

INTERCULTURAL ROOTS FOR PUBLIC HEALTH

England & Wales · Charity number 1179885

Details

Other names	INTERCULTURAL ROOTS FOR EMBODIED PRACTICE RESEARCH, INTERCULTURAL ROOTS
Status	Registered
Legal form	CIO
Registered	2018-09-11
Register	View on the Charity Commission register

Contact

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Activities

Objects: FOR THE PUBLIC BENEFIT, TO PROMOTE COMMUNITY PARTICIPATION IN HEALTHY RECREATION BY:- PROMOTING PARTICIPATION IN TAI CHI, YOGA, PILATES AND DANCE· ADVANCING EDUCATION IN THE BENEFITS OF HEALTHY RECREATION· PROMOTING BEST PRACTICE IN THE DELIVERY OF TAI CHI, YOGA, PILATES AND DANCE.TO PROMOTE FOR THE BENEFIT OF THE PUBLIC, THE CONSERVATION, PROTECTION, AND IMPROVEMENT OF THE PHYSICAL AND NATURAL ENVIRONMENT, THROUGH THE PROVISION OF OUTDOOR ACTIVITIES, RESIDENCIES, AND RESEARCH, AND TO PUBLISH THE RESULTS'.

Activities: Intercultural Roots applies arts, culture, education & technology innovation to improve health, wellbeing & the environment. They work with UK & international communities & partners to address social and environmental issues and in building a more sustainable future. Through partnerships, networks and funded projects, they deliver impactful projects and events, creating significant public benefit.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Arts/culture/heritage/science, Amateur Sport, Environment/conservation/heritage, Economic/community Development/employment, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- Akrotiri
- Albania
- American Samoa
- Andorra
- Angola
- Anguilla
- Antarctica
- Antigua And Barbuda
- Argentina
- Armenia
- Aruba
- Australia
- Austria
- Azerbaijan
- Bahrain
- Bangladesh
- Barbados
- Belarus
- Belgium
- Belize
- Benin
- Bermuda
- Bhutan
- Bolivia
- Bosnia And Herzegovina
- Botswana
- Brazil
- British Indian Ocean Territory
- British Virgin Islands
- Brunei
- Bulgaria
- Burkina Faso
- Burma
- Burundi

- Cambodia
- Cameroon
- Canada
- Cape Verde
- Cayman Islands
- Central African Republic
- Chad
- Chile
- China
- Christmas Island
- Cocos (KEELING) ISLANDS
- Colombia
- Comoros
- Congo
- Congo (Democratic Republic)
- Costa Rica
- Croatia
- Cuba
- Cyprus
- Czech Republic
- Denmark
- Djibouti
- Dominica
- Dominican Republic
- East Timor
- Easter Island
- Ecuador
- Egypt
- El Salvador
- Equatorial Guinea
- Eritrea
- Estonia
- Eswatini
- Ethiopia
- Falkland Islands

- Faroe Islands
- Fiji
- Finland
- France
- French Guiana
- French Polynesia
- Gabon
- Georgia
- Germany
- Ghana
- Gibraltar
- Greece
- Greenland
- Grenada
- Guadeloupe
- Guam
- Guatemala
- Guernsey
- Guinea
- Guinea-bissau
- Haiti
- Honduras
- Hong Kong
- Hungary
- Iceland
- India
- Indonesia
- Iran
- Iraq
- Ireland
- Isle Of Man
- Israel
- Italy
- Ivory Coast
- Jamaica

- Japan
- Jersey
- Jordan
- Kazakhstan
- Kenya
- Kiribati
- Kosovo
- Kuwait
- Kyrgyzstan
- Laos
- Latvia
- Lebanon
- Lesotho
- Liberia
- Libya
- Liechtenstein
- Lithuania
- Luxembourg
- Macau
- Macedonia
- Madagascar
- Malawi
- Malaysia
- Maldives
- Malta
- Marshall Islands
- Martinique
- Mauritania
- Mauritius
- Mayotte
- Mexico
- Micronesia
- Moldova
- Monaco
- Mongolia

- Montenegro
- Morocco
- Mozambique
- Namibia
- Nauru
- Nepal
- Netherlands
- New Caledonia
- New Zealand
- Nicaragua
- Niger
- Nigeria
- Niue
- Norfolk Island
- North Korea
- Northern Ireland
- Northern Mariana Islands
- Norway
- Occupied Palestinian Territories
- Oman
- Pakistan
- Palau
- Panama
- Papua New Guinea
- Paraguay
- Peru
- Philippines
- Pitcairn, Henderson, Ducie And Oeno Islands
- Poland
- Portugal
- Puerto Rico
- Qatar
- Romania
- Rwanda
- Réunion

- Saint Barthélemy
- Saint Helena
- Saint Pierre And Miquelon
- Saint Vincent
- Samoa
- San Marino
- Saudi Arabia
- Scotland
- Senegal
- Serbia
- Seychelles
- Sierra Leone
- Singapore
- Sint Maarten
- Slovakia
- Slovenia
- Solomon Islands
- Somalia
- South Africa
- South Georgia And South Sandwich Islands
- South Korea
- South Sudan
- Spain
- Sri Lanka
- St Kitts And Nevis
- St Lucia
- Sudan
- Suriname
- Svalbard And Jan Mayen
- Sweden
- Switzerland
- São Tomé And Príncipe
- Taiwan
- Tajikistan
- Tanzania

- Thailand
- The Bahamas
- The Gambia
- Togo
- Tonga
- Trinidad And Tobago
- Tunisia
- Turkey
- Turkmenistan
- Turks And Caicos Islands
- Tuvalu
- Uganda
- Ukraine
- United Arab Emirates
- United States
- United States Virgin Islands
- Uruguay
- Uzbekistan
- Vanuatu
- Venezuela
- Vietnam
- Wallis And Futuna
- Yemen
- Zambia
- Zimbabwe
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£247,254	£287,771	-	-
2024-07-31	£194,511	£169,559	-	-
2023-07-31	£228,141	£242,918	-	-
2022-07-31	£83,632	£60,790	-	-
2021-07-31	£35,610	£41,529	-	-

Trustees

Name	Role	Appointed
Professor LYNETTE HUNTER	Chair	2017-09-14
Maryam Seif Saeidi		2024-01-22
Yixi Liao		2025-08-01

INTERCULTURAL ROOTS FOR PUBLIC HEALTH

England & Wales - Charity number 1179885

Accounts

Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	08	2024	To	31	07	2025

Section A Reference and administration details

Charity name Intercultural Roots for Public Health

Other names charity is known by Intercultural Roots (IR / IRPH)

Registered charity number (if any) 1179885

Charity's principal address

Flat 133, Thanet House
Thanet Street
London
Postcode WC1H 9QE

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	Lynette Hunter	Chair		Membership at AGM
2	Maryam Seif Saeidi	Treasurer		
3	Regina Gutiérrez	Secretary		
4	Alex Boyd	Executive Director		
5	Dylan Bolles			
6	Savita Rani			
7	Deepa Mahadevan			
8	Peter Atsu Adalety			
9	Peter-Rockford Ututau Espiritu			
10	Kevin O'Connor			
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

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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 14 September 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.

SEE ANNUAL REPORT

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

FOR THE PUBLIC BENEFIT, TO PROMOTE COMMUNITY PARTICIPATION IN HEALTHY RECREATION BY:

- * PROMOTING PARTICIPATION IN TAI CHI, YOGA, PILATES AND DANCE
- * ADVANCING EDUCATION IN THE BENEFITS OF HEALTHY RECREATION
- * PROMOTING BEST PRACTICE IN THE DELIVERY OF TAI CHI, YOGA, PILATES AND DANCE.

- * TO PROMOTE FOR THE BENEFIT OF THE PUBLIC, THE CONSERVATION, PROTECTION, AND IMPROVEMENT OF THE PHYSICAL AND NATURAL ENVIRONMENT, THROUGH THE PROVISION OF OUTDOOR ACTIVITIES, RESIDENCIES, AND RESEARCH, AND TO PUBLISH THE RESULTS

Through 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)

SEE ANNUAL REPORT

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)

SEE ANNUAL REPORT

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

SEE ANNUAL REPORT

Section E

Financial review

Brief statement of the charity's policy on reserves

At the end of the financial year there was £6,471 in the bank. £3,285 are non-restricted funds and £3,186 are restricted funds and being held in reserve.

In line with our Reserves Policy, during 2024/25 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.

SEE ANNUAL REPORT

Section F


Other optional information

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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)	Dr Alexander Boyd	
Position (eg Secretary, Chair, etc)	Founder & Executive Director	
Date	4 th December 2025	

Intercultural Roots for Public Health
Trustees' Annual Report
1st August 2024 - 31st July 2025
By Dr Jo Scott



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Introduction

This has been an exceptionally bountiful and productive year for Intercultural Roots for Public Health (IR) in serving their core communities and pursuing key goals in social justice and ecological public health for all, through creative approaches, regenerative technologies and community arts practices. This written account of IR's activity across the year 24-25 is designed to be read in conjunction with a visually-led impact report which details the rich and diverse change-making which emerges from IR's work with and in communities. In this report, an account of the types of activities, level of participation and areas of work is offered, alongside information about the charity's funding, partnerships and leadership team. To get a fuller and more dynamic picture of what IR's work achieves in the world, the impact report is an important companion piece to the information offered here.

Areas of Activity: An Overview

The programmes, projects, networks and collaborations which IR runs and supports can be grouped in a range of ways. The grouping below offers a way of understanding how the aims and mission of the charity have been pursued through the primary activities of 2024-2025. As referenced above, the benefits, changes and real-world impacts of this work are expanded on in the impact report.

Creative bridges across borders

IR shapes connections of creative resistance and solidarity across the world, improving awareness and understanding of issues which affect us all while supporting creative practices which joyfully and meaningfully bring diverse communities and nationalities together. Through building these bonds and bridges, we resist divisive and nationalistic perspectives which seek to separate us, instead placing faith in the power of communal and liberatory embodied creativity.

- Rhythms of Resistance
- Bridging Cultures
- Project Partnerships: EchoEight

Nature connections and ecological public health

Inspired by the rhythms and patterns of biological systems and ecologies, IR develops projects and programmes which help support the vital nature-connectedness we need to cultivate for our own wellbeing and for the health of the planet.

- EcoGPX Launchpad Coventry and Places by EcoGPX®
- Extending Nature (XN)

Regenerative technologies as change-making tools

Setting itself in opposition to the extractive, individualising and divisive tendencies of big tech social media applications, IR is developing new place-based and people-centred technologies, which seek to bring communities together, to nourish local places and to ground us in creative and collaborative practices. Through our new mobile application, Places by EcoGPX®, you can find out more about local histories and

stories, therapeutically connect to your local green and blue spaces and open a world of experiences and perspectives that enliven and enrich your experience of where you are.

- EcoGPX Launchpad Coventry
- Extending Nature (XN)

Patterns of liberation – resisting marginalisation and strategic underrepresentation

IR stands in opposition to racist, transphobic, ableist and xenophobic systems and rhetorics which seek to divide communities. We work to resist these forces, building new creative connections within and between communities and centring the voices of those who are strategically underrepresented in our society.

- EcoGPX Launchpad Coventry and Places by EcoGPX®
- Arts Disability Network (AND)
- Addressing Domestic Violence Through Forum Theatre
- Rhythms of Resistance

Spaces of solidarity and support for artists

IR offers training, support, connections and opportunities for artists who work with and in diverse communities in the UK and across the world. Supporting those who do this vital creative work is a core aim and outcome for the charity.

- Arts Disability Network (ADN)
- Growing Intercultural Roots in Communities (GIRIC)
- Practitioner Partnerships

Activities and Projects: 24-25

EcoGPX Launchpad Coventry and Places by EcoGPX®

Supported by a Creative Launchpad grant from Innovate UK of £100,000, the second half of the EcoGPX project in Coventry took place across August, September and October 2025. During this phase, creative residencies with the communities of Coventry took place in collaboration with Coventry Food Union, Coventry University and Positive Youth Foundation.

As part of these residencies, local artists, practitioners and community leaders led creative activities in allotments, university buildings, community centres and local venues. These activities centred diverse community participation, connections with green and blue spaces in the city and practices of homing and belonging for those newly arrived in Coventry. The activities included crafting, plant-hunting, eco-somatics, singing and musical performance, zine-making, communal cooking and creative explorations of places using the newly developed Places by EcoGPX® mobile application. These creative place-based practices facilitated by local practitioners, often in natural surroundings, represent a development of IR's popular and successful Human-Nature Connect (H-NC) programme. In this case, the primarily rural locations for H-NC were replaced by urban green and blue spaces, demonstrating how gently facilitated communal activities can also support nature and community connectedness in urban environments.

As part of this second phase of the project, the Places app was developed from concept to working prototype. This place-based piece of technology was co-created with Coventry communities through a period of playful consultation, as part of the first EcoGPX residencies. Following this, Places was developed into a working prototype by EcoGPX Creative Director, Ben Spatz and full stack developer, Peter Awosiyani. The app is designed to connect you to where you are and to other people who live, work in or are visiting that place. It allows contributors to record and 'place' videos and scores (an image with text overlay) in a specific location. The media then remains there for others visiting the location to discover, encounter and enjoy. In this way it creates a 'socially augmented reality', enriching and enlivening your present experience of a place with perspectives, stories, responses and prompts created by other people in that very place.

Places was used in the third and fourth residencies in Coventry, with co-creator artists and students at Coventry University, and with newly arrived young people in a collaboration with the Positive Youth Foundation. The project evaluation details the effects and benefits that emerged through these two residencies and outlines a vital pathway forward for how and where Places could be beneficially employed in the future. The evaluation reports (Scott 2024) are available to download from the Intercultural Roots website.

As part of the EcoGPX project in Coventry as a whole, nearly 450 people took part as either artists/co-creators, community leaders/stakeholders, or participants. Many of the 30 artist/co-creators who became a core part of the residency activities at the beginning of the project continue to collaborate with IR, contributing to later projects such as Extending Nature and Bridging Cultures. From EcoGPX Launchpad Coventry, Dr Alex Boyd founded EcoGPX Ltd as a charity spin out (see below). The positive impacts of these longer-term partnerships and collaborations are also reflected in the impact report.

Extending Nature (XN)

In July 2025, Intercultural Roots, in partnership with charity spin out EcoGPX Ltd (see further information below), was awarded a grant of £237,000 from Innovate UK, as part of their Mindset XR programme, which invests in 'projects which deliver immersive digital mental health therapeutics'. The Extending Nature project was one of only 17 chosen for funding out of 147 submitted applications. Extending Nature (XN) will develop extended reality experiences using immersive sound, video and interactive scores to prompt therapeutic nature connectedness for people experiencing anxiety. These restorative experiences will be offered through the Places by EcoGPX® mobile application, which will be developed to support the new features needed. In contrast to many wellbeing and nature-connectedness applications, Extending Nature is interested in connecting you to nature wherever you are and building reciprocal and sustainable connections between you and your local green and blue spaces. It draws on the rich heritage of eco-embodied practices which is held within IR's communities and which will be incorporated into the XN experiences through breathwork, grounding, awareness and attunement practices.

This is the largest grant that IR (in collaboration with EcoGPX Ltd) has ever received and represents a step up in terms of the organisation's ambitions and scope. After a rigorous two-stage application process, including a presentation and interview, Innovate UK were impressed by the innovations this project promises, but also by the values which underpin it and which remain constant through IR's work; seeking better health and wellbeing for people and places, forging creative connections and resisting all modes of oppression and the barriers which divide communities. Already, the IR/EcoGPX Ltd partnership is forming collaborations with clinicians, NHS trusts, educational institutions, community organisations, visitor experiences and XR labs which will open the benefits of the digitally enabled therapeutic (DET) to a diverse and wide range of peoples and communities.

EcoGPX Ltd – providing regenerative support for Intercultural Roots

EcoGPX Ltd was established by Intercultural Roots founder and CEO, Alex Boyd on 11 October 2024. This charity spin out is the lead partner on the Extending Nature project and offers possibilities for revenue generation through the commercialisation of the Places by EcoGPX® application, which will be offered to a range of organisations, venues and community groups, once it is fully released. EcoGPX Ltd is also opening vital regenerative capacities for Intercultural Roots, in that a percentage of profits from this limited company could support the work that the charity is doing. It is part of Intercultural Roots' movement towards building a more stable and sustainable future, through increasing earned income and core funding, as well as being less reliant on individual grant and restricted project funding.

Arts Disability Network (ADN)

The Arts Disability Network (ADN) has grown in numbers, activities and impact since its establishment in June 2024. Funded by grants from the National Lottery Awards for All and the Adobe Community Fund, supported by the London Community Foundation, this new network, created by Intercultural Roots, has been hugely successful in its first year of operation.

As outlined in an evaluation report, published in April 2025 (see Scott 2025) and reflecting on this first year of ADN, the network has established a diverse and responsive programme of activities for members. This includes training in practical elements such as writing funding applications, articulating access needs and starting new creative projects. It also includes workshops focused on somatic practices, wellbeing and energy levels, which are tailored to the needs of the community of disabled and chronically ill artists that ADN supports. The network makes space for creative practice, through regular open and accessible online making sessions. It also opens collaborations and opportunities to connect for members, combating the isolation that many disabled people can experience. ADN recently established a new 'Artist of the Month' initiative whereby each month, the work of one member of the community is showcased through the ADN newsletter, online spaces and Instagram account. This actively combats the marginalisation of the work of disabled creatives in mainstream culture, celebrating and making visible the diverse artistic practices of disabled and chronically ill people.

Through the course of 24-25, the Arts Disability Network has grown to 157 members, with new members joining all the time. ADN members bring a range of lived experiences of disability and chronic illness and include practitioners from all areas of the arts. The network has run 25 different events, workshops and collaborative making spaces through the course of the time that this report reflects on, as well as maintaining active communication with members through a communal Basecamp space, where messaging, schedules and resources can be held.

ADN continues to grow and develop as a network, in a responsive and reciprocal way, offering a wide suite of activities and resources for members and creating a space of solidarity and connection. New funding applications will hopefully support the continuation of this important initiative. To find out more about the impacts of ADN on the disabled arts community, make sure you read the evaluation report on the network's first year. In addition, you can find out more about the impact of ADN and all IR's work through the impact report which accompanies this reporting on activities.

Rhythms of Resistance

In October 2024, Intercultural Roots and Puma Camillê Produções (Brazil) received £75,000 in funding from the International Collaboration Grants, run by the British Council. This programme ‘supports collaborations between UK artists, arts professionals and organisations and their global peers’ and has made possible the “Rhythms of Resistance” project, which explores ‘the many ways in which the performance aesthetics of resistance, offered by Capoeira and Vogue, functions as rhythmic strategies of liberation for Black, LGBTQIAPN+ and other historically oppressed bodies’ (British Council 2024).

Together, IR and Puma Camillê Produções, through the course of this year, have explored embodiment and the body as a site of resistance and strength, and as the key for unlocking ‘transgressive self-authorship’ through the practice of the diasporic embodied practices of Capoeira and Vogue. This kind of bridge-building collaboration across borders and through embodied practice is a particular strength of this organisation. Equally, and as is core to IR’s practices across its programmes, this is a mission-led project, with social justice for oppressed and marginalised communities at the heart of its agenda. The blending of a focus on social justice with the bringing together of diverse communities and a model of participatory creative embodied practices encapsulates many of the strengths of what the organisation is able to achieve.

In terms of project activities, IR founder and CEO – Alex Boyd and Rhythms of Resistance Artistic Director, Andrea Maciel – visited Puma Camillê Produções in Salvador, Brazil in 2025. During these visits, they observed and engaged with Puma Camillê’s work in situ, gaining insights into her practice and its socio-cultural context. The residency in Brazil enabled the Intercultural Roots artists to attend events, accompany activities led by Puma Camillê, and enter into exchanges with local theatre groups, cultural agents, and community networks. Parallel to this, UK practitioners began curating outreach with LGBTQIA+, Afro-diasporic, and vogue communities, aligning with the project’s commitment to inclusion and diversity (RoR narrative report).

Puma Camillê then came to London in July 2025, for a three-day festival and celebration of the project’s practices and values at The Place. As part of this festival - designed as ‘a platform for intercultural dialogue and artistic exchange’ (RoR narrative report) - more than 200 people participated in a range of workshops and events, celebrating queer and diasporic cultures. The first day, themed around ‘embodied queer liminality’, featured burlesque cabaret and fluid tango workshops, offered by Fernanda Mandagará and Manuela Benini respectively. This was presented alongside a further workshop titled ‘A Carnival of Emotions’, facilitated by Almiro Andrade. Taken together, these workshops explored queer embodiments, intimacies and modes of storytelling, offering a range of joyful expressions of resistance and empowerment for queer communities.

The second day of the festival, titled ‘Ancestral Roots and Rhythmic Fusion’, included a Capoeira Angola workshop by Mestra Paulinha and a ‘Capoeira Para TodEs’ Masterclass, led by the Puma Camillê collective. With a focus on the art of Capoeira, which was developed by African peoples in Brazil as an embodied and creative mode of resistance to enslavement, these workshops offered a strong focus on the themes of the project as a whole. With the combining of Capoeira with Vogue in the workshop run by the Puma Camillê collective – a mode of creative expression developed by marginalised queer communities of colour in New

York – a constellation of rhythms of resistance were practised, enjoyed and shared on this second day, celebrating creative freedom from oppression through embodiment.

The themes and threads of the project continued through into the final day of the festival with a sold-out event for more than 100 participants – the Mandinga do Futuro Mini Kiki Ball. Celebrating the art of voguing and ballroom culture more widely, participants were offered the opportunity to walk the runway in a range of categories, including sharing an act of protest and honouring your cultural roots. This was a transgressive, political and joyful sharing of embodied resistance on the part of communities that are historically and strategically under-represented in mainstream culture and suffer from consistent marginalisation across societies.

As a whole, this project has joyful, creative embodiment at its heart as a mode of resistance. The sharing of Afro-Brazilian cultural traditions in fusion with queer embodiments brought together under-represented communities from the UK and Brazil in a powerful moment of shared embodiment. For more information about the impact of these kinds of projects on those who participate, take a look through the Impact report.

Addressing Domestic Violence Through Forum Theatre (Year 2)

The two-year project 'Addressing Domestic Violence through Forum Theatre', funded by the Peabody Community Fund, concluded in early 2025. The Independent Evaluation Report, written by Claire Burrell (2025) details the activities that were part of this second and concluding year of the project and highlight the great value of this kind of creative work in addressing the oppressions that communities might experience. As Claire's report outlines, 'the project has brought together Peabody Housing tenants, local residents, artists and theatre practitioners, meeting as a community around the question; how do we live with violence?' (2025, p.1)

The project was co-conceived by Dr. Andrea Maciel, Artistic Director and co-creator of IR's Arts for Health and Social Change programmes, and Dr Alex Boyd, IR's founder and Chief Executive Officer, with workshops facilitated by Dr Maciel, Dr Almiro Andrade and Manuela Benini. At the centre of the workshops are Augusto Boal's (1992) forum theatre practices which bring together communities to creatively explore ways of responding to situations of oppression through the playing out of a scene or moment, which represents a lived experience, and with all members of the community able to offer alternative responses through participating as what Boal calls 'spect-actors'.

In the second year, new questions were raised within the workshops, such as 'How do we find antidotes to living with conflict, living with violence?' and as Claire's report details, 'the facilitators brought attention to how individuals locate themselves in interpersonal realms, how sharing experience and contributing to co-creation are central to becoming community' (2025, p.5). 13 people participated in the Year 2 workshops from diverse communities, and including people of Nigerian, Brazilian, Italian, British, Ethiopian, Spanish, Armenian and Danish nationalities.

The series of four 2.5-hour sessions included exercises to explore space, collaboratively create installations, engage in cultural exchange and deeply explore interpersonal connections, boundaries and experiences of feeling welcome. The workshops concluded with an informal sharing, where participants created a short performance to represent one of the stories shared in the workshops and explored this through participating as 'spect-actors'.

A detailed analysis of the workshops and feedback is offered in Claire's report. The Boal forum theatre work was successful in exploring key themes and questions around belonging to a community and how that community might respond to violence within its midst. The model of closely co-operating with a local housing trust in places local to residents, as well as offering childcare where needed and gently facilitating the creative conversations, makes this important work accessible and inclusive to diverse communities. Forum theatre is a vital, creative tool to explore community co-agencies in the face of challenges, making space for meaningful discussion, expression and, crucially, embodiment, of how such challenges can be addressed. This kind of creative embodied co-listening allows voices and perspectives to be shared safely and for communities to work out potential real-world solutions to problems which seem intractable. As detailed in the reporting, it deeply impacts upon participants and is an established and successful project which has proved its value and now needs further funding to spread these benefits more widely across UK communities.

Bridging Cultures: Digital Storytelling & Creative Connections for Community Empowerment

The 'Bridging Cultures: Digital Storytelling and Creative Connections for Community Empowerment' programme began in April 2025 and comprises a collaboration between Intercultural Roots and MakingCulture (Coburg, Germany). Funded by the Cultural Bridge programme, which 'supports arts and cultural organisations across the UK and Germany to develop partnerships that explore social arts practice', Bridging Cultures aims to explore 'how participatory digital storytelling and community-led arts practices can forge meaningful connections between Coventry (UK) and Coburg (Germany)' (Cultural Bridge n.d.). Using participatory arts in combination with the Places by EcoGPX® mobile application, AR storytelling was employed in the project to 'empower marginalised communities, nurture dialogue and sustainability, and reimagine public space'.

The activities involved an exchange of practitioners between Coburg and Coventry in July 2025. Firstly, IR founder and CEO, Dr Alex Boyd, Issias Yohanes and Fatima Reszczynski travelled to Coburg. This visit involved participating in the Coburg 'Sustainability Days' through collaborative workshops between Intercultural Roots and the MakingCulture e.V., guided historical tours of the city and region including visiting the past border between East and West Germany and wide ranging discussions reflecting on cultural connections between Coventry and Coburg that included ongoing issues related to migration, racism and genocide as well as celebrations of auto-vehicle design, hospitality including food, drink and hosting and appreciations of peace and reconciliation. Following this, three visitors from the MakingCulture organisation in Coburg, Gerhard Kampe, Peter Langendorf and Liliana Frevel arrived in Coventry on 11th July for a reciprocal experience. Here, the programme involved music performances, dance workshops at the University of Coventry and visits to cultural sites in Coventry, such as the Weaver's House, Transport Museum, Fargo Village and Coventry Cathedral. The focus was on the sharing of diverse cultural connections and stories across the two cities and creatively documenting that process of sharing and collaboration.

The project continues now with hybrid sessions and engagements between the collaborators and will result in multi-media outputs that demonstrate and disseminate the rich experiences, meaning-making and potential for shared positive social change that this kind of exchange can accomplish. Intercultural Roots and MakingCulture are now discussing next steps in building on their newfound partnership and resourcing for future regenerative projects.

This type of project, which is predicated on building bridges between localities and communities is supported by the use of the new ethical and regenerative technologies that IR, in partnership with EcoGPX Ltd, is developing. The Places by EcoGPX® mobile application, which was used in Coburg and Coventry as part of 'Bridging Cultures' continues to be a key tool for digital, place-based storytelling across IR's community projects.

Growing Intercultural Roots in Communities (GIRIC) 2025 Programme

The Growing Intercultural Roots in Communities (GIRIC) programme has continued to thrive this year. This international network of embodied practitioners, artists, educators, researchers and community leaders has grown to nearly 300 members in 2025, taking the numbers engaging with IR's networks and programmes (across GIRIC, ADN and the Eco-embodied Network) to nearly 700.

GIRIC offers those who join the network peer to peer support, collaboration and networking opportunities, opportunities to co-develop projects with IR and a set of online resources, all curated through the online platform, Basecamp.

In addition to this, IR also runs themed online sessions to support embodied practitioners. These sessions had previously been supported by funding and were offered for free, but this year, without that funding in place, the programme of activity has been offered at a nominal fee to cover costs (£5 and £3 for GIRIC members). Despite this, the popularity of these sessions has grown, clearly indicating that they are fulfilling a need within the community of freelance and community artists and practitioners that GIRIC supports.

With the first term running from February to June 2026, the GIRIC support programme was themed around the areas of 'practice', 'pedagogy' and 'projects', spanning the areas of creative activity, education and facilitation, as well as practical approaches to funding and supporting creative and community projects. This approach has been extremely successful with 177 participants engaging across the eight sessions, and an average of 22 active participants per session across the programme.

These online sessions are accessible, open spaces for discussion of themes, challenges, practices and ideas relevant to embodied practitioners, researchers and educators. They are lightly facilitated with a co-edited Google document forming the basis for sharing thoughts, ideas and resources, augmenting the discussion as part of the Zoom meeting. So far, the programme has covered areas such as inclusive learning approaches, embodied research, funding and project management, assessment and evaluation and eco-somatic practices. The open, peer to peer model has allowed practitioners to share and discuss their experience and expertise across these areas, creating a community of practice, unified by reciprocal gifting of experience and ideas.

The programme continues to build on this success in Autumn 2025 with sessions addressing 'performing ecologies', self-care and resilience, neurodiverse and marginalised learners, as well as freelancing and policy engagement. In an era where arts practitioners and researchers from diverse backgrounds are struggling with cuts to funding and the rising cost of living, the GIRIC programme offers vital practical support and spaces of shared solidarity. The impact of this programme on its participants is expanded upon further in the visually-led impact report.

Project Partnerships: EchoEight

Project partnerships support creative events and international exchanges of related practices. This year a long-running partnership between the University of Hawai'i at Mānoa's (UHM) Department of Theatre and Dance and Intercultural Roots was celebrated through a project partnership which enabled the 'EchoEight' intercultural workshops, performances and networking event to take place. Happening at The Place, London, the event opened a space for sharing and exchange of practices between visiting artists from UHM and the Intercultural Roots community.

The programme included workshops focused on eco-somatic practices, exploring energy centres, colours and interconnectedness as well as Taoist ecological breathing. In addition, queer dance practices and intercultural fusions of movement practices such as hiphop, Tongan traditions, Filipino storytelling, martial arts and Black diasporic ballet were offered. The event culminated with the 'EchoEight' performance, offered by UHM, which explored interconnectedness through 'eight rings of reverberation'

As well as the workshops, the event was a space for intercultural networking and exchange between the UHM faculty and dance, movement and embodied practitioners based in and around London. The event created space and time for a diverse exchange of practices and discussion, enriching the work of all involved. Such partnerships are a core part of how roots can grow across geographical locations, cultures and practices into fruitful creative collaborations which offer deep benefits for all participants and unique opportunities for UK-based movement practitioners.

Over the two days of the event, more than 70 practitioners and participants contributed and took part in the activities. The impact report outlines the benefits of intercultural creative project partnerships such as these on participants and local creative ecosystems, which form new and wider branching connections through these opportunities.

Practitioner Partnerships

Practitioner partnerships remain an important part of the Intercultural Roots ecosystem, allowing artists to open their practices to wider audiences through a partnership model that supports the organising, sharing and practical delivery of workshops and masterclasses. Through this model, practitioners retain full control and ownership of their creative content and facilitation style and get support from Intercultural Roots for the booking and marketing of classes and workshops, in return for a fair revenue share. This approach feeds and supports the ecosystem of co-learning, exchange and intercultural dialogue which is core to the organisation's mission.

This year, practitioner partnerships have resulted in diverse opportunities for these types of co-learning and exchange opportunities, with nearly 90 individuals participating across the sessions below. Feedback from and the impact of the creative opportunities afforded by the practitioner partnership programme are outlined in the impact report. The summary below outlines the activities offered in each case.

From delight to despair: the philosophy of art, Lakshmi Thiagarajan – August/September 2024

Across 4 weeks in August/September 2024, philosopher and artist, Lakshmi Thiagarajan offered online workshops, deeply exploring philosophical perspectives of art - including its essence and purpose and how art can evoke and transform emotions - through activity and discussion. Diverse and cross-cultural perspectives on the topic were shared, enhancing both participant understanding and offering tools for articulating perspectives on and responses to art, as well as their own art-making.

How to be feral: reclaiming our connection to the natural world, Claire Loussouarn – August/September 2024

Two in-person workshops were offered by movement artist, filmmaker, herbalist, and anthropologist Claire Loussouarn in London in August and September 2024. These sessions invited participants to reclaim their connection to the natural world through embodied practices on Hackney Marshes, a location which Claire has explored deeply as part of her eco-somatic practice. The two immersive days of practice were designed to challenge and broaden human perspectives and offer opportunities for deep connections with the more than human world through movement practices drawn from Claire's book, *How to be Feral*, which prompts participants to move beyond the constraints of modern human-centred living.

Re-wild your body, Claire Loussouarn - January, February, March 2025

These in-person sessions were followed up by 8 online sessions across January, February and March 2025 which opened Claire's practices, as detailed in *How to be Feral*, to a wider, international audience. Attracting 53 participants across 8 sessions, these workshops were both popular and successful in offering participants the tools to 'rewild' their bodies, rediscovering natural, intuitive ways of moving. In addition, these eco-somatic practices integrate a deeper awareness of the environment, increasing attunement to the natural world and opening new ways of moving in and being with nature.

Embodying the soul of artistry: achieving artistic fulness, Peter Atsu Adalety – September /October 2024

Over 4 weeks, across September and October 2024, Peter Atsu Adalety offered a course exploring 'embodying the soul of artistry' and 'achieving artistic fulness'. This programme of activity offered by Peter, an interdisciplinary teaching artist and performer, supported participants to develop authenticity and

vulnerability in their creative processes, improve improvisational skills and emotional expression and connect with a supportive community of like-minded artists. The practices shared also supported the integration of mindfulness into the creative process, empowering artists to embrace vulnerability and find their authentic artistic voice.

24-25 in Numbers and Names

Participant Numbers

908 people participated in activities organised and/or supported by Intercultural Roots this year.

32 artists and practitioners led, facilitated or organised these activities.

In addition, each of the online networks supported by IR offers resources, connections, professional opportunities, training and events:

- Arts Disability Network: 246 members
- Growing Intercultural Roots in Communities: 345 members
- Eco-embodied Network: 198 members

Total network membership: 789

In total **1729 people** participated in and engaged with IR activities, resources and events this year.

