

PARK YOGA

England & Wales · Charity number 1183253

Details

Status Registered

Legal form CIO

Registered 2019-05-03

Register [View on the Charity Commission register](#)

Contact

Address Lytchett House
Unit 13 Freeland Park
Wareham Road
Lytchett Matravers
Poole
Dorset
BH16 6FA

Phone 07955382509

Email hello@parkyoga.co

Website www.parkyoga.co

Activities

Objects: TO IMPROVE THE HEALTH AND WELLBEING OF THE PUBLIC BY PROVIDING FREE YOGA SESSIONS IN AN OPEN SPACE FOR THE PUBLIC BENEFIT. THE BENEFICIARIES WILL EXTEND TO THOSE LIVING THROUGHOUT THE UK REGARDLESS OF AGE, DISABILITY, GENDER OR ETHNICITY.

Activities: Park Yoga provides FREE yoga outdoors in public parks in the UK. Park Yoga runs for one hour on Sunday mornings, between May and September. We work with local organisations, Active Partnerships, parks and instructors to bring Park Yoga to local communities, particularly those with residents who are likely to benefit most from the inclusive and welcoming atmosphere of Park Yoga.

Classification

- **How:** Makes Grants To Organisations, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£57,200	£80,751	-	-
2024-04-05	£57,829	£55,645	-	-
2023-04-05	£73,786	£34,233	-	-
2022-04-05	£10,774	£29,555	-	-
2021-04-05	£21,048	£5,998	-	-

Trustees

Name	Role	Appointed
Lisa Upchurch	Chair	2020-04-02
Anna Borthwick		2025-10-23
Jennifer Clare Thomas		2025-10-23
Kathryn Shade		2024-10-14
Melissa Huggins		2025-10-23
Nilesh Pattani		2024-01-25
Sharon Marie McHugh		2023-01-26
Sibyl Ann King		2019-05-03

Accounts



Trustees' Annual Report & Statement of Financial Activity

For the Year Ended 5th April 2025



2024-25 ANNUAL REVIEW

Our mission is to improve physical and mental wellbeing by introducing the transformative benefits of yoga in nature, fostering joy, connection and a deep sense of community. During 2024 Park Yoga has continued to grow, with high satisfaction rates and significant impact on our participant's health and wellbeing.

ATTENDANCES

60,043

total attendances
over 20 weeks



22%
increase
from 2023

LESS ACTIVE COMMUNITIES

17% of participants classified themselves as either **inactive** or **not very active**

We aim to increase this to 27% by 2027 to ensure we are supporting those individuals who need Park Yoga most.

IMPACT ON PARTICIPANTS

92% felt more connected to nature

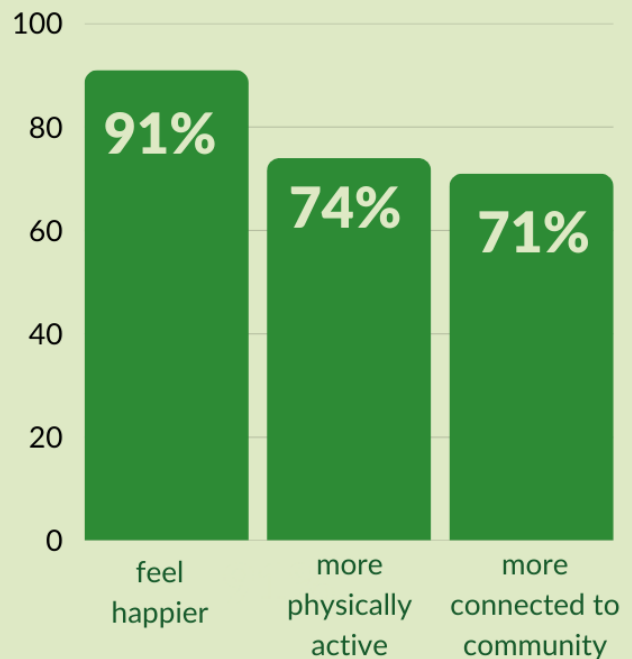
86% felt healthier

84% felt more flexible/mobile



IMPACT ON PARTICIPANTS

99% of participants feel **satisfied** or **highly satisfied** with Park Yoga



30% were new to yoga

62% attended 6 or more sessions

VENUES

48 LOCATIONS

across England delivered Park Yoga sessions including:

18 NEW VENUES

5 new venues in **West Midlands**



DONATIONS

£34,741

of donations received, including Gift Aid



169% increase from 2023

Free, friendly community Park Yoga forever



Trustees' Annual Report 2024/25

Period Start Date:	6th April 2024	Period End Date:	5th April 2025
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Reference & Administration Details

Charity Name:	Park Yoga
Registered charity number:	1183253
Charity's principal address:	c/o Lytchett House, 13 Freeland Park, Wareham Road, Poole, Dorset, BH16 6FA – new address from 17 th June 2025

Names of the charity trustees who manage the charity:

Trustee name	Role	Appointed	Resigned
Sibyl Ann King		3rd May 2019	
Cathrine Farrer		3rd May 2019	20 th July 2024
Lisa Upchurch	Chair	2nd April 2020	
Sharon McHugh		26th January 2023	
Daniel King		26th January 2023	28 th October 2024
Nilesh Pattani		25 th January 2024	
Kathryn Shade		14 th October 2024	

Names of advisors:

Type of advisor	Name
Charity Adviser	Martin Cooke

Name of chief executive or names of senior staff members:

Name	Role	Appointed	Resigned
Cathrine Mitchell	Director	1 st October 2024	

No key personnel details have been exempt from disclosure.



Structure, Governance and Management

Description of the charity's trusts:

Type of governing document:	Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, ie: where the Trustees are the only Members of the charity.
How the charity is constituted:	Charitable Incorporated Organisation (CIO)
Trustee selection methods:	There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee. The maximum number of charity trustees is 12. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum. Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law. There are currently no formal induction and training policies for Trustees.
Risk management system:	A comprehensive Risk Register is reviewed by Trustees on a quarterly basis.

Objectives and Activities

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

To improve the health and wellbeing of the public by providing free yoga sessions in an open space for the public benefit. The beneficiaries will extend to those living throughout the UK regardless of age, disability, gender, ethnicity or ability.

Summary of the main activities in relation to these objects:

Park Yoga provides free community yoga in nature to improve our participant's health and wellbeing. Sessions run for one hour on Sunday mornings, between the beginning of May to mid-September. The charity works in partnership with local organisations, including Town Councils, Local Authorities, Active Partnerships, parks and instructors to bring Park Yoga to local communities, particularly those with residents who are likely to benefit most from the inclusive and welcoming atmosphere of Park Yoga. The Park Yoga support team provide extensive advice and guidance to both the host venues and yoga instructors, including training



and on-going support throughout the season, ensuring a high-quality Park Yoga session is delivered, with incidents reported in line with policies. The support team also provide marketing and communication activation alongside our host venues and instructors, as well as delivering an annual evaluation demonstrating the impact of our work.

In 2024 Park Yoga expanded to deliver at 48 park locations, with 18 new venues including five in the West-Midlands for the first time. In 2024, we had a total of 60,043 attendances over 20 weeks, averaging 3,215 people a week and 67 people per venue, per week.

Policy on grant making:

Venue partners fund the costs of Yoga Instructors, in 2024 this was £70 a week - £1,400 for the season. If a venue partner is not able to fully fund the instructor costs, then the Trustees consider requests from Venue Partners to support these costs. Venue grant selection criteria include the area's level of deprivation, the number of potential beneficiaries (including the number of under-served communities in the area), capability of the organisation, suitability of the site, location (what other Park Yoga provision there is in the area), the level of support (including financial) that is available from the host organisation to support the service and the availability of funds within Park Yoga.

