CANTERBURY HEALTH AND WELLNESS CENTRE

England & Wales · Charity number 1177741

Details

Status	Registered
Legal form	CIO
Registered	2018-03-28
Register	View on the Charity Commission register

Contact

Address	44 Woodside road Sturry Canterbury CT2 0NY
Phone	07967612185

Activities

Objects: TO PROMOTE THE PRESERVATION AND PROTECTION OF THE HEALTH AND WELLBEING IN CANTERBURY AND THE SURROUNDING AREAS, BY THE SUPPORT, ENCOURAGEMENT AND DELIVERY OF FITNESS ACTIVITIES, SPORTS AND SERVICES RELEVANT AND AVAILABLE TO MEET THESE NEEDS.

Activities: To provide a safe, accessible inclusive fitness and wellbeing facility for the public benefit inCanterbury which will support the provision of sports and activities that encourage healthand fitness whilst promoting inclusion and integration amongst all age, ethnic and abilitygroups

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Disability, Amateur Sport
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-11-01	£15,100	£14,920	-	-
2023-11-01	£12,000	£15,571	-	-
2022-11-01	£9,100	£16,909	-	-
2021-11-01	£18,393	£13,642	-	-
2020-11-01	£19,063	£13,152	-	-

Trustees

Name	Role	Appointed
BARRY JAMES PHELAN	Chair	2016-11-15
ALICE MARY HILLMAN		2016-11-15
IAN RONALD MORRISON		2016-11-15

Accounts

Canterbury Health and Wellness Centre

Charity registration number - 117741

Trustees annual report 2023-2024

Canterbury Health and Wellness
94 Thomas Way,
Lakeview International Business Centre,
Hersden
Canterbury
CT3 4NH

Mobile 07967612185

Contents

1. Our aims and objectives

To promote the preservation and protection of the health and wellbeing in Canterbury and the surrounding areas, by the support, encouragement and delivery of fitness activities, sports and services relevant and available to meet these needs.

Canterbury Health and Wellness was formed out of a passion for helping and encouraging people of all abilities in the local community to exercise and socialise to improve their over-all well-being. We are providing an accessible and safe facility for all the people of Canterbury to exercise and train in a safe environment.

Located just outside the centre of Canterbury with plenty of local parking with a close proximity to a large residential area and good transport links, means that we can service individuals and groups, who may be reliant on public or charitable transport.

Health, fitness and wellness (both mental and physical) are what we emphasise in our organisation. We aim to have activities that would help all members of the local community regardless of age, gender, ethnicity or disability, everyone is treated equally. We have also reached out to a number of special needs groups and organisations who may find benefit in the safe matted training areas.

Numerous studies have shown that It is important to keep active to maintain your overall health and fitness, this helps to combat all sorts of related conditions, diabetes, obesity, arthritis, balance related conditions, mental stability, stress, and so forth.

Along with this correct diet advice will help to keep people fitter and healthier for longer, more confident and balanced

2. Our current position

Currently we are working in partnership with Wugong CIC, who are a community group offering classes in Chinese Martial Arts and fitness training and they contribute to the rental of the building but will be looking towards other groups to increase our funding resources.

Our website is now up and running so we can advertise and raise money to help running, maintenance and equipment costs along with funds to help outsourcing within the local community. It will also help promote what we are doing so we can attract local groups to use the facility, there will be a donate section and information on what we do and our plans.

After reviewing the annual operating costs we have constructed a pricing structure to ensure that the centre can operate sustainably with self-generated funds and we have investigated organisations that may be willing to provide us with grants so that we may be able to run a selection of free activities to further expand our services and to grow support in the community.

3. Business strategy

Activities

To provide a safe, accessible inclusive fitness and wellbeing facility for the public benefit in Canterbury which will support the provision of sports and activities that encourage health and fitness whilst promoting inclusion and integration amongst all age, ethnic and ability

Tactics

The next year will be taken up with –

- Promotion to local groups for use of an exclusive matted and safe area and studio
- Promotion of classes and courses that we run
- Completion and running of our new website
- Improvements to the facility, studio heating, etc
- Search for volunteers to help in running the facility

Strategic issues

We have worked hard to analyse the potential issues that could affect the facilities operation. We see the rising costs of operation as the key main threat to survival and after talking to our local council they have been very clear that there will be no funding or rate relief for a not-for-profit organisation without adopting a charitable framework.

