



Trustees' Annual Report for the period

From Period start date To Period end date
01 08 2021 31 07 2022

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		
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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

Constitution adopted 20 June 2017

How the charity is constituted

Charitable Incorporated Organisation

Trustee selection methods

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

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 continued to take into account additional guidance issued, including from the Government, regarding the coronavirus pandemic.

A programme of weekly community-based Pilates and Tai Chi classes has been established.

The trustees have developed a mutually beneficial working partnership with the community centre in the community where Evexia is registered. This has entailed developing, delivering and managing a series of workshops around personal resilience for the local community.

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)

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. The return to live, in-person classes was welcomed all round. Pilates classes remain full with a small waiting list, and all community classes maintain a core of regular participants. A number of participants face mental and/or physical health issues, and class members are 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 continue, and now take place outside when weather permits on account of participants really appreciating an outdoor class. The class has gained some new members, attending either to support their mental health or for the physical benefits arising from breath work and/or movements.

During the spring/summers of 2021 and 2022 Evexia worked in partnership with the local community centre to devise a programme of 'walled garden talks'. These talks were designed with a dual purpose: to provide people hesitant about leaving their homes in the aftermath of covid with a positive reason to come out and into a safe space and, secondly, to provide talks that provided practical information that those in the audience might find helpful to their sense of wellbeing. The 2021 programme was so welcomed that a second series of talks was organised during 2022.

The charity gratefully received donations from members of the public during 2021/22.

Statement of the
Charity's policy on reserves

At the end of the financial year there was £7,686 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

23rd September 2022