In 2024, 21 of the 48 locations were supported with grant funding from Park Yoga:

- 6 venues were fully funded (£1,400) through a grant Park Yoga was awarded by Sport England
- 14 venues received grant funding from between £150 to £1,300
- One instructor was paid directly by Park Yoga as no Venue Partner was available for that location. A grant we received from The Livewell Foundation paid these instructor costs.

Public Benefit Statement

The Trustees of Park Yoga confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.



Achievements and Performance

Summary of the main achievements of the charity during the year:

Park Yoga runs for one hour on Sunday mornings, between May and September to improve the health and wellbeing of its participants. In 2024, Park Yoga expanded to 48 venues predominately across the Southwest and South-Central England, as well as two venues in Northwest England and five in the West-Midlands. Park Yoga is a registered charity funded through donations and grant giving trusts and foundations.



Over the 20-week season, 888 sessions were delivered, an average of 18.5 sessions per venue, with cancelled sessions typically due to poor weather. Average weekly attendances range from 18 in Dudley to 183 in Southampton; with 60% of venues having an average attendance of over 50 participants per week. 8 venues saw over 100 participants per week. The number of overall attendances increased by 22% compared to 2023.

Due to its open location, free to user, non-judgmental environment Park Yoga has continued to attract a broader audience than traditional yoga sessions and encourage repeat attendance. 30% of survey respondents were new to yoga and 45% had never taken part in Park Yoga before. 62% took part in 6 or more sessions. Repeat attendance is an indicator of how much people enjoy Park Yoga, but more importantly, the more regularly and frequently people attend, the more likely they are to develop positive habits around participating in physical activity.

Furthermore, we know Park Yoga is targeting some of the people who need it most. 17% of participants classified themselves as either inactive or not very active, and there is considerable scope of increasing these numbers.

Unfortunately, two venues stopped delivering Park Yoga in 2024. Trustees will closely monitor if and when venues stop operating to understand their and our reasonings for doing so.

Thank you to Weleda who provided our yogis with samples of their skincare products throughout the season and a discount code – these were well received by our participants.

Key Achievements

- A total of 60,043 attendees over 20 weeks
- An average of 3,215 people attending each week, with an average of 67 people at each venue each week
- 99% of attendees are satisfied or highly satisfied
- 91% of participants are happier
- 74% report an increase to their physical activity
- 71% feel more connected to their community
- 58% are better able to handle problems
- 30% of people are new to yoga
- Park Yoga encourages repeat attendance: 62% have taken part in 6 or more sessions



Impact on Participants:



An annual survey carried out by an independent evaluator captured data and comments around the impact on participants of Park Yoga.

Satisfaction rates are extremely high, with 99% satisfied overall, 99% enjoying yoga and 86% agreeing that their yoga skills have improved.

"It gets me and my children outside early on a Sunday morning, without disrupting the whole day. We love it!"

One of the most cited benefits of taking part in Park Yoga is the sense of community it instills in participants as well as the potential longer-term impact of park Yoga.

"Park Yoga is so special. To have so many people there together, moving and breathing, to be part of that is incredible. It feels like activism against the negativity in the world."

- 99% of people who took part in our survey plan to take part in Park Yoga in 2025
- 27% plan to try other physical activities
- 79% will encourage friends or family to take part
- 31% will make use of the park more often
- 63% will join a local yoga class or do yoga at home
- 71% feel more connected to their community
- 40% of people have met new people or made new friends.

"It has encouraged me to exercise more regularly, not just yoga. It has increased my social connections and improved my wellbeing."

"Park Yoga has given me something to look forward to on the weekend. It was something that I was able to do with family. I have made new friends, which has meant I have felt part of a community. I can't tell you how great it has been for my mental health. Please please can we have more Park Yoga next summer."

Yoga has a number of health benefits, including strength, flexibility, bone health, posture, balance and mobility. The survey results show that, as result of taking part in Park Yoga:

- 84% of participants feel more flexible/ mobile
- 80% feel fitter or stronger



- 86% feel healthier
- 74% are more physically active.

"Park yoga is the highlight of my week. I look forward to practicing outside and connecting with my community. Park yoga has changed my life. I wouldn't have made friends with people I now regularly go running with. My health and happiness is thanks to Park Yoga"

"I've loved being able to practice yoga outside on a regular basis. It's definitely helped with my core strength, balance and flexibility all of which are so important as we get older - I'm 72."

There is a strong evidence base showing the benefits of access to greenspace and in particular outdoor exercise on wellbeing and mental health. Park Yoga provides an opportunity to connect to nature in a meaningful way, by helping people relax, be mindful and therefore take more notice of the sights and sounds that surround them. This is reflected in the survey results which shows that as a result of taking part in Park Yoga:

- 91% of participants feel happier
- 92% feel more connected to nature/outdoors
- 55% feel more optimistic about the future
- 89% feel more relaxed
- 58% feel better able to deal with problems.

"It has made me leave the house on a Sunday when I would normally stay indoors and mope around. With yoga I get some much-needed time outside which I enjoy but always talk myself out of, in a group of people, focussing on being in the moment for that hour leaving life's stresses. The improvement in my mental health after that one hour is beyond words, my mind is clearer, and I feel empowered to go about my day. I actively look forward to my park yoga and hope with all I have it is back next year."

"This time last year I was diagnosed with Grade 4 Cancer. Following Chemo, Surgery, further Chemo I am now on Target Therapy. Park Yoga has totally helped me through my challenging recovery. Not only has it enabled me to exercise in the morning sun in the most magnificent, picturesque location surrounded by greenery looking onto a lake but also to be able to exercise with over 100 people yet feel as though one is in their own beautiful space. It's felt an absolute privilege."





Donations and grants

As a young, small charity we need to diversify our fundraising income to ensure our on-going financial sustainability. Following a pilot at five venues in 2023, this year all 48 venues provided the option for participants to donate on site using contactless donation machines, with an average of £492 being donated at each venue. Participants were also given the option to donate online, with a total of £7,636 donated via our website throughout the year. Including Gift Aid a total of £34,741 was donated by participants during the 2024 season, an increase of 169% compared to 2023 demonstrating the importance of this fundraising channel as we expand.

Although our participants recognise the need for donations and are happy to donate when they can afford to, for many (82%) the fact that Park Yoga is free is a key motivator for taking part. Park Yoga is committed to being free for our yogis to attend forever.

Park Yoga applied for some restricted grants on behalf of some of our venue partners. The Trustees would like to thank:

- Sport England for supporting our venues in Cornwall
- BH Coastal Lottery for funding locations across Bournemouth, Christchurch & Poole, as well as Christchurch BID for supporting the Christchurch location
- The Livewell Foundation for funding our Plymouth site
- Bridport Roundtable for supporting our Bridport venue.

Thanks also to Dorchester and Weymouth Rotary clubs for their donations to our unrestricted funds.

The Trustees would like to thank one of our founding Trustees, Alice King, who ran the London Marathon in April 2024 on behalf of Park Yoga, raising over £3,000, including a donation from Gallagher (please note: some of these funds were accounted for in the 2023/24 financial year).