We have identified that as a charity we will be able to apply for restricted funds so that we can deliver free courses to certain sectors as dictated by funder but we have also secured private un-restricted fund providers who will rent the space to operate their businesses and this income has been forecasted to cover the operational costs or running the facilities on a monthly basis.

SWOT analysis

Strengths

- A unit with 2 areas ready to rent out simultaneously.
- An exclusively matted area.
- A small studio with ideal lighting
- Ample free parking.
- Good local public transport links.

Weaknesses

- Lack of support from local authorities.
- Financial state of the country effecting income

Opportunities

- Local charities and groups.
- Schools.
- Colleges.
- Local universities
- Retirement homes
- Other businesses
- Workplaces

Threats

- Rising costs

Credibility and risk reduction

We offer a friendly structured environment, with coaching staff keen to learn and adapt coaching styles/techniques to ensure all people are catered for in an inclusive environment.

- Making sure our facility is a clean, safe and enjoyable place to visit and use by ensuring all practitioners have the correct qualifications, insurances, first aid and DBS through our vetting procedure.
- Keeping our rent reasonable and being clear with agreements
- Making sure all groups, coaches, employees and volunteers are aware of and are following our vetting procedures and to ensure competent professional coaches, volunteers and employees adhere to our/their -
    1. Child protection policy
    2. Equity policy
    3. First aid policy
    4. Terms and conditions of rental
    5. Risk assessments
    6. Incidents forms
    7. Emergency procedures, i.e., Fire, accidents, etc

Core values

Our core values are –

- Friendly and welcoming
  This attitude will spread to others being the same to them a feeling of being part of something with a nice atmosphere

- A focus on health and fitness
  Customers/clients will keep coming back when they see the increase in strength, mobility, balance, flexibility, endurance, etc.

- Enjoyment
  When people enjoy what they are doing, they want to do more and will

- Commitment and Discipline
  Regular attendance will improve your commitment and his will help with other parts of their life

- Community spirit
  People coming together to visit the charity will bring a sense of community spirit and want to see the centre thrive by helping and maybe even volunteering

- Helping people to improve
  In all parts of their life, physically, mentally, socially.

4. Marketing

Distribution channels

The market reach is local to county wide and will be reached by –

- Social media
- Leaflets and posters
- Phone
- Word of mouth
- Promotional events/open days

E-commerce and technology

As a safe training space, technology does not form a major part of our operational model. Our main drive is to operate a safe and inclusive facility that encourages health and wellness in the community. We will be operating a card payment service to enable the individual groups the ability to pay on debit or credit card when required or standing orders.

Tactical promotion plan

Social media is now the biggest advertising stream for any business, so we will make a page and ask people to like and share it, once this is done when we post items they will be seen and shared by more people thus increasing awareness and interest.
We also have a website that people can have a look at and contact us through, social media will also be shared through emails.

5. Team and management structure

Management Team

Barry Phelan – Trustee 2018-2024
Barry is a trustee and has been teaching for over 30 years he brings a lot of experience from teaching in schools, colleges and universities. He has taught a lot of children and adults with learning difficulties and in many different environments.

Ian Morrison - Trustee 2018-2024
Ian is a trustee and is ex-Military and he brings a lot of experience from setting up and running sports clubs and valuable guidance on issues that crop up.

Alice Hillman - Trustee 2018-2024
Will also be taking on the role of secretary.

Advisor

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Read Business Analytics
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TBC

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NatWest, 31 High Street, Deal, Kent, CT14 6EW

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6. Accounts

Income	From rental usage		£15, 100
		Total income	£15, 100
Cost	Rent and rates		£12, 561
	Repairs maintenance		£50.47
	Utilities		£1329.80
	Web/Internet		£433.67
	Loan payments		£532.44
	Bank charges		£12
		Total costs	£14, 919.74
		Total income	£15, 100
		Total costs	£14, 919.74
		Profit/Defecit	£180.26