Marketing, Communications and Outreach Report by Basma Darouich

Overview

This year, the marketing and communications strategy focused on amplifying Intercultural Roots' (IR) mission through a multi-channel approach. By leveraging digital storytelling, targeted public relations, and collaborative community outreach, we successfully increased visibility for key projects including *EchoEight*, *Rhythms of Resistance*, and *EcoGPX*. The strategy encompassed social media management (Meta/LinkedIn), email marketing, press distribution, and web development, ensuring that IR's diverse portfolio of work reached audiences globally.

Digital Engagement and Social Media Growth

Our social media presence has seen consistent growth across Instagram, Facebook, and LinkedIn, driven by high-quality content creation and collaborative posting strategies.

- **Strategy:** We utilised Meta ads, collaborative posts, and organic storytelling to document residencies and events in real-time.
- **Network Expansion:** We actively engaged with higher education mailing lists, servers, and partner organisations in the arts and public health sectors to broaden our reach beyond our immediate follower base.
- **LinkedIn:** Strategic posting for the *EchoEight* event alone generated organic discovery and engagement, with individual posts achieving engagement rates as high as **18.9%**.

Project-Specific Campaigns

EchoEight: Intercultural Movement & Research

For the *EchoEight* collaboration with the University of Hawai'i at Manoa, we executed a comprehensive promotional campaign that combined direct mail, media listings, and press releases.

- **Email Marketing:** We executed a high-performing email campaign. The initial "Dance Beyond Borders" email achieved an **open rate of 37.0%** (surpassing industry peers' average of 36.3%) and a **click-through rate of 14.3%**.
- **Media Reach:** The event was featured on *The Dance Enthusiast* and highlighted in a press release on PRLog.
- **Registration:** To streamline the user journey, we developed dedicated web pages and facilitated registration through IR's "What's On" page.

Bridging Cultures: Digital Storytelling

Marketing for the *Bridging Cultures* collaboration with Making Culture e.V. (Germany) focused on public relations and visual storytelling.

- **Press Impact:** We distributed two major press releases via PRLog. The first, "Bridging Cultures Through Innovation" (March 2025), garnered **10,000+ headline impressions** and **344 unique hits**. The second, "From Coburg to Coventry," also achieved **10,000+ headline impressions** and **507 unique hits**.
- **Content:** We produced and shared a promotional video documenting the reciprocal visits to showcase the project's impact.

Rhythms of Resistance

For *Rhythms of Resistance*, promotional efforts were designed to engage specific communities interested in embodied resistance and diasporic arts.

- **Outreach:** Promotion included targeted Meta ads, sharing across Higher Education mailing lists, and designing promotional assets for partners to share.
- **Collaborations:** We utilised collaborative posts with artists and partner organisations to maximise visibility within the Afro-diasporic and LGBTQIAPN+ communities.

EcoGPX and Extending Nature

Marketing for the *EcoGPX* and *Extending Nature* projects focused on documenting "on-the-ground" activities to bridge the digital and physical worlds.

- **Documentation:** We provided comprehensive social media coverage of residencies, sharing photos and updates from Coventry to demonstrate community engagement.
- **Local Connection:** Outreach focused on connecting with Coventry-based organisations to strengthen local ties and participation.

Supporting Practitioner Partnerships & GIRIC

We continued to support the *Growing Intercultural Roots in Communities (GIRIC)* network and the Practitioner Partnership Programme through resource sharing and event promotion.

- **Platform Management:** We maintained an active Basecamp community for resource sharing and member networking.
- **Workshop Promotion:** We designed promotional materials and managed cross-platform sharing to drive sign-ups for specific practitioner workshops, including:
 - *Artistic Fullness: Embodying the Soul* by Peter Atsu Adalety.
 - *How to be Feral* by Claire Loussouarn.
 - *Rewild your Body* by Claire Loussouarn.

- *From Delight to Despair - The Philosophy of Art* by Lakshmi Thiagarajan.

Community & Fundraising Initiatives

- **Forum Theatre:** We supported the *Addressing Domestic Violence Through Forum Theatre* project by setting up dedicated web pages and designing promotional materials to ensure the events were accessible to Peabody Housing tenants and local residents.
- **Big Give:** We actively supported the *Big Give* fundraising campaigns by sharing donation calls across all platforms to drive financial support for IR's charitable activities.

Partnerships and Connections

- The Turing Way Practitioners Hub 2024
- Create Growth West Yorkshire - Stage 2 Investment Readiness (IR and EcoGPX Ltd)
- Innovate UK 'Design for Growth' programme
- Innovate UK Business Growth (High Growth) - delivered by Newable Ltd
- LawWorks (Legal) Not-for-Profits Programme delivered by Harriet Beattie (Visa)
- Medical Creatives – clinical partners on Extending Nature project
- Aidcore Technologies, Twinkl and Quiet-Note – creative and technological partners on Extending Nature project
- Google Nonprofits
- Microsoft Nonprofits
- Basecamp (educational license)

Funders

- Adobe Community Fund - Arts Disability Network
- The Big Give 'Green Match Fund'
- British Council International Collaborations – Rhythms of Resistance
- Cultural Bridge Programme – Bridging Cultures
- National Lottery Awards for All – Arts Disability Network
- Innovate UK: Mindset XR programme - Extending Nature
- Innovate UK: Launchpad: Coventry and Warwickshire - EcoGPX
- Peabody Community Fund – Addressing Domestic Violence through Forum Theatre

Supporting Organisations

With thanks to:

- Ars Secta Ltd
- Ascentis Accountants LLP
- EcoGPX Ltd
- Intercultural Roots for Traditional Embodied Arts
- Third Sector Renewables
- Youth Media Group

Practitioners and Consultants

Design Consultation: Al Kennedy

Regenerative Design: Issias Yohanes

Honorary Legal Council: Harriet Beattie (and Geneva Hoffman)

Newable Ltd Business Consultants: David Zerny, Liam Hickey, Daniel Abdelmassih

Accountant (Independent Examination): Pat Davey

Advisors (to CEO): Prof Anita Gonzalez, Bruno Rocha, Dr Ian Kenvyn, Clare Kenvyn

Trustees (Intercultural Roots for Traditional Embodied Arts): Dr Alex Boyd, Dr Andrea Maciel, Dr Alvaro Hernandez, Martin Sax, Prof (Te Ahukaramū) Charles Royal

CIO Board of Directors (Trustees)

Dr Deepa Mahadevan

Dr Dylan Bolles

Professor Lynette Hunter

Dr Kevin O'Connor

Maryam Seif Saeidi

Peter Atsu Adalety

Peter-Rockford Ututau Espiritu

Regina Maria Gutierrez Bermudez

Dr Savita Rani

Dr Alex Boyd (until 11 Dec 2024)

Donors

A big thank you to all our generous donors this year. If you would like to support the continuation of the important work you see represented in this report, you can do this at:

<https://www.interculturalroots.org/make-a-donation>

Leadership Team

Founder and Chief Executive Officer: Dr Alex Boyd

Chief Operations Officer: Wendy van der Haagen-Boyd

Artistic Director: Dr Andrea Maciel

Creative Director EcoGPX®: Dr Ben Spatz

Quality Monitoring and Evaluation Director: Dr Jo Scott

Community Liaison Manager EcoGPX®: Maryam Safe

PR, Digital Marketing, Promotion and Social Engagement Specialist: Basma Darouich

Full Stack Software Developer EcoGPX®: Peter Awosiyan

Arts Disability Network Programmes Manager: Myra Stuart

Arts Disability Network Project Outreach and Disability Support Coordinator: Nu McAdam (until September 2025)

Arts Disabilities Network Project Community Comms Coordinator: Meg Fozzard

Access worker for Meg Fozzard: Joel Le Clercq

Extending Nature (XN) Project

Alex Boyd – Project Director

Ben Spatz – Creative Director EcoGPX

Jo Scott – Senior XR Research Lead

Wendy van der Haagen-Boyd – Finance Director
Meg Fozzard – XR Specialist & Disability Access Advisor
Joel Le Clercq – Access Support Worker
Emmanuelle Henry-Cottrell – EDI & Diversity Access Worker
Basma Darouich – CCO/PR, Marketing & Promotion Specialist
Maryam Safe – Regenerative and Holistic Design Lead
Derek Lawrence - Digital Reality Capture Specialist
Al Kennedy – Ecological Design Lead
Peter Awosiyan – Full Stack Developer (Aidcore Technologies Ltd)
Will Crawford – Sound and Music Lead (Quietnote Ltd)

Advisors

Daniel Abdelmassih – Innovate UK Business Growth Advisor
Will Abramson – Trustee, Youth Media Group
Harriet Beattie – Legal Counsel, Visa Legal via LawWorks
Joe Churchill — Trustee, Primary Films
Lois Liao – Trustee, Intercultural Roots
Andrea Maciel – Trustee, Intercultural Roots

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Charity Name Intercultural Roots for Public Health		No (if any) 1179885	CC16a
Receipts and payments accounts			
For the period from	Period start date 01/08/2024	To 31/08/2025	

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					
Ticket Sales for Events/Online Events	2 606			2 606	-
Donations	5 270			5 270	-
HMRC Gift Aid	5 319			5 319	-
Contract - Innovate UK - Launchpad Coventry & Warwickshire		99 627		99 627	-
Infrastructure Support Services	9 311			9 311	
Contract - LCF/Adobe Community Fund - 'Arts Disability Network'		20 000		20 000	
Crowdfunding - TBG Women & Girl Match Fund		8 876		8 876	
Crowdfunding - TBG Xmas Challenge 2024		22 380		22 380	-
Pledges - TBG Xmas Challenge 2024		15 000		15 000	
Crowdfunding - TBG Arts for Impact 2025		14 871		14 871	
Crowdfunding - TBG Green Match Fund 2025		854 24		854	
Contract - British Council International Grants - Rhythms of Resistance		37 500		37 500	
Contract - Cultural Bridge		4 500		4 500	
Software Subscriptions	1 141			1 141	
Sub total	£ 23 646	223 608	-	247 254	-
A2 Asset and investment sales, etc.					
	-	-	-	-	-
Total receipts	£ 23 646	223 608	-	247 254	-
A3 Payments					
Website Maintenance	1 050			1 050	-
Software Subscriptions	4 082			4 082	
Hardware	245			245	
Infrastructure Support	24 591			24 591	-
Project Delivery - National Lottery Fund - 'Arts Disability Network'		18 653		18 653	
Project Delivery - Innovate UK - Launchpad Coventry & Warwickshire		49 940		49 940	-
Project Delivery - London Community Fund//Peabody Trust - Boal Forum Theatre		11 500		11 500	-
Project Delivery - LCF/Adobe Community Fund - 'Arts Disability Network'		16 164		16 164	-
Project Delivery - British Council International Grants - Rhythms of Resistance		19 909		19 909	
Project Delivery - Cultural Bridge		3 750 86		3 751	-
Project Delivery - TBG Women & Girls Match Fund		8 876		8 876	-
Project Delivery - TBG Xmas Challenge 2024		37 400		37 400	
Project Delivery - TBG Arts for Impact 2025		14 520		14 520	
Project Delivery - TBG Green Match Fund 2025		854		854	
Project Delivery - IUK 'Extending Nature'		829		829	
HMRC Tax/NI/ENI	2 060			2 060	
Artist/Practitioner Fees	1 057			1 057	
Venue Hire (non-project related)	675			675	
Online Adverts	161			161	
Expenses (non-project related)	346			346	
Bank Charges	15			15	
Total Payments	780	1	-	780	-

Contract - Puma Camille Produces - BC RoR		18 750		18 750	
Cashflow Loan Repayment & Interest		51 562		51 562	
Sub total	35 061	252 710	-	287 771	-
A4 Asset and investment purchases, etc.	-	-	-	-	-
Total payments	35 061	252 710	-	287 771	-
Net of receipts/(payments)	- 11 415	- 29 102	-	- 40 517	-
A5 Transfers between funds	965	- 965	-	-	-
A6 Cash funds last year end	13 735 05	33 252 70	-	46 987 75	-
Cash funds this year end	3 285 48	3 185 50	-	6 470 98	-

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	3 285	3 185	-
		-	-	-
		-	-	-
	Total cash funds	£ 3 285	3 185	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	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
 Dr Alexander Boyd

Date of approval
 26th Aug 2025

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Intercultural Roots for Public Health

**On accounts for the year
ended**

31st July 2025

**Charity no
(if any)**

1179885

Set out on pages

1-3

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

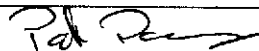
**Independent
examiner's statement**

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:



Date:

17/12/25

Name:

Pat Davey

**Relevant professional
qualification(s) or body
(if any):**

CIMA - retired
ACII - retired

INTERCULTURAL ROOTS FOR PUBLIC HEALTH

England & Wales - Charity number 1179885

Accounts

Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	08	2023	To	31	07	2024

Section A Reference and administration details

Charity name Intercultural Roots for Public Health

Other names charity is known by Intercultural Roots (IR / IRPH)

Registered charity number (if any) 1179885

Charity's principal address Flat 133, Thanet House

Thanet Street

London

Postcode WC1H 9QE

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	Lynette Hunter	Chair		Membership at AGM
2	Ian Kenvyn	Treasurer	1 Aug '23 – 6 Jan '24	
3	Regina Gutiérrez	Secretary		
4	Alex Boyd	Executive Director		
5	Maryam Seif Saeidi	Treasurer	22 Jan '24 – 31 Jul '24	
6	Savita Rani		22 Jan '24 – 31 Jul '24	
7	Deepa Mahadevan		23 Jan '24 – 31 Jul '24	
8	Peter Atsu Adalety		23 Jan '24 – 31 Jul '24	
9	Peter-Rockford Ututau Espiritu		25 Jan '24 – 31 Jul '24	
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)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution adopted 14 September 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.

SEE ANNUAL REPORT

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

FOR THE PUBLIC BENEFIT, TO PROMOTE COMMUNITY PARTICIPATION IN HEALTHY RECREATION BY:

- * PROMOTING PARTICIPATION IN TAI CHI, YOGA, PILATES AND DANCE
- * ADVANCING EDUCATION IN THE BENEFITS OF HEALTHY RECREATION
- * PROMOTING BEST PRACTICE IN THE DELIVERY OF TAI CHI, YOGA, PILATES AND DANCE.
- * TO PROMOTE FOR THE BENEFIT OF THE PUBLIC, THE CONSERVATION, PROTECTION, AND IMPROVEMENT OF THE PHYSICAL AND NATURAL ENVIRONMENT, THROUGH THE PROVISION OF OUTDOOR ACTIVITIES, RESIDENCIES, AND RESEARCH, AND TO PUBLISH THE RESULTS

Through 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)

SEE ANNUAL REPORT

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)

SEE ANNUAL REPORT

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

SEE ANNUAL REPORT

Section E

Financial review

Brief statement of the charity's policy on reserves

At the end of the financial year there was £46,988 in the bank. £13,735 are non-restricted funds and £33,253 are restricted funds and being held in reserve.

In line with our Reserves Policy, during 2023/24 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.

SEE APPENDIX BELOW


Section F

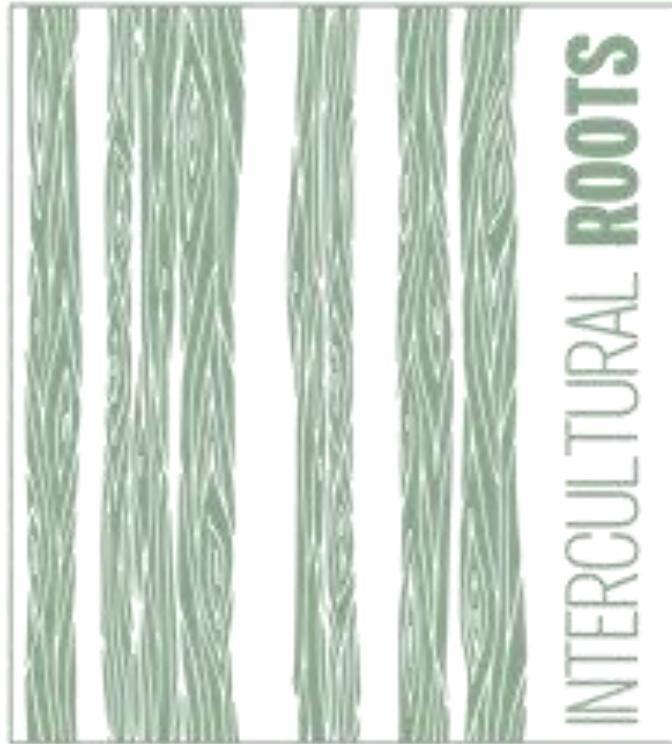
Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Dr Alexander Boyd	
Position (eg Secretary, Chair, etc)	Founder & Executive Director	
Date	29 th January 2025	




**Intercultural Roots Annual Report:
1st August 2023 - 31st July 2024
By Dr Jo Scott**



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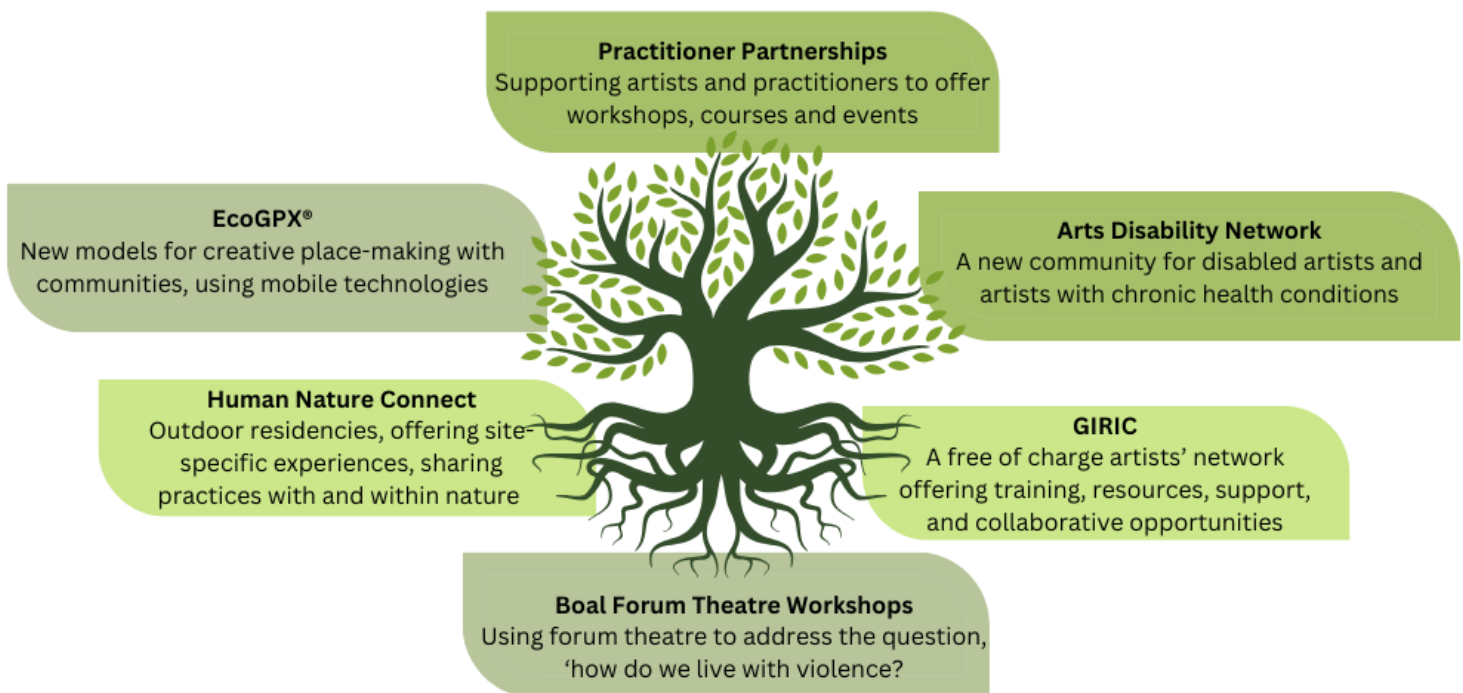
Executive Summary

Introduction

23-24 has been a year when all elements of the Intercultural Roots (IR) ecosystem have flourished. The roots of the organisation have pushed deeper, forming new connections in the soil of IR's care and co-creation. Shoots are breaking through the ground and generating new parts of our community, while other more established elements are branching out and bearing fruit, providing shade and sustenance for the new shoots. The executive summary visually represents the regenerative growth of the Intercultural Roots ecosystem this year and is followed by a full written report, offering further detail on what is summarised here.

The Intercultural Roots Ecosystem

The Intercultural Roots Ecosystem includes a range of elements, projects and activities. The primary areas which have been active in 23-24 are represented in the diagram below:





Threads and Themes

Within and through these activities, networks, events and projects, Intercultural Roots explores, addresses and furthers a range of important areas:

Working creatively and collectively towards a more just future

Using the power of creative practices for social change

See: Arts Disability Network, Boal Forum Theatre Workshops, EcoGPX®

Reciprocal Gifting

Creating opportunities to reciprocally share the gifts of human and more than human communities

See: EcoGPX®, Practitioner Partnerships, Human-Nature Connect

Regenerative Practices

Nourishing connections between communities, between humans and the more than human world, between people and places

See: Human-Nature Connect, EcoGPX®, Practitioner Partnerships

Establishing and building community solidarity

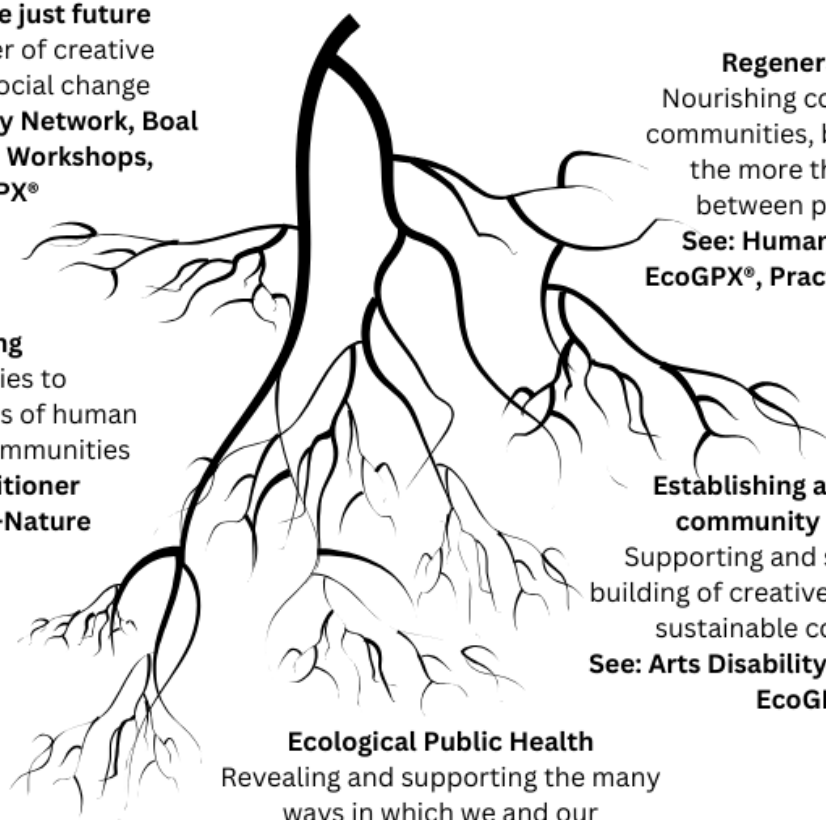
Supporting and sustaining the building of creative, supportive and sustainable communities

See: Arts Disability Network, GIRIC, EcoGPX®

Ecological Public Health

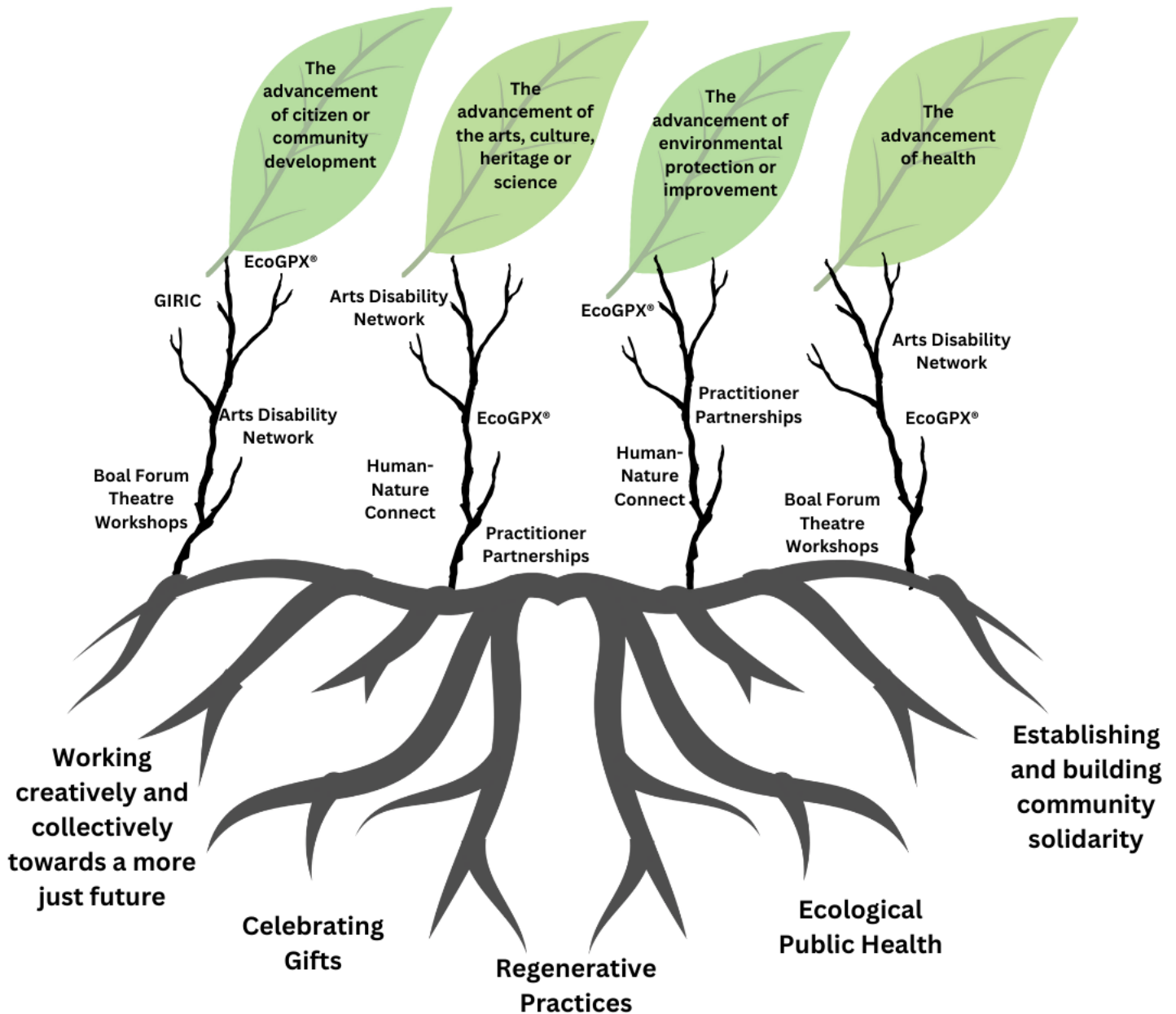
Revealing and supporting the many ways in which we and our environments can stay healthy

See: EcoGPX®, Boal Forum Theatre Workshops, Human-Nature Connect, Practitioner Partnerships



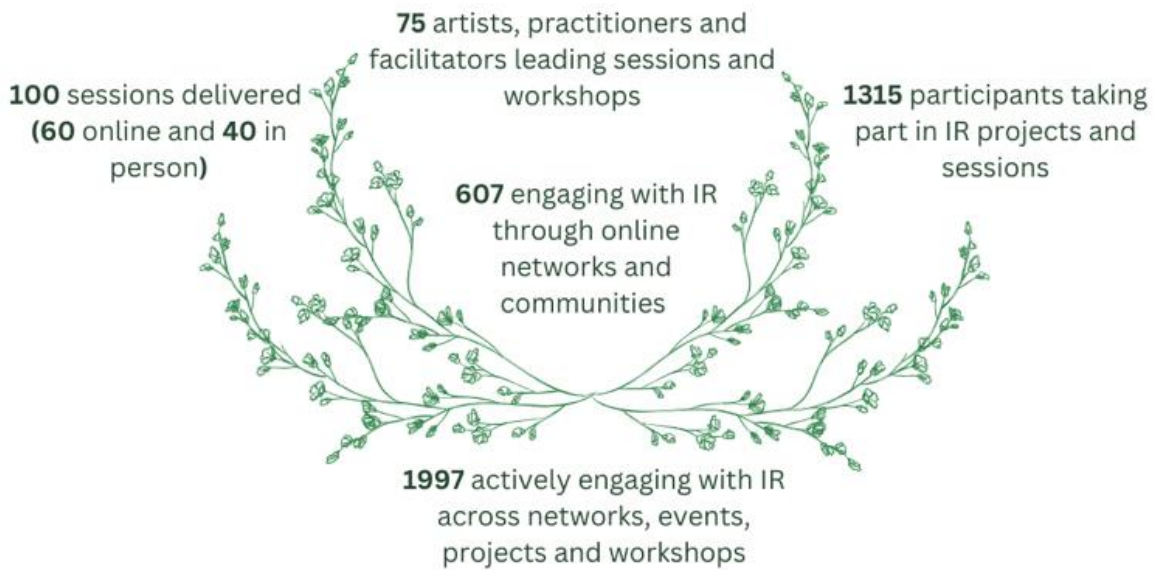
Links to Charitable Objectives

These underpinning themes inform the activities, which activate and grow the organisation's charitable objectives, as represented below and as evident throughout this report on the 23-24 activity:



Participant Numbers

Many people have participated in and benefited from IR's activities, networks, collaborations and projects this year, as shown here:



Regenerative Feedback

Those who participate consistently feedback to us on the value and impact of these experiences, just some of which is represented here:



'Each new connection I made at the residency helps to weave a stronger tie between me, the place, and its people. It paves the way to exciting new possibilities and breaks down the walls between communities'

'I felt part of a community that thrives on positivity for the better of other people in many different ways'

'It made us connect with each other – We are a family because we have shared our vulnerabilities and our stories'

'Thank you. Collaboration with you was enriching and ultimately beautiful. I felt happier and, if you like, more creative after a weekend working with you'



'It was exciting to work collaboratively with other artists both sharing knowledge and the experience of working together. This was very beautiful'

'With this residency, I realise that community is beyond religion and beyond the colour of your skin or sexual orientation. I have community everywhere'

'I ... realised that the creative community have the power to comment, advise and help bring about change at grass roots level directly related to wellbeing, belonging and development of communities'

'the continual gentle developments each day enhanced exactly how community based creative minds work, this was so refreshing'



The project not only allowed me to learn new skills and grow creatively, but it also gave me a community, a family really. I formed so many meaningful connections. [It] helped me get out of a dark spot I was in. It allowed me to reconnect with myself, with others and with the world around me and nature

'IR [Intercultural Roots] landed at the perfect intersection between people and what people naturally bring to their space – the functions of creativity and how that aids our getting on and our fabric, empowering individuals who have that craft to learn from each other and share'



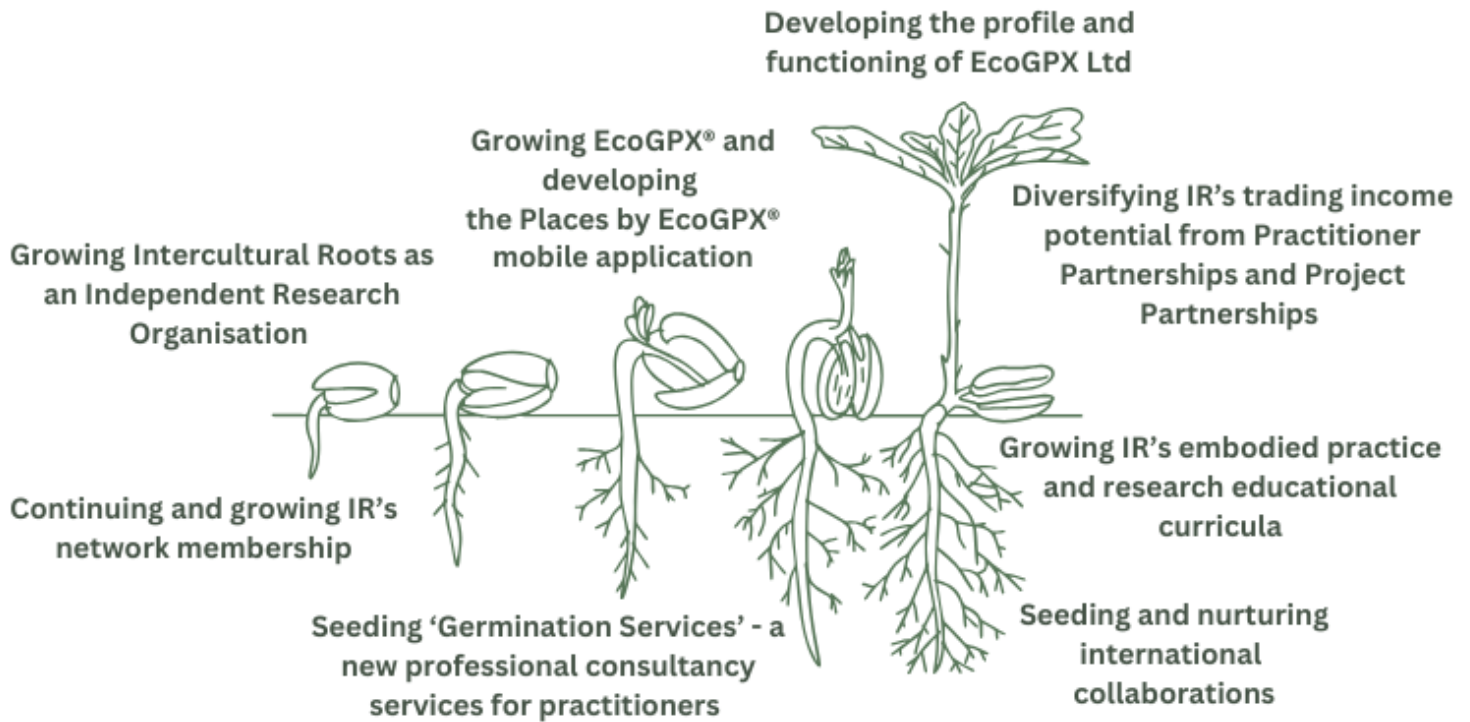
Branching and Fruiting: Key Successes in 23-24

Among the many elements which have come to fruition this year, the image below represents key successes, where the nurturing of ideas, collaborations and projects has borne fruit:



Seeding and Germinating: Strategic Planning for 24-25 and beyond

In building on the successes from this year, Intercultural Roots' strategic aims – what we want to seed, nurture and grow – are shown below:





Written Report

Introduction

This has been a year when all elements of the Intercultural Roots (IR) ecosystem have flourished. The roots of the organisation have pushed deeper, forming new connections in the soil of IR's care and co-creation. Shoots are breaking through the ground and generating new parts of our community, while other more established elements are branching out and bearing fruit, providing shade and sustenance for the new shoots. Like the connected forest communities, this is an organisation which is built on the mutual sharing of benefits, so that, as in the 'wood wide web', nutrients can pass from one tree to another, with the support of the rooted network IR has created. As Suzanne Simard (2021) remarks about forest ecosystems, trees are 'connected, cooperating' and 'the sharing of energy and resources' means they are 'working together like a system' (p.161). Like these natural systems, 'interconnected by mycorrhizal fungi', which join the trees' root systems together, the elements of the IR community create, communicate with and actively nourish each other in ways that fuel the regeneration of the entire organisation. This report reflects the regenerative growth of the Intercultural Roots ecosystem through the year 2023-2024. It marks where rooting elements are exploring new modes of practice and new connections with diverse communities. It also notes where what has been seeded in previous years is now resulting in newly flourishing parts of the ecosystem. Finally, we celebrate the branching and fruiting of already-established entities within the IR network, whose benefits are shared across the network.

