,797	6,667	-	15,464	-
Net of receipts/(payments)	- 2,954	- 6,667	-	- 9,621	-
A5 Transfers between funds					
	-	-	-	-	-
A6 Cash funds last year end	7,951	6,664	-	14,615	-
Cash funds this year end	4,996.38	- 3.00	-	4,993.38	-

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	Cash in the Bank	4,996	3	-
		-	-	-
		-	-	-
		-	-	-
	Total cash funds	£ 4,996	3	-
(agree balances with receipts and payments account(s))				

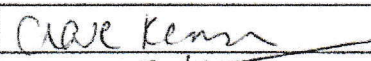

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Clare Kenvyn	10/09/2021
	Wendy van der Haagen Boyd	10/09/2021