Profit & Loss for Canterbury Health and Wellness Centre 1177741

2nd November 2023 - 1st November 2024

PROFIT & LOSS	Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Total
Sales	£600.00	£1,500.00	£2,100.00	£0.00	£2,400.00	£1,000.00	£1,300.00	£800.00	£800.00	£1,200.00	£1,100.00	£2,300.00	**£15,100.00**
less cost of goods sold													**£0.00**
More...													**£0.00**
Gross profit/net sales													**£0.00**
Expenses													**£0.00**
Accountant, etc fees													**£0.00**
Advertising/marketing													**£0.00**
Bank fees & charges								£12.00					**£12.00**
Bank interest													**£0.00**
travel													**£0.00**
Utilities	£39.60	£39.60	£223.89	£92.93	£39.60	£232.64	£39.60	£39.60	£245.90	£39.60	£39.60	£257.24	**£1,329.80**
Telephone													**£0.00**
Lease/loan payments	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	**£532.44**
Rent & rates	£1,184.00	£1,000.00	£1,000.00	£1,000.00	£1,000.00	£1,271.36	£1,053.00	£1,053.00	£1,000.00	£1,000.00	£1,000.00	£1,000.00	**£12,561.36**
Motor vehicle expenses													**£0.00**
Repairs & maintenance		£31.74		£18.73									**£50.47**
Stationery & printing													**£0.00**
Insurance													**£0.00**
computer													**£0.00**
other													**£0.00**
training													**£0.00**
Web and Internet	£24.96	£86.31	£24.96	£24.96		£15.17	£35.80	£58.80	£29.40	£29.40	£49.55	£54.36	**£433.67**
Total expenses	£1,292.93	£1,202.02	£1,293.22	£1,180.99	£1,083.97	£1,563.54	£1,172.77	£1,207.77	£1,319.67	£1,113.37	£1,133.52	£1,355.97	**£14,919.74**
NET PROFIT (Income)	**-£1,292.93**	**-£1,202.02**	**-£1,293.22**	**-£1,180.99**	**-£1,083.97**	**-£1,563.54**	**-£1,172.77**	**-£1,207.77**	**-£1,319.67**	**-£1,113.37**	**-£1,133.52**	**-£1,355.97**	**-£14,919.74**

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6. Accounts

Income and spending

Income	From rental usage	£12, 000
	Other	£0
	Total Income	**£12, 000**
Cost	Rent/rates	£13, 050.14
	Repairs maintenance	£76.81
	Utilities	£937.21
	Web/internet	£956.43
	Loan repayments	£532.44
	Travel	£18.05
	Total costs	**£15, 571.08**
	Total Income	**£12, 000**
	Total costs	£15. 571.08=
	Total profit/Deficit	**- £3, 571.08**

Barry Phelan

Trustee Signature

Ian Morrison

Trustee Signature

Alice hillman

Trustee Signature

Profit & Loss for Canterbury Health and Wellness Centre 1177741

2nd November 2022 - 1st November 2023

PROFIT & LOSS	Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Total
Sales	£0.00	£0.00	£2,000.00	£0.00	£1,000.00	£1,000.00	£2,000.00	£1,000.00	£1,000.00	£1,000.00	£1,000.00	£2,000.00	**£12,000.00**
less cost of goods sold	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
More...	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Gross profit/net sales	£0.00	£0.00	£2,000.00	£0.00	£1,000.00	£1,000.00	£2,000.00	£1,000.00	£1,000.00	£1,000.00	£1,000.00	£2,000.00	**£12,000.00**
Expenses	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Accountant, etc fees	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Advertising/marketing	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Bank fees & charges	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Bank interest	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
travel	£18.05	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£18.05**
Utilities	£0.00	£290.69	£0.00	£0.00	£230.96	£0.00	£44.37	£0.00	£151.31	£0.00	£62.85	£157.03	**£937.21**
Telephone	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Lease/loan payments	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	**£532.44**
Rent & rates	£1,115.00	£1,147.00	£940.79	£1,161.00	£1,045.00	£1,065.35	£1,270.00	£1,092.00	£1,000.00	£1,214.00	£1,000.00	£1,000.00	**£13,050.14**
Motor vehicle expenses	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Repairs & maintenance	£0.00	£10.55	£0.00	£0.00	£0.00	£39.96	£20.30	£6.00	£0.00	£0.00	£0.00	£0.00	**£76.81**
Stationery & printing	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Insurance	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
computer	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
other	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
training	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Web and Internet	£64.96	£122.50	£64.96	£64.96	£122.58	£64.96	£64.96	£98.31	£55.24	£39.60	£128.44	£64.96	**£956.43**
Total expenses	£1,242.38	£1,615.11	£1,050.12	£1,270.33	£1,442.91	£1,214.64	£1,444.00	£1,240.68	£1,250.92	£1,297.97	£1,235.66	£1,266.36	**£15,571.08**
NET PROFIT (Income)	-£1,242.38	-£1,615.11	£949.88	-£1,270.33	-£442.91	-£214.64	£556.00	-£240.68	-£250.92	-£297.97	-£235.66	£733.64	-£3,571.08