As with all ecologies, the IR network is dependent on a range of conditions to keep its systems balanced and thriving. In our case, we acknowledge and thank our funders and donors (detailed at the end of the report), for the essential nutrients they have provided for growth and the many advisors, mentors and consultants, some of whom were funded, and others who contributed their time pro-bono, to support us this year. Our Board of Directors (Trustees) work voluntarily to support the governance of the organisation; they are our soil and, like Mother Earth, give tirelessly, helping direct and nourish our Core Team of staff. Equally, we celebrate the innovation, creativity, and dedication of the artists and practitioners who make up the IR community and who constantly feed back into this living system, through their creative practices, collaborations, challenges and ideas to further develop and sustainably grow this ecology. We see our artist co-creators as those working the magic of photosynthesis, through alchemically transforming the sunlight that all plants and trees need to grow and the nutrients gathered through IR's root system into new shoots, new branches, new flowers and fruit. For us, this is always a magical transformation, and we thank them for everything they are and do within our community (see 'Practitioner Partnerships' for more detail). Finally, IR's Core Team act as cultivators, supporting the growth of the ecosystem. Like all cultivators - like all humans - they are part of the ecological system, part of nature and a fundamental element in the balanced and sustainable growth of the community.

It is also important to emphasise that growth for Intercultural Roots does not mean unfettered growth for growth's sake, as is common in capitalist resource-hungry and extractive business models. Rather, we are interested in sustainable developments in key areas of the ecosystem that in turn can enrich others and do not demand excessive resourcing. As Indigenous scholar and scientist, Robin Wall Kimmerer (2013) remarks, on the importance of sustainable and regenerative relationships between humans and more than humans, '*Sustain the ones who sustain you and the earth will last forever*' (p.183).

EcoGPX®

The EcoGPX® project, which has flourished across two phases in Ilkley and Coventry this year, represents an exciting new area of cultivation and growth for Intercultural Roots. The project integrates new and innovative uses of technology – specifically mobile application development – with sited creative practices; a fundamental part of IR’s practices across its programmes. This in turn is connected to working closely with communities in their local places, to offer new connections between people and place, humans and nature, and to open up creative possibilities that offer new ways of seeing and being in familiar places.

EcoGPX Creative Catalyst, 2023, Ilkley, UK

The EcoGPX® project arose from an idea proposed by a member of the GIRIC community, Stuart Mellor, who wanted to use sensors in rivers and riverbeds to engage more closely with these natural landscapes. Dr Alex Boyd developed this into a more embodied and collaborative proposal, which won a creative catalyst award of £49,970 from Innovate UK. With this funding, Intercultural Roots developed a prototype mobile application that was tested out by members of the community in Ilkley, near Bradford, in the UK. The prototype offered a mix of media and ‘scores’,



Figure 1: Creative Practices in Ilkley as part of EcoGPX® Creative Catalyst. Image Credit: Wendy Van der Haagen Boyd

prompting embodied ways of travelling through, interacting with and being in the moorland landscapes around Ilkley. In turn, the media captured artists performing in and responding to key sites in these landscapes. Also included were videos documenting local community members, opening the history of the place, and clean water activists, raising issues to do with the cleanliness of the river Wharfe which runs through Ilkley. As the external evaluation states (see link in Appendix 1), the prototype ‘shows potential for fostering strong connections between local community groups, artists, and other app users through shared embodied experiences’ and ‘demonstrates an innovative use of technology in sustaining connection between humans, nature and heritage, and the positive impact of this connection with wellbeing and physical and mental health’ (Mugica and Rocha 2024). It is these elements of connection, community, embodied experience, nature and heritage which remained significant in this project - alongside the innovative use of technology and the focus on positively impacting wellbeing, physical and mental health - in the second phase of the project in Coventry, funded by a further £100,000 from Innovate UK through their immersive and creative launchpad scheme.

EcoGPX® Coventry and Warwickshire Launchpad: May-October 2024

In the second phase of the project, the team built on the app prototype created in Ilkley, alongside growing roots and developing creative practices in and in response to places in Coventry with local artists. The launchpad began in May 2024 with a period of deep listening and close engagement with communities in



Figure 2: Screenshot from video uploaded to Places, EcoGPX® Launchpad Residency 3, Coventry. Video credit: Maryam Safe

Coventry and Nuneaton. This allowed the EcoGPX® team to understand the dynamics, energies, needs and challenges of the places and people with whom they were working. This phase was followed by an open call to artists, practitioners, community leaders and place-makers in and around Coventry. A diverse set of Coventry based artists responded to the call and were invited to participate in the first residency of this phase of the project, which took place in Coventry in July 2024 across 5 days and invited artists to a wide range of venues, organisations and natural environments across the city. They were each offered an opportunity to co-lead creative activities in and in response to these places, resulting in a vibrant and diverse set of activities which were co-created across the 5 days. A full report of this first residency is available in Appendix 1, alongside reporting on the whole project, which was completed in October 2024 (see Scott 2024).

EcoGPX® Summary and Prospects for Growth

The EcoGPX® 6-month launchpad project extends into 24-25 for Intercultural Roots and remains an exciting area for growth and diversification, particularly through the development of a brand-new mobile application, 'Places by EcoGPX®' towards the end of the project. The Places application is built for communities of place-based creative practitioners, allowing contributors to upload short videos and scores (consisting of an image with text overlay) to the places where they were recorded. Viewers opening the app in those places will see the media recorded there which is nearest to them in place and time. In this way, the media is seeded in the places where it is made, and remains there, offering the present viewer glimpses into creative activities, encounters and perspectives which happened in that place, creating a form of socially augmented reality and connecting contributors and viewers in particular places across time.



Figure 3: Participants in Residency 2, EcoGPX® Launchpad Coventry and Warwickshire. Image Credit: Intercultural Roots

Places and the EcoGPX® projects have opened a range of new areas of growth for Intercultural Roots that actively intertwine with the benefits of the embodied, collective approaches to being with people and places that have characterised IR's practices and pedagogies across multiple projects. As the section of this report outlining strategic planning attests, seeding the ecosystem with new technological possibilities opens funding streams, new areas of research and creative practice. In the next year and beyond, IR plans to nurture these new digital elements of the ecology, through applying for funding to continue its development and shaping as part of a new set of approaches to creative digital place-making.



Arts Disability Network (ADN)

The Arts Disability Network (ADN) is a new community for disabled adult artists and artists with chronic health conditions, offering free support with ‘growing an arts career, accessing funding, and navigating an often inaccessible sector’ (Intercultural Roots 2021a).

ADN grew out of an idea proposed by Krisztina Ferencz, with other members of IR’s Growing Intercultural Roots in Communities (GIRIC) network (see section on GIRIC below). Krisztina proposed that IR offer a space to address the needs of disabled artists and artists with chronic health conditions. A comprehensive consultation followed, alongside applications for funding support. 126 detailed responses were offered to a consultation questionnaire, which was shared through IR’s networks and social channels, alongside a consultation meeting. Both revealed the significance and need for such a network to be established and provide support for the many disabled artists and those with chronic health conditions. Survey respondents identified needs such as support with planning, mentoring, career building, accessing funding and a supportive community.

The Arts Disability Network was established in March 2024 with the support of £20,000 of funding from the National Lottery Awards for All. A further £40,000 of funding from the Adobe Community Fund, supported by the London Community Foundation, was awarded to support the delivery of creative health workshops, emotional and physical wellbeing support groups, professional development and networking events and the development of platforms for showcasing the work of disabled artists. The network launched officially in June 2024 and is lived experience-led by disabled artists Myra Stuart and Nu McAdam. It is designed to be directly responsive to the needs and challenges identified through the initial consultation and by the ongoing needs of the community of disabled artists and artists with chronic health conditions who have joined ADN. Membership has grown to 110 throughout this year.

Following its launch ADN has offered a range of different events and opportunities to members, including online workshops and training in ‘entering work with confidence’ and ‘breaking down barriers to Arts Council England funding’, alongside making spaces for members to join online and work on creative pieces or tasks together. This is complemented with regular invitations to a ‘coffee and a chat’ with Myra, Nu and other ADN members, a resource library, community building and peer support, making room to meet, share experiences, and build creative collaborations, all housed in a bespoke Basecamp (asynchronous digital platform) area, which holds the network’s engagements and opportunities.

The Arts Disability Network is another new and significant part of the IR ecosystem, seeded in previous years and becoming established and active in 23-24. ADN offers a much-needed area of growth for Intercultural Roots, in developing the ways in which the organisation not only offers support to its disabled members but also establishes a space of advocacy and resistance to the consistent marginalisation of disabled people within the arts and creative industries. Over time, ADN will also offer valuable learning for Intercultural Roots, in models for accessible ways of working, communication and creative collaboration that are inclusive and equitable for disabled artists and artists with chronic illnesses.

Human-Nature Connect

Human-Nature Connect (H-NC) residencies have been prominent in IR's programme of events this year, following their seeding into the ecosystem in 2022. The focus of the residencies is on gently facilitating and opening time and space for participants to immerse themselves in natural landscapes, which in turn prompts 'connections with our inner space, allowing nature healing and providing artistic kinship' (Intercultural Roots 2021b). A variety of spaces, landscapes and communities have generously held and hosted residencies this year. Participating practitioners have, in turn, benefited from the ways in which IR's practices of light facilitation can open 'non-empty spaces' - as IR's founder and executive director, Dr Alex Boyd calls them - to artistic connections and different modes of kinship; 'being with' each other and the many lives, presences, histories and futures which make up such landscapes and communities.

Thanks to the Aviva Community Fund and partnership with the Third Sector Renewables charity, these residencies were part funded for participants in 23-24, increasing their accessibility. As outlined below, each residency is unique and emerges differently depending on the nature of the landscapes, co-facilitators and participants. However, all are united in offering space and time for deep modes of entanglement and connection with the more than human world, enabling what Donna Haraway (2016) calls 'intertwined worldings' (p.13) to emerge.



Figure 4: Screenshot from film of 'Arts and Health in Nature'
Film credit: John Zibell and Dylan Bolles



Figure 5: Screenshot from film of 'Arts and Health in Nature'
Film credit: John Zibell and Dylan Bolles

Human-Nature Connect, 'Arts and Health in Nature', Hubberholme, Yorkshire, 1-4 September 2023

The Human-Nature Connect residency in Hubberholme, Yorkshire, offered 23 participants a variety of 'portal opening' experiences through therapeutic body work approaches, allowing deep connection with nature, healing and wellbeing' (Intercultural Roots 2021c). It was facilitated by Drs. Andrea Maciel & Alex Boyd with special guest Flavia Rohen, a biodynamic physiotherapist from Brazil. The Yorkshire Dales National Park is an ancient, varied and abundant landscape, offering a range of different types of landscape for therapeutic engagement and entanglement. These were fully incorporated into the experience, with deep and sustained movement and vocal work, both reflecting and entangling with natural energies and processes. Rocky, river landscapes featured strongly in the residency, offering connections with deep, geological time and prompting varied creative responses and connections between human and more than human. A beautiful film, made by Drs. John Zibell and Dylan Bolles, documents and creatively mixes the sights, sounds, movements and textures of this residency.



Figure 5: View from Isle Martin
Image Credit: Intercultural Roots



Figure 7: Creative practices at the Isle Martin residency
Image Credit: Intercultural Roots

Human-Nature Connect, 'Environmental Arts & Eco Somatic Residency', Isle Martin, Scotland, 6-10 September 2023

Following on from Hubberholme, the Human-Nature Connect 'Environmental Arts and Eco Somatic Residency', in Isle Martin, north of Ullapool on the west coast of Scotland, took place. In this residency, 8 local co-facilitators with a range of different eco-art practices, led by Drs. Thomas Kampe and Alex Boyd with Anthony O'Flaherty, guided 20 artists through a rich and 'nourishing' experience, exploring the sea, shoreline landscapes and interior of the island, with an emphasis on connections to and creative and climate action activities within these environments.


Vocal work, performance, movement practices, and eco-somatics were combined with work with the land, helping to regenerate and restore the island's ecosystems through clearing and tree planting. In addition, across the 5 days, participants cooked, ate, sang and socialised together, forming a creative community.

The unique partnership with the Isle Martin Trust brought the creative activities into close relationships with the multispecies communities who live on the island, including the seaweed, trees, plants and people. As Anthony O'Flaherty, one of the Isle Martin trustees, reflects, 'I know this island in so many other ways and this project just suited it perfectly'. Facilitator, Thomas Kampe, commented that the residency was a 'process of immersion', as well as an opportunity for 're-education of our imagination', opening 'what it might mean to



Figure 8: Engaging in traditional crafts at the Isle Martin residency
Image Credit: Intercultural Roots

immersion', as well as an opportunity for 're-education of our imagination', opening 'what it might mean to



be in dialogue with nature, beyond dominating, excavating, extracting ...coming to a more kind, observant, aware and caring approach' (in Kroeger 2023). This sums up much of what these residencies can do – they re-set perspectives, opening up time and space for deeper connections with our more than human kin and with each other, and as Thomas and others reflect, this is deeply 'nourishing'. It is also a reciprocal and regenerative activity, benefiting all living beings entangled in these opportunities for extended, attentive 'being-with'. Overall, 145 individuals took part in the residency and Angelica Kroeger's film of the residency offers beautiful and careful insights into its practices and processes.

Human-Nature Connect: Proposing An Eco Somatic Embodied Research by Alex Boyd – 2nd Oct 2023

In October, Intercultural Roots founder and executive director, Dr Alex Boyd, ran a Human-Nature Connect practice as research workshop at the Taoist Center in Oakland, California, USA, which was also available to online participants. The event was part of the programme for the '23RD WORLD CONGRESS ON INTEGRATIVE HEALTH: Healing with Peace' Conference. Organised by Drs Alex Feng and Charlene Ossler, it explored Taoist practices, enabling artists and practitioners to establish kinship with the environment for enhanced wellbeing, with a focus on enabling immersive artistic and eco-somatic kinship. Again, within this workshop, a central thread was to realise the interconnectedness of humans and nature, through 'eco-entangled and creative health lifeways'.

As with other Human-Nature Connect events, here an opportunity was created to bring a community of artists and practitioners together to learn, connect and move their practices. In line with the programme as a whole, these events actively advance the nascent discipline of eco-arts and eco-somatics. Through Human-Nature Connect meetings, the languages, forms and practices of this discipline are made active and furthered through conversation. In addition, felt senses of connection, mutual nourishment and regenerative benefits between humans and more than human nature are offered space and time to grow, with benefits for all living beings.



Figure 9: Exploring landscapes, screenshot from 'La Selva' film. Film credit: Stefania Milazzo

Human-Nature Connect, "La Selva": International Ecological Arts and Eco-Somatic Residency', Rome, Italy, 5 - 8 October 2023

This is also reflected in the 'La Selva: International Ecological Arts and Eco-Somatic Residency', coordinated by Dr Raffaele Rufo and Dr Thomas Kampe, in partnership with local arts, culture and education organisations and funded through the 'Human-Nature Connect' Programme.

The 'La Selva' residency took place between 5th and 8th October 2023 and gathered 'a group of 40 eco-oriented artists, scholars and educators from all over the world' in the Natural Reserve of the Roman Coast (Rome, Central Italy). The residency offered '4 days of guided somatic movement, sensory and perception practice, immersive and collaborative arts exchanges, reflection and discussion, as well as guided

visits to archaeological sites, and excursions with specialist nature-conservation guides’.

Again, as with other residencies, knowledges and practices from across the world and from a range of disciplines were brought together, through a strong sense of connection to the local cultures, histories, topographies and ecologies within the park. This included connections to a landscape scarred by wildfires in a nature reserve, as well as engagements with human-made sites, in the form of the ruins of a city.

As with many Intercultural Roots events, eco-somatic practices were prominently explored in relation with and connection to local histories and arts practices. As co-ordinator, Thomas Kampe, reflects, eco-somatics and arts practices are an emerging field, so it is important to create communities from a range of disciplines to help build the strength of the field, alongside ways of articulating its key features. Intercultural Roots as an organisation is instrumental in the building, strengthening and developing of this important field, which has so many benefits



Figure 10: Exploring ruins, screenshot from ‘La Selva’ film.
Film credit: Stefania Milazzo

for human and environmental health, and sustainable co-existence. Within IR’s ecosystem, the field of eco-somatics is also nourished and supported by the eco-embodied network of artists, as discussed below.

This year, all the H-NC events have built interdisciplinary communities from around the globe with deep respect and care for the particularities of local spaces and people and practices. This respect for and celebration of what is present in a place is fundamental to IR’s work and can be seen also in the EcoGPX® projects, where the power, strength, practices and gifts of the communities of Ilkley and Coventry, UK, were revealed, supported and creatively celebrated.



Figure 11: Exploring landscapes, screenshot from ‘La Selva’ film.
Film credit: Stefania Milazzo

International Eco-embodied Network (IE-EN)

The International Eco-embodied Network, connected to the Human-Nature connect programme, was established early in 2023 as an online Basecamp space for those practising and researching in the areas of eco-arts, eco-somatics and environment. Since then and throughout this year, it has grown to 191 members. This interactive online

space practises IR’s approaches in its ‘collaborative and horizontal’ framework, built on nourishing, regenerative and collective peer to peer support, specifically to address nature connectedness across practices and projects in the group from an ‘ecological, sustainable, and decolonising perspective’ (Boyd 24th Feb 2023). This year, the network has connected through monthly online meetings and through the various

conversational and collaborative spaces offered through Basecamp. The network functions as a space to propose collaborations, share opportunities and exchange valuable experience and knowledges between practitioners, artists and researchers. In addition to this, there is a symbiotic relationship between Human-Nature Connects and the International Eco-embodied Network, in that practitioners joining residencies are invited to join the network and practitioners already in the network are invited and supported to propose ideas for H-NC residencies.

Boal Forum Theatre Workshops

Workshops in Pimlico, London, facilitated by Andrea Maciel & Almiro Andrade – 9th-30th Nov 2023

23-24 is the first year of a two-year project, addressing domestic violence through forum theatre, delivered by Intercultural Roots and funded by the Peabody Community Fund. Co-ordinated by IR's artistic director, Dr Andrea Maciel and facilitated by Dr Maciel and actor/director/playwright Dr Almiro Andrade, the project engages Augusto Boal's (1992) forum theatre practices as tools to address the question, 'how do we live with violence?' It brings together Peabody Housing tenants and local residents 'to discuss, express and explore issues of



Figure 62: Pimlico forum theatre workshops
Image credit: Intercultural Roots

violence and conflict in their lives and local communities' (Burrell 2024, p.1). As the evaluation of the first year of this project (available through a link in Appendix 1) concludes, 'the Forum Theatre workshops are creating safe spaces and holding secure boundaries for people to recall, enact and consider their collective and subjective concerns', while 'promoting deeper understanding of how conflict manifests in each other's lives and deepening a sense of belonging to community' (Burrell 2024, p.1).



Figure 13: Forum theatre workshops
Image credit: Intercultural Roots

As such, this project, alongside EcoGPX[®], is part of the flourishing of the branches of Intercultural Roots' work which focus on working with local communities where they are and addressing the issues that such communities face through creative practices. In this case, attention was offered to questions of violence as experienced by Peabody housing tenants and local residents. The forum theatre workshops served as a creative tool to ask challenging questions around the forms of violence we experience and may even enact, how it feels to be subjected to violence and, crucially, what collectively sourced ways of addressing such encounters might support individuals and communities to prevent and respond to violence. As with all IR's practices, the act of embodying and enacting is a crucial catalyst and way of releasing possibilities, moving beyond verbal discussion to creative explorations that open real, practical possibilities for change-making. In relation to forum theatre, this means involving participants as 'spect-actors', enabling community issues to be explored and democratic solutions rehearsed, enacted and proposed to the community and wider authorities' (Burrell 2024, p.6).

Claire Burrell's Year 1 report was used to build a case study by the National Centre for Creative Health (see NCCH n.d.) and the project continues, with further workshops planned in the coming year. Already, participants are seeing the benefits of these approaches in relation to themselves and their communities. Within the report, one participant commented on how 'expressing struggle through the body can be very useful', while another found 'playing out and enacting scenes ... really helpful' in addressing 'recollections, experiences and thoughts on conflicts in my life' (p.9-10).



Figure 14: Pimlico forum theatre workshops
Image credit: Intercultural Roots

Growing Intercultural Roots in Communities (GIRIC)

The Growing Intercultural Roots in Communities (GIRIC) network has grown and developed this year, following its establishment in January 2023, with support from the Social Enterprise Support Fund. Throughout the year, this free of charge artists' network has offered fortnightly peer-led Zoom meetings, on a range of topics developed in response to consultation with the growing community. Inspired by Dr Alex Boyd's PhD research in the 'sustainability of traditional knowledge systems' and 'embodied learning through practice, teaching and application' (Boyd 2014), the sessions are grouped under the themes of practice, pedagogy and projects. Within sessions, peer-led discussions and activities explore areas such as embodied research, workshop facilitation and building community, as well as practical concerns such as writing funding applications, budgeting, project management and evaluation.

The GIRIC meetings are, as with all Intercultural Roots events and engagements, characterised by a warm, welcoming inclusivity. Those attending are encouraged to share their experiences, but also their questions and the issues they face as artists working closely with a range of different communities. These discussions have an open framework, with light facilitation and an emphasis on peer-to-peer discussion and support. In this way, they draw forth the rich and extensive expertise, experience and skills of the Intercultural Roots community. As with the Human-Nature Connect and EcoGPX® residencies, a space for reciprocal 'gifting' (Hunter 2019) between artists and practitioners from diverse backgrounds is held, allowing mutual benefits to be shared widely with the GIRIC community.

The mixture of synchronous meetings through Zoom and asynchronous online engagements has worked well for this busy, geographically diverse set of practitioners, offering connections, resources and critical discussions on key topics. In addition to these meetings, GIRIC functions through Basecamp as an online community and place to share opportunities, celebrate successes and build collaborations. Through message boards, prompts to share updates and an editable Google Form, artists can easily find and connect with collaborators to share ideas and begin building sustainable relationships. As such, the network is a growing and living repository, with shoots of new practice and collaboration constantly emerging from the entanglements that form there. This is represented particularly in IR's Practitioner Partnerships programme (see below), which is focused on providing income and generating potential for practitioners who are often members of the GIRIC community. Equally, the EcoGPX® project, Arts Disability Network and Rhythms of Resistance projects (see above and below) all emerged from ideas seeded by GIRIC members. This burgeoning potential for cross-fertilisation across IR networks and projects is an area that the organisation

will be feeding and growing in future years through further project partnerships and through IR's new professional services 'Germination' programme (see 'Strategic Developments' below).

GIRIC now has over 250 members who have benefitted from this programme of events and through sharing expertise, resources and experience across a community of international practitioners and the network continues to grow in numbers, with around 350 members across more than 50 countries expected by the beginning of 2025.



Figure 7: Land art creations, EcoGPX® Coventry and Warwickshire.
Image credit: Fatima Reszczynski



Figure 16: Clearing invasive species, EcoGPX® Coventry and Warwickshire
Image Credit: Intercultural Roots

Practitioner Partnerships

As referenced in the introduction, practitioners sit at the heart of Intercultural Roots, in that it is the artists, researchers, facilitators and makers who activate the 'ecological, sustainable and decolonised' principles of the organisation and bring them to life.

This year, through the Practitioner Partnerships programme, IR has partnered with a range of practitioners and artists to open up their work to a wider audience. The programme, launched in 2021, offers 'a cost-effective platform for co-producing and delivering activities' and has thrived this year, supporting 75 practitioners to deliver in person, online and hybrid events, training and workshops.



Figure 17: *Once Upon a Cube*
Image Credit: Marco Pagani



Figure 18: *Once Upon a Cube*
Image Credit: Marco Pagani

Once Upon a Cube by Irene Fiordilino/Scirocco Dance Company – September 2023


This site-specific, playful and participatory work was presented as part of the Totally Thames Festival in September 2023 at Syon House in Hounslow, London, with support from an IR crowdfunding campaign. Here, 190 audience members engaged with the piece, which involves fluid and dynamic movement practices and interactions with giant grass covered cubes. In so doing, it ‘places an emphasis on the importance of reclaiming our public spaces, promoting urban parks as a place for communities to thrive and reconnect with each other and with nature’. As such, it aligns perfectly with IR’s aims related to nature-connectedness for all communities and claiming this right through playful and creative interactions.

Embracing Paradox: Embodied Transformation by Myra Stuart – 5th Oct-9th Nov 2023

In October and November 2023, across 6 weeks, somatic practitioner and Arts Disability Network project lead, Myra Stuart, led 25 participants in online workshops designed to support participants to explore ‘new ways of being with each other whilst acknowledging our values, differences and disagreements’. The programme centred on tuning and listening to the body, using these embodied knowings to cultivate ‘new enjoyment of life’s unfolding’, leading to ‘new tools for navigating life’s terrain towards greater individual and social liberation’. This important work, made accessible to a range of participants through its dissemination online, supports individuals to work collectively to find embodied, generative, and healing paths through life’s challenges, conflicts and paradoxes, while also building and feeding back into IR’s supportive creative community.

Inside-Out Humanhood in devised performance by Andrea Maciel & Helen Tennison – 21st Oct 2023

In an offer to ‘performers and multidisciplinary artists’, Dr Andrea Maciel, Intercultural Roots’ Artistic Director, and Helen Tennison, award winning theatre director and Viewpoints practitioner, facilitated a one-day workshop exploring new devising frameworks. The workshop was specifically themed around ‘humanhood’ and what it means ‘to be a creative human at this point in history’. It challenged traditional performance approaches, incorporating an ‘ecopolitical performance exploration’, through questioning binaries and embracing holistic approaches. This mode of engagement nourishes and enriches Intercultural



Roots' creative community, through offering fresh perspectives and new pathways for practice. Like the Human-Nature Connects residencies, these types of offerings are a vital part of the regenerative cycles of energy, ideas, creative approaches and practices which flow between Intercultural Roots and its community of practitioners. This co-nourishing and connecting practice builds new exchanges and supports the eco-arts and eco-somatic community to continue in their important and healing work, repairing and revealing vital connections between humans and more than humans, people and places, communities and landscapes.

Discovering the Benefits of Alexander Technique: A 6-week Basic Course by Adam Rolleston & Jo Roantree – 1st Nov-6th Dec 2023

Continuing in the offers arising from the eco-somatic expertise within the Intercultural Roots community, Adam Rolleston and Jo Roantree delivered a 6-week course in the Alexander Technique in November to December 2023. Engaging with what this body-mind technique can offer to anyone, whatever their level of experience as a movement practitioner, the focus was on addressing 'harmful habitual patterns of both mind and body that do not promote wellbeing', leading to 'beneficial change, liberating us to explore the amazing mechanisms and possibilities we have as human beings'. Again, this links to a strong theme present in activities across the IR ecosystem this year, including Human-Nature connect residencies, EcoGPX® projects and other workshops and courses. This is a focus on the tools, practices and entanglements that can support wellbeing and flourishing, whether that is through deeper connections with the more than human world or embodied practices that help us to address settled and damaging habits in our daily lives. Nearly 40 participants benefitted from this accessible online course.



*Figure 19: Drawing practices with Rebecca Marta D'Andrea
Image Credit: Marlana Yogev @Emerging Hearts C.I. Camp 2023*

Tracing The Self: from Drawing to Creative Movement by Rebecca Marta D'Andrea – 7th Dec 2023 - 25th Jan 2024

With a focus on moving and mark-making, movement artist Rebecca Marta D'Andrea offered an extended online laboratory across five sessions in December 2023 and January 2024, which aimed to 'deepen our bodily awareness, opening our creativity and ability to imagine'. Drawing on a range of embodied techniques, Rebecca helped participants to perceive their bodies

'from different perspectives as suggested by a drawing: as an outline, as a density, as a colour, as a texture'. Through such creative and playful engagements, the laboratory offered 'deeper self-awareness' and 'a focused attention towards the body, which, in turn can help unlock 'emotional and physical points of stagnation to bring back a new sense of fluidity and flow'. Such sessions offer valuable creative pathways, techniques and ways of unlocking artistic practices. They actively feed and nurture Intercultural Roots' creative community and feed back into the creative rooting and seeding of diverse practitioners. This is evident in strong numbers attending across the sessions, with nearly 40 attending by the end of the laboratory.

Experiencing Bharatanatyam - History, Movement and Story Telling by Deepa Mahadevan – 7th Jan-2nd Mar 2024

A key aspect of the Intercultural Roots community, through its various networks and events, is that it draws from and benefits from embodied and performance practices across the world and emerging from a variety of diverse cultures. This is evident in the opportunity for participants to learn the Indian dance, Bharatanatyam, across 8 weeks from January to March 2024 with Indian performer, teacher and choreographer, Deepa Mahadevan.



Figure 20: Deepa Mahadevan performing
Image Credit: Deepa Mahadevan

This detailed and in-depth online engagement did not just teach the techniques of this dance form, such as its mudras (or hand gestures), but also engaged participants in actively learning about its sociopolitical history. Through this creative and critical engagement, Deepa promoted an ethical practising of the form, opening up 'the inequities in its history, practice and transmission' and encouraging, in light of this, a 'nuanced understanding' of its aesthetics.

As with many of the events, programmes, workshops and courses that IR creates or supports, creative practice is actively entangled with socio-political issues, opening important discussions, as these sessions did. Equally, the ways that our creative practices can address oppressions, inequities and work towards social justice is significant across IR's work. This is evident in the EcoGPX® projects, where in Coventry and Warwickshire, the project team actively worked to challenge the labels of deprivation that are attached to particular communities in the city, through revealing and highlighting the cultural richness and gifts that such communities offer. It is also evident in the Forum Theatre workshops, specifically designed to address the pervasive societal issue of violence within homes and communities.



Figure 21: Eleni Kollipoulou performing
Image Credit: John Hutchings

Nurture your solo performance practice by Eleni Kollipoulou – 6th Feb-12th Mar 2024

Across February and March in 2024, Eleni Kollipoulou led online creative workshops for early practitioners of performance arts who were interested in developing a solo performance practice. These workshops combined physical training, 'food for thought' and

lectures on performing artists with exercises to enhance presence and help participants develop ideas for solo performance, in order to create a nurturing environment for the development of creative practice.

Again, a critical engagement with the history and philosophy of performance art sat alongside the practical and creative activities, to create a multidimensional, rich offer for participants, combining the critical and creative elements of shaping a personal solo practice in performance. Eleni's workshops offered 28 participants the time, space and support to seed and nurture ideas as creative practitioners in performance-making, as well as the critical framework to decide how they wanted those seeds to grow. Again, this is an example of the regenerative cycles of creative practice and research that are developed by artists, supported by IR and in turn feed back into the artistic community, within the IR network and beyond.

Soma Scapes: Eco-Somatic Wellbeing Sessions by Anna Dako and Martina Polleros – 7th-28th Mar 2024

Another valuable and nurturing online event was supported by IR in the shape of the eco-somatic wellbeing sessions, 'Soma Scapes', offered by Anna Dako and Martina Polleros. These sessions highlighted the 'seasonality of wellbeing' and how we can better connect to 'the healing support of the natural world'. Characterised by 'gentle movement explorations and learning about the body systems through self-inquiry', the sessions also helped participants to boost 'resilience, recuperation, self-development, inner growth, and overall wellbeing improvement'. With a combined focus on embodied movement exploration and close connection to the natural world, the Soma Scapes workshops perfectly align with IR's aims to support artists, practitioners and those from a wider interested community to benefit from the gifts of artistic practices that emphasise, reveal and shape closer relationships with the natural processes that are happening all around us. The type of inner and outer listening that such practices help to nurture can support individuals and communities in terms of their own self-care, but also in opening that type of caring to the wider more than human world, which we all depend on.