Staff and volunteers

Following a prolonged period of staff instability, the Trustees are happy to report that Cathi Farrer-Mitchell joined the charity as Director in October 2024. A founding Trustee, previous venue partner CEO and park yogi participant since 2017, Cathi understands the challenges within the charity sector and combined with her dedication to improving the health and wellbeing of communities the Board is excited to see the growth of Park Yoga under her leadership. Alongside our part-time Director, a Venue Liaison Lead, Yoga Instructor Lead and freelance Bookkeeper complete our staff team equating to 1.2 full-time equivalent employees. Day-to-day operations of the charity are administered by the staff team as defined in a Scheme of Delegated Authority.

Future plans

A new strategy is in place for the 2025 to 2027 period with the following objectives:

1. Growth to national UK coverage: This will be specifically targeted at (i) major cities and (ii) areas with a high proportion of less active communities.
2. Widening the reach of Park Yoga: In terms of raising awareness of the charity, diversifying our participants to ensure we reach inactive communities and our geographical spread.
3. A stable operating platform: To ensure we have the systems, processes, funding and people in place to support the growth.

There is high demand for the growth of Park Yoga, with regular expressions of interest for new venues received from communities, local authorities, landowners and instructors. While we focus on growing our income streams and ensuring our charity's financial stability, we have planned modest growth for 2025, before accelerated growth to a potential 150 venues by 2027. The charity's priorities for the 2025 season are:

1. Successfully deliver Park Yoga at 55 venues ensuring a high level of participation, satisfaction (99%) and benefit.
2. Increase the average number of Park Yogis attending each venue to 75 per week (rising from 67 in 2024), averaging 4,125 people per week and having over 75,000 attendances throughout the season.
3. Promoting Park Yoga to less active communities (as identified by Sport England) to ensure we are supporting those individuals that need it most. This work will aim to increase the number of participants who classify themselves as inactive pre-season from 17% to 27%.
4. Develop existing and new income generation channels to raise over £115,000 (an 88% increase compared to the 2024/25 Financial Year), with a focus on longer term income streams.
5. Piloting a volunteer scheme at 5-7 venues so volunteers can gain new skills, make new friends, give back to their community creating a sense of connection, reduce isolation and improve the individual's confidence; with a view to rolling this scheme out to all venues in 2026.





Conclusions

During 2024 Park Yoga has continued to grow and was successfully delivered at 48 venues. Satisfaction rates and the impact on participant's health and wellbeing continues to be significant; Park Yoga has provided people with an opportunity to take part in physical activity and people are reporting improvements in their physical activity levels, happiness and overall health as a result.

The strengths of Park Yoga remain unaffected despite the current societal challenges including the cost-of-living-crisis, with Park Yoga being a very cost-effective activity to deliver at just £2.08 per participant per visit. It remains inclusive, accessible, free, offers excellent quality yoga instruction by skilled and personable teachers and offers a different experience to indoor classes by enabling people to better connect to nature.

Park Yoga has continued to introduce new audiences to yoga and local parks with more people using their local parks and many participants joining yoga classes in their local communities.

As in previous years, Park Yoga has two significant challenges for the future:

- Reaching people from more targeted groups, including people with long term health conditions, inactive people and people from deprived communities. We have many of the features that are needed to target these groups (inclusive, non-judgmental, friendly and free); however, our challenge is getting the message out that Park Yoga really is for everyone.
- Ensuring our financial sustainability and income generation strategy before growing too quickly. The demand is boldly apparent for our services; however, we need to ensure we can deliver our sessions for many years to come before any more significant expansion.

We are living in an environment where mental and physical health levels are declining, social isolation is rising, and the cost-of-living crisis is affecting our disposable income. Park Yoga is continuing to demonstrate the difference it can make to communities to support these issues.





Financial Review

Details:

Brief statement of the charity's policy on reserves:	The Charity aims to have 3 – 6 months of operating costs as reserves within unrestricted funds. As of 5th April 2025, we have the equivalent of two months in our reserves, however Trustees are confident that this will be more positive next financial year as our budget for 2025/26 forecasts a c.£20,000 surplus.
Details of any funds materially in deficit:	The Charity has no funds which are materially in deficit.
Principle sources of funding:	Grant funding, in particular from Sport England, well as donations from participants.
How expenditure has supported the key objectives:	The significant expenditures have been on staff costs, contributions to venues to deliver sessions and investment in contactless donation machines. Contributions to venues cover instructor costs and equipment for the sessions. Other costs include insurance, marketing, office, IT, evaluation, postage and uniform.
Remuneration of Trustees:	All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity. Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.
Funds Held as Custodian Trustee on Behalf of Others:	None.
Any significant events that have affected the financial performance:	No Director in post for the first six months of the year (whose role focuses on income generation), as a result no unrestricted grants were received this year.
Financial position of the charity during the reporting period:	Park Yoga's current resources from grant funding and donations are sufficient to meet its outgoings for the next year. The charity operated at a £23,551 deficit during 2024/25. A planned £18,712 from a non-accrued restricted fund was spent in this period. The deficit is also due to investing in additional staff resource, which will start to show a return in the next financial year. Park Yoga will carry forward total funds of £24,629 including £10,000 in restricted funding and £14,629 in unrestricted funding reserves. In 2025/26 the charity is forecasting a more positive c.£20,000 surplus, with income being received from donations, grant funding and sponsorship.



Statement of Financial Activity

PARK YOGA	Statement of Financial Activities (Income & Expense) 6th April 2024- 5th April 2025				
	Unrestricted	Restricted	Total 2024 -25	Prior Year Total 2023-24	
Income					
Income from Donations & Legacies	£ 39,102	£ 17,800	£ 56,902	£ 56,986	
Income from Trading Activities	£ 212		£ 212	£ 736	
Investment Income	£ 86		£ 86	£ 107	
Total income	£ 39,400		£ 57,200	£ 57,829	
Expenses					
Charitable Activities	£ 44,145	£ 36,512	£ 80,656	£ 55,322	
Trading Activities	£ 95		£ 95	£ 323	
Total expenses	£ 44,240	£ 36,512	£ 80,751	£ 55,645	
Net Resource Movement	-£ 4,839	-£ 18,712	-£ 23,551	£ 2,185	
Net Movement in Funds	-£ 4,839	-£ 18,712	-£ 23,551	£ 2,185	
Total Funds brought Forward	£ 19,468	£ 28,712	£ 48,180	£ 45,995	
Total Funds Carried Forward	£ 14,629	£ 10,000	£ 24,629	£ 48,180	



Balance Sheet

As at April 5, 2025

	5 Apr 2025	5 Apr 2024
<i>Current Assets</i>		
Stocks	487	1,127
Debtors	22,026	
Cash At Bank And In Hand	51,807	63,074
<i>Creditors</i>		
Trading Creditors	-58	-158
Other Creditors	-49,634	-15,864
Net Assets	24,629	48,180
<i>Funds & Reserves</i>		
Restricted Funds	10,000	28,712
Unrestricted General Funds	14,629	19,468
Funds Provided	24,629	48,180

Independent Examiner report



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A		Independent Examiner's Report	
Report to the trustees	Park Yoga		
On accounts for the year ended	5 th April 2025	Charity no (if any)	1183253
Set out on pages	12 to 16		
Responsibilities and basis of report	I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05/04/2025. As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.		
Independent examiner's statement	I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.		
Signed:		Date:	16 th July 2025
Name:	Jacqueline Gilmore MICB PM.Dip		
Relevant professional qualification(s) or body (if any):	ICB		
Address:	10 Summerlands		
	Yeovil		
	BA21 3AL		



Declaration

The Trustees declare that they have approved the above Annual Report and Statement of Financial Activity.