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Activities

To provide a safe, accessible inclusive fitness and wellbeing facility for the public benefit in Canterbury which will support the provision of sports and activities that encourage health and fitness whilst promoting inclusion and integrationamongstall age, ethnicand ability

Tactics

The next year will be taken up with –

- Promotion to local groups for use of an exclusive matted and safe area and studio
- Promotion of classes and courses that we run
- Completion and running of our new website
- Improvements to the facility, studio heating, etc
- Search for volunteers to help in running the facility

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We have identified that as a charity we will be able to apply for restricted funds so that we can deliver free courses to certain sectors as dictated by funder but we have also secured private un-restricted fund providers who will rent the space to operate their businesses and this income has been forecasted to cover the operational costs or running the facilities on a monthly basis.

SWOT analysis

Strengths

- A unit with 2 areas ready to rent out simultaneously.
- An exclusively matted area.
- A small studio with ideal lighting
- Ample free parking.
- Good local public transport links.

Weaknesses

- Lack of support from local authorities.
- Financial state of the country effecting income

Opportunities

- Local charities and groups.
- Schools.
- Colleges.
- Local universities
- Retirement homes
- Other businesses
- Workplaces

Threats

- Rising costs
- Covid restrictions

Credibility and risk reduction

We offer a friendly structured environment, with coaching staff keen to learn and adapt coaching styles/techniques to ensure all people are catered for in an inclusive environment.

- Making sure our facility is a clean, safe and enjoyable place to visit and use by ensuring all practitioners have the correct qualifications, insurances, first aid and DBS through our vetting procedure.
- Keeping our rent reasonable and being clear with agreements
- Making sure all groups, coaches, employees and volunteers are aware of and are following our vetting procedures and to ensure competent professional coaches, volunteers and employees adhere to our/their -
    1. Child protection policy
    2. Equity policy
    3. First aid policy
    4. Terms and conditions of rental
    5. Risk assessments
    6. Incidents forms
    7. Emergency procedures, i.e., Fire, accidents, etc

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Our core values are –

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  This attitude will spread to others being the same to them a feeling of being part of something with a nice atmosphere

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- Enjoyment
  When people enjoy what they are doing, they want to do more and will

- Commitment and Discipline
  Regular attendance will improve your commitment and his will help with other parts of their life

- Community spirit
  People coming together to visit the charity will bring a sense of community spirit and want to see the centre thrive by helping and maybe even volunteering

- Helping people to improve
  In all parts of their life, physically, mentally, socially.

4. Marketing

Distribution channels

The market reach is local to county wide and will be reached by –

- Social media
- Leaflets and posters
- Phone
- Word of mouth
- Promotional events/open days

E-commerce and technology

As a safe training space, technology does not form a major part of our operational model. Our main drive is to operate a safe and inclusive facility that encourages health and wellness in the community. We will be operating a card payment service to enable the individual groups the ability to pay on debit or credit card when required or standing orders.

Tactical promotion plan

Social media is now the biggest advertising stream for any business, so we will make a page and ask people to like and share it, once this is done when we post items they will be seen and shared by more people thus increasing awareness and interest.
We also have a website that people can have a look at and contact us through, social media will also be shared through emails.

5. Team and management structure

Management Team

Barry Phelan - Trustee 2018-2021
Barry is a trustee and has been teaching for over 20 years he brings a lot of experience from teaching in schools, colleges and universities. He has taught a lot of children and adults with learning difficulties and in many different environments.

Ian Morrison - Trustee 2018-2021
Ian is a trustee and is ex-Military and he brings a lot of experience from setting up and running sports clubs and valuable guidance on issues that crop up.

Alice Hillman - Trustee 2018-2021
Will also be taking on the role of secretary.