Figure 22: Anna Dako's sited embodied practices
Image Credit: Dr Anna Dako

Threads: Uniting Art, Science, and Self in the Tapestry of Existence by Maria Linares Freire – 19th Jun-10th Jul 2024

The final event of 23-24, in partnership with an IR practitioner, was one which brought together many themes and practices that sit at the heart of IR's ecosystem. Maria Linares Freire's workshops, 'Threads: Uniting Art,

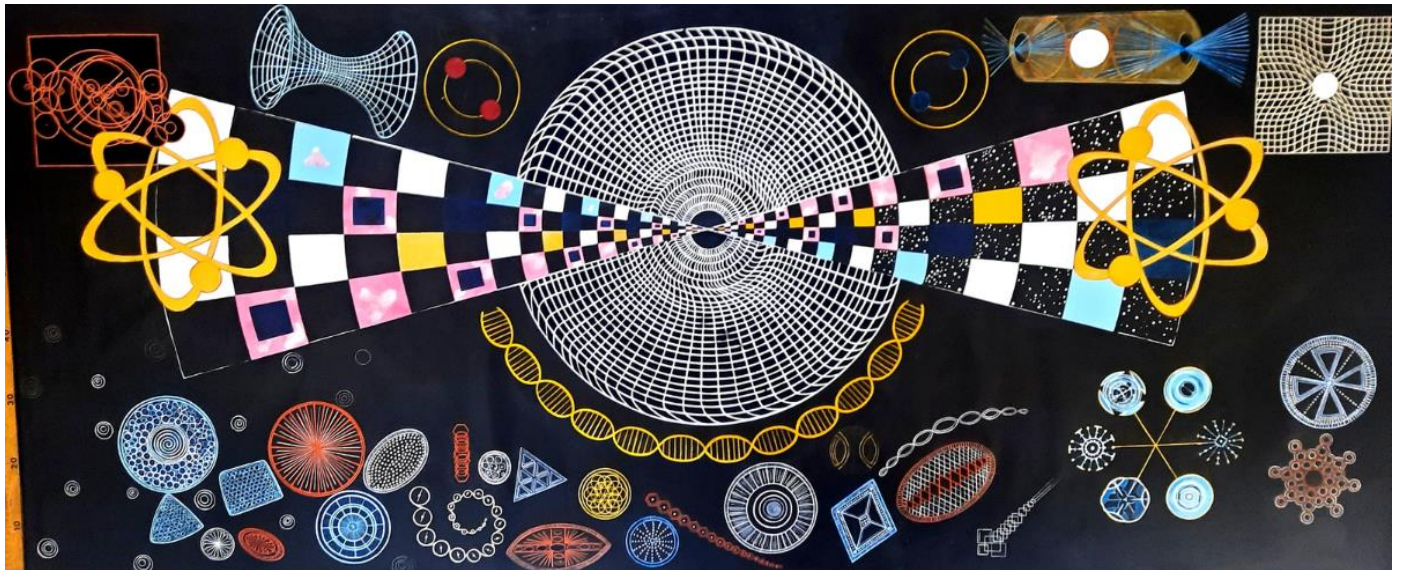



Figure 23: Geometric Images
Image Credit: Maria Linares Freire

Science, and Self in the Tapestry of Existence' ran online from June-July 2024, and supported participants to 'explore the fusion of art, science, and self-growth with geometry', while 'cultivat[ing] self-love, environmental appreciation, and the essence of entanglement'. Using the language of geometry as a catalyst, Maria used drawing activities to open conversations about personal and environmental wellbeing, while also exploring the scientific fields of biology, astronomy and physics. In this way, participants could discover both the 'threads that weave existence' and 'the geometric patterns within and around', prompting awareness of the 'unity of the world and 'heightened environmental consciousness'. Again, this type of engagement and offer, which IR's support makes possible, is a perfect example as to how a creative engagement can open a wider awareness of and attunement to our positioning as humans in the world, the patterns which bond and entangle us in that world and the huge benefits, personally and for the planet, that arise from cultivating these connections.

Gifts within the IR ecosystem

Nourishment and Support to Grow: Feedback and Testimonials

As the outline of practices in this report reveals, Intercultural Roots has rooted and grown across a range of communities this year and in doing so, has positively impacted on individuals' lives, and the health and wellbeing of communities and environments. Many of those who take part in Intercultural Roots' activities, as artists, facilitators, venues, organisations and communities, report back on the significance of these activities. They describe the building of new connections between people and places, raising awareness of the importance of diverse environments to human thriving, connecting communities and creatively opening the possibilities and gifts embedded in people and places, which may otherwise remain hidden or overlooked. Intercultural Roots works co-creatively and respectfully with places, practitioners and communities to build towards a more sustainable, just and equitable future for all the inhabitants of our



planet. The value of this work is represented in the feedback we have received across our projects this year, just some of which is reflected in the image shared in the executive summary above.

Connections and Entanglements: Inclusivity and Equity

Intercultural Roots 'is dedicated to promoting equality, diversity, and inclusion in all aspects of its work. Emphasising openness, recognition, and empowerment, the organisation fosters mutual trust and respect. This commitment is evident in the diversity of its trustees, volunteers, staff, and partnerships, which include people from minority ethnic, LGBTQI+, and disabled communities' (Intercultural Roots 2021).

As the organisation continues to grow and diversify, the new roots and shoots of practice which have been part of this year's work emphasise not just a present commitment to inclusion, but active efforts towards a more just and equitable future. This is evident in the EcoGPX® Launchpad in Coventry, where the project team focused their energies on communities in the city made disadvantaged and labelled as deprived. In these spaces, the EcoGPX® project sought to engage closely with local communities, honouring the diverse energies, cultures and creative practices present and using the new Places mobile application to reveal these gifts to a wider community.

The newly established Arts Disability Network also works to actively engage with a community of disabled artists and artists with chronic health conditions, who have been strategically undervalued and excluded from many areas of the creative industry due to ableist and discriminatory practices that are still prevalent. This network, led by disabled artists, offers a new space of support, solidarity and action, which can be used to empower disabled artists themselves but also function as a platform for activism and advocacy.

Members of IR's communities, including more than 600 practitioner-scholars within its Basecamp platform, come from more than 50 countries in the world and the organisation is committed to international collaborations which prompt intercultural bridge building and solidarity across national borders. This is evident in £75,000 of new funding from the British Council, which has been awarded to Intercultural Roots as an International Collaborating Grant to support 'Rhythms of Resistance' - an international collaboration with Puma Camille Produções from Brazil to explore 'the multiplicity of ways in which the performance aesthetics of resistance offered by Capoeira and Vogue functions as rhythmic strategies of liberation for Black, LGBTQIAPN+ and other historically oppressed bodies' (IR 2021d)

Fruiting and Seeding: Celebrating successes, planning future work

As Intercultural Roots moves forward as an organisation, the annual report offers a productive space to celebrate the branching and fruiting of projects, alongside the pathways for regenerative growth that are part of the organisation's strategic planning.

Key Successes in 23-24:

- Approximately £200,000 of funding awarded across the year
- Establishment of the Arts Disability Network with £60,000 of funding from National Lottery Awards for All and Adobe Community Fund
- Successful and impactful phases of the EcoGPX® project in Ilkley and Coventry (continuing into 24-25), supported by £149,970 of funding from Innovate UK
- New partnerships and collaborations i.e. Practitioner Partnerships, Coventry based artists and local organisations, with Puma Camille Produções through the British Council funded 'Rhythms of Resistance' project (Oct 2024)
- Capacity building through successful inclusion within organisational development programmes including: Innovate UK High Growth Business Growth programme, Design for Growth, Create

Growth West Yorkshire (Creative UK) Stage 2 Investment Readiness Programme, The Turing Way Practitioners Hub 2024

- Recognition as an IRO – Independent Research Organisation - by the British Academy

Strategic Planning for 24-25 and beyond:

- Growing EcoGPX® through funding, partnerships and projects, supported by the development of the Places by EcoGPX® mobile application
- Developing the profile and functioning of EcoGPX Ltd as a profit-making RTO spin out company to feed back into the wider IR eco-system
- Developing Intercultural Roots as an Independent Research Organisation (British Academy recognised) with expertise in community-led embodied, emplaced and eco-somatic practice-as-research
- Continuation and development of IR's network membership: ADN - Arts Disability Network, E-EN - Eco-Embodied Network (Human-Nature Connect) and GIRIC – Growing Intercultural Roots in Communities
- From GIRIC – diversifying IR's trading income potential from Practitioner Partnerships and Project Partnerships and developing IR's embodied practice and research educational curricula
- Development of 'Germination Services' – IR's new professional consultancy services for practitioners and fledgling arts organisations
- International collaborations, including the new British Council funded 'Rhythms of Resistance' project and exploring opportunities afforded from the UK's participation in the EU's Horizon Europe

23-24 in numbers and names

Participant Numbers

Year	Practitioners	Sessions	Participants
18-19	1	1	80
19-20	40	150	2130
20-21	67	238	2500
21-22	55	147	1777
22-23	55	135	2281
23-24	75	100	1997

Finances

In 2023-2024, IR achieved a turnover of £194,511. Expenditure was £169,599.

At the end of the financial year there was £46,988 in the bank. £13,735 are non-restricted funds for contingencies as per our reserves policy and £33,253 are restricted funds.

Though the turnover for 23-24 is lower than the previous year, this is because the funding which we received from Innovate UK is paid in arrears, so will be represented in next year's finances.

For full financial and further information including our previous Annual Reports please refer to the Charity Commission for England and Wales registration information for Intercultural Roots for Public Health CIO (Registered Charity number: 1179885)



Marketing and Promotion, compiled and written by Basma Darouich

Marketing Strategy Overview

The marketing strategy aimed to engage diverse audiences, including academics, artists, grassroots organisations, and local communities. The approach integrated email marketing, public relations, social media, paid advertisements, and strategic partnerships. Key email platforms included Mailchimp, JISCMAIL (targeting UK-based academic and artistic networks), and Riseup (focusing on global activism). Public relations efforts generated over 70,000 headline impressions through platforms such as PR Log, Issue Wire, and Market Press Release, with highlights including coverage of Coventry City Council's community initiatives. Social media channels, including Facebook, Instagram, LinkedIn, Threads, TikTok, and WhatsApp groups, played a pivotal role in driving engagement, supported by Google and Microsoft Ads leveraging grants for optimisation.

Digital Promotion Metrics


Email marketing saw notable growth, with subscribers increasing by 9.8% to 2,809 and an average open rate of 48.55%, exceeding the industry standard of 36.75%. Campaign highlights included the *EcoGPX Open Call Newsletter* with 2,199 opens and an 8.02% click rate, as well as the *Residency Highlights* newsletter, sent to over 2,800 recipients with a 4.5% click rate. The largest subscriber segment was *Arts for Health* (2,000 subscribers), with smaller, niche segments such as *EcoGPX* and *IR Practitioners* showing potential for personalised engagement.

Social media performance revealed strong audience engagement. On Instagram, the primary audience was women aged 35 - 44, with peak engagement on Thursdays at 3 PM. Facebook similarly had a 66.1% female audience, peaking at 9 AM on Thursdays. LinkedIn demographics included professionals in business development, education, and project management, with the highest engagement in London, Edinburgh, and Coventry.

Website analytics showed 80,967 total views, 55% of which came from new visitors. Key landing pages included "What's On" and Dr Feng's video series. Video content also performed well, with the YouTube channel receiving 3,859 views, 33 new subscribers, and a click-through rate (CTR) of 3.7%. Vimeo views grew by 12.5% year-on-year, with *Dr Feng's Qi Gong Introduction* video achieving 14,500 views. Top-performing ad campaigns, such as *Dr Feng's Qi Gong* videos and *Arts for Health* classes, boasted conversion rates of 230% and 251.32%, respectively. However, donation campaigns underperformed, showing high costs per click and low impressions.

Trends and Growth

The past year saw significant growth in subscriber numbers (+9.8%) and email open rates (+11.8% above industry average). Health and arts campaigns achieved a remarkable ROI increase of 111.68%. The organisation also successfully expanded its audience into emerging markets contributing to 44,250 new website visits. Social media engagement was particularly strong among middle-aged women on Instagram, while workshops and events attracted increased participation from academic and artistic demographics. Year-on-year metrics highlighted consistent growth across key channels. Newsletter subscribers rose from 2,400 to 2,809, while Instagram followers increased from 3,008 to 3,500. Website views reached 120,000, with first-time visitors accounting for 75,500 of the total. Despite fluctuations in YouTube and Vimeo views, overall digital engagement remained robust, reflecting successful outreach and content strategies.



Digital Promotion	31/07/2020	31/07/2021	31/07/2022	31/07/2023	31/07/2024
Newsletter Subscribers	-	-	2,000	2,400	2,809
Facebook Page 'Likes'	1,296	1,841	2,195	2,400	2,700
Instagram Followers	878	1,150	1,535	3,008	3,500
YouTube Views	5,800	4,922	3,135	2,298	4,200
Vimeo Views	-	2,200	8,500	4,400	6,000
Website Views	17,256	37,628	58,000	111,000	120,000
Website First Views	10,397	18,500	37,000	69,000	75,500

Future Strategy

Looking ahead, the focus will be on expanding the organisation’s reach into underrepresented regions and optimising underperforming campaigns, such as donation ads. Targeted campaigns will leverage analytics to refine messaging for high-interest segments. Localised campaigns in emerging markets will further diversify the audience base.

Community engagement will remain a priority, with plans to expand partnerships with grassroots organisations and host events such as *Friends of EcoGPX®* gatherings to strengthen local ties. Digital optimisation efforts will include A/B testing for ad content, exploring alternative formats such as video and carousel ads, and improving keyword targeting. Content development will prioritise interactive formats such as webinars, live Q&A sessions, and tutorials, building on the success of short-form videos.

To measure success, metrics such as CTR, conversion rates, and audience feedback will guide strategy adjustments. Enhanced efforts in email personalisation, social media campaigns, and community partnerships will aim to foster deeper connections and drive sustained growth.

Conclusion

This year’s marketing initiatives successfully expanded Intercultural Roots’ reach and deepened audience engagement, particularly in health and arts programmes. Moving forward, the organisation will focus on exploring new markets, optimising campaign performance, and fostering innovative, inclusive outreach strategies to build stronger community connections and deliver impactful results¹.

¹ The data on which Basma’s reporting is based is available in Appendix 2 below



Partnerships and Connections

- The Turning Way Practitioners Hub 2024
- Create Growth West Yorkshire - Stage 2 Investment Readiness (IR and EcoGPX Ltd)
- Innovate UK 'Design for Growth' programme
- Innovate UK Business Growth (High Growth) - delivered by Newable Ltd
- LawWorks (Legal) Not-for-Profits Programme delivered by Harriet Beattie (Visa)
- Google Nonprofits
- Microsoft Nonprofits
- Basecamp (educational license)

Funders

- Adobe Community Fund
- Aviva Community Fund
- The Big Give 'Green Match Fund'
- British Council
- National Lottery Awards for All
- Innovate UK: Creative Catalyst
- Innovate UK: Launchpad – Coventry and Warwickshire
- Peabody Community Fund
- Save our Wild Isles Community Fund
- Social Enterprise Fund

Donors

A big thank you to all of our generous donors this year. If you would like to support the continuation of the important work you see represented in this report, you can do this at:

<https://www.interculturalroots.org/make-a-donation>

Supporting Organisations

With thanks to:

- Ars Secta Ltd
- Ascentis Accountants LLP
- Cross Pollination Research Platform
- EcoGPX Ltd
- Intercultural Roots for Traditional Embodied Arts
- Move2Change CIC
- Evexia Foundation
- Primary Films
- Third Sector Renewables
- Youth Media Group

Practitioners and Consultants

Design Consultation: Al Kennedy

Regenerative Design: Issias Johanes



Honorary Legal Council: Harriet Beattie (and Geneva Hoffman)

Newable Ltd Business Consultants: David Zerny, Liam Hickey, Daniel Abdelmassih

Create Growth WY Mentor: Marc de Launey

Accountant (Independent Examination): Pat Davey

Advisors (to CEO): Prof Anita Gonzalez, Bruno Rocha, Dr Ian Kenvyn, Clare Kenvyn

Trustees (Intercultural Roots for Traditional Embodied Arts): Dr Alex Boyd, Dr Andrea Maciel, Dr Alvaro Hernandez, Martin Sax, Prof (Te Ahukaramū) Charles Royal

CIO Board of Directors (Trustees)

Dr Deepa Mahadevan

Dr Dylan Bolles

Professor Lynette Hunter

Dr Kevin O'Connor

Maryam Seif Saeidi

Peter Atsu Adalety

Peter-Rockford Ututau Espiritu

Regina Maria Gutierrez Bermudez

Dr Savita Rani

Dr Alex Boyd (until 11 Dec 2024)

Leadership Team

Founder and Chief Executive Officer: Dr Alex Boyd

Chief Operation Officer: Wendy van der Haagen-Boyd

Artistic Director: Dr Andrea Maciel

Quality Monitoring and Evaluation Director: Dr Jo Scott

Creative Director EcoGPX® (from May 2024): Dr Ben Spatz

Community Liaison Manager EcoGPX®: Maryam Safe

PR, Digital Marketing, Promotion and Social Engagement Specialist: Basma Darouich

Full Stack Software Developer EcoGPX®: Peter Awosiyon

Arts Disability Network Programmes Manager: Myra Stuart

Arts Disability Network Project Outreach and Disability Support Coordinator: Nu McAdam

Arts Disabilities Network Project Community Comms Coordinator: Megan Fozzard

Boal Forum Theatre Co-Facilitators: Dr Almiro Andrade, Manuela Benini

Communication Officer: Corrie Hardaker

Digital Ecologies Consultant: Rose Kim

Creative Director EcoGPX® (August 2023 – January 2024): Dr John Zibell



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Appendices

Appendix 1: Project Reports and Evaluations

EcoGPX® Creative Catalyst Award [Evaluation Report](#)

EcoGPX® Launchpad Coventry and Warwickshire: [Residency 1 report](#)

EcoGPX® Launchpad Coventry and Warwickshire [Visual Report](#)

EcoGPX® Launchpad Coventry and Warwickshire [Evaluation Report](#)

Boal Forum Theatre: [Year 1 Evaluation](#)

National Centre for Creative Health Case Study: [Intercultural Roots – Addressing Domestic Violence Through Forum Theatre](#)

Appendix 2: Marketing Data, compiled and written by Basma Darouich

Overall Marketing Strategy and Main Tools Used

Strategy Overview

The marketing strategy centred on expanding reach and engagement across diverse audiences, including academics, artists, grassroots organisations, and local communities. This was achieved through an integrated approach combining email marketing, public relations, social media campaigns, paid advertisements, and collaborations with local and international partners.

Main Tools Used

- **Email Marketing Platforms:**
 - *Mailchimp*
 - *JISCMail*: Targeting academic, artistic, and environmental communities across the UK.
 - *Riseup*: Engaging global activism and social justice networks.
- **Public Relations:**
 - Press releases distributed via PR Log, Issue Wire, and Market Press Release, achieving over 70,000 headline impressions.
 - Notable coverage included Coventry City Council’s community stories.
 - *Insights*: PR Log has proven particularly effective for amplifying high-impact collaborations and funding milestones. To enhance future campaigns, focusing on engaging headlines, multimedia content, and cross-platform promotion could significantly boost visibility.
- **Social Media Platforms:**

Active engagement on Facebook, Instagram, LinkedIn, Threads, TikTok, and WhatsApp groups.
- **Advertising Tools:**

Utilised *Google Ads* and *Microsoft Ads*, leveraging grants and employing optimisation strategies.



Digital Promotion and Engagement Metrics

Email Marketing Performance:

- **Subscriber Growth:** Increased by 9.8%, reaching 2,809 subscribers.
- **Newsletter Open Rates:** Averaged 48.55%, surpassing the industry standard of 36.75%.

Key Campaigns:

- *Open Call Newsletter:* 2,199 opens, 8.02% click rate.
- *Residency Highlights:* Sent to 2,800+ recipients, achieving a 4.5% click rate.

Tag Breakdown:

- *Arts for Health:* 2,000 subscribers
- *Arts for Social Change:* 657 subscribers
- *EcoGPX:* 182 subscribers
- *Human-Nature Connect:* 181 subscribers
- *IR Practitioners:* 147 subscribers

Key Insights:

- **Primary Audience:** The "Arts for Health" tag represents the largest segment of subscribers, making it a priority focus for outreach.
- **Niche Engagement:** Smaller, targeted groups such as "EcoGPX" and "IR Practitioners" offer unique opportunities for personalised campaigns.
- **Opportunities for Growth:** With 2,809 subscribers, there is significant potential to further engage the audience by tailoring content based on subscriber tags.

Social Media Metrics:

Instagram:

- **Audience:** Predominantly women (35-44: 24%, 25-34: 21.8%).
- **Top countries:** UK (53.7%), Brazil (10.6%), and the US (7.9%).
- **Peak engagement:** Thursdays, 3 PM PST.

Facebook:

- **Audience:** 66.1% women.
- **Peak engagement:** Thursdays, 9 AM PST.

LinkedIn:

- **Key job functions:** Business Development (14%), Education (14%), and Programme/Project Management (10%).
- **Top locations:** London (22%), Edinburgh (10%), and Coventry (8%).

Basecamp Networks:

- *Arts Disability Network:* 115 people
- *Eco-Embodied Network / Human-Nature Connect:* 193 people
- *EcoGPX® Coventry:* 25 people
- *GIRIC (Growing Intercultural Roots in Communities):* 268 people
- *HQ Intercultural Roots Community:* 578 people

Website Analytics:

		44,390 100% of total	44,250 100% of total	2,857 100% of total	51s Avg 0%
<input checked="" type="checkbox"/>	Total				
<input checked="" type="checkbox"/>	1 Paid Search	29,243	29,153	890	42s
<input checked="" type="checkbox"/>	2 Direct	6,396	6,114	1,030	1m 02s
<input checked="" type="checkbox"/>	3 Organic Search	3,847	3,811	606	1m 02s
<input checked="" type="checkbox"/>	4 Organic Social	3,021	2,996	152	25s
<input checked="" type="checkbox"/>	5 Referral	1,860	1,844	157	2m 40s
<input type="checkbox"/>	6 Paid Social	198	198	1	5s
<input type="checkbox"/>	7 Email	91	91	20	56s
<input type="checkbox"/>	8 Organic Video	43	43	4	29s

- Total views: 80,967.
- New visitor views: 44,250 (55% of total traffic).
- Key landing pages: "What's On" and Dr. Feng's video series.

Index	Event Name	Event Count	Total Users	Event Count Per Active User
1	page_view	80,967	44,291	1.83
2	user_engagement	55,434	29,042	1.92
3	session_start	52,278	44,278	1.18
4	first_visit	44,250	44,117	1.00
7	what_s_on_page	1,880	1,588	1.19
9	add_to_cart	424	247	1.72

Video Content Performance:

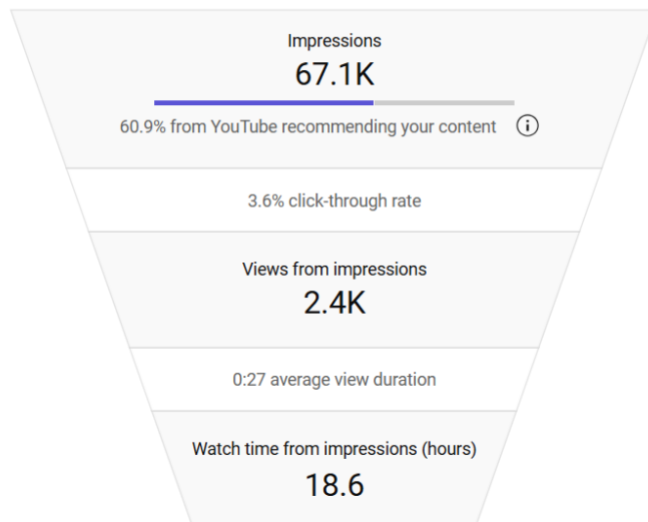
- **YouTube Channel Analytics Overview**

Key Metrics

- Views: 3,859**
 - Total number of views for our content during the selected period.
- Watch Time: 31.7 hours**
 - Total hours of content consumed by our audience.

Impressions and how they led to watch time

Data available 1 Aug 2023 – 31 Jul 2024 (366 days)



3. **Subscribers: +33**

Net gain of **33 new subscribers**.

- **+21** from videos.
- **+6** from shorts.

4. **Impressions: 67.1K**

- Our thumbnails were shown **60,200 times** on YouTube.

5. **Impressions Click-Through Rate (CTR): 3.7%**

- A moderate CTR. Improving thumbnails and titles could increase this metric.

Traffic Sources

1. **YouTube Search: 36.9%**

- A large portion of views came from search results, reflecting effective SEO and keyword targeting.

2. **External: 29.3%**

- Traffic from external sources like social media, websites, or direct links.

3. **Suggested Videos: 24.9%**

- Indicates good visibility in YouTube's recommendation algorithm.

4. **Playlists: 3.1%**

- Views from videos organised into playlists.

5. **Channel Pages: 2.3%**

- Users navigating directly to our channel to view content.

6. **Others: 3.5%**

- Includes minor or uncategorised sources.

Performance Breakdown by Content Type

1. **Videos:**

- Gained **+21 subscribers**, highlighting their primary role in audience growth.

2. **Shorts:**

- Contributed **+6 subscribers**, showing potential for short-form content to attract viewers.

- **Vimeo Views:** Increased by 12.5% from last year.
- **Most Viewed Video:** "Dr. Feng's Qi Gong Introduction," with 14,500 views.
- **Engagement Trends:** Higher interaction with videos under 5 minutes.


Ad Campaign Highlights:

- **Google Ads Optimisation Score:** 88.6%.
- **Top-performing campaigns:**
 - Dr. Feng's Qi Gong videos: Conversion rates exceeding 230% with CTR above 8.5%.
 - Arts for Health classes: Conversion rate of 251.32%, CTR of 8.41%.
- **Underperforming campaigns:**
 - Charity donation ads had low impressions and high CPC despite moderate conversions.

Keyword	Cost	Clicks	CTR
tai chi	US\$8,789.16	1,944	8.47%
chinese medicine	US\$2,320.62	708	10.44%
art residency programs 2023	US\$2,089.43	390	16.02%
mental health issues	US\$1,518.56	358	8.89%
health and wellness	US\$1,470.99	288	8.45%

Trends

- Substantial growth in the subscriber base (+9.8%) and newsletter open rates (+11.8% above the industry average) was achieved, driven by campaigns such as the Open Call Newsletter and Residency Highlights. For instance, the Open Call Newsletter achieved an 8.02% click rate, resonating strongly with a broad audience.
- Health, wellness, and arts campaigns also performed exceptionally well. Dr Feng's Qi Gong video series, for example, demonstrated a remarkable ROI increase of 111.68%, highlighting its popularity and engagement.
- Audience growth in previously underrepresented regions, including India and Germany, underscores the success of broader outreach efforts. For example, localised ads tailored to emerging markets resulted in an influx of first-time visitors (44,250 new visits).
- Social media engagement trends show notable activity among middle-aged and younger adult women on Instagram, with the key demographic being those aged 35–44. This suggests that targeted messaging and programmes could further amplify this trend.

- 
- There was also increased representation from academic and artistic demographics in workshops and events, reflecting the success of campaigns aimed at these audiences.
 - Additionally, we should continue advertising the Practitioner Partnership Programme to expand the network and foster greater collaboration.

Future Strategy: Goals and Implementation

Growth Objectives

- Expand reach in underrepresented regions.
- Enhance performance of underperforming campaigns, such as charity donation ads.
- Improve donation campaigns by testing creative strategies and refining audience targeting to boost engagement. Additionally, optimise dynamic ads through A/B testing and budget adjustments for greater cost-efficiency.

Planned Actions

1. Targeted Campaigns

- Leverage insights from Google Analytics to refine targeting, focusing on high-interest segments like *Travel Buffs* and *Technophiles*.
- Launch localised campaigns in emerging markets, tailoring messaging to suit cultural nuances and regional interests.

2. Community Engagement

- Expand partnerships with grassroots organisations to foster deeper connections within local communities.
- Host additional events, such as *Friends of EcoGPX®* gatherings, to maintain engagement and strengthen relationships.

3. Digital Optimisation

- Revise content relevance and keywords to optimise underperforming ad groups.
- Explore alternative ad formats, such as video and carousel ads, to improve engagement and reach.

4. Content Strategy

- Increase investment in video content, building on the success of *Dr Feng's Qi Gong* series.
- Develop more interactive formats, such as webinars, live Q&A sessions, and tutorials, to engage audiences more effectively.

5. Measuring Success

- Monitor key metrics such as click-through rates (CTR), conversions, and cost per click (CPC) to assess campaign performance.
- Conduct audience surveys to identify evolving preferences and areas for improvement.

Actionable Recommendations


1. Boost Search Visibility

- Conduct keyword research to optimise video titles, descriptions, and tags for YouTube search.
- Add closed captions and relevant hashtags to improve discoverability.

2. Enhance Thumbnails and CTR

- Improve thumbnail designs and create more clickable titles to increase the 3.7% CTR.
- Test A/B variations to determine the most effective designs.

3. Capitalise on External Traffic

- 
- Promote video content through social media, websites, and newsletters to maximise external traffic sources.
 - Strategically use embedded videos and backlinks to increase visibility.

4. Engage with Suggested Videos: Create engaging end screens and cards to link related content, increasing visibility in the *Suggested Videos* algorithm.

5. Leverage Shorts for Growth: Experiment with short-form content to take advantage of its rising popularity and ability to drive subscriber growth.

6. Optimise Playlists: Curate playlists with thematic or related content to boost session duration and overall engagement.

Social Media Strategy

1. Increase Comment Engagement: Incorporate interactive elements such as questions, polls, or calls to action to encourage discussions. For instance, prompt followers to share their opinions or experiences related to posts.

2. Maximise Content Sharing: Build on the success of shareable content. Develop posts that followers are likely to repost, such as infographics or inspirational stories.

3. Post More Visual Content: Share more images, infographics, or videos to grab attention and increase reactions.

4. Focus on Engagement Timing: Experiment with posting at different times to determine when the audience is most active and likely to engage.

5. Celebrate Milestones: Share milestones (e.g., reaching 4000 followers) to engage the audience and attract new followers.

6. Additional Strategic Actions

- **Email Retargeting:** Use personalised content to convert new visitors into repeat users.
- **Social Media Expansion:** Invest in campaigns targeting younger and professional audiences.
- **Partnership Development:** Strengthen collaborations with community organisations to enhance local engagement.
- **Google Ads Optimisation:** Refine ad targeting and expand high-performing campaigns.
- **Localised Campaigns:** Tailor outreach efforts for emerging markets to diversify the audience base.
- **Content Engagement:** Develop interactive content like behind-the-scenes stories, user-generated content, and webinars to deepen audience connections.
- **Workshops and Residencies:** Further promote cultural and artistic residencies by involving local creatives and amplifying these stories via digital platforms.
- **Feedback Integration:** Build on feedback from the *EcoGPX*, *GIRIC*, *ADN* ... projects to enhance and diversify offerings.

The past year's marketing efforts successfully expanded *Intercultural Roots'* reach and engagement, particularly in health and arts programmes. Moving forward, the focus will be on penetrating new markets, enhancing campaign effectiveness, and deepening community connections through innovative and inclusive outreach strategies.



Charity Name Intercultural Roots for Public Health	No (if any) 1179885
---	------------------------

CC16a

Receipts and payments accounts			
For the period from	Period start date	To	Period end date
	01/08/2023		31/07/2024

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					
Events/Online Events	4,928		-	4,928	-
Donations	10,264		-	10,264	-
HMRC Gift Aid	1,726		-	1,726	-
Contract - Innovate UK - Creative Catalyst 2023 'EcoGPX'		49,969	-	49,969	-
Infrastructure Support Services	10,088	1,279		11,367	
Cashflow Loan		65,000		65,000	
Contract - Nationlanol Lottery Community Fund - Awards for All 'Arts Disability Network'		20,000		20,000	
Contract - The Big Give Green Match Fund		19,820		19,820	
Contract - The London Community Fund - Peabody Trust		10,000	-	10,000	-
HMRC Tax Refund		1,437	-	1,437	-
Sub total	£ 27,006	167,505	-	194,511	-
A2 Asset and investment sales, etc.	-	-	-	-	-
Total receipts	£ 27,006	167,505	-	194,511	-
A3 Payments					
Wages & Salaries	1,411	49,442	-	50,853	-
Artist/Practitioner Fees	2,110	3,172		5,282	
Contract Workers	1,460	35,468	-	36,928	-
Infrastructure Support		5,300		5,300	
Website & IT	1,134	1,097	-	2,231	-
Venue/Space Hire		2,286	-	2,286	-
Hardware & Software Subscriptions	3,407	2,199	-	5,606	-
Event Support	3,700	10,000		13,700	
Advertising	111	263	-	374	-
Travel & Subsistence / Catering	1,460	12,355	-	13,815	-
Volunteer Expenses	1,855	723		2,578	
Donations	1,346			1,346	
Bank Charges	15			15	
DBS Check Fees		430		430	
Payroll Fees	684	126		810	
HMRC Tax & NI		12,462		12,462	
Insurance	544			544	
Cashflow Loan Repayment		15,000		15,000	
Sub total	19,237	150,321	-	169,559	-
A4 Asset and investment purchases, etc.	-	-	-	-	-
Total payments	19,237	150,321	-	169,559	-
Net of receipts/(payments)	7,769	17,184	-	24,953	-
A5 Transfers between funds					
CCXX R1 accounts (SS)	-	1	-	-	31/01/2025

A6 Cash funds last year end	5,966.17	16,068.96	-	22,035.13	-
Cash funds this year end	13,735.05	33,252.70	-	46,987.75	-

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	13,735	33,253	-
		-	-	-
		-	-	-
	Total cash funds	£ 13,735	33,253	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds


B2 Other monetary assets	Details	to nearest £	to nearest £	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)
	Payment in Arrears - Cashflow Loan	Innovate UK EcoGPX Launchpad	50,000	01.12.2024
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	Dr Alexander Boyd	15.08.2024

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/ members of	Intercultural Roots for Public Health		
On accounts for the year ended	31 st July 2024	Charity no (if any)	1179885
	Set out on pages 1-3		

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: Pat Davey Date: 7/2/2023

Name: Pat Davey

Relevant professional qualification(s) or body (if any): CIMA. retired.
CTA "

Address:	Sherwood Barn, Chesters Lane
	High Bentham
	LA2 7AN

Section B**Disclosure**

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose.