Signed on behalf of the charity's trustees:

Name Lisa Upchurch

Position Chair of Trustees

Signature

A handwritten signature in black ink that reads "L K Upchurch".

Date 19th August 2025

Name Nilesh Pattani

Position Trustee

Signature

A handwritten signature in black ink that reads "N Pattani".

Date 20th August 2025

PARK YOGA

England & Wales - Charity number 1183253

Accounts



Trustees' Annual Report & Statement of Financial Activity

For the Year Ended 5th April 2024



Trustees' Annual Report 2023/24

Period Start Date:	6th April 2023	Period End Date:	5th April 2024
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Reference & Administration Details

Charity Name:	Park Yoga
Registered charity number:	1183253
Charity's principal address:	6 Crown Square, Poundbury, DORCHESTER, Dorset, DT1 3EN

Names of the charity trustees who manage the charity:

Trustee name	Role	Appointed	Resigned
Sibyl Ann King		3rd May 2019	
Cathrine Farrer		3rd May 2019	20 th July 2024
Lisa Upchurch	Chair	2nd April 2020	
Sharon McHugh		26th January 2023	
Daniel King		26th January 2023	
Nilesh Pattani		25 th January 2024	

Names of advisors:

Type of advisor	Name
Charity Adviser	Martin Cooke

Name of chief executive or names of senior staff members:

Name	Role	Appointed	Resigned
Leanda Lee	Director	18th September 2023	5 th January 2024
Cathrine Mitchell	Director	1 st October 2024	



Structure, Governance and Management

Description of the charity's trusts:

Type of governing document:	Constitution - based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, ie: where the Trustees are the only Members of the charity.
How the charity is constituted:	Charitable Incorporated Organisation (CIO)
Trustee selection methods:	There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee. The maximum number of charity trustees is 12. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum. Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law. There are currently no formal induction and training policies for Trustees.
Risk management system:	A comprehensive Risk Register.



Objectives and Activities

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

To improve the health and wellbeing of the public by providing free yoga session in an open space for the public benefit. The beneficiaries will extend to those living throughout the UK regardless of age, disability, gender or ethnicity.

Summary of the main activities undertaken for the public benefit in relation to these objects:

Park Yoga provides free park yoga outdoors in public parks and spaces in the UK. The sessions are open to all to attend, regardless of experience, age, or gender.

Park Yoga runs for one hour on Sunday mornings, between May and September. The charity works in partnership with local organisations, including Town Councils, Local Authorities, Local Active Partnerships, Natural England, parks and instructors to bring Park Yoga to local communities, particularly those with residents who are likely to benefit most from the inclusive and welcoming atmosphere of Park Yoga. The Park Yoga Head Office team provide advice and guidance to both the host venues and yoga instructors, including training and on-going support throughout the season. The Head Office support also includes providing marketing and communication activities alongside our host venues and instructors, this involves both localised and main social media channels on Facebook, Instagram and LinkedIn and a centralised website and the issuing of press releases.

In 2023 Park Yoga expanded to deliver at 32 park locations, with 9 new venues including one in Northwest England (Burnley) for the first time.

Policy on grant making:

The Trustees consider requests from our partner host organisations providing activities for public benefit. Criteria for selection include capability of the organisation, suitability of the site, location (what other Park Yoga provision is there in the area), the number of potential beneficiaries, the need within the catchment for the provision of free sessions, the level of support (including financial) that is available from the host organisation to support the service and the availability of funds within Park Yoga.

The Trustees consider requests from sites according to the Venue Selection criteria which is communicated to potential sites for them to consider and provide input before a decision is made.

In 2023 18 of the 32 locations were supported with grant funding from Park Yoga, with 16 of these contributions being £500 per venue. One venue received £1,400 and a final venue received £140.



Public Benefit Statement

Statutory declaration:

The Trustees of Park Yoga confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

Plans for Future Periods

Park Yoga continues to regularly receive expressions of interest from new venues through site owners, interested persons and instructors. Trustees and staff will work through the list and target new venues where there is community interest and a recognised need.

Building on the success of previous years with its partners, in 2024 Park Yoga hopes to increase its reach to close to 50 venues with an aim of having approximately 3,000 participants each week, and a total of 60,000 participants over the summer.

Following a pilot in 2023, during the 2024 season Park Yoga will be rolling out contactless donation machines at all its venues. We hope this will diversify the fundraising mix for Park Yoga to ensure longer term financial sustainability.

An on-going concern for the Trustees is Park Yoga's future sustainable financial position. We had hoped our recently appointed Director (in September 2023) would support Trustees to develop and activate an income generation strategy, however unfortunately they resigned in January 2024 and the position is currently vacant. As such, the Trustees will closely monitor our financial position during the 2024 season while recruiting a new Director.



Achievements and Performance

Summary of the main achievements of the charity during the year:

Park Yoga runs for one hour on Sunday mornings, between May and September. In 2023, Park Yoga expanded to deliver at 32 venues predominately across the Southwest and South-Central England, as well as one venue in Burnley, Northwest England. Park Yoga is a registered charity funded through donations and grant giving trusts and foundations.



Over the 20-week season, 616 sessions were delivered, an average of 19 sessions per venues, with cancelled sessions typically due to poor weather. Average weekly attendances range from 31 in Ilfracombe to 175 in Poole; with 23 of the 32 venues having an average attendance of over 50 participants per week. The number of overall attendances increased by 70% compared to 2022.

Park Yoga has continued to successfully bring in new audiences, and encourage repeat attendance. 51% of survey respondents had never taken part in Park Yoga before the 2023 season, and 69% took part in 6 or more sessions. This is an increase of 25% compared to 2022. Repeat attendance is an indicator of how much people enjoy Park Yoga, but more importantly, the more regularly and frequently people attend, the more likely they are to develop positive habits around participating in physical activity.

Furthermore, we know Park Yoga is targeting some of the people who need it most. 21% of participants classified themselves as either inactive or not very active, and there is considerable scope to increase this percentage.

Unfortunately three venues stopped delivering Park Yoga in 2023. Trustees will closely monitor if and when venues stop operating to understand their and our reasonings for doing so.

Key Achievements

- A total of 49,362 attendees over 20 weeks
- An average of 2,468 people attending each week
- An average of 81 people at each venue each week
- The number of attendances increased by 70% compared to 2022
- 99% of attendees are satisfied
- 92% of participants are happier
- 51% of people are new to Park Yoga
- Park Yoga encourages repeat attendance: 67% have taken part in 6 or more sessions



Impact on Participants

An annual survey carried out by an independent evaluator captured data and comments around the impact on participants of Park Yoga.

Satisfaction rates are extremely high, with 99% satisfied overall, 98% enjoying yoga and 89% agreeing that their yoga skills have improved.

“It is a lovely way to spend a Sunday morning - a real feel-good experience.”

One of the most cited benefits of taking part in Park Yoga is the sense of community it instills in participants as well as the potential longer-term impact of park Yoga.

“It’s such a positive experience and most definitely brings the community together.”

- 99% of people who took part in our survey plan to take part in Park Yoga in 2024
- 25% plan to try other physical activities
- 78% will encourage friends or family to take part
- 27% will make use of the park more often
- 66% will join a local yoga class or do yoga at home.



“I have been invited to join a women’s running club as a result of friendships made at Park Yoga”

“I’ve invited more than 10 people, all of who came and enjoyed it. We formed a habit of going to park yoga, then getting a coffee in the pub or cafe in the park afterwards. We’d go for a walk in the park. We could easily spend half a day in the park.”