Advisor

Mark Read
Read Business Analytics 25 Glen
Iris Avenue Canterbury
Kent CT2 8HP

Accountant

TBC

Bank

NatWest, 31 High Street, Deal, Kent, CT14 6EW

Management systems

We have a business analyst and will be employing and accountant this year who will assist on monitoring and maintaining structure of business, his details are above

We cover all compliance by making sure all groups, coaches, employees and volunteers are aware of and are following our vetting procedures and to ensure competent professional coaches, volunteers and employees adhere to our/their - Child protection policy, Equity policy, First aid policy, Terms and conditions of rental, Risk assessments, Incidents forms, Emergency procedures, i.e., Fire, accidents, etc, as stated on the credibility and risk reduction section above.

6. Accounts

Income and spending

Income	From rental usage	£9, 100
	Other	£0
	Total Income	**£9, 100**
Cost	Rent/rates	£13, 194.05
	Repairs maintenance	£171.87
	Utilities	£651.91
	Web/internet	£639.82
	Computer	£493.76
	Training	£458.85
	Loan repayments	£532.44
	Motor	£538
	Insurance	£160
	Stationary	£36.34
	Bank charges	£0
	Other	£31.59
	Total costs	**£16, 908.63**
	Total Income	£9, 100
	Total costs	£16, 908.63=
	Total profit/Deficit	**- £7808.63**

Barry Phelan

Trustee Signature

Ian Morrison

Trustee Signature

Alice hillman

Trustee Signature

Profit & Loss for Canterbury Health and Wellness Centre 1177741

2nd November 2021 - 1st November 2022

PROFIT & LOSS	Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Total
Sales	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£1,400.00	£1,000.00	£2,700.00	£4,000.00	**£9,100.00**
less cost of goods sold	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
More...	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Gross profit/net sales	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£1,400.00	£1,000.00	£2,700.00	£4,000.00	**£9,100.00**
Expenses	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Accountant, etc fees	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Advertising/marketing	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Bank fees & charges	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Bank interest	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Credit card fees	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Utilities	£0.00	£61.71	£0.00	£0.00	£100.65	£285.38	£0.00	£20.39	£0.00	£116.00	£67.78	£0.00	**£651.91**
Telephone	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Lease/loan payments	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	£44.37	**£532.44**
Rent & rates	£750.00	£1,139.00	£940.79	£750.00	£1,002.00	£1,400.00	£1,348.26	£1,053.00	£1,621.00	£1,000.00	£1,000.00	£1,190.00	**£13,194.05**
Motor vehicle expenses	£0.00	£0.00	£0.00	£0.00	£0.00	£499.50	£0.00	£0.00	£38.50	£0.00	£0.00	£0.00	**£538.00**
Repairs & maintenance	£0.00	£31.22	£0.00	£5.86	£58.35	£32.93	£43.51	£0.00	£0.00	£0.00	£0.00	£0.00	**£171.87**
Stationery & printing	£0.00	£0.00	£2.50	£0.00	£0.00	£33.84	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£36.34**
Insurance	£0.00	£0.00	£0.00	£0.00	£0.00	£142.00	£9.00	£0.00	£0.00	£9.00	£0.00	£0.00	**£160.00**
computer	£52.36	£52.36	£52.36	£52.36	£52.36	£52.36	£52.36	£52.36	£0.00	£24.96	£24.96	£24.96	**£493.76**
other	£0.00	£19.99	£0.00	£0.00	£0.00	£0.00	£2.00	£0.00	£0.00	£0.00	£0.00	£9.60	**£31.59**
training	£0.00	£0.00	£103.09	£116.36	£85.28	£0.00	£50.00	£0.00	£0.00	£0.00	£0.00	£104.12	**£458.85**
Web and Internet	£0.00	£94.89	£49.60	£39.60	£39.60	£39.60	£39.60	£140.78	£39.60	£39.60	£116.95	£0.00	**£639.82**
Total expenses	£846.73	£1,443.54	£1,192.71	£1,008.55	£1,382.61	£2,529.98	£1,589.10	£1,310.90	£1,743.47	£1,233.93	£1,254.06	£1,373.05	**£16,908.63**
NET PROFIT (Income)	**-£846.73**	**-£1,443.54**	**-£1,192.71**	**-£1,008.55**	**-£1,382.61**	**-£2,529.98**	**-£1,589.10**	**-£1,310.90**	**-£343.47**	**-£233.93**	**£1,445.94**	**£2,626.95**	**-£7,808.63**

Accounts

Canterbury Health and Wellness Centre

Charity registration number - 117741

Trustees annual report 2021

Canterbury Health and Wellness
94 Thomas Way,
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Canterbury
CT3 4NH

Mobile 07967612185

Contents

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Numerous studies have shown that It is important to keep active to maintain your overall health and fitness, this helps to combat all sorts of related conditions, diabetes, obesity, arthritis, balance related conditions, mental stability, stress, and so forth.