INTERCULTURAL ROOTS FOR PUBLIC HEALTH

England & Wales - Charity number 1179885

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	08	2022		31	07	2023

Section A Reference and administration details

Charity name Intercultural Roots for Public Health

Other names charity is known by n/a

Registered charity number (if any) 1179885

Charity's principal address

Flat 133, Thanet House	
Thanet Street	
London	
Postcode	WC1H 9QE

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	Lynette Hunter	Chair		Membership at AGM
2	Ian Kenvyn	Treasurer		
3	Regina Gutiérrez	Secretary		
4	Alex Boyd	CEO		
5				
6				
7				
8				
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 14 September 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.

SEE APPENDIX BELOW

Section C Objectives and activities

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

<p>FOR THE PUBLIC BENEFIT, TO PROMOTE COMMUNITY PARTICIPATION IN HEALTHY RECREATION BY:</p> <ul style="list-style-type: none"> * PROMOTING PARTICIPATION IN TAI CHI, YOGA, PILATES AND DANCE * ADVANCING EDUCATION IN THE BENEFITS OF HEALTHY RECREATION * PROMOTING BEST PRACTICE IN THE DELIVERY OF TAI CHI, YOGA, PILATES AND DANCE. * TO PROMOTE FOR THE BENEFIT OF THE PUBLIC, THE CONSERVATION, PROTECTION, AND IMPROVEMENT OF THE PHYSICAL AND NATURAL ENVIRONMENT, THROUGH THE PROVISION OF OUTDOOR ACTIVITIES, RESIDENCIES, AND RESEARCH, AND TO PUBLISH THE RESULTS

Through 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)

SEE APPENDIX BELOW

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)

SEE APPENDIX BELOW

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

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

Summary of the main achievements of the charity during the year

SEE APPENDIX BELOW

Section E

Financial review

Brief statement of the charity's policy on reserves

At the end of the financial year there was £22,035 in the bank. £5,966 are non-restricted funds and £16,069 are restricted funds and being held in reserve.

In line with our Reserves Policy, during 2022/23 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.

SEE APPENDIX BELOW

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)		
Full name(s)	Dr Alexander Boyd	
Position (eg Secretary, Chair, etc)	CEO	
Date	18/12/2023	

Intercultural Roots for Public Health

Annual Review 1 August 2022 - 31 July 2023

Prepared by Clare Kenvyn



Introduction

The last 12 months have been transformational for Intercultural Roots in terms of both the development of our portfolio of activities and the scale and international reach and impact of these activities. Overall, we have made great progress in our ambitions to grow Intercultural Roots (IR) in communities and thereby increase public benefit. This growth has been achieved through a combination of factors: our leadership team, the commitment and contributions of our artist/practitioner partners in helping us realise our dreams, and we are also indebted to our trustees and advisors who have given their time and energies to supporting our work. In addition, we are grateful to the Social Enterprise Support Fund (SESF), whose financial support over the past year has enabled us to not only deliver more activities in local communities but afforded us the time and space to secure additional funding streams to support the expansion of our activities and begin to develop our strategic networks.

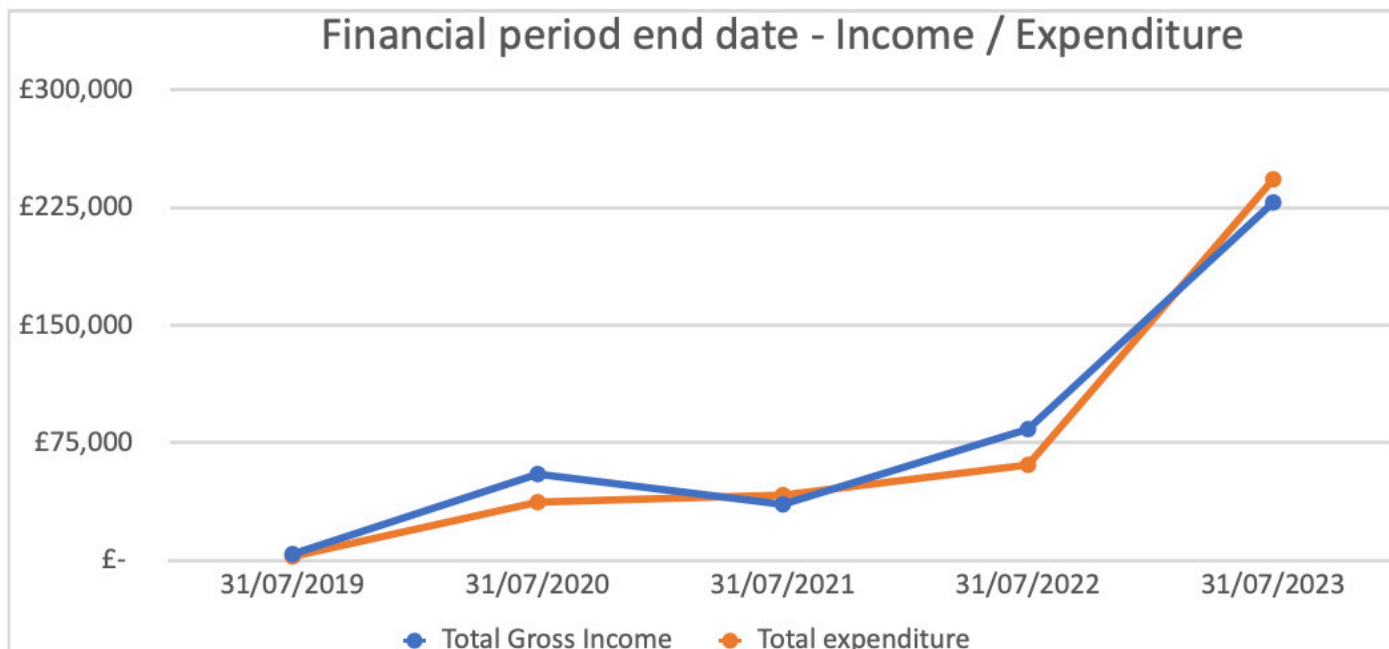
This review reflects on the 2022-23 year in order to recognise, celebrate, reflect, learn and build from our progress and achievements. We have grown in so many ways – in terms of the number of artists and practitioners we have worked with and supported, the number of ‘arts for health and social change’ events that we have delivered and the number and range of other organisations that we have engaged with. All of this has contributed, through applied arts and culture or embodied practice-as-research, to improving many people’s health, wellbeing and life satisfaction, helping to build inclusive and equitable communities and support the environment.

We have also grown in financial terms – see Chart 1 below. In 2022-2023 we achieved a turnover in excess of £228,000, up from £83,630 in 2021-2022. Moreover, we have developed our funding model and with this comes greater flexibilities to draw in funding from multiple sources. Together these developments mean we are more financially secure and resilient and have maintained unrestricted funds of £5,966 for contingencies as per our reserves policy. For full financial and further information including our previous Annual Reports please refer to the Charity Commission for England and Wales registration information for Intercultural Roots for Public Health CIO (Registered Charity number: 1179885).

How and where we operate has also been strongly influenced by community and global concerns, and this can be seen in how responding to such issue cuts across our organisation and activities. We continually ask our partners and those whom we connect with the question ‘What Matters to You?’ and reflect the responses in what we do and how we operate. We have, for example, recognised and responded to how the cost of living crisis is, on top of covid and war in Europe and the Middle East, is impacting on the ongoing mental health pandemic. The climate crisis and associated eco-anxiety is also a common thread running through our work and in the past year the Charity Commission has accepted the inclusion of a new environmental charitable objective thus expanding the ways in which our activities create public and planetary benefit.



Financial period end date - Income / Expenditure



Our Core Team of Staff and Volunteers

There are currently 17 people in our leadership, management and advisory team, up from 10 the previous year. While IR is UK based, it is globally facing, and our collaborative team represents a rich tapestry of intercultural knowledge, experience and perspective from around the world. IR is 64.7% led by people identifying as female or non-binary and 52.9% led by people from minoritised ethnic groups, that term located within a UK perspective. We follow a horizontal, non-hierarchical structure regarding our governance and inclusive approach to community building, providing a foundation for the verticality of the projects that are seeded and nurtured to grow from this radically caring and collaborative 'home'.

We consider our organic approach analogous with nature, connected to the living soil, fungi, trees... and, as a learning organisation, we implement evaluative feedback loops, that allow us to action plan for continual improvement - much like the cycles of the seasons, of water, and of decay and growth.

We are grateful too for the support of a number of individuals who support both the daily and periodic activities of Intercultural Roots. Our volunteers have fulfilled a number of roles that have contributed to our activities and progress, including: Voluntary Outreach, Promotion, Graphic Design, Business Support & Mentoring, Editing Funding Applications and Network Co-Facilitation.

Expertise Brought by Others

We are indebted to the Directors and Trustees, Advisors and Friends of IR who have supported our growth and development. Their contributions have been many and varied, both strategic and tactical either offering ideas, critical perspective and introductions. Hands on support has also been invaluable and has mainly consisted of supported the resourcing of funding, including reading and editing applications to directly being involved as a partner or lead partner. Friends of IR have provided feedback on concepts and beta versions of new ideas and products i.e. initial project page design and copy, contract checking and spreadsheet analysis. Just a few examples of the invaluable voluntary support provided includes:

- *Meetings and discussions around applied theatre and community issues in Colombia*
- *Copywriting, reading and editing of correspondence, funding applications and project webpages*
- *Weekly mentoring for the Executive Director*
- *Recommending funders, drafting applications and sharing experiences of project management and strategies for growth*
- *Providing references and bibliographies re arts and health*
- *Arranging and hosting international visits, meetings and workshops*
- *Travelling from New Zealand to London for meetings and advising on intercultural theatre, intergenerational trauma and healing from a Māori perspective*
- *Being a critical friend and mentor, bringing ideas & introductions, and the voluntary co-facilitation of a residency in Wales*

- *Meetings in Davis, California with introductions to eco-somatic PhD students leading to ideas reacting and arts in nature*
- *Supporting strategic and evaluative approaches, travelling to Yorkshire from Norfolk for several meetings*
- *Providing a social justice, equality, inclusion, diversity and decolonial perspective, and support for a research funding application*
- *Supporting the development of concepts of embodied research and video documentation*
- *Providing expertise on community development including from minoritised ethnic and working-class perspectives to resolving issues such as gang culture, knife crime, domestic violence in South London*
- *Travelling from Washington DC to London for discussions around equalities and indigenous research, provided expertise on ritual and ceremony as research, and unique international perspectives on redressing issues relating to racial inequality and injustice.*

In addition, we have received paid-for consultancy support from individuals in relation to specific tasks. This includes consultancy to support the analysis and development of our digital landscape, including the writing of a proposal for new 'digital ecologies' and ICT support for the implementation of the resulting project that includes new features on our website and new automations. Additional support for IR promotion, administration, finance and communication tasks has been necessary during 2022-2023.

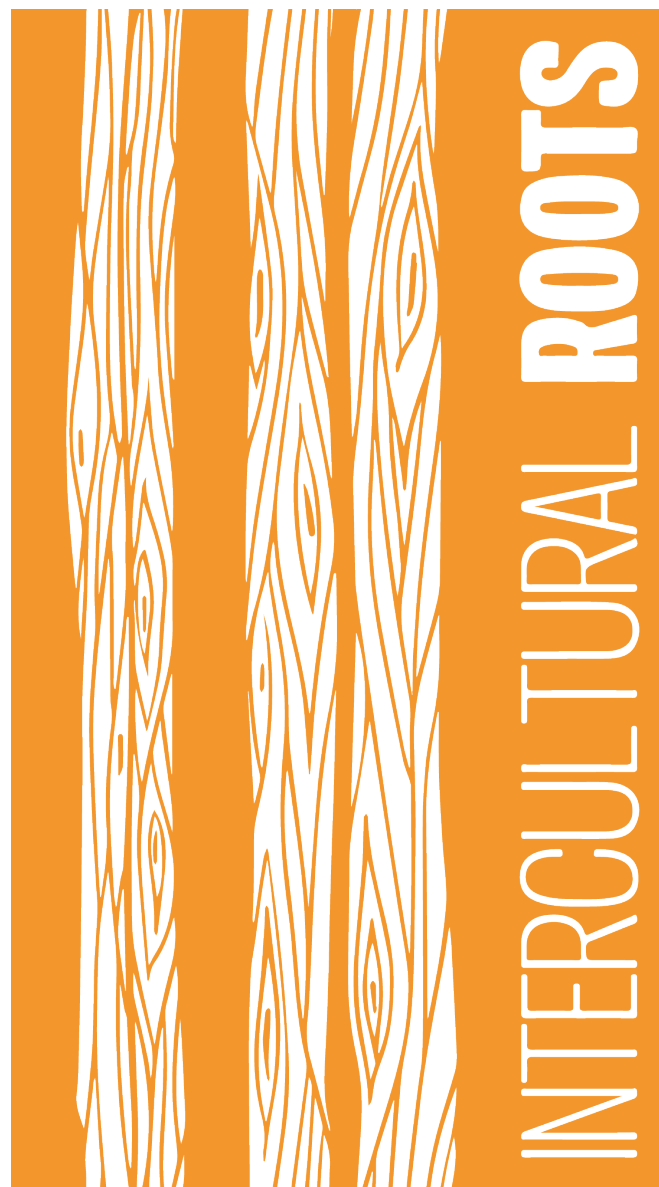
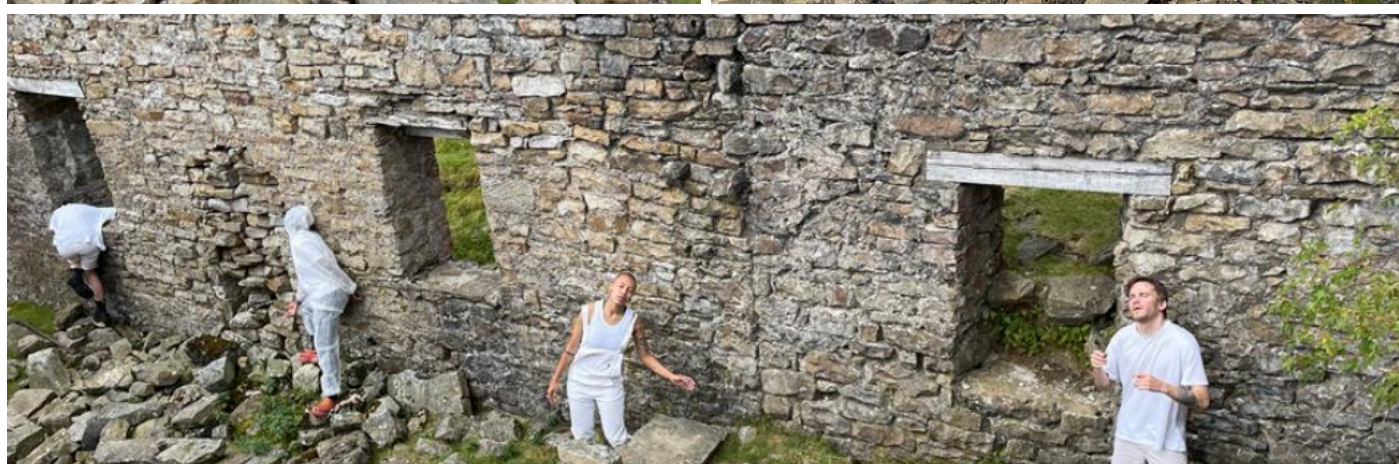
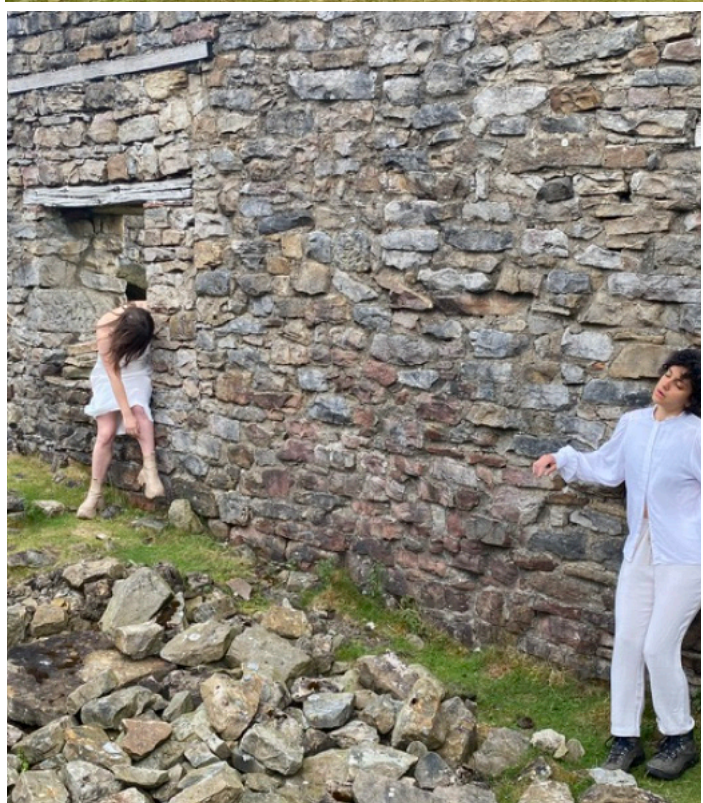


Image Pages 1 & 3 - Health & WELLth Festival 'To Be With' Nov 2022 Image credit: Parissa Hosseinpour



Human-Nature Connect 'Butoh in Nature with Vangelina', Reeth, July 2023
Image credit: Intercultural Roots

Marketing and Promotion

The uniqueness and novelty of Intercultural Roots' ethos and activities means that we have needed to apply focus and careful thought to raising awareness of our activities. During the course of the year, we have utilised a range of intermediaries and systems (see Figure 1) to achieve this end, with the figures in Table 1 below showing results for digital promotion over time since we started in 2018. In the last year alone, we have gained newsletter subscribers up from 2,000 in July 2022 to some 2,400 by May 2023, and this is despite a cleanup to remove subscribers not engaging. Our Instagram Followers reached 3,008 by May 2023, up from 1,535 in November 2022. Google Analytics corroborates that increase through our website traffic which has more than doubled in the last year: in the period August 2021 to July 2022 our website received 58,000 views and 37,000 first users, whereas in the period June 2022 to May there were 111,000 views and 69,000 first users (32 seconds engagement time on average). In addition, compared to the preceding 12 months paid search increased 158.9% thanks to nonprofit grants from both Google and Microsoft, Organic search increased 1,837%, Referral increased 3,353%. Visits to What's On page increase 771%. Youtube and Vimeo views decreased this year due to video files being shared directly to social media channels rather than via Youtube and Vimeo links that require click through. As more emphasis is placed on video as a key media format for disseminating embodied practice-as-research, and in deploying our new EcoGPX™ project, we expect video views to increase.

Figure 1: IR Marketing and Promotion Tools 2022-2023

Google AdWords - \$10K per month nonprofit grant received.

Microsoft Advertising - \$3K nonprofit grant per month until April 2023 then became \$1K per month

The above both rely on Google Analytics built into our website www.interculturalroots.org

Facebook page, groups, paid ads - Meta's pixel tag built into our website

Instagram posts, reels, stories

'X' formerly Twitter

LinkedIn - developed a new Group for IR with Microsoft nonprofit support

YouTube channel

Vimeo channel

Email servers X 5 reaching over 5,000 scholarly subscribers across theatre, drama, dance, performance, embodiment research

MailChimp for IR newsletter emails

Basecamp – free license thanks to Basecamp for Education (two new community projects developed - 'Growing Intercultural Roots in Communities + Human-Nature Connect / International Eco-Embodied Network')

Many third party websites including IFTR, PSi, RSA, ACE, Arts for Health London, Prescribe.org, ArtsAdmin.co.uk etc

Table 1: IR Digital Promotion Over Time

Digital Promotion :	Newsletter Subscribers	Facebook Page 'Likes'	Instagram Followers	YouTube Views	Vimeo Views	Website Views	Website First Views
31/07/2019	-	-	-	-	-	-	-
31/07/2020	-	1,296	878	5,800	-	17,256	10,397
31/07/2021	-	1,841	1,150	4,922	2,200	37,628	18,500
31/07/2022	2,000	2,195	1,535	3,135	8,500	58,000	37,000
31/07/2023	2,400	2,400	3,008	2,298	4,400	111,000	69,000
Total	2,400	2,400	3,008	16,155	15,100	223,884	134,897

Outreach Activities

We are continually striving to raise awareness and engagement in IR's activities, and outreach is an important part of our strategy. Again, with nature in mind, spirals are a great metaphor for our outreach strategy – both reaching out and drawing in at the same time. Outreach helps us share information about IR with people who might not otherwise get to find out about us, in particular including communities who are often underrepresented or excluded.

In the past year we used a portion of the funding received from the SESF to support outreach activities including developing our marketing and promotion as above, and also the development of our Growing Intercultural Roots in Communities (GIR-IC) and Human-Nature Connect (H-NC) networks that commenced in January 2023 and continue to evolve.

Community-led Embodied Research

In addition to supporting outreach, we also utilised SESF monies to help us widen our engagement with practitioners. We consider our growing community of practitioners, a gateway to engaging participants and enabling our work to impact the wider public.

Due to the reputation as a community-led embodied practice-as-research organisation, that we have established and wish to maintain, our efforts are focused on highly experienced and qualified artists and embodied practitioners, usually qualified to post-graduate level and beyond with specialist training and qualifications in their particular artistic, cultural or eco-somatic practice discipline. Many are practitioner-researchers or independent professionals i.e. dancers, musicians, actors, therapists, painters, puppeteers, activists, facilitators etc. The artists/practitioners we contract with are usually also highly experienced as freelance teachers. Asking practitioners 'What matters to you?', the question central to our Health & WELLth umbrella programme, revealed a demand for support for collaboration between practices, digital promotion, how to write funding applications, understanding arts and health connections, and self-care i.e. the health of the practitioner, and these are areas we have begun to address through delivery of the Growing Intercultural Roots in Communities (GIR-IC) professional development programme January - June 2023 (Further information is in the following heading 'Practitioner Partnerships').

Intercultural Arts Gatherings

We have been able to offer a greater number and range of events than previously, in part this is due to the funding support received through the SESF. We continue to provide a number of online events, this being a legacy from the covid pandemic, but our experience now is that online events facilitate the involvement of a global audience or when participants are not required to be co-located.

70 online events were delivered during 2022-23. We know from feedback that our online events have enabled people with disabilities, chronic illness and injuries, as well as single parents, carers, and people geographically isolated, to attend events they otherwise would not have done, and therefore it is important that we continue with our online activities to ensure inclusive access. We utilise Zoom and this is now integrated into our website where a substantial upgrade was required as part of our digital workstream because of upgrades with Zoom's software.

65 in-person events, some of which are part-day, others full-day (and sometimes multi-day, including residential) have been delivered during 2022-2023. A flagship, event, for IR is its Health and WELLth Festival. In total, 2,181 people participated in our Intercultural Arts Gatherings during 2022-2023.

Delivery :	Practitioners	Sessions	Participants
31/07/2019	1	1	80
31/07/2020	40	150	2,130
31/07/2021	67	238	2,500
31/07/2022	55	147	1,777
31/07/2023	55	135	2,281
Total	218	671	8,768



'Ancestor Tree' Performer Sophie Schultze-Allen ,Imahe credit: Cristina Amate

Health and WELLth Festival 28 – 30 October 2022, Open House Hackney, London

The 2022 ‘To Be With’ Health & WELLth Festival, served as a fertile ground for UK and international practitioners and researchers from diverse artistic and somatic disciplines to converge and delve into the nuances of ‘being with.’ This second edition, building on ‘Navigating the Unknown’ in 2021, was not just a symposium event but a transformative journey over three days, which participants described as “beautiful, transformative, nourishing, [and] creative,” echoing our intention to foster connection and radical care.

The symposium’s structure allowed for a robust exploration of topics ranging from Art and Activism to Dance and Eco-Somatics. Working groups focused on transformative narratives, ecological art, listening and sounding, embodied storytelling, and the politics of the body, offering a wide lens on contemporary art-making challenges and opportunities for societal progression.

Feedback from participants highlighted the festival’s ability to touch upon significant societal issues and the potential of embodied practice when applied on a larger scale. The event’s impact on well-being and the inspiring nature of the discussions were particularly noted. Attendees felt a shift in perspective, noting, “societal systems...are only ONE system,” recognising the power of alternative systems rooted in pleasure and well-being.

The hybrid plenary session brought together the insights from the working groups, fostering a telematic ‘being with’ that transcended physical boundaries. Participants from various locations, including those connecting digitally, praised the sense of community and the cultivation of a “deep, rich, loving community across seemingly impassable chasms.”

The festival not only provided a space for academic and artistic dialogue but also for personal growth and the forging of new connections. Testimonials spoke of newfound inspiration, a reignited passion for the arts, and the joy of co-creating in a supportive and open-hearted community. Our closing performative-ritual meal provided an experience of ceremony-as-research building on indigenous and ‘originary’ ways led by practitioners from Brazil.

In summary, the Health & WELLth Festival was a resounding success, hailed for its engaging content, transformative experiences, and the pleasure it brought to its attendees. It stands as a testament to Intercultural Roots’ commitment to advancing embodied research, with participants eagerly anticipating future collaborations and creations birthed from this symposium.



Health & WELLth Festival ‘To Be With’ Nov 2022 Image credit: Parissa Hosseinpour



Health & WELLth Festival 'To Be With' Nov 2022 Image credit: Parissa Hosseinpour

Activities with Potential Partners

From the outset we knew that realising the ambitions of Intercultural Roots would mean working in partnership with other organisations. We have developed a range of partnership relationships, based on qualities of integrity, respect and mutual benefit. There has been considerable sharing of knowledge and understanding, and in some instances, partnerships have developed sufficiently for project proposals to be co-created.

Our Health & WELLth Festival (see above) included opportunities for critical dialogue on important research questions and a plenary with feedback from academics mentioning the high standards and embodied nature of this community-led research experience.

We are pleased to have developed some successful partnerships within the Higher Education sector. This demonstrates our ability to establish our credentials at an academic institutional level. Academic recognition is important due to the focus we seek to place on research and in particular, community-led work that empowers the practitioner-as-researcher. IR continually emphasises that to understand the appropriateness, impact and benefits of embodied practices, qualitative and in some cases quantitative research (methodologies, analysis and critical evaluation) need to be undertaken.

This research requires training and empowerment of practitioners and the consent of participants, to ensure that everything we do, at a community level, is both practice-as-research and research-as-practice. Often, as mentioned in Metamorphosis below, this work overflows towards performance-as-research when practice, as developed through creative co-labs for example, becomes performance, thus disseminating the creative research process for peer and audience appreciation and feedback, and for public benefit. What makes IR stand out is our focus on applied research through 'peer reviewed production'. Rather than focussing on academic publication alone, IR produces research-led work in communities through the practitioners and networks it supports. This work is collaboratively 'peer reviewed' through now well-established processes of proposal submission and feedback, ethics and safeguarding review, publication, delivery, dissemination and critical review and evaluation. Much of IR's social enterprise and non-profit trading income is dependent on the quality of these processes thereby assuring high standards. As part of our efforts to progress the research side of our work we promote opportunities for practitioners to access the International Federation for Embodied Research – Embodied Research Working Group (IFTR – ERWG).



Metamorphosis Performance-as-Research Sep 2022. Image credit: Mariusz Wolny

IFTR Embodied Research Working Group and Intercultural Roots

IFTR is acknowledged by the international academic community to be the leading global scholarly association in the field. The IFTR Embodied Research Working Group (ERWG) is dedicated to the exploration and promotion of embodied practice as a vital component of academic research methodology within theatre and performance studies. The group aims to provide an international platform to discuss methodological, epistemological and ontological questions arising from embodied research. The ERWG supports individual and collaborative projects that make embodied practice a central part of their research process, challenging traditional distinctions such as theory vs. practice and body vs. mind. It seeks to foreground embodied knowledge and research in the field by creating interdisciplinary and intercultural connections, and by developing new modes of assessment for embodied practices. The group's activities include sharing research methods, written papers, workshops, demonstrations and using audio-visual media to exchange knowledge.

The ERWG was conceived by Dr. Alex Boyd and cofounded in 2015 by Dr Ben Spatz, Prof. Lynette Hunter, Dr Ian Kenyvn, Peter Lichtenfels and Dr Alex Boyd, and constituted in 2016 after being formally proposed by over 40 IFTR members from more than 26 countries. The ERWG 'Institutional Frameworks' work-stream was from where Dr Alex Boyd founded Intercultural Roots for Public Health as a separate legal non-profit entity to IFTR, with the ERWG cofounders included as directors and advisors. Since 2016 IR has shared it's work with the ERWG at the annual IFTR Conference including at the July 2023 conference that took place in Accra, Ghana. While in Accra, and through crowd-funding, IR supported 50 local Ghanaian artists who produced a Human-Nature Connect residency called Eha or 'broom' that included messages about appropriate waste disposal and defecation in urban and beach locations. A film of this work by Ghanaian director Peter Atsu Adalety will soon be released.



'Eha' Accra, Ghana July 2023. Photo Credit: Intercultural Roots



Eha' Accra, Ghana July 2023 with Peter Atsu Adalety. Photo Credit: Intercultural Roots.

Partnerships with Higher Education Institutions
IR partnered with three universities to apply for
AHRC (Arts and Humanities Research Council)
research fund applications related to:

(i) Indigenous Research (Huddersfield University) – in this case IR provides the international indigenous research partners from North America (First Nations), New Zealand (Māori) and Ghanaian);

(ii) Health Inequalities in the North West of England (Edge Hill University) - where IR is the link between the VCS (Voluntary and Community Sector) partners

(iii) Land Connectedness / Eco-Somatic Network (University of Derby) – IR is currently supporting partnership applications awaiting submission and is providing vocabularies and community led research around land connectedness and eco-somatics.

While neither of these partnership applications for funding are yet to reach fruition there is a momentum building towards IR's approach to community-led research being recognised and its alignment with the new UK Research and Innovation(UKRI) 2022-2027 strategy entitled Transforming Tomorrow Together.

Additionally, through IR's work for the World Congress for Traditional Chinese Medicine and Integrated Health in California with Drs. Charlene Ossler and Alex Feng, IR received the "Global Excellence of the Year, 2022" Award from the 22nd World Congress, Akamai University.

In November 2022, through a crowd-funding campaign, Intercultural Roots part-funded and partnered with the Cross Pollination Research Platform who delivered two weeks of professional development activity for 3rd Year World Performance students at East 15 School of Acting (University of Essex).



*Hybrid Taoist Gathering Co-Produced by Intercultural Roots, Oct 2022
Image: Shifu/Dr Alex Feng at Zhi Dao Guan, The Taoist Center – Oakland, California*

We have also developed successful partnerships with local community organisations to codevelop and deliver applied-arts projects. This has enabled us to bring creative arts approaches to projects designed to meet local needs. In the example below, we were able to demonstrate how a niche need – in this instance domestic violence – can be addressed through theatre as artistic research.

Draper Together at Elephant & Castle in Southwark, London

Discussions and application writing support with this community organisation led to a successful £10K partnership funding application to the Elephant & Castle Community Fund for an applied Boal Forum Theatre project to tackle local community issues including domestic violence. The project was delivered by IR artists Drs. Andrea Maciel and Almiro Andrade, with Draper Together providing outreach support.

Subsequently, IR received £20,000 from the Peabody Trust, also via the London Community Foundation, for a similar project that will take place over 2 years in two Westminster housing estate locations at Pimlico and Milbank. Additional outcomes have been that the lead contact at Draper Together has become an IR Advisor, while IR practitioners with an interest in this project have been trained as volunteers to gain shadowing experience. An externally evaluated report produced from this work by Dr Julia Fortier can be found [here](#)

External Fundraising

The SESF funding was important to IR in the past year because it enabled some paid-for time to develop funding applications. Over the course of the past year, a number of funding applications were submitted, and whilst of course not all were successful there has been some notable progress in drawing down external funding. Interestingly, in some cases these funds have also opened doors to other funding streams as described further below.



Boal Forum Theatre Image. Credit: Draper Together

Grants applications were made to a range of potential funders. In all, IR and close partner organisations submitted seven successful applications: Local Action Fund (England – South East), BA Better World Community Fund, The Aviva Community Fund, Save Our Wild Isles Community Fund, The Big Give Trust – BG Green Match, and one each from the Innovate UK Creative Catalyst and London Community Foundation – Peabody Trust.

More recently, and arising from IR's developing relationships with HE and from our Ripples and Human-Nature Connect work, and also presenting an emerging focus on the application of technology, a £50K Creative Catalyst research grant for a project called EcoGPX™ has been awarded to IR by Innovate UK, which is part of UK Research and Innovation (UKRI).

EcoGPX™

This project called EcoGPX™ which commenced in August 2023, is developing a new app that will allow users to explore an online gallery of media at particular places of interest to interact with or contribute their own content. Beyond entertainment and eco-tourism, the app aims to merge art, nature, heritage and community while promoting environmental awareness and local involvement in local initiatives like reducing pollution and protecting wildlife. The prototype of the app is being developed in Ilkley, Yorkshire – UK and will be launched in January 2024.

Match Funding: The following match funded projects were successfully applied for and received support in 2022-2023 for activities related to our new environmental objective:

- National Emergencies Trust - Local Action Fund
- BA Better World Community Fund
- The Aviva Community Fund and (connected) the Save Our Wild Isles Community Fund
- BIG Green Match by The Big Give Trust

IR promoted the projects via numerous channels including Crowdfunder and its own promotional channels and overall achieved donations plus match-funding of £186,814.

Innovative Approach to Crowd Funding:

The match funding approach adopted by the BA Better World (see also our 2021-2022 Annual review) and from the above funders, have introduced IR to the potential of crowd-funding as a means of sustainably raising funds. IR has developed innovative crowd-funding models that enable practitioners and the wider public to participate in activities when this might otherwise not be possible. Offering 'Reward' incentives encouraging the public to donate has helped create bursaries to subsidise the costs of events being delivered that also contribute towards the objectives of the funder. This mutually beneficial model has, for example, greatly increased participation in the Human-Nature Connect residencies and eco-somatic work (see below) that IR and our partners have co-delivered during 2022-2023.

