



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				
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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.

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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 Σ mergence-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	
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		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets			Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

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

31st 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.

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