Along with this correct diet advice will help to keep people fitter and healthier for longer, more confident and balanced

2. Our current position

Due to covid we have been shut due to the restrictions, the money the government has given us has helped pay bills and keep the unit running whilst investing in a computer and printer to help with administration,

Currently we are working in partnership with Wugong CIC, who are a community group offering classes in Chinese Martial Arts and fitness training and they contribute to the rental of the building but will be looking towards other groups to increase our funding resources.

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6. Accounts

Income and spending

Income

From rental usage	£0
Government Grants	£18.393.29
Total Income	**£18.393.29**

Costs

Utilities	£596,59
Loan payments	£177.48
Rent/rates	£9,510
Motor expenses	£553.40
Repairs maintenance	£322,55
Stationary printing	£33.84
Computer	£1410, 90
Other	£9.60
Training	£154.12
Web/internet/subs	£873.47
Total costs	**£13, 642.04**
Total Income	**£19, 063 -**
Total costs	£13, 151.88 =
Total profit	**£4, 751.25**

Barry Phelan

Trustee Signature

Ian Morrison

Trustee Signature

Alice hillman

Trustee Signature

Profit & Loss for Canterbury Health and Wellness Centre 1177741

2nd November 2020 - 1st November 2021

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Sales			£2,096.29	£6,001.00	£2,096.00	£200.00	£8,000.00						£18,393.29
less cost of goods sold	£0.00	£0.00		£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
More...		£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Gross profit/net sales	£0.00	£0.00	£2,096.29	£6,001.00	£2,096.00	£200.00	£8,000.00	£0.00	£0.00	£0.00	£0.00	£0.00	£18,393.29
Expenses	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Accountant, etc fees	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Advertising/marketing	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Bank fees & charges	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Bank interest	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Credit card fees	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Utilities	£90.07	£273.33	£0.00	£0.00	£74.50	£47.87	£0.00	£59.21	£0.00	£0.00	£51.61	£0.00	£596.59
Telephone	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
Lease/loan payments	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£44.37	£44.37	£44.37	£44.37	£177.48
Rent & rates	£750.00	£870.00	£750.00	£750.00	£750.00	£750.00	£750.00	£750.00	£972.00	£750.00	£918.00	£750.00	£9,510.00
Motor vehicle expenses	£15.49	£0.00	£0.00	£0.00	£0.00	£499.50	£0.00	£0.00	£38.50	£0.00	£0.00	£0.00	£553.49
Repairs & maintenance	£85.31	£0.00	£0.00	£5.86	£58.35	£32.93	£43.51	£25.00	£6.00	£0.00	£0.00	£65.59	£322.55
Stationery & printing	£0.00	£0.00	£0.00	£0.00	£0.00	£33.84	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£33.84
Insurance	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
computer	£1,239.93	£0.00	£54.99	£0.00	£0.00	£0.00	£107.99	£0.00	£0.00	£0.00	£0.00	£7.99	£1,410.90
other	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£9.60	£9.60
training	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£50.00	£0.00	£0.00	£0.00	£0.00	£104.12	£154.12
Web and Internet	£39.60	£39.60	£39.60	£39.60	£39.60	£54.59	£78.85	£140.15	£86.94	£86.94	£141.06	£86.94	£873.47
Total expenses	£2,220.40	£1,182.93	£844.59	£795.46	£922.45	£1,418.73	£1,030.35	£974.36	£1,147.81	£881.31	£1,155.04	£1,068.61	£13,642.04
NET PROFIT (Income)	-£2,220.40	-£1,182.93	£1,251.70	£5,205.54	£1,173.55	-£1,218.73	£6,969.65	-£974.36	-£1,147.81	-£881.31	-£1,155.04	-£1,068.61	£4,751.25

Accounts

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Along with this correct diet advice will help to keep people fitter and healthier for longer, more confident and balanced

2. Our current position

Due to covid we have been shut due to the restrictions, the money the government has given us has helped pay bills and keep the unit running whilst investing in a computer and printer to help with administration,

Currently we are working in partnership with Wugong CIC, who are a community group offering classes in Chinese Martial Arts and fitness training and they contribute to the rental of the building but will be looking towards other groups to increase our funding resources.