Yoga has a number of health benefits, including strength, flexibility, bone health, posture, balance and mobility. The survey results show that, as result of taking part in Park Yoga:

- 87% of participants feel more flexible/ mobile
- 83% feel fitter or stronger
- 83% feel healthier
- 73% are more physically active.

“Park yoga has had immense benefits for my mental health and fitness. I feel much less anxious and much more motivated. Park yoga has become a crucial part of my weekly routine and has given me the confidence to engage more in other local initiatives such as theatre and netball which again has increased my overall fitness and energy levels. It has been fantastic.”



There is a strong evidence base showing the benefits of access to greenspace and in particular outdoor exercise on wellbeing and mental health. Park Yoga provides an opportunity to connect to nature in a meaningful way, by helping people relax, be mindful and therefore take more notice of the sights and sounds that surround them. This is reflected in the survey results which shows that as a result of taking part in Park Yoga:

- 92% of participants feel happier
- 93% feel more connected to nature/outdoors
- 71% feel more optimistic about the future
- 89% feel more relaxed
- 64% feel better able to deal with problems.

“Park Yoga has been wonderful. It has made me make time and put myself first. One morning practicing outside with like-minded people has changed my life, my perspectives on life and my priorities.”

“I had a lady just this last session who told me that she had lost her husband in the summer and Park Yoga had given her a sense of purpose each week...she was crying it was very moving.”

Donations and grants

During 2023 we piloted using contactless donation units at five venues to discover whether participants would like the ease of donating on site. Previously participants had either donated online or via our registration process that was used in 2021 because of Covid-19.

Our contactless donation units were well received with £3,945 donations collected, an average of nearly £500 per venue, as although five donation units were issued only four were used. This trial has given us the confidence to expand the units to all venues during 2024.

Online donations in 2023 rose by 80% to £6,527, with venues receiving on average of £204 each. This is an increase of nearly £65 per venue compared to the 2022 season.

Although our participants recognise the need for donations and are happy to donate when they can afford to, for many (85%) the fact that Park Yoga is free is a



key motivator for taking part.

The Trustees would like to thank The Fine Family Foundation and the Local Postcode Trust for the grant funding they provided this season. Thanks also to one of our founding Trustees, Alice King, who ran the London Marathon on behalf of Park Yoga, raising over £1,000, with more funds to follow in the next financial year.

Conclusions

Park Yoga has continued to grow and expand, and was successfully delivered at 32 venues, including 9 new locations with one in Northwest England (Burnley) for the first time.

Satisfaction rates and the impact on participants' health and wellbeing continues to be significant; Park Yoga has provided people with an opportunity to take part in physical activity and people are reporting improvements in their physical activity levels, happiness and overall health as a result.

The strengths of Park Yoga remain unaffected despite the current societal challenges including the cost-of-living-crisis. It remains inclusive, accessible, free, offers excellent quality yoga instruction by skilled and personable teachers and offers a different experience to indoor classes by enabling people to better connect to nature.

Park Yoga has continued to introduce new audiences to yoga and local parks. As a result of Park Yoga, more people are using their local parks and many are joining yoga classes in their local communities. The vast majority of participants and partners are keen to continue next year.

Park Yoga has two significant challenges for the future:

- Reaching people from more targeted groups, including people with long term health conditions, inactive people and people from deprived communities. We have many of the features that are needed to target these groups (inclusive, non-judgmental, friendly and free); however, our challenge is getting the message out that Park Yoga really is for everyone.
- Ensuring our financial sustainability and income generation strategy before growing too quickly. The demand is boldly apparent for our services; however, we need to ensure we can deliver our sessions for many years to come before any more significant expansion.

We are living in an environment where mental and physical health is declining, social isolation is rising, and the cost-of-living crisis is affecting our disposable income. Park Yoga is continuing to demonstrate the difference it can make to communities to support these issues.



Financial Review

Details:

Brief statement of the charity's policy on reserves:	The Charity aims to have 3 - 6 months of operating costs as reserves within unrestricted funds.
Details of any funds materially in deficit:	The Charity has no funds which are materially in deficit.
Principle sources of funding:	Grant funding from the Fine Family Foundation and Local Postcode Trust as well as donations from participants.
How expenditure has supported the key objectives:	The significant expenditure has been staff costs and contributions to venues to deliver sessions. Contributions to venues cover instructor costs and equipment for the sessions. Other costs include insurance, marketing, office, IT, evaluation, postage and uniform.
Remuneration of Trustees:	All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity. Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.
Funds Held as Custodian Trustee on Behalf of Others:	None.
Any significant events that have affected the financial performance:	None.
Financial position of the charity during the reporting period:	Park Yoga's current resources from grant funding and donations are more than sufficient to meet its outgoings for the next year. The charity operated at a £2,185 surplus during 2023/24. Park Yoga will carry forward total funds of £48,180 including £28,712 in restricted funding and £19,468 in unrestricted funding reserves. In 2024/25 the charity will use our funding on charity sustainability projects and staff costs and are forecasting a significant reduction in funds being brought forward.



Statement of Financial Activity

**PARK
YOGA**

Statement of Financial Activities
(Income & Expense)
6th April 2023 - 5th April 2024

	Unrestricted	Restricted	Total	Prior Year
Income				
Income from Donations & Legacies	£ 37,086	£ 19,900	£ 56,986	£ 73,175
Income from Trading Activities	£ 736		£ 736	£ 556
Investment Income	£ 107		£ 107	£ 55
Total income	£ 37,929	£ 19,900	£ 57,829	£ 73,787
Expenses				
Charitable Activities	£ 26,812	£ 28,510	£ 55,322	£ 33,771
Trading Activities	£ 323		£ 323	£ 462
Total expenses	£ 27,135	£ 28,510	£ 55,645	£ 34,233
 Net Resource Movement	 £ 10,794	 -£ 8,610	 £ 2,185	 £ 39,554
Net Movement in Funds	£ 10,794	-£ 8,610	£ 2,185	£ 39,554
Total Funds brought Forward	£ 8,674	£ 37,321	£ 45,995	£ 6,441
Total Funds Carried Forward	£ 19,468	£ 28,712	£ 48,180	£ 45,995



Balance Sheet

As at April 5, 2024

	<u>5 Apr 2024</u>	<u>5 Apr 2023</u>
<i>Current Assets</i>		
Stocks	1,127	1,450
Debtors		9,043
Cash At Bank And In Hand	63,074	37,627
<i>Creditors</i>		
Trading Creditors	-158	
Other Creditors	-15,864	-2,125
Net Assets	<u>48,180</u>	<u>45,995</u>
 <i>Funds & Reserves</i>		
Restricted Funds	28,712	37,321
Unrestricted General Funds	19,468	8,674
Funds Provided	<u>48,180</u>	<u>45,995</u>



Notes to the Financial Statements for Year Ending 5th April 2023

1. Basis of Accounting

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued October 2019 and with the Charities Act 2011.

Park Yoga meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Prior Year Errors

There are no material prior year errors.

2. Accounting Policies

Recognition of income

Income is included in the Statement of Financial Activities (SoFA) when the charity is entitled to the income, it is more likely than not that income will be received and when the value can be measured with sufficient reliability. Donations - donated funds from individuals, accounted for when received. Grants - accounted for when received. Other Trading Activities - from sales of goods

Expenditure

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty. All costs are allocated to a particular account code/heading with other costs of the same category for scrutiny by the trustees.

Stock

Stock is valued at the lower of cost price or net realisable value. Value is determined using the first-in, first-out principal (FIFO).