Innovative Approach to Crowd Funding:

Donors: generously contributed to the match-funded Crowdfunder projects, as mentioned above. In addition, IR benefited from other donations over the course of the year. Totalling £6,570 these donations mostly consist small amounts of £20 or less received during events or through online giving portals such as Donorbox. We are grateful to the £5,715 Gift Aid we received from HMRC on donations made by UK taxpayers. IR has now built its own Stripe based [donation](#) facility into its website that can be accessed via IR website.

Practitioner Partnerships

One of our goals for this year was to expand our network of artist and practitioner partners, and this was the basis of our application to SESF. In our application we expected to support 50 artists and practitioners to propose new online and in-person courses. We created an Open Call to offer peer-to-peer support and development across our Practice, Pedagogy and Projects model to international artists and practitioners. This Open Call attracted widespread interest - beyond our expectations - leading, in the end, to us receiving and accepting over 270 applicants! To support this influx of new partners we built two new Basecamp projects and thus the creation of two new networks: 'Growing Intercultural Roots in Communities' (GIRIC) (which currently has 193 applicants) and 'Human-Nature Connect / International Eco-Embodied Network' (IE-EN) (currently over 165 applicants).

We're grateful to Basecamp for providing IR with an educational user license. This asynchronous online platform and app has enabled us to provide regular structured development sessions, delivered online via Zoom, as well as being able to offer resource access and community forum. In the case of GIRIC the Zoom sessions took place weekly between January and June 2023, and monthly for the H-NC / IE-EN network. High numbers of people have attended the live sessions, whilst others have watched the recorded videos. In addition, there have been many 1:1 mentoring and coaching sessions. Arising from these sessions we have received proposals not only for courses but also suggestions for project proposals i.e. partnership proposals to submit applications for collaborative funding to meet community needs - much like that with the example of Draper Together mentioned above.

International Projects

Many of the practitioners have also proposed residencies and Rewards related to match-funded projects including international projects that IR has supported during 2022-2023 in Kenya, Ghana, Cameroon, Burkina Faso, Colombia as well as Italy, USA and Canada.

In establishing the GIRIC network we identified that practitioners desired opportunities for network building; this influenced the online peer-to-peer support structure that GIRIC employs through the support of the Basecamp tool. To help meet the demand, a Google Sheet that includes the details of the over 150 artists who successfully applied to GIRIC can be accessed by all the GIRIC community. From the peer-to-peer interactions between practitioners, numerous new collaborations have emerged. For example, a Deep Listening® and Feldenkrais programme was created by Jon Petter and Prof Thomas Kampe with two new series of intensive weekend workshops, that were fully attended, delivered at Goldsmiths University. The facilitators shared their process of collaboration at one of the weekly Zoom meetings we held for GIRIC practitioners.



Deep Listening® and Feldenkrais.
Credit: Jon Petter and Thomas Kampe



COYAC Cameroon Folk Dance Image credit: Bobo Leennox

Practice (Embodied Knowledge)

Our practitioner partnerships, supported by GIR-IC, provide opportunities to develop creative practice-as-research, collaborations between practices and also performance sharing.

Metamorphosis

This project, funded by The National Lottery Community Fund as 'Roots to Better health', was initiated in 2022 and consisted of a monthly thematically curated series of creative labs, collaborative paired-guest public workshops and public performance sharings in Hackney. It ended 30 October 2022 with the Health & WELLth Festival.

<https://www.interculturalroots.org/project/metamorphosis-connection-resilience-and-inspiration>



Metamorphosis by Intercultural Roots



Artists: Vinicius, Lizzy and Jonas at Metamorphosis Performance Sharing Sep 2022. Image credit: Mariusz Wolny

Pedagogy (Traditional Knowledge)

The Practitioner Partnership agreements provide opportunities for artists and somatic practitioners to propose, co-develop (with IR), promote and deliver (with IR's support) in-person and online courses.

Workshops and Courses Delivered

During 2022-2023 IR has supported the development, publication, promotion (see What's On), ticketing, delivery and administration of the following in-person and online Practitioner Partnership workshops and courses:

In-person:

- 2 x Bartenieff-Laban QiGong-Dance – Metamorphosis
- Difference - Object and Scene: repetitions and variations workshop
- Difference – Performance Sharing
- 3 x Listening Bodies / Questioning Voices: Deep Listening® & Feldenkrais Method®
- 8 x Skinner Releasing Technique
- Listening Bodies / Questioning Voices: Deep Listening® & Feldenkrais Method® Day Retreat
- HW Festival – Art and Activism: the power of narrative as a transformation tool
- HW Festival – Eco Art: nature, cities and belongings
- HW Festival – Arts of The Body: somatic and social change
- HW Festival – Arts of Listening: sound and meditation
- HW Festival – Dance: Choreographies of being with
- HW Festival – ‘To Be With’ Ceremonial Meal

- COYAC Eco Arts
- Newstar Drama Group Environmental Support
- 3-day Human-Nature Connect Ingleton Residency
- 5-day Human-Nature Connect Rhossili, Wales Residency
- 3-day Eco-Somatic ‘Butoh in Nature’, Dartmoor Residency
- 4-day Eco-Somatic ‘myths, firesouls & song, Rydal, Lake District Residency
- 4-day Eco-Somatic ‘Rituals of Play, Failure & Love’, Devon Residency
- 7-day Human-Nature Connect ‘Primary Films’, Hubberholme, Yorkshire Dales Residency
- 4-day Human-Nature Connect ‘Butoh in Nature’ Reeth, Swaledale Residency
- 4-day Human-Nature Connect ‘mythic merlin, nature quest’, Tintagel Residency
- 2 x Yongonlon Water Well
- 3 x εHA “The rise of GENESIS”

Hybrid

- Metamorphosis – 19th Annual Taoist Gathering
- HW Festival – ‘To Be With’ Hybrid Plenary Session

Online:

- 16 x Self-compassion and the Alexander Technique
- 6 x Body Mythology #2: (re)imagining the body in movement and life
- 3 x Walks in the Continuous Field
- 6 x ‘Are you listening now?’ – Deep Listening®
- The Art of Listening – December’s Half Day Retreat
- 5 x ‘Are you listening now (2)?’ – Deep Listening®

- 6 x Discovering the Benefits of Alexander Technique: A 6-week Basics Online Course
- 3 x Playful Regeneration
- 4 x 'Are you listening now (3)?' – Deep Listening®
- 19 x Growing Intercultural Roots in Communities (GIRIC)
- 4 x Human-Nature Connect & International Eco-Embodied Network

Projects (Community-Led Research)

There is still much work to do to encourage and empower the independent artists and practitioners in our community to propose through Project Partnerships, ideas for co-developed work that responds to locally identified needs. Moreover, the time and effort that goes into developing funded community-led projects and funding applications cannot be underestimated. There have been several instances where IR has supported practitioners to develop projects and apply for funds, yet did not in the end come to fruition, and although there have been two cases where funding applications have been submitted these have thus far been unsuccessful.

However, there has recently been a first successful Project Partnership funding application, as set out below.

UKRI Creative Catalyst Award

The Innovate UK Creative Catalyst Award project called EcoGPX™ has recently received (in August 2023) £50K funding. The development of this project was led by IR, with the original idea having been proposed by a new GIRIC artist, Dr Stuart Mellor. The first co-developed application to fund the project to VocTech was unsuccessful while the second, to UKRI, succeeded.

Income Earning Opportunities for Freelancers

Throughout Covid and until the present day many opportunities for artists and practitioners to earn have been reduced. IR has developed an equitable non-profit approach that addresses this issue with multiple benefits for practitioners and participants, while also supporting IR's sustainability. Our Practitioner Partnerships project offers opportunities for freelance artists and practitioners to earn income through teaching online and in-person workshops and courses. This also generates social enterprise trading income for IR through two models for sharing net income, one of which offers enhanced digital promotion support.



Performers: Dylan Bolles and Will Crawford, Health & WELLth Festival Nov 2022
Image credit: Parissa Hosseinpour



'The door of no return', Elmina – St. George's Castle, Volta, Ghana July 2023. Image credit: Intercultural Roots

At a time when many artists and practitioners are forced to 'pay to play' or 'pay to perform' by the for profit and non-profit arts industry IR has insisted on a more equitable approach. We have an ethic of always paying artists we commission, whether it's a share of net income or, through funds, grants or donations we resource, offering a basic fixed fee plus a percentage of net income. Our Health & WELLth Festival in October 2022 (see above) exemplified this. It was designed as a series of thematic working group symposia, each made up of practitioners paid to present their embodied practice-as-research to participants culminating in a hybrid international plenary event and performative-ritual meal. Funds were raised through a match-funded Crowdfunder campaign with fully funded tickets offered to participants through an Open Call for applications. Again, this calls into question the status quo of many academic conferences where researchers pay to join membership bodies and then pay to register to present their research, an exploitative mechanism we feel, especially for independent practitioner-scholars.

New Programmes of Activity

The development of two new Basecamp supported community networks and a third, currently in consultation stage as Transforming Broken Wings (working title, see below), was not an intended outcome of the initial SESF project concept but organically evolved as we realised the massive need from practitioners responding to IR for this support and its resultant growth. As a listening organisation that aims to be as equitable, diverse and inclusive as possible we feel it is imperative to try and respond to and support the needs of all members of our community. Arising from discussions within these evolving networks has been new programmes of activity:

Human-Nature Connect - International Eco-Embodied Network

Human-Nature Connect (H-NC) is emerging as an important eco-arts response to the climate crisis and increasing eco-anxiety. In 2020 during covid lockdowns, IR partnered with the Third Sector Renewables charity to deliver a series of online creative co-labs called 'Small Steps in Tackling Eco-Anxiety' that invited artists to bring their practice into the outdoors and embody nature. Resultant performances were shared with peers through video documentation. This work inspired hundreds of Google Earth pinned 1-minute 'Ripples' videos (Oct – Dec 2020) from artists across 6 continents that responded to the question 'What matters to you?' that, along with the Metamorphosis project (2022), emphasised 'we are nature'.

Alongside Third Sector Renewables and with additional match-funding from BA Better World, and with many influences, our first Human-Nature Connect eco-arts residency was developed and took place in Ingleton in November 2022.

Human-Nature Connect Ingleton 4th – 6th November 2022

This 2-night pilot residency, supported by outdoors specialists from Move2Change CIC invited 30 artists to share their practice 'with and within' the limestone landscape and caves of the Yorkshire Dales National Park in the UK. Drs. Alex Boyd and Andrea Maciel offered a light and sensitive facilitation through their own practice, providing a loose container for the work that incorporated Ilya Noé and Lynette Hunter's concept of 'gifting' i.e. being present and being-with, giving and receiving both at the same time, without expectation.

The resultant contained yet open, or 'non-empty' space provides a pedagogy for collaborative, creative and responsive practice-as-research to emerge. An example of this was the creation of the 'sphagnum dance' that emerged apparently spontaneously within group contact improvisation, expanding and contracting on the final morning as a result of learning the day before that sphagnum moss can hold more than 20 times its dry body weight in water. A closing ceremony that included gifting over 30 tree saplings to local land-owning elders, pre-grown from seed in readiness by one of the participants, concluded the residency with a short film later published with Amaia Mugica and Bruno Rocha. In evaluating this pilot H-NC project, much positive feedback and testimonials were received including:

"A beautiful challenge to allow nature to invite us to go beyond our potentialities", "A beautiful way of experience our non-binary condition of being", "How powerful was to sense the miracle behind nature shaping our experience", "This guided encounter with nature challenge me and woke up myself to unknown inner resources".

"Looking back at the weekend, there were so many meetings for me: meeting fellow artists, facilitators and guides, meeting the group, meeting the lodge, meeting the landscape and nature. There was something extraordinary beyond my previous experiences. I enjoyed getting to know the history of each person even from tiny encounters and also the grand Yorkshire Dales land. There is always something hidden beneath the surfaces. The formation of land and water circulation took my imagination into vast time and space. Behind my mind, I remember I struggled with the cold and wet weather. But now the memory of discomfort seems to be fading out and the wonder and vastness of nature and how each of us gathered there from all over the world and various walks of life stay strongly in my heart. I am very grateful for the fact that I took part in this extraordinary gathering, and sending massive gratitude to the organisers and fellow artists." - Katsura

"A truly transformative experience. It shifted my perceptions of the role of art in society and consequently how I can function as a theatre maker within the world. This is genuine embodied knowledge. Feeling very grateful to everyone there. Thank you for creating this space. & thank you to the shiny eyed Yorkshire sheep." - Helen

"This weekend was truly a beautiful experience and I feel very privileged to be part of it and meet so many interesting and amazing people. I had some incredible experiences and found a lot of stillness when I would usually dance, that was a new experience for me, the landscape was enough for me this time, and I really needed the time to just be in the landscape. I was very nervous about going to the caves and in the end it was all fine, confronting my fears, this time, was easier than I thought, and I also wonder if it was also because I was feeling comfortable in the group, with new and old friends." - Manuela

Human-Nature Connect, Eco-Somatic Projects and Grant Management

Funds resourced through donations and match-funding during 2022-2023 enabled IR to organise a series of 7 Human-Nature Connect residencies, and 11 eco-somatic partner projects and grant manage 8 climate action projects for the Third Sector Renewables charity.



Human-Nature Connect Ingleton Nov 2022.
Image credit: WhatsApp Group

Intercultural Roots' Human-Nature Connect Residencies:

- **Human-Nature Connect, Pilot Project**
Ingleton, Yorkshire Dales, 4 – 6 November 2022
- **Human-Nature Connect, Wales**
Rhossili, The Gower Peninsula, 26 - 30 May 2023
- **Human-Nature Connect, 'myths, firesouls and song'**
Ambleside, The Lake District, 11 - 14 June 2023
- **Human-Nature Connect, 'Butoh in Nature with Vangelina' ***
Reeth, Swaledale, Yorkshire, 13 - 16 July 2023
- **Human-Nature Connect, 'Arts and Health in Nature'**
Hubberholme, Yorkshire, 1 - 4 September 2023
- **Human-Nature Connect, 'Environmental Arts & Eco Somatic Residency'***
Isle Martin, Scotland, 6 - 10 September
- **Human-Nature Connect, "La Selva": International Ecological Arts and Eco-Somatic Residency****
Rome, Italy, 5 - 8 October 2023

* In partnership with Third Sector Renewables

For further information and to watch published films from the residencies please visit <https://www.interculturalroots.org/project/human-nature-connect>

Intercultural Roots' Eco-Somatic Residency Projects:

- **'Butoh in Nature'**
Dartmoor National Park, 19 - 21 May 2023
- **Newstar Drama Group Environmental Support**
Kisii, Kenya, May 2023
- **COYAC Eco-Arts**
North West Cameroon, May 2023
- **'Rituals of Play, Failure and Love'**
Devon, 23 - 26 June 2023
- **Primary Films Residency**
Hubberholme, Yorkshire Dales, 29 June - 5 July 2023
- **Mythic Merlin, Nature Quest**
Tintagel, Cornwall, 4 - 7 July 2023
- **'Eha' The Rise of Genesis**
Accra, Ghana, 21 - 23 July 2023
- **The Yongonlon Water Well Project**
Burkina Faso, July 2023



Human-Nature Connect Ingleton Nov 2022. Image credit: Rob Gale, Move2Change CIC

- **Bottomless Well**

Vermont, USA, *August 2023*

- **'Once up on a cube'**

London, *3 – 17 September 2023*

- **Cross Pollination Residency 2023**

Ghent, Belgium, *13 - 22 December 2023*

Third Sector Renewables Partnership (Grant Management):

- **'Waterway Pickers Staines'**

Staines, Surrey, *27/28 May, 3 June 2023*

- **Practice at the Garden // Dance Artist in Residence at the Story Garden**

Central London, *12 – 17 June, 8 – 9 July 2023*

- **'Kinaesthetic Walks & Listening Practices', Emerging Hearts Contact Improvisation Dance Camp**

UK, *28 June - 3 July 2023*

- **Divine Ridiculous Presents: "Song of the Waters"**

Dartmoor, Devon, *3 - 7 July 2023*

- **Upstream I Fyny'r Afon**

Abercych, Pembrokeshire, Wales, *10 - 14 July 2023*

- **'Growing Together', A Tree Planting Initiative for Biodiversity and Carbon Reduction**

Clanabogan Park, Omagh, Northern Ireland, *July 2023*

- **Human-Nature Connect, 'Butoh in Nature with Vangeline'**

Reeth, Swaledale, Yorkshire, *13 - 16 July 2023*

- **'Inner Space'**

Mexica City, Mexico, *14 – 17 September 2023*

- **'Earth Rituals' | Cadavre Exquis**

Berlin, Germany, *21 – 23 July 2023*

We look forward to reporting on the evaluation of this work during 2023-24.



Image credit: Anna Dako

‘Transforming Broken Wings’ (Working Title)

A new network for artists with disabilities, chronic illness and disabilities.

As explained further below, IR aims to be fully inclusive of all people and responsive to their needs. The application form for GIRIC - Growing Intercultural Roots in Communities asked people to identify any ‘psycho-physical, neuro-diversity, medical and any other individual needs’ with 25% (38 out of 152) applicants in May 2023 self-identifying such needs. When identifying the physically challenging activity requirements of people registering for our Human-Nature Connect eco-art residencies we responded to requests from people with disabilities, chronic illnesses and injuries who contacted us regarding inclusion. After several meetings with this group and our outdoor health & safety partner Move2Change and then with people with a lived experience of these challenges who applied to GIRIC, we are now together developing a new network specifically for practitioners with disabilities, chronic illnesses and injuries. The (working title) name of the network, proposed by one of the initiating GIRIC practitioners living with Multiple Sclerosis, is Transforming Broken Wings. Facilitated by people with a lived experience, with IR support they have developed a detailed consultation survey that has already received 68 responses.

Supporting Mental Health and Tackling Social Trauma

The covid pandemic and the challenges it brought, the climate crisis, cost of living crisis, wars in Europe and the Middle East, and arguably social media, exacerbate a pre-existing eco-anxiety and mental health pandemic that IR was already responding to in 2019. However, 4 years later we are now experiencing a social trauma that is collective as well as individual – see [the Handbook of Climate Psychology](#). As Creative Health research makes ever more clear, the benefits of arts and health, including the impact of IR’s work, has the potential to benefit communities of both practitioners and participants, proportionate to the scale and quality and, importantly, the locational and demographic targeting of delivery.

In September 2022, IR’s Executive Director met with Andy Haldane, the former Chief Economist at the Bank of England (1989 - 2021) and now Chief Executive at [The RSA](#) - the royal society for the encouragement of arts, manufactures and commerce since 2021, to discuss IR’s work in relation to Levelling Up. Andy, who was Head of the cross party Levelling Up Taskforce considers health and wellbeing as key drivers of life satisfaction and productivity yet considers that the benefits of arts and culture on health and wellbeing and ‘place making’ are largely misunderstood. He suggests that their case needs to be made stronger through building the evidence base, to enable funding for the arts and humanities at all levels.

IR’s Submission to the ‘[Creative Health Review](#)’ by the All-Party Parliamentary Group on Arts, Health and Wellbeing (APPGAHW)

In May 2023 IR commissioned an external evaluation of its work related to the APPGAHW Creative Health Review that will publish its report on 6th December 2023. [IR’s Submission](#) articulates its dedication to enhancing ecological public health and societal well-being through ‘arts for health and social change’ practices. It highlights the organisation’s growth, its collaborative approach with artists and researchers, and the successful delivery of creative health sessions to a wide audience. The document details IR’s response to contemporary issues such as mental health, eco-anxiety, and health inequalities by implementing innovative applied-arts and eco-health projects that foster engagement, transformation and wellbeing. It also emphasises the importance of education and professional development in the arts for health sector, showcasing the organisation’s role in cultivating diverse communities of practice that contribute positively to individual and communal health.

Since 2018 when IR was first registered it has advocated for a wider, more indigenous definition of health, that we are now calling ecological public health or ‘eco-health’. As the various working groups at the 2022 ‘To Be With’ Health & WELLth symposium discussed, and is becoming ever clearer through the EcoGPX™ project, this includes the building of collaborative communities that are connected to environment, social justice and equity and have the local agency and empowerment to make and influence decisions as per “nothing about us without us”.



Butoh in Nature, Ridiculous House, Devon. Image credit: Daniel and Zoe

“It was definitely cathartic having permission to deliberately bring about emotions like rage, sadness, joy etc. I think it feels liberating to embody them, amplify them, play with them. I think probably there is scope in social justice movements/ charities to destigmatise certain emotions in people who have experienced trauma” Imogen

Inclusivity is at the Heart of What We Do

IR aims to be inclusive of all people. We seek to realise this ambition in various ways. For example, on account of the cost of living crisis we offer participants a sliding scale of affordable fees for non-funded courses that range from General Admission, Concessionary, Bursary (for people from low income countries) and Drop-In. In essence and again in line with a social enterprise community model, those who can afford are supporting those who can't. When funding allows, for example through our match-crowdfunded Human-Nature Connect residencies, we innovatively offer Part Funded or Fully Funded Bursary places to participants who otherwise couldn't afford. We deliberately use those terms rather than 'free' which might undervalue the work and also maintains dignity in communications.

Our positive and decolonial action has extended during the year as we have promoted our Growing Intercultural Roots in Communities project to people who speak English as a second language in countries on the African continent and this, as well as word of mouth, has enabled inclusion and funding of practitioners and their artist communities in Burkino Faso, Kenya, Cameroon and Ghana and also in Colombia on the South American continent. In the past year we have recruited two new Advisors to our Board of who, from a UK perspective, are from a Black minoritised ethnic background. Our organisation is led mainly by people from the global majority and as an international and intercultural community we want IR to be an inclusive, hospitable and safe space for all including indigenous people and people of colour. This ethic extends into our organisational practices and policies related to diversity, equity and inclusion, anti-harassment and bullying, safeguarding and health & safety.

Many of our practitioners and leadership self identify as LGBTQIA+ and we promote many of our activities as open to all and friendly to non-normative communities.

The application form for Growing Intercultural Roots in Communities (GIRIC) asked people to identify any 'psycho-physical, neuro-diversity, medical and any other individual needs' with 25% (38 out of 152) applicants self identifying such needs.



Andrea Maciel, IR Artistic Director, at Human-Nature Connect. Ambleside June 2023. Image credit: Joy M

The application form for Growing Intercultural Roots in Communities (GIRIC) asked people to identify any ‘psycho-physical, neuro-diversity, medical and any other individual needs’ with 25% (38 out of 152) applicants self identifying such needs.

What People Say

At the end of the day, it’s about what the people who are part of Intercultural Roots and/or take part in the activities that we organise, think and feel about what we do that matters and this validates our work. We have asked everyone who has been part of our journey over the past year for their feedback.

Intercultural Roots Evaluation Survey 2022-23

In July 2023 we received 36 responses to our comprehensive and anonymous online questionnaire requesting feedback about people’s experience with our work. To understand the context of the responses we asked questions about respondent’s background and interaction with IR and found:

- 12 (33.3%) had previously been involved in delivery as a practitioner for IR
- all were within the age range 25 to 74 years with 10 (27.8%) in the range 45 – 49 years
- 16 (44.4%) identified as LGBTIQ+ or preferred not to say, with 24 (66.7%) having a lived experience of LGBTQIA+ (for example via a family member, close friend or colleague)
- 18 (50%) identified as being from the global majority ie indigenous/native, person of colour with 5 (13.9%) preferring not to say
- 19 (53%) identified as disabled, having a chronic illness, or as injured

Detailed responses to the survey can be found in Appendix 1 with a summary of responses found below:

Evaluation Survey 2022 Quantitative Response Summary

While the number of responses was low relative to the number of participants in IR’s activities throughout the year, we feel that responses demonstrate that involvement with IR’s activities help people feel (in order of magnitude):

- that participating in the arts has health benefits (97.2%)
- part of a community of artists and practitioners (91.7%)
- less isolated (91.6%)

- more connected with the environment (88.9%)
- improvements in physical (80.5%) and mental health (86.2%)
- more supported (86.1%)
- a better sense of overall wellbeing (83.4%)
- part of a local community (75%)
- greater understanding and appreciation of how arts practices have potential wider environmental benefits (91.6%)
- better understanding of other practices (88.8%)
- developments in personal practice (83.3%)
- greater understanding and appreciation of how the arts contributes to health (80.5%)

Qualitative responses to the question ‘What do you feel-think Intercultural Roots does well?’ elicited the following responses:

‘It creates the sense of a common ground, and that I am valuable for having a place on it amongst others.’

‘Involve the community that comes forward and meet them to grow’

‘Environmental related arts retreats and match funding advice, listening and responding.’

‘Bring together communities for Somatic practices both locally and internationally.’

‘Many things, most key: gather people together to share practice and experience’

‘Built platforms for practitioners to connect with one another, and to opt-into new collaborative possibilities. Held space for in-person dialogue and community-building that felt particularly transformative, unique, and grounded.’

‘It cuts all the Layers of misunderstanding and makes things simpler’

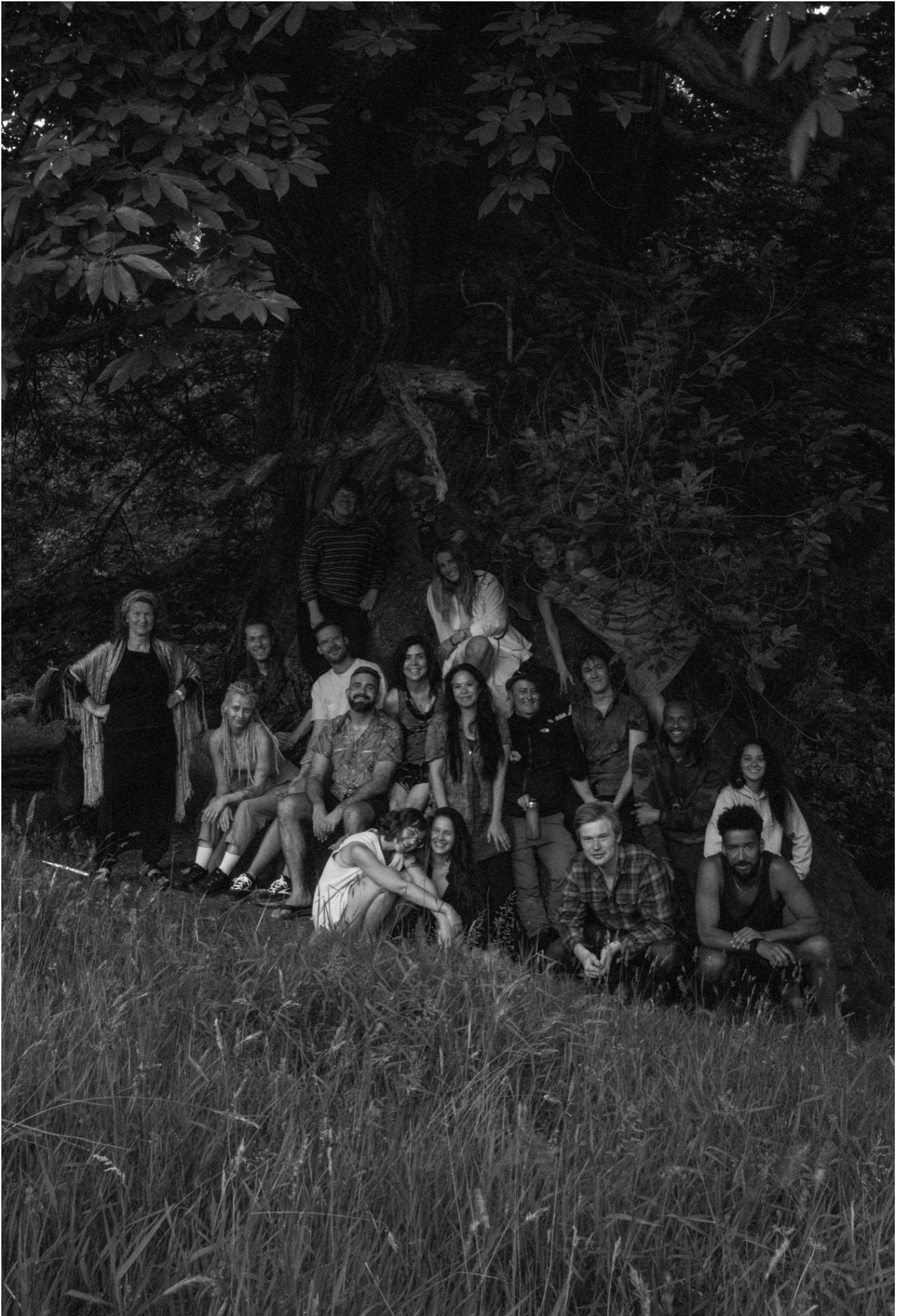
‘Empowerment, creating a sense of belonging, zero discrimination’

‘It is a really supportive space that is beautifully held & full of warmth & connection. I think it creates bridges between artists & allows for a wonderful exchange of insight & practice.’

‘Connect with like-minded and diverse artists / practitioners’

‘Creates a space for artists to exchange online’

‘Uniting international artists. Providing a link between embodiment, creativity, health and the environment. Creating a supportive environment that can be used as a spring board. Fostering international understanding.’



Human-Nature Connect Ambleside, June 2023. Image credit: Julia Lux

“Intercultural Roots is a unique place to be creative and share creativity with others, offering and supporting the possibility for greater awareness, caring and change.

Intercultural Roots is generosity. It is expansive. Flexible. A window of opportunity. Present. Presence. Presencing. Intercultural Roots is an experiment in coming together across borders and professional boundaries. Its wish: A more healthy, just and interconnected world. Its promise: To be here when you/we are able to show up. Its action: The magic of connecting people committed to cultural work.” - C. Meranda Flachs-Surmanek

“It has offered me the opportunity to connect with many other artistes across the globe, opened me to broader approaches with my artistry, offered financial support to my artistry and I admire their thoughtfulness”

“It is a really supportive space that is beautifully held & full of warmth & connection. I think it creates bridges between artists & allows for a wonderful exchange of insight & practice.” (Anon)

“Intercultural Roots is a unique international community of practitioners. In the short time I’ve been a member I’ve made new connections really relevant to a project I’m working on and had fantastic support for something else I’m developing. It’s a fantastic cross-disciplinary organisation with the potential to give a lot to the fields of creativity, somatics, ecology and health.”

“I received the gift of participating in a full dive into creativity and natural beauty. Through human and non-human connection I found inspiration and energy to re-ignite my flame. Thank you from the bottom of my heart.” Carolina

“Intercultural Roots was to me a time and space where to meet other universes, and feel connected even at thousands of kilometers from others. I’m really thankful.”

“I’m grateful for the essential work Intercultural Roots are doing to enable creatives like us to share and develop our work in a sustainable way. I’m very excited about how we can continue to deepen our collaboration.” Dan, Divine Ridiculous

“Intercultural Roots is a space and platform which is supporting arts and artist holistically. It caters to all the possible challenges from financial support to outreach of the arts to various spaces and cultures, making it more accessible. Intercultural Roots is also helping in bringing forward the physiological and psychological benefits of pursuing arts as a healing practice!”



Human-Nature Connect Rhossili, Wales May 2023. Image credit: Julia Testa

'Connecting talented and creative people. Organising a structure for a full dive into the natural world for different abilities and fitness levels.'

'It is inclusive, it values many different practices, people, views, feelings. That means already a lot.'

'Allows space for development and growth'

'Create space, connect creative practice to academic practises'

'creates a community feeling of like minded practitioners. provides a safe space for support. sharing of ideas and best practices.'

'Networking and funding'

'Networking'

'Providing advice and support in promoting our individual practices and a space to connect with others'

'Committed support of artists and fostering connection.'

'Bring diverse communities together'

'It supports artist community, integrates art and health, promotes outreach or art to larger community.'

'Finds and supports artists making positive impact, in a kind and grounded way.'

'Connect practitioners, improve their understanding and involvement in their practice, strengthen the understanding behind values and meaning of embodied and eco-somatic practices'

'Introduce practices of community-building and eco-connection that are in essence simple but that have complex effects on the self and the group (including non-humans). Ripples. IR curates and nurtured an incredibly supportive sense of belonging.'

'They offer deeper support and insight into one's project and immensely involved in the beginning to finish. More so, they generously open artistes to networks that broadens possibilities.'

'Sense of community'

Qualitative responses summary:

IR excels in creating a sense of unity and belonging among diverse groups by facilitating community engagement and fostering environments for the exchange of artistic and somatic practices. Survey respondents highlight the organisation's strengths in building platforms for practitioners to connect and collaborate, organising retreats that blend art with environmental consciousness, and providing support for artists' growth. The feedback indicates that IR is particularly valued for its inclusive spaces that encourage empowerment, understanding, and networking among artists, while also connecting creative practices with academic and health-related fields. The organisation's commitment to supporting artists and promoting intercultural exchange is seen as a cornerstone of its mission, creating ripples of positive impact within and beyond the artistic community.

Constructive feedback:

In regard to the question 'Do you have any recommendations or suggestions for how Intercultural Roots could improve or serve you better?', respondents suggest simplifying the Reward booking system [Ed. in regard to crowdfunding] and communication channels for better accessibility, especially for those with disabilities or learning difficulties. The language and terminology used around disability [ed. the word 'broken' in the proposed Transforming Broken Wings network] and contributions should be revisited to avoid alienation and to ensure inclusivity. It's recommended to facilitate self-description for disability and to reconsider the use of terms like "gift" to prevent any sense of obligation [ed. see 'Gifting' early in this report]. There's a call for more diverse representation among facilitators, a balance of structured and free time (without health and safety mediation) in events and clarity around the 'importance of the exchange and flexibility in holding power' [ed. points made in response to H-NC Rhossili, Wales]. A further call requests increased understanding across networks of the unique contexts and needs of participants and practitioner particularly those from the Global South i.e. access to cultural events, vacations, salary, health... and to be clearer about what should a person from the Global South could really expect from participating. Suggestions include offering paid opportunities for work and training 'that incorporates IR's nature ad soma angle and is without age limits', peer-to-peer mentoring for mental health practitioners, and assistance with funding applications. Additionally, there is a desire for more in-person or hybrid events, as well as maintaining a robust online presence for those with chronic health conditions. The organisation is encouraged to grow organically while offering individualised support where needed and streamlining donation processes for fundraisers.