Our website is now up and running so we can advertise and raise money to help running, maintenance and equipment costs along with funds to help outsourcing within the local community. It will also help promote what we are doing so we can attract local groups to use the facility, there will be a donate section and information on what we do and our plans.

After reviewing the annual operating costs we have constructed a pricing structure to ensure that the centre can operate sustainably with self-generated funds and we have investigated organisations that may be willing to provide us with grants so that we may be able to run a selection of free activities to further expand our services and to grow support in the community.

3. Business strategy

Activities

To provide a safe, accessible inclusive fitness and wellbeing facility for the public benefit in Canterbury which will support the provision of sports and activities that encourage health and fitness whilst promoting inclusion and integration amongst all age, ethnic and ability

Tactics

The next year will be taken up with –

- Promotion to local groups for use of an exclusive matted and safe area and studio
- Promotion of classes and courses that we run
- Completion and running of our new website
- Improvements to the facility, studio heating, etc
- Search for volunteers to help in running the facility

Strategic issues

We have worked hard to analyse the potential issues that could affect the facilities operation. We see the rising costs of operation as the key main threat to survival and after talking to our local council they have been very clear that there will be no funding or rate relief for a not for profit organisation without adopting a charitable framework.

We have identified that as a charity we will be able to apply for restricted funds so that we can deliver free courses to certain sectors as dictated by funder but we have also secured private un-restricted fund providers who will rent the space to operate their businesses and this income has been forecasted to cover the operational costs or running the facilities on a monthly basis.

SWOT analysis

Strengths

- A unit with 2 areas ready to rent out simultaneously.
- An exclusively matted area.
- A small studio with ideal lighting
- Ample free parking.
- Good local public transport links.

Weaknesses

- Lack of support from local authorities.
- Financial state of the country effecting income

Opportunities

- Local charities and groups.
- Schools.
- Colleges.
- Local universities
- Retirement homes
- Other businesses
- Workplaces

Threats

- Rising costs
- Covid restrictions

Credibility and risk reduction

We offer a friendly structured environment, with coaching staff keen to learn and adapt coaching styles/techniques to ensure all people are catered for in an inclusive environment.

- Making sure our facility is a clean, safe and enjoyable place to visit and use by ensuring all practitioners have the correct qualifications, insurances, first aid and DBS through our vetting procedure.
- Keeping our rent reasonable and being clear with agreements
- Making sure all groups, coaches, employees and volunteers are aware of and are following our vetting procedures and to ensure competent professional coaches, volunteers and employees adhere to our/their -
    1. Child protection policy
    2. Equity policy
    3. First aid policy
    4. Terms and conditions of rental
    5. Risk assessments
    6. Incidents forms
    7. Emergency procedures, i.e., Fire, accidents, etc

Core values

Our core values are –

- Friendly and welcoming
  This attitude will spread to others being the same to them a feeling of being part of something with a nice atmosphere

- A focus on health and fitness
  Customers/clients will keep coming back when they see the increase in strength, mobility, balance, flexibility, endurance, etc.

- Enjoyment
  When people enjoy what they are doing, they want to do more and will

- Commitment and Discipline
  Regular attendance will improve your commitment and his will help with other parts of their life

- Community spirit
  People coming together to visit the charity will bring a sense of community spirit and want to see the centre thrive by helping and maybe even volunteering

- Helping people to improve
  In all parts of their life, physically, mentally, socially.

4. Marketing

Distribution channels

The market reach is local to county wide and will be reached by –

- Social media
- Leaflets and posters
- Phone
- Word of mouth
- Promotional events/open days

E-commerce and technology

As a safe training space, technology does not form a major part of our operational model. Our main drive is to operate a safe and inclusive facility that encourages health and wellness in the community. We will be operating a card payment service to enable the individual groups the ability to pay on debit or credit card when required or standing orders.