3. Trustees and Related Parties

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity. None of the Trustees have received expenses payments. There have been no related party transactions in the reporting period.



Independent Examiner report



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

Park Yoga

**On accounts for the year
ended**

5th April 2024

**Charity no
(if any)**

1183253

Set out on pages

10 to 15

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05/04/2024.

**Responsibilities and
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

18th October 2024

Name:

Jacqueline Gilmore MICB PM.Dip

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

ICB

Address:

10 Summerlands

Yeovil

BA21 3AL



Declaration

The Trustees declare that they have approved the above Annual Report and Statement of Financial Activity.

Signed on behalf of the charity's trustees:

Signature(s):	
Full names(s):	LISA UPCHURCH
Position:	CHAIR
Date:	05. November 2024


N.H. Pattani
Trustee
27 / 10 / 24

PARK YOGA

England & Wales - Charity number 1183253

Accounts



Trustees' Annual Report & Statement of Financial Activity

For the Year Ended 5th April 2023



Trustees' Annual Report 2022/23

Period Start Date:	6th April 2022	Period End Date:	5th April 2023
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Reference & Administration Details

Charity Name:	Park Yoga
Registered charity number:	1183253
Charity's principal address:	6 Crown Square, Poundbury, DORCHESTER, Dorset, DT1 3EN

Names of the charity trustees who manage the charity:

Trustee name	Role	Appointed	Resigned
Sibyl Ann King		3rd May 2019	
Cathrine Farrer		3rd May 2019	
Caroline Amey		3rd May 2019	20th June 2022
Alice Jessica King		3rd May 2019	18th February 2022
Lisa Upchurch	Chair	2nd April 2020	
Sharon McHugh		26th January 2023	
Daniel King		26th January 2023	

Names of advisors:

Type of advisor	Name
Charity Adviser	Martin Cooke
Consultant Director	Kathryn Burden (ceased from June 2023)



Name of chief executive or names of senior staff members:

Name	Role	Appointed	Resigned
Leanda Lee	Director	18th September 2023	



Structure, Governance and Management

Description of the charity's trusts:

Type of governing document:	Constitution - based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, ie: where the Trustees are the only Members of the charity.
How the charity is constituted:	Charitable Incorporated Organisation (CIO)
Trustee selection methods:	There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee. The maximum number of charity trustees is 12. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum. Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law. There are currently no formal induction and training policies for Trustees.
Risk management system:	A comprehensive Risk Register (Version 1 18.6.19).



Objectives and Activities

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

To improve the health and wellbeing of the public by providing free yoga session in an open space for the public benefit. The beneficiaries will extend to those living throughout the UK regardless of age, disability, gender or ethnicity.

Summary of the main activities undertaken for the public benefit in relation to these objects:

Park Yoga provides free park yoga outdoors in public parks and spaces in the UK. The sessions are open to all to attend, regardless of experience, age, or gender.

Park Yoga runs for one hour on Sunday mornings, between May and September. The charity works with local organisations, including Town Councils, Local Councils, Local Active Partnerships, Natural England, parks and instructors to bring Park Yoga to local communities, particularly those with residents who are likely to benefit most from the inclusive and welcoming atmosphere of Park Yoga. This is achieved by the provision of the Park Yoga brand, promotional support, administrative assistance and giving or helping to find, contribute funding to cover the costs of equipment and instructor time.

In 2022 the Fine Family Foundation have continued to provide grant funding support to the Park Yoga charity, as well as funding carried over from 2021 which allowed the charity to provide Park Yoga activities at 26 venues in total:

- Bath, Botanical Gardens in Royal Victoria Park
- Bournemouth, Central Gardens
- Bournemouth, Slades Park
- Bridport, St Mary's Playing Fields
- Christchurch, The Quomps
- Devizes, Hillworth Park
- Exeter, Cowick Barton Playing Fields
- Exeter, Heavitree Pleasure Ground
- Ilfracombe, Ilfracombe Town Football Club
- Nailsea, Millennium Park
- Poole, Upton Country Park
- Plymouth, Blockhouse Park
- Ringwood, Moors Valley Country Park
- Salisbury, Queen Elizabeth Gardens
- Southampton, Southampton Common
- South Gloucestershire, Page Park
- Swanage, Durlston Country Park



- Swindon, Queens Park
- Taunton, Vivary Park
- Torquay, Torre Abbey Meadows
- Trowbridge, Town Park
- Weymouth, Lodmoor Country Park
- Weymouth, Westham
- Winchester, The Garrison Ground
- Wokingham, Howard Palmer Gardens
- Yeovil, Yeovil County Park

In 2022 we successfully launched 5 new sites and moved back to our original model post pandemic of no requirement for registration, and limitation on numbers of people attending.

The selected organisations facilitating Park Yoga are not required to provide any form of license or fee to be a Park Yoga site and in most cases a grant is provided from Park Yoga to cover all or part of the operating costs. The benefits of the Park Yoga support include; branding and standardisation of approach, support for sites and instructors and how to best run the classes, a promotional structure using both localised and main page social media and a centralised website, instructor support network and a central point of contact.

Policy on grant making:

The Trustees consider requests from organisations providing activities for the public benefit. Criteria for selection include; capability of the organisation, suitability of the site, location (what other Park Yoga provision is there in the area), the number of potential beneficiaries, the need within the catchment for the provision of free sessions and the level of support (including financial) that is available from the host organisation to support the service.

The Trustees consider requests from sites according to the Venue Selection criteria which is communicated to potential sites for them to consider and provide input before a decision is made.

Prior to the start of each summer season the various requests for sites are considered in terms of area need, funding required/available, identified need of potential participants, proximity to other venues, suitability of site, partnerships and readiness/commitment of venue/organisation.



Public Benefit Statement

Statutory declaration:

The Trustees of Park Yoga confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

Plans for Future Periods

Park Yoga continues to regularly receive expressions of interest from new venues through site owners, interested persons and instructors. Trustees and staff will work through the list and target new venues where there is community interest and a recognised need.

Building on the success of previous years with its partners, in 2023 Park Yoga hope to grow its reach to more communities across the UK with more venues.

In 2023 Park Yoga plans to invest in new donations platforms which allow participants to donate in new and accessible ways. We hope this will diversify the fundraising mix for Park Yoga, in longer term and sustainable ways. This will include trialing Zettle contactless donation systems in 2023 across select sites.



Achievements and Performance

Summary of the main achievements of the charity during the year:

Park Yoga runs for one hour on Sunday mornings, between May and September. In 2022, Park Yoga expanded to deliver at 26 separate venues across the South West. Park Yoga is a registered charity funded through donations and grant giving trusts and foundations.



A beautiful morning at new venue Park Yoga Christchurch



Over the 20 weeks of Park Yoga delivered in 2022, 505 individual sessions were delivered, resulting in 29,114 individual attendances, an average of 1,456 per week across all venues. This is a considerable increase in participation from 2021, due to the removal of Covid-19 related restrictions and pre-registration process. For example, at Upton Park in Poole participation has increased from an average of 76 people attending per week in 2021, to 141 per week in 2022. Overall, the number of sessions have increased by 49% and attendances have increased by 138% since 2021.

Park Yoga has continued to successfully bring in new audiences, and encourage repeat attendance. 60% of survey respondents had never taken part in Park Yoga before the 2022 season, and 44% took part in 6 or more sessions. Repeat attendance is an indicator of how much people enjoy Park Yoga, but more importantly, the more regularly and frequently people attend, the more likely they are to develop positive habits around participating in physical activity.