Testimonials:

We asked respondents 'Would you like to leave a testimonial that Intercultural Roots can share publicly?' with the following responses:

"Intercultural Roots is clearly making a significant impact in the world through its 'arts for health & social change' mission that's benefiting hundreds of artists and practitioners, plus thousands of participants. Thank you all involved, Bert"

"Take a look there so much here on offer"



Human-Nature Connect Rhossili, Wales May 2023. Image credit: Julia Testa



Human-Nature Connect Rhossili, Wales, UK, by Bruno Rocha

“Intercultural Roots helped me to deepen and widen my understanding about the value of ecosomatics in our world, creating a healthy environment for practitioners to meet through a supportive and inspiring network and activities. I now feel more confident about why I am engaged in this practice and inspired to continue to learn, share and develop it further, to foster deeper connections between humans and the natural world we also are.” Rebecca

“My exposure and connection to Intercultural Roots has exposed me to a broader creative knowledge and deepened my appreciation for unity in diversity in the arts. More so, their professional development workshops and guidance to project management has been amazing. Funding my project has made me so fulfilled and an inspiration to do more.” Peter Atsu Adalety, Ghana.

Practitioners and Consultants

We are grateful to all of the following practitioners and consultants (in alphabetical order A-Z by first name) who have voluntarily or contractually contributed to the delivery of Intercultural Roots’ activities during 2022-23:

Aaron Finbloom, Adam Rolleston, Ahmed Soura, Alex Boyd, Alex Lichtenfels, Alexander Perrelet, Alexandre Neves, Almiro Andrade, Alvaro Hernandez, Amaia Mugica, Andrea Maciel, Anita Gonzalez, Ben Spatz, Bernardo Martins, Bobo Leenox, Bruno Lopes, Caleb Isiche, Chalice Richardson, Christoffer Guldberg, Clare Kenvyn, Corrie Hardaker, Daniel Hernandez, Dr. Alex Feng, Dwayne Burgess, Dylan Bolles, Elodie Chiper, Evelyn Aston Rhodes, Fabienne Formosa, Ian Kenvyn, Irene Fiordilino, Jacek Ludwig, Jaka Skapin, Jo Roantree, Joaquim Bezerra, Joe Churchill, John Zibell, Jon Petter, Jonas De Rave, Julia Fortier, Julia Lux, Julia Pond, Julia Testas, Kyara, Liz Tunnicliffe, Lizzy Le Quesne, Lizzy Tan, Lynette Hunter, Manuela Benini, Marije Nie, Martin Sadler, Patrick Campbell, Peter Atsu Adelety, Peter Lichtenfels, Purnima, Regina Gutierrez, Rob Gale, Rose Kim, Sofia Burnay, Sophie Spiral, Tau Peter Rockford Espiritu, Te Ahukaramū Charles Royal, Teddy Powell, Thomas Kampe, Tiago Gambogi, Vangelina Gand, Victoria Door, Viničius Torres Machado, Wendy van der Haagen Boyd, Will Crawford.



Human-Nature Connect Rhossili, Wales, UK, by Tiago Gambogi

Funders

We are grateful to those funders who have supported Intercultural Roots work during 2022-2023

Local Action Fund (England – South East)
 BA Better World Community Fund
 The Aviva Community Fund
 Save Our Wild Isles Community Fund
 London Community Fund – Peabody Trust
 The Big Give Trust – Big Give Green Match
 Third Sector Services

Donors

We are grateful to everyone who has donated to support Intercultural Roots work during 2022-2023. If you would like to donate, please do so here: <https://www.interculturalroots.org/make-a-donation>

Supporting Organisations

We are grateful to the following organisations who have supported Intercultural Roots through providing free or subsidised support or through grants:

Apple Business
 Basecamp
 Google Nonprofits
 Microsoft Nonprofits

Leadership Team

Lastly and certainly not least, we thank our leadership team of 2022-23 made up of staff, directors (Intercultural Roots for Public Health), trustees (Intercultural Roots for Traditional Embodied Arts), and advisors (in alphabetic order Z..A) :

Wendy van der Haagen-Boyd
 Te Ahukaramū Charles Royal (Prof)
 Rose Kim
 Regina Gutierrez
 Lynette Hunter (Prof)
 John Zibell (Dr)
 Ian Kenvyn (Dr)
 Elodie Chipper
 Corrie Hardaker
 Clare Kenvyn
 Chalice Richardson
 Ben Spatz (Dr)
 Anita Gonzalez (Prof)
 Andrea Maciel (Dr)
 Alvaro Hernandez (Dr)
 Almiro Andrade (Dr)
 Alex Boyd (Dr)

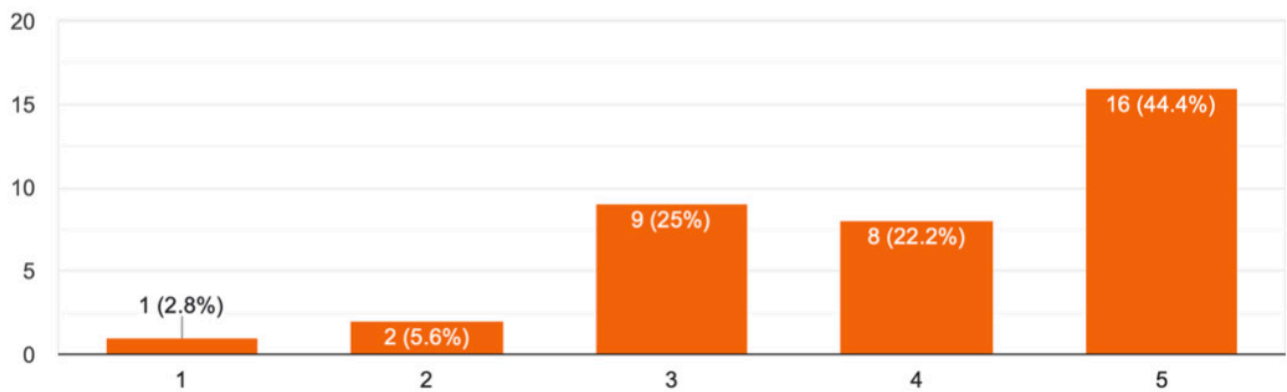
Appendix 1 – Detailed Responses to Evaluation Survey (July 2023)

Responses to the following questions invited responses using a scale of 1-5 to strongly disagree to strongly agree:

'To what extent do you agree that your involvement with Intercultural Roots and its activities has helped you feel...

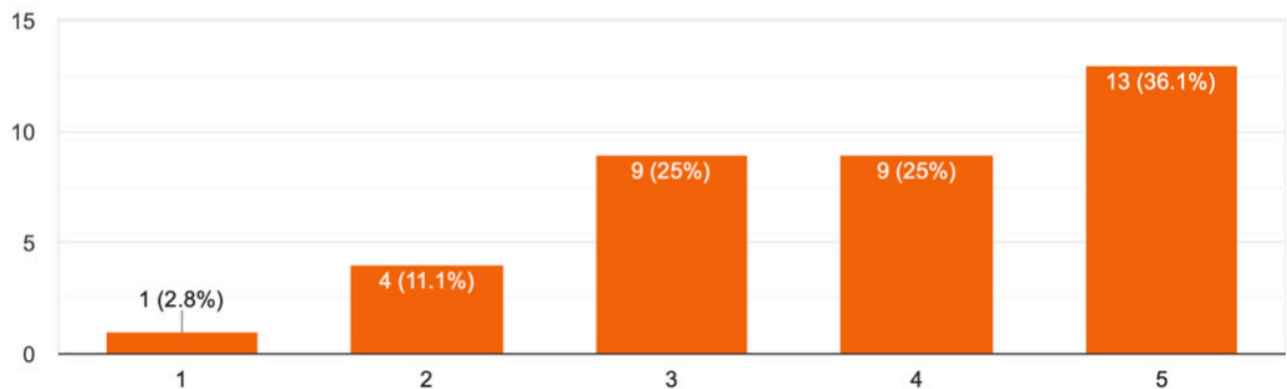
less isolated

36 responses



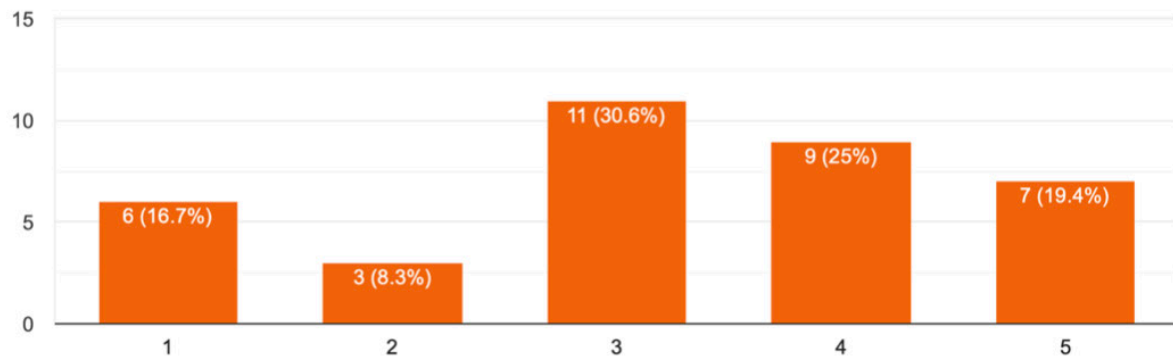
more supported

36 responses



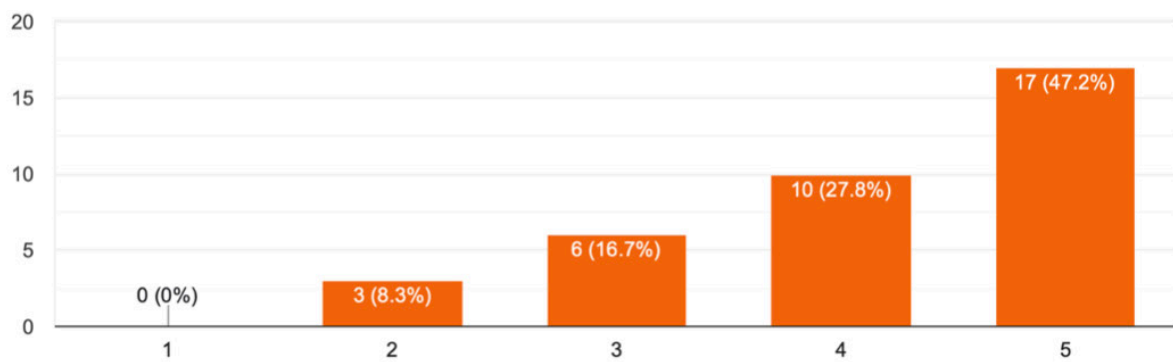
part of your local community

36 responses



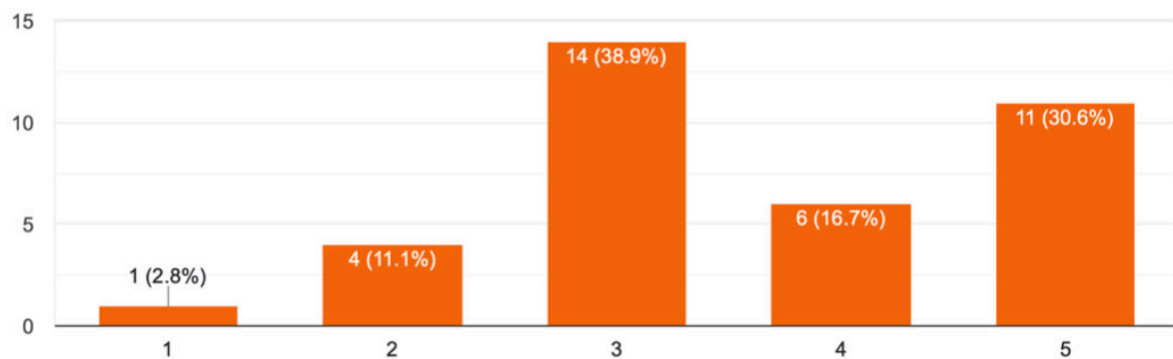
part of a community of artists and practitioners

36 responses



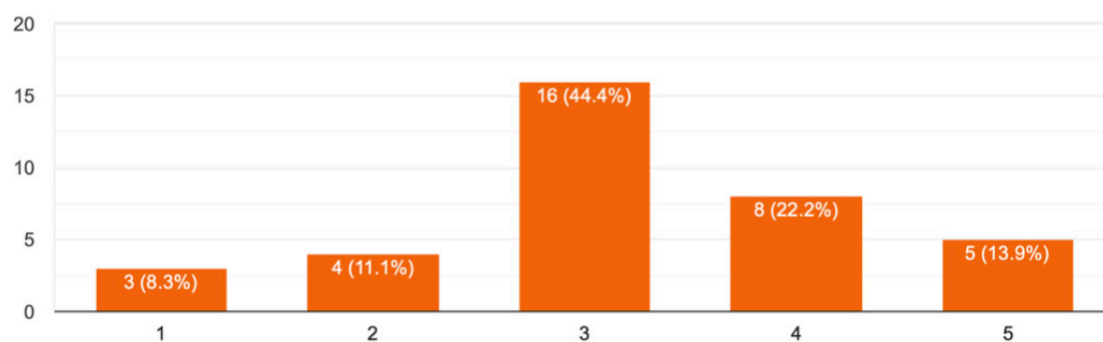
your mental health has improved

36 responses



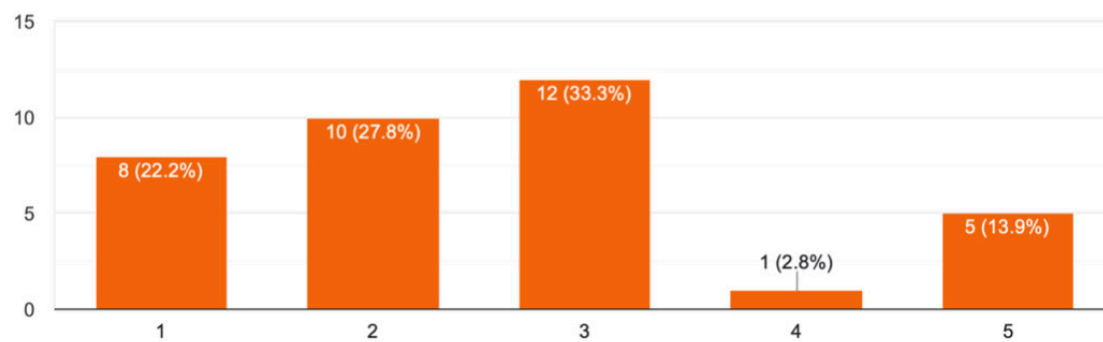
your physical health has improved

36 responses



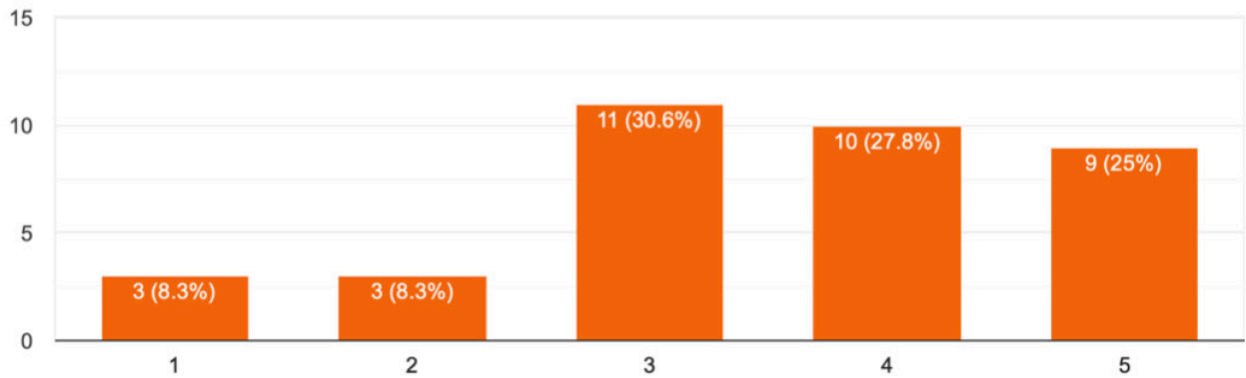
more financially secure

36 responses



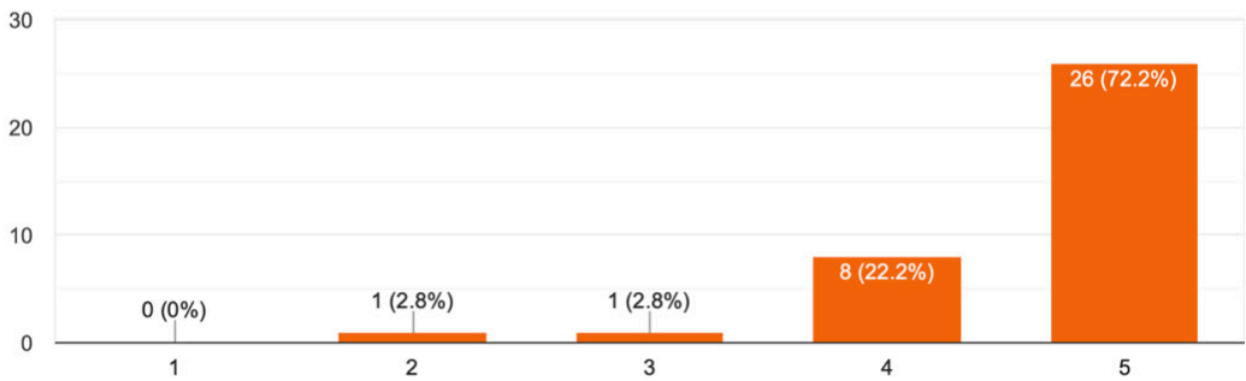
a better sense of overall wellbeing

36 responses



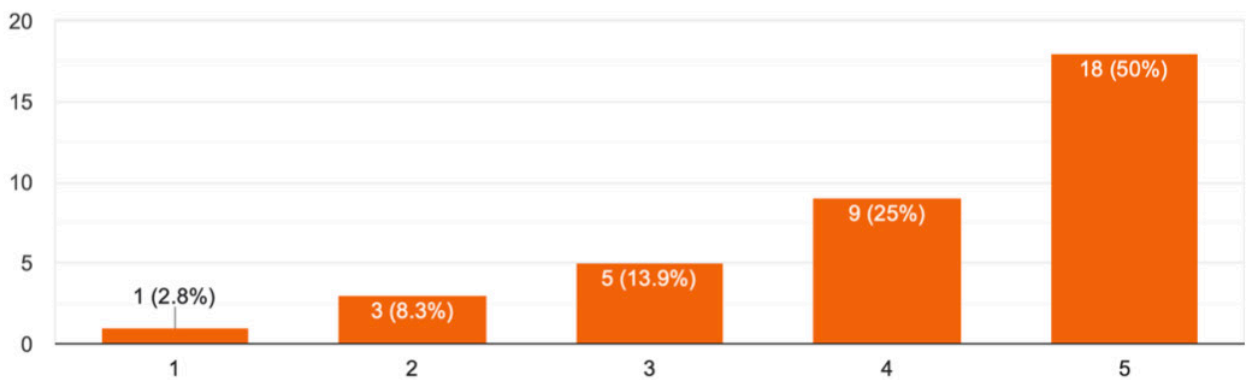
participating in arts practices has health benefits

36 responses



more connected with the environment

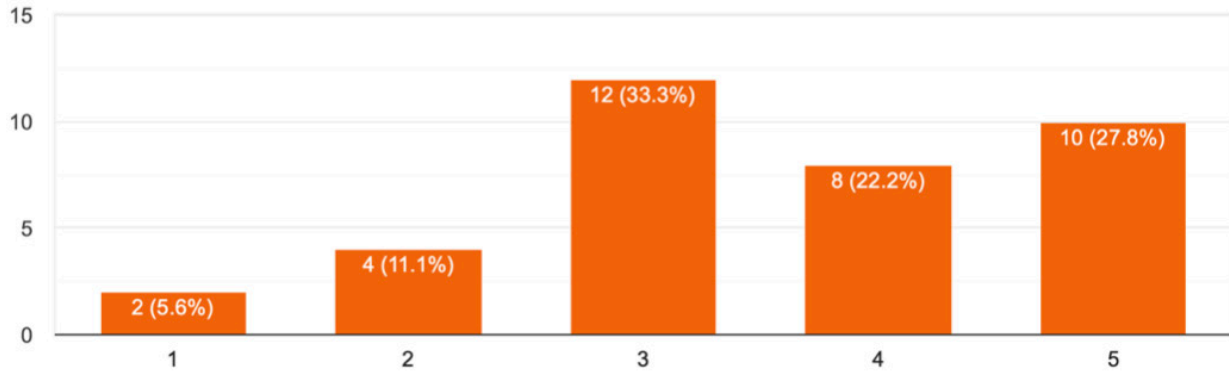
36 responses



With the same linear scale 1-5 to strongly disagree to strongly agree we received the following responses after asking 'We would like to know what your involvement with Intercultural Roots has meant to you. To what extent do you agree with the following statements...

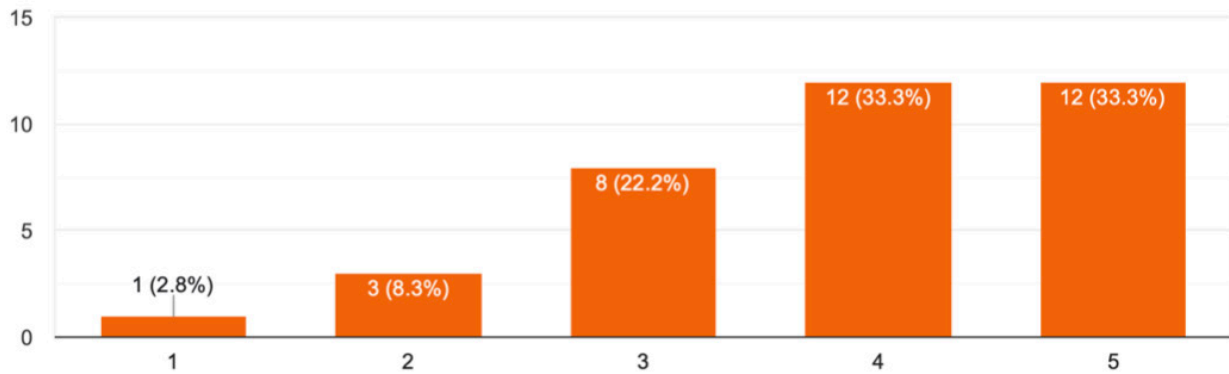
I feel my personal practice has developed

36 responses



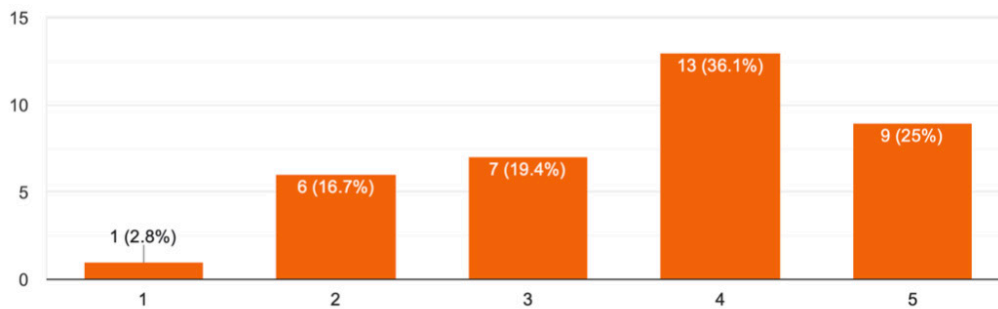
I feel I have a better understanding of other practices

36 responses



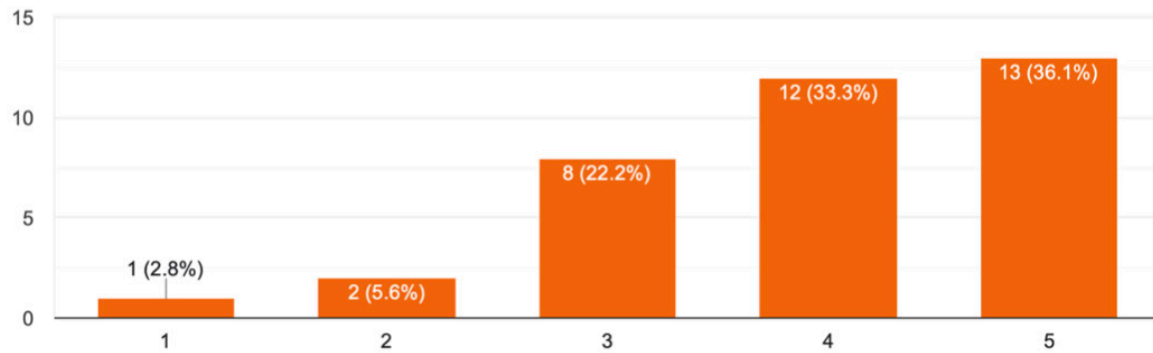
I have a greater understanding and appreciation of how the arts contribute to health

36 responses



I have a greater understanding and appreciation of how arts practices have potential wider environmental benefits

36 responses



Metamorphosis Performance Sharing Sep 2022. Image credit: Mariusz Wolny



Charity Name Intercultural Roots for Public Health		No (if any) 1179885	CC16a
Receipts and payments accounts			
For the period from	Period start date 01/08/2022	To 31/07/2023	

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					
Classes/Workshops/Events/Performances	13,717		-	13,717	-
Donations	4,070	2,500	-	6,570	-
HMRC Gift Aid	5,715		-	5,715	-
Crowdfunder - Local Action Fund (England - South East)		20,000	-	20,000	-
Crowdfunder - BA Better World Community Fund		10,752	-	10,752	-
Crowdfunder Donations - The Crowd		84,748	-	84,748	-
Crowdfunder - The Aviva Community Fund		61,104	-	61,104	-
Crowdfunder - Save Our Wild Isles Community Fund		5,000	-	5,000	-
Grant - London Community Foundation - Peabody Trust		10,000	-	10,000	-
The Big Give Trust - Donations		2,710	-	2,710	-
The Big Give Trust - BG Green Match		2,500	-	2,500	-
Grant - Third Sector Services	5,326		-	5,326	-
Sub total	£ 28,828	199,314	-	228,141	-
A2 Asset and investment sales, etc.	-	-	-	-	-
Total receipts	£ 28,828	199,314	-	228,141	-
A3 Payments					
Artist/Practitioner Fees	6,818		-	6,818	-
Administration, Consultancy & Production Services	3,501		-	3,501	-
Venue/Space Hire	2,002		-	2,002	-
PR, Marketing & Communications	3,036		-	3,036	-
Website & IT/Software	3,020		-	3,020	-
Miscellaneous/Volunteer Expenses/Charges	3,211		-	3,211	-
Project Delivery - National Lottery Fund		5,918	-	5,918	-
Project Delivery - Big Issue Invest (SESF)		27,775	-	27,775	-
Project Delivery - Crowdfunder		175,424	-	175,424	-
Hardware	3,173		-	3,173	-
Insurance	520		-	520	-
Grant - Centre for Performance		2,500	-	2,500	-
Project Delivery - The Big Give Trust - BG Green Match		2,500	-	2,500	-
Project Delivery - The Big Give Trust		2,710	-	2,710	-
Donations		810	-	810	-
Sub total	25,281	217,637	-	242,918	-
A4 Asset and investment purchases, etc.	-	-	-	-	-
Total payments	25,281	217,637	-	242,918	-
Net of receipts/(payments)	3,547	- 18,323	-	- 14,777	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,419.67	34,392.43	-	36,812.10	-
Cash funds this year end	5,966.17	16,068.96	-	22,035.13	-

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	5,966	16,069	-
		-	-	-
		-	-	-
	Total cash funds	£ 5,966	16,069	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds


	Details	to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

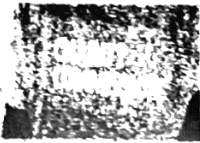
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	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
	Dr Alexander Boyd	28.11.2023



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Intercultural Roots for Public Health

**On accounts for the year
ended**

31st July 2023

**Charity no
(if any)**

1179885

Set out on pages

1-3

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

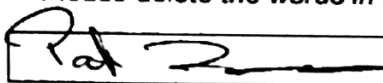
**Independent
examiner's statement**

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:



Date:

21/12/23

Name:

Pat Davey

**Relevant professional
qualification(s) or body
(if any):**

CIMA CTA retired

Address: Sherwood Barn, Chesters Lane

High Bentham

LA2 7AN

Section B

Disclosure

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose.

A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for the user to provide details as requested in the text above.

INTERCULTURAL ROOTS FOR PUBLIC HEALTH

England & Wales - Charity number 1179885

Accounts



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 Intercultural Roots for Public Health

Other names charity is known by n/a

Registered charity number (if any) 1179885

Charity's principal address Flat 133, Thanet House
 Thanet Street
 London
Postcode WC1H 9QE

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	Lynette Hunter	Chair		Membership at AGM
2	Ian Kenvyn	Treasurer		
3	Regina Gutiérrez	Secretary		
4	Alex Boyd	CEO		
5				
6				
7				
8				
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)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution adopted 14 September 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.

--

Section C Objectives and activities

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

FOR THE PUBLIC BENEFIT, TO PROMOTE COMMUNITY PARTICIPATION IN HEALTHY RECREATION BY:

- PROMOTING PARTICIPATION IN TAI CHI, YOGA, PILATES AND DANCE
- ADVANCING EDUCATION IN THE BENEFITS OF HEALTHY RECREATION
- PROMOTING BEST PRACTICE IN THE DELIVERY OF TAI CHI, YOGA, PILATES AND DANCE.

Through 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)

SEE APPENDIX BELOW

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.

Summary of the main achievements of the charity during the year

SEE APPENDIX BELOW

Section E

Financial review

Brief statement of the charity's policy on reserves

At the end of the financial year there was £36,812 in the bank. £2,420 are non-restricted funds and £34,392 are restricted funds and 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)		
Full name(s)	Dr Alexander Boyd	
Position (eg Secretary, Chair, etc)	CEO	
Date	24/11/2022	

**Intercultural Roots for Public Health – IR
Trustee / Directors Annual Report – August 2021 – July 2022
Further Information – Main Activities (Section C) & Main Achievements (Section D)**

Throughout 2021-22 the following areas of activity have encompassed Intercultural Roots' work as arts and education for health, wellbeing and social change': Professional Development & Creative Practice; Network and Community Engagement; and Creative Wellbeing and Mental Health Support.

From August until December 2021 we were attentive to our communities' needs in relation to the 'post' pandemic moment. IR's community engagement approach had a special regard towards supporting mental health needs and the emerging release from restrictions in some areas which led us towards applying for external funds to support the transition from on-line to in-person activities. This effort not only attended to practitioners who needed to engage again in social scenarios, but was also intended to re-build audiences and public confidence for engagement in the artistic-educational events we curated. All of these activities were underpinned with continuous community consultations and the maintenance of a safe space through the critical care that our creative labs provide. These were spread throughout the year and functioned as a continuous hub for listening and responding to the needs of our communities. They also provided a catalyst for further funding applications that successfully led to resources supporting Intercultural Roots' core team to provide support to our growing community and projects.

Some factual numbers of engagement August 2021 - July 2022:

- Practitioners contracted: 55
- Public engaged: 1,777
- Sessions delivered: 147
- Newsletter subscribers: Approx 2,000
- Facebook Page Likes: 1,841 (01/08/2021) – 2,195 (31/7/2022)
- Instagram Followers: 1,535 (24 November 2022)
- Website (Google Analytics 01/08/2021 – 31/7/2022) – 58,000 views and 37,000 first users.

Community Engagement Post Pandemic Restrictions

Life Emergence-y Project - As restrictions were lifted after July 2021 we began to engage communities in creative wellbeing, performance sharing and educational events. In November 2021 IR promoted its first post pandemic gatherings at Siobhan Davies Studios and Open House Hackney in London. The experience and evaluative feedback from this project led to our Metamorphosis 'Roots to Better Health' project.

Funded Projects

Organisational Partnership

IR with Cross Pollination Research Platform of Theatre partnered in two successful Crowdfunder funding campaigns in November 2021 and July 2022. These raised £8,413.96 and £21,890.35 in public donations respectively that were match funded in both instances by the National Emergencies Trust 'Local Action Fund' £8,599 in November 2021, £1,056 in April 2022 and £20,000 in August 2022 with additional match funding of £10,000 received from British Airways 'BA World Connect' in August 2022. IR supported Cross Pollination to act on behalf of young artists for their professional development and to build a supportive peer to peer network, work that took place over two weeks at East 15 Acting School in Southend also supported by two grants of £3,000 from the University of Essex in November 2021 and 2022.

'Roots To Better Health' funded £10,000 by The National Lottery Fund, resourced the realisation of IR's Metamorphosis project which brought a series of in-person encounters from March till October 2022 looking at ways of overcoming the challenges of our times. IR provided professional facilitation, creative spaces, and tools for participants to ignite and harness a sense of inspiration, connection and resilience through practice. These encounters involved a comb of creative co-labs, public classes and performance sharing hubs where artists, thinkers and makers had the opportunity to engage the

public with new ideas, practices and art. Metamorphosis became an inspiration for the 2022 'To Be With' Health & WELLth Festival.

'Growing Intercultural Roots in Communities'

In June 2022 IR received £28,000 Social Enterprise Support Fund (SESF) support for a project titled 'Growing Intercultural Roots in Communities' funded by The Big Issue Invest and The National Lottery Community Fund. The funding is particularly in recognition of and to further develop IR's social enterprise approach towards the support of communities of practitioners and artists. This work, that we call 'Practitioner Partnerships' began in 2019 with our first Health & WELLth enable the enabler contracts, and grew throughout the pandemic. The funding will support our core team through until June 2023, helping IR to further develop its online and in-person engagement with communities in order to increase sustainability – in mutual benefit both for the practitioners and the organisation.