Tactical promotion plan

Social media is now the biggest advertising stream for any business, so we will make a page and ask people to like and share it, once this is done when we post items they will be seen and shared by more people thus increasing awareness and interest.
We also have a website that people can have a look at and contact us through, social media will also be shared through emails.

5. Team and management structure

Management Team

Barry Phelan – Trustee 2018-2021
Barry is a trustee and has been teaching for over 20 years he brings a lot of experience from teaching in schools, colleges and universities. He has taught a lot of children and adults with learning difficulties and in many different environments.

Ian Morrison - Trustee 2018-2021
Ian is a trustee and is ex-Military and he brings a lot of experience from setting up and running sports clubs and valuable guidance on issues that crop up.

Alice Hillman - Trustee 2018-2021
Will also be taking on the role of secretary.

Advisor

Mark Read
Read Business Analytics
25 Glen Iris Avenue
Canterbury
Kent
CT2 8HP

Accountant

TBC

Bank

NatWest, 31 High Street, Deal, Kent, CT14 6EW

Management systems

We have a business analyst and will be employing and accountant this year who will assist on monitoring and maintaining structure of business, his details are above

We cover all compliance by making sure all groups, coaches, employees and volunteers are aware of and are following our vetting procedures and to ensure competent professional coaches, volunteers and employees adhere to our/their - Child protection policy, Equity policy, First aid policy, Terms and conditions of rental, Risk assessments, Incidents forms, Emergency procedures, i.e., Fire, accidents, etc, as stated on the credibility and risk reduction section above.

6. Accounts

<u>Income and spending</u>

<u>Income</u>

	From rental usage	£6,563
	Other	£12, 500
	Total Income	**£19, 063**
Cost	Rent/rates	£9, 874.38
	Repairs maintenance	£317.63
	Utilities	£885.37
	Web/internet	£81.55
	Computer	£1980.95
	Bank charges	£12
	Total costs	**£10, 845.12**
	Total Income	£19, 063 -
	Total costs	£13, 151.88 =
	Total profit	**£5, 911.12**

Barry Phelan

Trustee Signature

Ian Morrison

Trustee Signature

Alice hillman

Trustee Signature

Profit & Loss for Canterbury Health and Wellness Centre 1177741

2nd November 2019 - 1st November 2020

PROFIT & LOSS	Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Total
Sales	£1,039.00	£614.00	£1,370.00	£820.00	£1,290.00	£330.00	£1,100.00	£12,500.00					**£19,063.00**
less cost of goods sold	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
More...	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Gross profit/net sales	£1,039.00	£614.00	£1,370.00	£820.00	£1,290.00	£330.00	£1,100.00	£12,500.00	£0.00	£0.00	£0.00	£0.00	**£19,063.00**
Expenses	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Accountant, etc fees	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Advertising/marketing	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Bank fees & charges	£0.00	£0.00	£0.00		£12.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£12.00**
Bank interest	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Credit card fees	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Utilities	£39.60	£71.93	£93.60	£75.35	£113.88	£39.60	£39.60	£198.01	£39.60	£97.70	£36.90	£39.60	**£885.37**
Telephone													**£0.00**
Lease/loan payments													**£0.00**
Rent & rates	£750.00	£940.00	£903.00	£991.00	£750.00	£750.00	£750.00	£750.00	£896.38	£750.00	£750.00	£894.00	**£9,874.38**
Motor vehicle expenses	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Repairs & maintenance	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£100.00	£158.13	£15.00	£34.52	£9.98	**£317.63**
Computer & printing	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£1,873.95	£18.00	£89.00	£0.00	£0.00	**£1,980.95**
Insurance	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Income tax	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Wages	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	**£0.00**
Web and Internet	£0.00	£0.00	£0.00	£28.78	£0.00	£0.00	£0.00	£52.77	£0.00	£0.00	£0.00	£0.00	**£81.55**
Total expenses	£789.60	£1,011.93	£996.60	£1,095.13	£875.88	£789.60	£789.60	£2,974.73	£1,112.11	£951.70	£821.42	£943.58	**£13,151.88**
NET PROFIT (Income)	**£249.40**	**-£397.93**	**£373.40**	**-£275.13**	**£414.12**	**-£459.60**	**£310.40**	**£9,525.27**	**-£1,112.11**	**-£951.70**	**-£821.42**	**-£943.58**	**£5,911.12**