Removal of Pre-Registration and Donations

In 2022 Park Yoga removed the pre-registration process put in place for 2021, as one of its principles is easy access with no barriers to entry. As a result of this and post Covid restrictions attendances increased by 138%. However, this change removed the opportunity for participants to make donations when booking each week, and therefore donations to Park Yoga declined from £10,512 to £3,613.

In 2023 Park Yoga claimed gift aid of £7,500 on donations received in the 2022 - 2023 financial year and financial reporting has been back dated accordingly.

The survey explored the extent to which participants are aware of Park Yoga being a registered charity and donation preferences. Overall 78% of respondents were aware that Park Yoga is a charity, which is a small decline from 83% in 2021.

Continuing to ensure that instructors promote the charity each week, along with ongoing social media campaigns will help increase these numbers. Most participants would prefer to donate at or after the session (32% and 52% respectively), 66% of participants would prefer to donate online through the

Key Achievements

- * 505 sessions delivered over 20 weeks at 26 venues and 2 pilots
- * Total of 29,114 attendances, with on average 1,456 people attending each week
- * 60% had never taken part in Park Yoga before 2022 season
- * Park Yoga encourages repeat attendance – 44% took part in 6 or more sessions
- * 99% are satisfied overall
- * 82% agree yoga skills have improved
- * 83% feel healthier
- * 74% are more physically active
- * 92% feel happier
- * 92% feel more connected with nature/ outdoors
- * 61% more satisfied with the park
- * 64% are keen to join a local yoga club or do yoga at home

Summary independent valuation 2022



website, and 39% through a contactless transaction on-site. This would require the charity to create a system to prompt people after each session to donate online.

It is important to ensure there is a balance between encouraging donations from those who can afford it, to ensuring that this does not put people off who cannot; particularly given that 86% take part because it is free.

Impact on Participants

An annual survey carried out by an independent evaluator captured some data and comments around the impact on participants of Park Yoga.

Satisfaction rates are extremely high, with 99% satisfied overall, 98% enjoying yoga and 82% agreeing that their yoga skills have improved.

“I love Park Yoga, it’s given me my first experience of Yoga in a totally safe, friendly and natural environment. It’s also one of the first times my wife and I have ever taken a group exercise class together.”

One of the most cited benefits of taking part in Park Yoga is the sense of community it instills in participants.

Inspired by this sense of community spirit shown at Park Yoga events, yoga instructors at 8 venues organised “Park Yoga Picnics” in 2022. These were informal and inclusive community events, held in the parks after Park Yoga sessions where people came together to meet, greet and build connections. People were invited to socialise and given opportunities to ask instructors any queries about their new yoga practise. Some hosts asked participants to bring food to share, others collected food for local foodbanks. In all cases, these events were a celebration of a season of yoga forming a new community.



“It’s been a relaxing way to start the day on Sunday and has helped me feel more connected to people in my local community. The class is great for people of all ages etc and feels less intimidating as it’s open to everyone.”

Post yoga picnic at Park Yoga Swindon



Yoga has a number of health benefits, including strength, flexibility, bone health, posture, balance, mobility. The survey results show that, as result of taking part in Park Yoga;

- 83% of participants feel more flexible/ mobile
- 76% feel fitter or stronger
- 83% feel healthier
- 74% are more physically active

“Park yoga gets me out of bed on a Sunday, puts me in a positive mood and has encouraged me to be more active”

“I have Fibromyalgia and osteoporosis in my lower spine and now after one session the burning that I experience in my thoracic spine has eased”

“It has played a big role in getting me active again and assisting in recovery from COVID.”

The survey also included some additional questions around wellbeing. As a result of taking part in Park Yoga:

- 92% of participants feel happier and
- 91% feel more connected to nature/outdoors.
- 68% feel more optimistic about the future
- 91% feel more relaxed

“It was such an amazing experience. I haven’t done yoga outside before and with so many people, it really helped me to feel connected to others and nature. It taught me new yoga techniques. It made me feel really hopeful for the future, and gave me a much needed burst of energy’

“I love spending mindful time outdoors doing something that makes me feel good.”



Park Yoga Salisbury



Park Yoga Bournemouth

Conclusions

Park Yoga in 2022 has returned to in-person delivery with no restrictions (event/attendance limits or pre-registration), which has resulted in a significant increase in attendances.

Park Yoga has continued to grow and expand, and was successfully delivered across 4 additional venues in the South West, taking the total to 26 (plus two pilot venues) overall.

Satisfaction rates and the impact on participants' health and wellbeing continues to be significant; Park Yoga has provided people with an opportunity to take part in physical activity and people are reporting improvements in their physical activity levels, happiness and overall health as a result.

The strengths of Park Yoga remain unaffected despite the considerable impact of the pandemic, and its growth. It remains inclusive, accessible, free, offers excellent quality yoga instruction by skilled and personable teachers and offers a different experience to in door classes by enabling people to better connect to nature.

Park Yoga has continued to introduce new audiences to yoga and local parks. As a result of Park Yoga, more people are using their local parks and many are joining yoga classes in their local communities. The vast majority of participants and partners are keen to continue next year.



Financial Review

Details:

Brief statement of the charity's policy on reserves:	The Charity currently aims to have 3 - 6 months of operating costs as reserves within unrestricted funds.
Details of any funds materially in deficit:	The Charity has no funds which are materially in deficit.
Principle sources of funding:	Grant funding from the Fine Family Foundation and participant and private Donations.
How expenditure has supported the key objectives:	The majority of expenditure has been contributions to venues to deliver Park Yoga at 26 different sites. Contributions to venues cover instructor costs and equipment for the sessions.
Remuneration of Trustees:	All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity. Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.
Funds Held as Custodian Trustee on Behalf of Others:	None.
Any significant events that have affected the financial performance:	None.
Financial position of the charity during the reporting period:	Park Yoga's current resources from grant funding and donations are more than sufficient to meet its outgoings for the next year. The charity operated at a £39,553 positive as a result of donations and claims of gift aid on all donations received. Park Yoga will carry forward £37,321 in restricted funding, as well as £8,673 in unrestricted funding reserves. In 23/24 the charity will use restricted funding on charity sustainability projects and expect a reduction in funds being brought forward.



Statement of Financial Activity

**PARK
YOGA**

**Statement of Financial Activities
(Income & Expense)
6th April 2022 - 5th April 2023**

	Note	Unrestricted	Restricted	Total	Prior Year
<u>Income</u>					
Income from Donations & Legacies		34,730	38,445	73,175	10,512
Other Trading Activities		556		556	643
Investment Income		55		55	-
Total Income		<u>35,341</u>	<u>38,445</u>	<u>73,786</u>	<u>11,155</u>
<u>Expenses</u>					
Charitable Activities		32,648	1,124	33,772	29,150
Other Trading Activities		462		462	403
Total Expenses		<u>33,110</u>	<u>1,124</u>	<u>34,233</u>	<u>29,553</u>
Net Resource Movement		2,232	37,321	39,553	-
Net Movement in Funds		2,232	37,321	39,553	-
Total Funds Brought Forward	**	6,441	-	6,441	24,839
Total Funds Carried Forward		<u>8,673</u>	<u>37,321</u>	<u>45,994</u>	<u>6,441</u>

** Correction to b/f funds shown on 2021-2022 statement (£58)



Balance Sheet

PARK YOGA		Balance Sheet As at 5th April 2023		
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	Unrestricted	Restricted	Total	Prior Year
<u>Current Assets</u>				
Stocks	1,450	-	1,450	1,850
Debtors	1,543	7,500	9,043	-
Cash at Bank & In Hand	37,627		37,627	4,591
Total	40,620	7,500	48,120	6,441
<u>Creditors</u>				
	-		-	
Other creditors	2,125	-	2,125	-
	-		-	
Total	2,125	-	2,125	-
<u>Net Assets</u>				
	38,495	7,500	45,995	6,441
<u>Funds</u>				
	8,674	37,321	45,995	6,441



Notes to the Financial Statements for Year Ending 5th April 2023

1. Basis of Accounting

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued October 2019 and with the Charities Act 2011.