Organisational Sustainability

'Practitioner Partnership' is IR's social enterprise approach to engage with and provide continuous professional support to its community of practitioners. Since 2019 and especially throughout the pandemic, and transitioning from online to presential approaches, this program not only enables a source of income to practitioners yet also provides mentorship, assistance in developing proposals and with the publication, promotion and administration of artists' work. This has been important also in providing IR with a percentage of net income that covers core costs independent of external funding raised.

Production and Exchange of Knowledge

Intercultural Roots Presentation at SAIL - 14th June 2022

The Social Art Inclusion Lab (SAIL) - Research Group at Manchester Metropolitan University invited Dr. Andrea Maciel (Artistic Director) to a panel presentation looking at social arts practice at both a local and global level, with a focus on how to co-create arts, culture and policy practices that benefit those routinely excluded from the arts.

Embodied Research Working Group (ERWG)

Intercultural Roots attended with Dr. Alex Boyd responsible for convening the ERWG at the IFTR – International Federation for Theatre Research conference in Reykjavík, Iceland in 20-24 July 2022. Alex had conceived and was a cofounder of the ERWG from 2015 and it was from the ERWG that he cofounded Intercultural Roots from alongside many of the existing IR Trustee / Directors and Advisors.

Online Practitioner Partnership Activities 2021-22

Sep - Oct 2021: Daoyin Ancient Taoist Breathwork -- Alex Boyd

Sep - Oct 2021: Art of Listening -- Will Crawford

Sep - Oct 2021: Assessment in TCM: Pulse and Tongue Diagnosis and Auricular Points -- Dr Alex Feng

Sep - Oct 2021: spontaneous-imaginative-expressive Art Workshops -- Nasrin Golden

Sep - Nov 2021: NIA DANCE - Joy of Movement -- Andrea Maciel

Sep - Dec 2021: Neuroscience Informed Mindfulness (Eyes, Breath, Hands & Body) -- Jessica Andexer

8th Oct 2021: Elements of Life - Laban Bartenieff and Qi Gong Practice (in person) -- Andrea Maciel & Alex Boyd

9th Oct 2021: Practitioner Lab (in person) -- Andrea Maciel & Alex Boyd

24th Oct 2021: 18th Taoist Gathering - Resilience Through The Dao -- Dr Alex Feng

Oct - Nov 2021: Embody You - discover your authentic self -- Kristin Loeer

Nov 2021: BMC and NIA Dance - Neuro Movement Patterns -- Andrea Maciel

Nov - Dec 2021: Daoyin - Ancient Taoist Breathwork and Qigong -- Alex Boyd

Nov - Dec 2021: Medical QIGONG - Breath, Mind and Movement Classes -- Dr Alex Feng

Nov - Dec 2021: Deep Listening in Zoom - re-GROUP; re-CONNECT; re-PLAY -- Jon Petter

Nov 2021 - Jan 2022: Dear Body -- Anna Furse

Jan - Feb 2022: Intro to Embodied Dreamwork -- Harald De Bondt

Jan - Feb 2022: Daoyin & QiGong - Taoist Whole Body Breathing -- Alex Boyd

Jan - Feb 2022: Art of Listening - depth-nature-connection -- Will Crawford
Jan - Mar 2022: Alexander Technique for Performers - Introduction -- Rose Whyman & Victoria Door
Jan - May 2022: Wellness Through an Anishinaabe Lens -- Anishinaabe Theater Exchange
6th Feb 2022: Celebration - The Year of the Tiger - Lunar New Year 2022 -- Zhi Dao Guan/The Taoist Center
Mar - Apr 2022: Daoyin-QiGong-Yijinjing - Taoist Yin Yang Revitalising Breathwork -- Alex Boyd
Apr - Jun 2022: Yijinjing-Qigong-Daoyin Taoist Embodied Culture -- Alex Boyd
May - Jun 2022: Well Beings - Writing the body through illness and pain -- Marieke Bigg
May - Jun 2022: Self-compassion and the Alexander Technique -- Victoria Door & Jo Roantree
Jun - Jul 2022: The Art of Listening - growth-balance-stillness -- Will Crawford
Jun - Jul 2022: Body Mythology: (re)imagining the body in movement and life -- Evelyn Aston Rhodes

In-Person Arts for Health & Social Change Programme 2021-22

13th & 14th Nov 2021: Vocal Strata - Extended Voice Work and Song -- Patrick Campbell
13th Nov 2021: Elements of Life - Laban Bartenieff Dance and Qi Gong (in person) -- Andrea Maciel & Alex Boyd
13th Nov 2021: Life Σmergence-y Performances and Party by Intercultural Roots Practitioner Lab
Nov 2021: East 15 Acting School -- Intercultural Roots & Cross Pollination
24th Mar 2022: 'Creative Lab'
25th Mar 2022: 'Bartenieff-Laban Qigong Dance' workshop with Andrea Maciel and Alex Boyd
27th Mar 2022: 'Forum Theatre and Body Voice Paradox' Guest Teacher Workshop with Almiro Andrade and Gabriela Flarys
27th Mar 2022: 'Strangeness - Performance Sharing Evening' with Andréa Maciel, Gabriela Flarys, Alice Motta, Lizzy Tan & Maya Williams, Julia Testa & Hannah Nichols
28th Apr 2022: 'Creative Lab'
29th Apr 2022: 'Bartenieff-Laban Qigong Dance' with Andrea Maciel and Alex Boyd
1st May 2022: International Guest Teacher Workshops 'Body as earth / Earth as body' with Julia Pond and Andrés Montes Zuluaga'
1st May 2022: 'Performance Sharings' Featuring: * Trinacria by Irene Fiordilino * Nabba or the falls by Andrés Montes Zuluaga * "Not a Problem" by Julia Pond * MODAK by Purnima
26th May 2022: 'Creative Lab'
27th May 2022: 'Bartenieff-Laban Qigong Dance' with Andrea Maciel and Alex Boyd
28th May 2022: Guest Teacher(s) Workshop WILD BODY with Fernanda Mandagara and Julia Testas
28th May 2022: 'Performance Sharings' - Rewilding Performance Sharing with Kyara Orlando, Ernesto Sarezale, Christina Lovely and Anna-Maria Amato
28th Jul 2022: 'Creative Lab'
29th Jul 2022: 'Bartenieff-Laban Qigong Dance' with Andrea Maciel and Alex Boyd
30th Jul 2022: Guest Teacher Workshop 'Moving Bodies of Water - Workshop' with Helen Ainsworth & Fabienne Formosa
30th Jul 2022: 'Performance Sharings' Female Voices In Flow - Performance Sharing with Alice Motta, Isadora Bacon & Julia Testas



Charity Name Intercultural Roots for Public Health	No (if any) 1179885
---	------------------------

CC16a

Receipts and payments accounts

For the period from	Period start date 01/08/2021	To	Period end date 31/07/2022
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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					
Classes/Workshops/Events/Performances	17,676		-	17,676	-
Donations	6,207		-	6,207	-
HMRC Gift Aid	681		-	681	-
Grant - University of Essex		3,000	-	3,000	-
Crowdfunder Campaign	18,069		-	18,069	-
Grant - National Lottery Fund		10,000	-	10,000	-
Grant - Big Issue Invest (SESF)		28,000	-	28,000	-
			-	-	-
Sub total	£ 42,632	41,000	-	83,632	-
A2 Asset and investment sales, etc.					
	-	-	-	-	-
Total receipts	£ 42,632	41,000	-	83,632	-
A3 Payments					
Class/Workshop/Event/Performance Delivery	16,025		-	16,025	-
Administration, Consultancy & Production Services	16,282		-	16,282	-
Venue/Space Hire	972		-	972	-
PR, Marketing & Communications	2,481		-	2,481	-
Website & IT (videos/Zoom/Adobe/Dropbox)	2,522		-	2,522	-
Miscellaneous Expenses/Charges	2,681		-	2,681	-
Volunteer Expenses	3,700		-	3,700	-
Strategic, Funding & Legal Support	7,700		-	7,700	-
Project Delivery - University of Essex		3,000	-	3,000	-
Project Delivery - National Lottery Fund		4,182	-	4,182	-
Project Delivery - Big Issue Invest (SESF)		244	-	244	-
IFTR Conference	1,000		-	1,000	-
Sub total	53,363	7,426	-	60,790	-
A4 Asset and investment purchases, etc.					
	-	-	-	-	-
Total payments	53,363	7,426	-	60,790	-
Net of receipts/(payments)	- 10,731	33,574	-	22,843	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	13,150.76	818.76	-	13,969.52	-
Cash funds this year end	2,419.67	34,392.43	-	36,812.10	-

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	2,420	34,392	-
		-	-	-
		-	-	-
	Total cash funds	£ 2,420	34,392	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
		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
	Dr Alexander Boyd	16.09.2022

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/ members of	Intercultural Roots for Public Health		
On accounts for the year ended	31 st July 2022	Charity no (if any)	1179885
	Set out on pages 1-3		

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed: Pat Davey Date: 29/11/22

Name: Pat Davey

Relevant professional qualification(s) or body (if any):

ACMA CTA

Address: Sherwood Barn, Chesters Lane

High Bentham

LA2 7AN

Section B

Disclosure

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose.

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for the user to provide details as instructed in the text above.

INTERCULTURAL ROOTS FOR PUBLIC HEALTH

England & Wales - Charity number 1179885

Accounts



Trustees' Annual Report for the period

Period start date: 01 08 2020
 Period end date: 31 07 2021
 From To

Section A Reference and administration details

Charity name: Intercultural Roots for Public Health

Other names charity is known by: n/a

Registered charity number (if any): 1179885

Charity's principal address: Flat 133, Thanet House
 Thanet Street
 London
 Postcode: WC1H 9QE

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	Lynette Hunter	Chair		Membership at AGM
2	Ian Kenvyn	Treasurer		
3	Regina Gutiérrez	Secretary		
4	Alex Boyd	CEO		
5				
6				
7				
8				
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)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	Constitution adopted 14 September 2017
How the charity is constituted <small>(eg. trust, association, company)</small>	Charitable Incorporated Organisation
Trustee selection methods <small>(eg. appointed by, elected by)</small>	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.

--

Section C Objectives and activities

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

FOR THE PUBLIC BENEFIT, TO PROMOTE COMMUNITY PARTICIPATION IN HEALTHY RECREATION BY:

- PROMOTING PARTICIPATION IN TAI CHI, YOGA, PILATES AND DANCE
- ADVANCING EDUCATION IN THE BENEFITS OF HEALTHY RECREATION
- PROMOTING BEST PRACTICE IN THE DELIVERY OF TAI CHI, YOGA, PILATES AND DANCE.

Through 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)

SEE APPENDIX BELOW

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.

Summary of the main achievements of the charity during the year

SEE APPENDIX BELOW

Section E

Financial review

Brief statement of the charity's policy on reserves

At the end of the financial year there was £13,970 in the bank. £13,151 are restricted funds and £819 are non-restricted funds and being held in reserve.

In line with our Reserves Policy, during 2020/21 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)



Full name(s)

Ian Kenvyn

Position (eg Secretary, Chair, etc)

Treasurer

Date

04/01/22

APPENDIX

Intercultural Roots for Public Health Annual Report August 2020 – July 2021 Further Information – Main Activities (Section C) & Main Achievements (Section D)

Executive Team

In a transition to the Core Team in late June 2020 the Directors would like to thank Tiago Gambogi and Maggi Swallow for their wonderful work in marketing and communications during 2019-20 and Isabella Sperotto for her voluntary work from Mar-Jul '20. Dr Alex Boyd, the founder of Intercultural Roots continued as Executive Director, Dr Andréa Maciel as Artistic Director and Wendy van der Haagen Boyd as Admin & Finance Director. Alice Motta joined the team to assist with event production (Constellations, Health & WELLth Festival) with Peter Kramer offering voluntary support with copy writing and social media reposting. We are grateful to all these people who have provided both voluntary as well as paid services to Intercultural Roots as members of the Core Team. We are enormously grateful to our voluntary Board of Trustees/Directors and Advisors:

- Directors - Intercultural Roots for Public Health: Dr Alex Boyd (UK), Prof. Lynette Hunter (USA, Canada), Dr Ian Kenvyn (UK), Regina Gutierrez (Colombia).
- [Trustees - Intercultural Roots for Traditional Embodied Arts: Dr Alex Boyd (UK), Dr Andréa Maciel (Brazil, UK), Te Ahukaramū Charles Royal (New Zealand), Dr Alvaro Hernandez (Colombia), Martin Sax (UK)]
- Advisors: Clare Kenvyn (UK), Dr Ben Spatz (USA, UK).

Funding Awarded

London Community Response Fund

Intercultural Roots successfully resourced £16,657 from the London Community Response Fund in June 2020. This fund is administered by City Bridge Trust, which is the funding arm of Bridge House Estates in relation to the City of London Corporation. To be spent by the End of September 2020 the purpose was to:

- promote participation and inform the public of the health and wellbeing benefits of participating in physical activity, arts and cultural embodied practices that provide meaning and wellness in life in particular
- to advance education, providing taster experiences, classes, workshops, courses and festivals
- promoting best practice in teaching - through teacher training and train the trainer activities.

Since early March 2020 when Covid-19 closed venues Intercultural Roots had adapted through a 180 degree pivot to doing all of this online. The funding was to be targeted at all adults with a particular emphasis on:

- people with 'mixed anxiety depression' including people lonely, with anxiety or depression and other mental health problems
- migrant / BAME groups
- women who have survived abuse
- people with neuro diversities or different abilities / mobilities
- LGBTQ+ groups
- freelance artists

National Community Lottery Fund

In partnership with the Pop Up Tai Chi registered charity that received £10,000 funding from Awards For All, Intercultural Roots was able to continue offering tai chi, dance and qigong provision online to tackle the loneliness, anxiety and depression people were experiencing and keep paying practitioners delivering classes.

Financial Summary (see signed 'receipts and payment' accounts for details)

Income Aug '20 - Jul '21: £35,610
Expenditure Aug '20 - Jul '21: £41,529

Cash funds available on 31 Jul '21: £13,151 unrestricted funds, £819 restricted funds (total £13,970)

Timeline of Achievements 2020-2021

August 2020 – July 2021 – Get Active Online

The Get Active Online programme of weekly scheduled classes that began in March 2020 with the first Covid-19 lockdown continued for the whole of the 2020-21 year.

- Aug 2020 - Jul 2021: 67 artists delivered 238 sessions to over 2,500 participants
 - Aug - Dec 2020: 100 sessions delivered
 - Jan - Jul 2021: 138 sessions delivered

The Directors and Core Team are grateful to all the artists who delivered those classes that have benefited so many people. We are particularly grateful to the following artist teachers who taught series of workshops continuously through the 2020-21 year:

- Dr Alex Boyd - Daoyin, Qigong-Dance, Creative Labs
- Dr Andrea Maciel - NIA Dance, Qigong Dance, Creative Labs
- Shi Fu / Dr Alex Feng - Qigong, Traditional Chinese Medicine, The Five Animal Frolics
- Jon Petter - Deep Listening®

Aug – Sep 2020 Constellations 1, 2 and 3

A series of 'art for health & social change' Constellations events were curated featuring leading artistic scholars:

Constellations 1 - Art & Activism

With: Gabriela Flarys, Franko Figueredo, Almiro Andrade, Julia Couto and Alice Motta.

Art experiences, immersions, creative processes, classes and forums were held discussing new ways of provoking people's minds about what Art & Activism really is and how we can activate the spaces around us.

Constellations 2 - Arts of the Body and Health

With: Henrique Schuller, Daniela Visco, Julia Pond, Thomas Kampe and Anna-Helena Mc Lean.

Exploring the arts of the body whilst creating dialogues between healing and somatic techniques. The public were invited to witness a dialogue between practitioners while experiencing classes on voice and physical theatre, Feldenkrais, Laban, Yoga and Duncan Dance.

Constellations 3: Art & City

Invited scholars and artists to share their practices in a provocative relationship within the public sphere, bringing a social intervention perspective to the global Covid-19 pandemic scenario across 3 perspectives:

i) 'Sensorial Walks'

With: Dr. Jacek Ludwig Scarso, Dr. Ana Pais and Dr. Daniel Tercio

In the current post-lockdown context, walking in the city as a practice of awareness has allowed rediscovering multiple sensorial and meaningful layers as well as re-thinking and re-feeling the city in pandemic times.

ii) 'Exhausted Cities'

With: Deasy Bamford, Manuela Benini, Otavio Avancini, Finlay Forbes & Alice Millen

The poetics of the apocalyptic: how to survive the eminent end of human economic resources.

iii) 'Cross-cultures'

With: Rachel Karafistan, Dr. Andrea Maciel, Joaquim Bezerra, Dr. Patrick Campbell, Dr. Almiro Andrade.

Street Theatre making, Black Brazilian Performance Legacy and the possibility for cross cultural exchanges in the context of contemporary narratives of proximal isolation.

25th October 2020 - 'Connectivity of The Dao'

Intercultural Roots promoted and produced the 17th Annual Taoist Gathering in partnership with *Zhi Dao Guan*, The Taoist Center – Oakland, CA. Usually presented as an in-person conference Intercultural Roots supported its transition to online because of restrictions caused by the pandemic. Named 'Connectivity of The Dao' the speakers were: Dr. Charlene Ossler, Dr. Alex Feng, Dr. Steve Jackowicz, Dr. Alex Boyd, Dr. Hirsh Diamant and Solala Towler.

10 Oct – 21 Dec 2020 - RIPPLES

An Intercultural Roots collaborative research project asking artists internationally 'What matters to you?' inviting responses through short videos that were shared via Google Earth and socially engaged media with Mental Health First Aid support provided to the Initiating Artists.

Ripples inclusively curated 7 Initiating Artists from 7 continental time zones including 2 indigenous artists from Brazil and Hawaii to create video responses to the question 'What matters to you?'. Over 5 time points roughly two weeks apart, the artists shared their videos, which were pinned on Google Earth, uploaded to YouTube and, through word-of-mouth and the social media hashtag #ripplesworld, attracted hundreds of new artists to also respond through their own videos resulting in well over 100,000 views. The initiating and additional artists were invited to meet at time zone friendly times to share strategies for survival during Covid with meetings facilitated by Dr Ian Kenyvn, a Mental Health First Aid instructor.

Phase one of the project promoted international connections between local and global realities as well as responding to the various challenges that we all as individuals had to face in 2020, especially during COVID-19. The initiative allowed an international community of artists to share and build ongoing and meaningful relationships and to look for ways that encouraged mutual support.

RIPPLES initiated on "World Mental Health Day" (10th October '20) to mark the importance of mental health awareness and completed its first cycle on the 21st Dec celebrating summer and winter solstice across hemispheres.

The seven Ripples 'Initiating Artists' were: Ahmed Soura - *Europe (Germany) / Africa (Burkina Faso)*, Abigail Sena Atsugah - *Africa (Ghana)*, Olive Nieto - *Asia (Philippines)*, Lizzy Tan - *North America (USA)*, (Tau) Peter Rockford Espiritu - *Oceania (Hawaii)*, Takumã Kuikuro - *South America (Brazil)*, Savita Rani - *Asia (India)*. Steering Group members included: Alex Boyd, Elizabeth De Roza, Shabari Rao with Andréa Maciel (Artistic Director)

3 Nov – 1 December 2020 - "Parliament of Practices":

Supporting the exchange of knowledge and collaborative creative practices. Intercultural Roots hosted the "Parliament of Practices": a research platform for art makers and boundary breakers from the most different backgrounds. The Online Parliament of Practices is a horizontal research platform for artists, somatic practitioners and scholars that draws dialogues between the performance field and multiple disciplines.

20 – 23 January 2021

Constellations 4: Art, Change & Radical Care

Continuing the Constellations programme, a mini-festival was held with seminars, performance sharing, workshops and classes focussing on the art of promoting change and harnessing care. We welcomed independent artists and performance groups to share their processes of making art in lieu of the challenges and restrictions imposed by the pandemic, with a focus on the ways in which art forms can speak to social change through practices of radical care.

Art, Change & Radical Care Symposium

Included three performance groups sharing their process of making art in face of the new challenges and restrictions imposed by the pandemic.

Invited practitioners and the public alike to experience 3 performance groups who were sharing their process of making art in face of the new challenges and restrictions imposed by the pandemic:

'Echolocation and Reverberation'

- Cross-Pollination Platform of Theatre - Adriana La Selva, Marije Nie, Patrick Campbell, Andrea Maciel and Jonas De Rave

'What Matters?'

- Intercultural Roots' Ripples Project - Alex Boyd and Lizzy Tan

'The Absent Performer'

- STUDIO 7 Theatre (Schwerte, DE) are Christoph Falke, Ana Patricia Marioli and Simon von Oppeln-Bronikowski

Cross Pollination Workshop: co-created 'oracle of practices'

Practitioners were invited to bring along their own practice and allow themselves to be melded through dynamics and tools of co-creation. This Cross-pollination workshop sparked a beautiful dialogue in-between artistic & somatic practices. Practitioners were encouraged to get to know their own practice better by exchanging and sharing with others in a safe and nurturing space. The dynamic tools of co-creation that Cross Pollination offer invited a joyful, generous and curious attitude, full of expression and reflection.

Lecoq, Boal & Dance Paradoxes & Reconnections

Presented an opportunity to develop Creative Tools for Digital Performance Devising. We invited artists and the public to join Alice Motta, Júlia Couto and Gabriela Flarys who shared tools from their artistic backgrounds that can be applied to digital formats. Respectively, they each presented devising

techniques from: Lecoq's imaginary and poetic worlds; storytelling and Boal's Image Theatre; movement and spoken words relationship.

'Reconnections'

Invited the public to attend this co-taught workshop bridging Feldenkrais (Prof. Thomas Kampe) and Somatic Duncan Dance (Julia Pond) approach facilitating a felt sense in the body connecting with ourselves. It asked:

- *'How can our embodied practices bring possibilities for reconnecting to ourselves and each other, for undoing habits and immersing in our environments?'*
- *'How can we activate attention, curiosity and play as tools for being with a complex world? Can such radical attending with care help us re-make what is broken?'*

'La Petite Mort at Halfway Hotel' (Day 3)

The public were invited to join this pilot, a performative sharing, leading into an immersive party with the characters of La Petite Mort at the Halfway Hotel.

One day, the residents of an apartment block stopped breathing. All at once. All together. The air had become too rarefied. They waited for something to happen. Anything. An eternity. All at once. A little death. 'La Petite Mort.'

'Liberally inspired by the writing of Juan Rulfo and Herman Melville, this hybrid digital performance juggles a longing for proximal presence with the playful possibilities of screen-based performance.'

Through choreographic processes developed by Cross Pollination, 6 performers dive in the universes of telenovelas and magic realism to share their concerns and insights about online performative modes created during the pandemic.

CROP, Cross-Pollination performance productions: Adriana La Selva, Marije Nie, Andrea Maciel, Patrick Campbell and Jonas De Rave.

'Deep Listening®' and 'Poetics of Resistance'

An exploration of Deep Listening® & Poetics of Resistance - connection, creation & activist resistance
We invited participants to go on a Deep Listening® journey with Jon Petter as well as experience six artists sharing their artwork looking at different ways in which we can humanly resist the restrictions imposed by the pandemic.

Performance Sharing: Digital Performance Making as an Act of Resistance and Creation of New Artistic Language (Brazil & United Kingdom)

6 artists shared their creative process allowing the online audience to watch 6 brilliant artistic shows and the opportunity to learn about the creative process behind the art making.

With Gabriela Flarys, Julia Testa, Tiago Gamboji, Monica Rocha, Guilherme Nani, Eduardo Hoffmam

Feb – Mar 2021 - 'Moving with Fascia: A 21st Century Emerging Human Biology'

Kevin O'Connor presented a 6 week series of workshops that bridged movement, theory and science in relation to fascia. Participants were invited to 'walk, dance and be moved by metaphors, images, models, scientific research and somatic practices cultivated in relation to fascia.

18 Feb 2021 New Intercultural Roots Website – 'Our Web Baby is Born'

<https://interculturalroots.org>

He/she/they was born at 6am this morning with the Sun in Aquarius, Moon in Taurus, Capricorn Ascendent.

*you know that sense of wonder
when you've been waiting
a long time for something
and then as if suddenly
it happens*

*well we have an announcement
our web baby is born!!*

@ 6am Thursday, 18th February 2021 GMT

*born into a world unmade
born*

*becoming creators of culture
becoming*

*being the change we want to see in the world
being*

*a (non-empty) space-traveller
a portal of universal time
'a grove of oneness'*

With the energy in the sky all about "sharing a collective vision that is made tangible" . It is also about supporting

people's expression and authenticity. This is what has been motivating us from Intercultural Roots since the beginning. Our intention will be officially set in the sky tomorrow to promote our mission of fostering space for collaborative practices and a place where we can grow in tune with our true selves! Thanks so much for the hard work from Alex Boyd, Andrea Maciel, Wendy van der Haagen Boyd, Alice Motta, Peter Kramer, Dwayne Burgess! And all the practitioners involved in this adventure.

Jan – Feb 2021 – ‘Practitioner Partnerships’ Launched

A new project enabling Intercultural Roots to become a self-sustaining organisation by producing and hosting online, in-person and hybrid workshops, courses and intensives for partner artists and somatic practitioners. The concept is to enable our growing community of artist practitioners to utilise our shared digital platform and resources (website with Zoom integration). Intercultural Roots will support artists in developing proposals for courses, support ticketing administration and promotion and administer registration, delivery and evaluation. A Practitioner Partnership Agreement provides a legal structure for the partnership with freelance artists with proposals accepted using a Google Form which, when agreed forms the basis for building the website content which is pushed through to the CMS and published to the website and Zoom. During 2020-21 an 80:20 model for sharing net income was implemented. A fixed fee of £60 and 5% payment fees are deducted from the gross income from courses and classes with the artist receiving 80% of the net. An analysis of 9 events that took place May-Jul 2021 demonstrated that artists received an income range of £25 - £150 per hour.

20th February 2021 – ‘Chinese New Year of the Ox’

Intercultural Roots was proud to host this event online in partnership with Zhi Dao Guan, The Taoist Center. Usually an in-person event, Drs. Feng and Ossler facilitated the celebration that featured 22 artists. A huge thanks to everyone involved in this international event that attracted 40+ participants and more people who later ordered the Zoom video.

Hosts: Dr Charlene Ossler and Dr Alex Feng (Zhi Dao Guan, The Taoist Center). Artists: Edgardo Cambon, Kaia Stuart, Andrea Maciel, Shi Fu/Sensei Kore' Grate, Celia Mendizabel, Tom Franco, Hui Chen, Jie Bing Chen, Sky Sandoval, Larry Kelly, Nora Hudson, Lizzy Tan, Brandon Bosch, Lois Helmbold, and Soo-Young Chin, Dr. Cheryl Schwartz, Daiane Lopes Da Silva and Weidong Yang, Cherry Stone Duo - Will Crawford (Guitar) and Emily Hopper (Harp). Event Producer Dr Alex Boyd, Zoom Co-Producer Andréa Maciel.

20th March 2021 – Loneliness Pig

By Roberson Nunes, Jeane Doucas, Marcelo Miyagi and Aline Andrade
"Loneliness, Pig!" brought a quirky, intimate story performed by a fearless cast who dare to scrutinise the ups and downs of human behaviour throughout a despotic pandemic moment.

March – June 2021 - Shire Circle / Cylch Sir

Intercultural Roots hosted the Welsh Shire Circle / Cylch Sir series of monthly workshops and meetings each one featuring a Wales based practitioner. The series was organised by Tiago Gambogi and Maggi Swallow and each session included simultaneous translation between English and the Welsh languages.

6th March - Eddie Ladd, 10th April - Gwyn Emberton, 15th May - Eeva-Maria Mutka, 19th June - Simon Whitehead

April – May 2021 – ‘Meditation in Music’ with Will Crawford

A new series of 6 weekly workshops. 'Through an exploration of musical performances and styles we shall develop practices such as focussed listening, breathing and meditation.'

1st & 2nd May 2021 – ‘Pathways for Returning Home – Body Earth Reciprocity’

With Dr Raffaele Rufo, Tiago Gambogi, Nathalie Mann and Valentina Vitolo.

6th – 15th May 2021 – ‘Health & WELLth Festival’

Postponed from April 2020 due to the first Covid-19 lockdown the inaugural 'Health & WELLth Festival' for Intercultural Roots was produced and held in May 2021. The Health & WELLth Festival featured its own website promoting 17 online practice-as-research workshops and symposium over a two week period. 50+ international artists facilitated the 17 events that attracted 350+ online participants and thousands of online video views.

1. 'Arts for Health & Social Change Symposium'
2. 'Dissolving Technique and The Roller Coaster' with Julia Testa
3. 'Embodied Sonorous Expression - Performance as Research' with Shabari Rao and Will Crawford
4. 'Moving and Being Moved' with Julia Pond
5. 'FELDENKRAIS movement exploration attention action and creative wellbeing' with Thomas Kampe

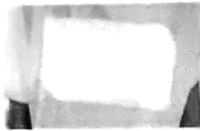
6. 'Healing Hub - Inhale-Pause-Sound' with Dylan Bolles, Jon Petter and Will Crawford
7. 'Echolocating Presence - Creative Navigations through a Digital Environment' with Marije Nie and Patrick Campbell
8. 'Agbadza Music and Dance - Live from Ghana' with Sena Atsugah and the Tifali Organisation
9. 'What is in a Face - Physiognomy or Face Reading in Traditional Chinese Medicine' with Dr Alex Feng
10. 'The Web of Meaning' with Jeremy Lent
11. 'MR MAMBO Live from Kenya' with Caleb Tembar Isiche and Newstar Drama Group
12. 'The Psycho-Somatic Loop' with Dr Ian Kenvyn
13. 'Within a Day' with Thingamajigs Performance Group
14. 'Healing through Sound-Touch-Meditation' with Vanessa Godoy, Manuela Benini and Alice Motta
15. 'Boal - Lecoq and Dance Paradoxes' with Alice Motta, Gabriela Flarys and Júlia Couto
16. 'Moving Relation - Intimacy with Being' with Nita Little
17. 'Cabaret Burlesque' with Renata Carvalho, Smile Vidya, Tiago Gambogi and Fernanda Mandagara.

A huge thanks to the producers: Alex Boyd, Andréa Maciel, Wendy Van Der Haagen Boyd and Alice Motta and presenting artists: Alice Motta, Andrea Maciel, Caleb Tembar Isiche, Charlene Ossler, Dr Alex Feng, Dylan Bolles, Dylan Bolles, Edward Schocker, Fernanda Mandagara, Gabriela Flarys, Ian Kenvyn, Jeremy Lent, Jon Petter, Julia Couto, Julia Pond, Julia Testa, Keith Evans, Manuela Benini, Marije Nie, Nita Little, Patrick Campbell, Renata Carvalho, Sena Atsugah, Shabari Rao, Smile Vidya, Suki O'Kane, Thomas Kampe, Tiago Gambogi, Vanessa Godoy, Will Crawford, Zhi Dao Guan

May – July 2021

From the experience of hosting the 17 Health & WELLth Festival events our Core Team were now able and experienced to welcome new practitioners as partners in delivering series of 4 to 6 weekly workshops namely:

- Alice Motta – Self Massage and Intuitive Body Listening
- Deepa Mahadevan - Bharatanatyam Movement, Rhythm, Poetry and Dance Theatre
- Rose Kim – Instagram for Creatives Who Do Not Wanna Be Insta-Famous with Art Rat Theatre School
- Gabriela Flarys - Body Voice Paradox: a Dance-Theatre Workshop
- Rose Kim - Burnt Toast: An actor-centric, site-specific approach to performing on Zoom



Charity Name Intercultural Roots for Public Health	No (if any) 1179885
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CC16a

Receipts and payments accounts

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	5,719		-	5,719	-
Zoom Online Classes/Workshops/Events	24,984		-	24,984	-
HMRC Gift Aid	1,989		-	1,989	-
Website	2,918		-	2,918	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
Sub total	£ 35,610	-	-	35,610	-
A2 Asset and investment sales, etc.					
	-	-	-	-	-
Total receipts	£ 35,610	-	-	35,610	-
A3 Payments					
Project Delivery - London Community Response Fund (City Bridge Trust)		14,062	-	14,062	-
Administration, Consultancy & Production Services	3,605			3,605	
Event Support	430		-	430	-
PR, Marketing & Communications	2,694		-	2,694	-
Website & IT (videos/Zoom/Adobe)	6,543		-	6,543	-
Miscellaneous Expenses/Charges	1,089		-	1,089	-
Class/Workshop/Event Delivery	13,108		-	13,108	-
			-	-	-
			-	-	-
			-	-	-
Sub total	27,467	14,062	-	41,529	-
A4 Asset and investment purchases, etc.					
	-	-	-	-	-
Total payments	27,467	14,062	-	41,529	-
Net of receipts/(payments)	8,143	- 14,062	-	- 5,919	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,008	14,881	-	19,889	-
Cash funds this year end	13,150.76	818.76	-	13,969.52	-

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	13,151	819	-
		-	-	-
		-	-	-
	Total cash funds	£ 13,151	819	-

(agree balances with receipts and payments account(s))

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	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 <div style="border: 1px solid black; padding: 5px; display: inline-block;">ian Kenvyn</div>	Print Name <div style="border: 1px solid black; padding: 5px; display: inline-block;">Dr Ian Kenvyn</div>	Date of approval <div style="border: 1px solid black; padding: 5px; display: inline-block;">26.08.2021</div>
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Independent examiner's report on the accounts

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Intercultural Roots for Public Health

**On accounts for the year
ended**

31st July 2021

**Charity no
(if any)**

1179885

Set out on pages

1-3

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

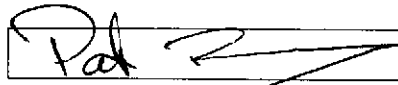
**Independent
examiner's statement**

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:



Date:

9/1/22

Name:

Pat Davey

**Relevant professional
qualification(s) or body
(if any):**

CIMA
Chartered Institute of Taxation

Address:	Sherwood Barn, Chesters Lane
	High Bentham
	LA2 7AN

Section B

Disclosure

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose.

A large, empty rectangular box with a thin black border, occupying the majority of the page. It is intended for the user to provide details of items that the examiner wishes to disclose.