Park Yoga meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Prior Year Errors

There are no material prior year errors, however the funds brought forward from 2022 have been corrected from £6,383 to £6,441.

2. Accounting Policies

Recognition of income

Income is included in the Statement of Financial Activities (SoFA) when the charity is entitled to the income, it is more likely than not that income will be received and when the value can be measured with sufficient reliability. Donations - donated funds from individuals, accounted for when received. Grants - accounted for when received. Other Trading Activities - from sales of goods

Expenditure

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty. All costs are allocated to a particular account code/heading with other costs of the same category for scrutiny by the trustees.

Stock

Stock is valued at the lower of cost price or net realisable value. Value is determined using the first-in, first-out principal (FIFO).

3. Trustees and Related Parties

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity. None of the Trustees have received expenses payments. There have been no related party transactions in the reporting period.



Independent Examiner report



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

Park Yoga

On accounts for the year ended

5th April 2023

Charity no
(if any)

1183253

Set out on pages

13 to 16

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **05/04/2023**.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

31st January 2024

Name:

Jacqueline Gilmore MICB PM.Dip

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

ICB

Address:

10 Summerlands

Yeovil

BA21 3AL



Declaration

The Trustees declare that they have approved the above Annual Report and Statement of Financial Activity.

Signed on behalf of the charity's trustees:

Signature(s):		
Full names(s):	CATHRINE FARRER	LISA UPCHURCH
Position:	TRUSTEE	CHAIR
Date:	2 nd February 2024	2 nd February 2024

PARK YOGA

England & Wales - Charity number 1183253

Accounts



Trustees' Annual Report & Statement of Financial Activity

For the Year Ended 5th April 2022



Trustees' Annual Report 2021/22

Period Start Date:	6th April 2021	Period End Date:	5th April 2022
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Reference & Administration Details

Charity Name:	Park Yoga
Registered charity number:	1183253
Charity's principal address:	18A East Street Wareham BH20 4NP

Names of the charity trustees who manage the charity:

Trustee name	Role	Appointed	Resigned
Sibyl Ann King	Chair	3rd May 2019	
Cathrine Farrer		3rd May 2019	
Caroline Amey		3rd May 2019	20th June 2022
Alice Jessica King		3rd May 2019	18th February 2022
Lisa Upchurch		2nd April 2020	

Names of advisors:

Type of advisor	Name
Charity Adviser	Martin Cooke

Name of chief executive or names of senior staff members:

Role	Name
Director	Katherine Burden



Structure, Governance and Management

Description of the charity's trusts:

Type of governing document:	Constitution - based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, ie: where the Trustees are the only Members of the charity.
How the charity is constituted:	Charitable Incorporated Organisation (CIO)
Trustee selection methods:	There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee. The maximum number of charity trustees is 12. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum. Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law. There are currently no formal induction and training policies for Trustees.
Risk management system:	A comprehensive Risk Register (Version 1 18.6.19).



Objectives and Activities

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

To improve the health and wellbeing of the public by providing free yoga session in an open space for the public benefit. The beneficiaries will extend to those living throughout the UK regardless of age, disability, gender or ethnicity.

Summary of the main activities undertaken for the public benefit in relation to these objects:

Park Yoga provides free park yoga outdoors in public parks in the UK. The sessions are open to all to attend, regardless of experience, age or gender.

Park Yoga runs for one hour on Sunday mornings, between May and September. The charity works with local organisations, Active Partnerships, parks and instructors to bring Park Yoga to local communities, particularly those with residents who are likely to benefit most from the inclusive and welcoming atmosphere of Park Yoga. This is achieved by the provision of the Park Yoga brand, promotional support, administrative assistance and giving or helping to find, grant funding to cover the costs of equipment and instructor time.

In 2021 the Fine Family Foundation have continued to provide grant funding support to the Park Yoga charity, and a Small Grant provided by Sport England (carried over from 2020) allowed the charity to provide Park Yoga activities at 24 venues in total:

- Bath, Botanical Gardens in Royal Victorial Park
- Bournemouth, Central Gardens
- Bournemouth, Slades Park
- Bournemouth, Stour Valley
- Devizes, Hillworth Park
- Exeter, Cowick Barton Playing Fields
- Exeter, Heavitree Pleasure Ground
- Exeter, Ludwell Valley Park
- Ilfracombe, Ilfracombe Town Football Club
- Minehead, Irnham Road Recreation Ground
- Nailsea, Millennium Park
- Poole, Upton Country Park
- Plymouth, Central Park
- Ringwood, Moors Valley Country Park
- Salisbury, Queen Elizabeth Gardens
- Southampton, Southampton Common
- South Gloucestershire, Page Park
- Swanage, Durlston Country Park



- Swindon, Queens Park
- Torquay, Torre Abbey Meadows
- Weymouth, Lodmoor Country Park
- Winchester, The Garrison Ground
- Wokingham, Howard Palmer Gardens
- Yeovil, Yeovil County Park

The selected organisations facilitating Park Yoga are not required to provide any form of licence or fee to be a Park Yoga site and in most cases a grant is provided from Park Yoga to cover all or part of the operating costs. The benefits of the Park Yoga support include; branding and standardisation of approach, support for sites and instructors and how to best run the classes, a promotional structure using social media and a centralised website, instructor support network and a central point of contact.

Policy on grant making:

The Trustees consider requests from organisations providing activities for the public benefit. Criteria for selection include; capability of the organisation, suitability of the site, location (what other Park Yoga provision is there in the area), the number of potential beneficiaries, the need within the catchment for the provision of free sessions and the level of support (including financial) that is available from the host organisation to support the service.

The Trustees consider requests from sites according to the Venue Selection criteria which is communicated to potential sites for them to consider and provide before a site visit from Park Yoga staff.

Prior to the start of each summer season the various requests for sites are considered in terms of area need, funding required/available, identified need of potential participants, proximity to other venues, suitability of site, partnerships and readiness/commitment of venue/organisation.

Public Benefit Statement

Statutory declaration:

The Trustees of Park Yoga confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

Plans for Future Periods

Park Yoga continues to regularly receive expressions of interest from new venues through site owners, interested persons and instructors. Trustees and staff will work through the list and target new venues where there is community interest and a recognised need. In 2022 we are hoping to consolidate our events at existing venues, post-pandemic, and return to our original operating model of no requirement for pre-registration or limit to number of attendees. No active growth in number of venues is planned for 2022.

Achievements and Performance

Summary of the main achievements of the charity during the year:



Instructor leading the session at Park Yoga Ilfracombe

Park Yoga runs for one hour on Sunday mornings, between May and September. In 2021, Park Yoga expanded to deliver at 24 separate venues across the South West. Park Yoga is a registered charity funded through donations and grant giving trusts and foundations.



In March 2020 Park Yoga was awarded a Sport England Small Grant of £9,420 towards delivery “Bringing yoga outdoors for all” at 7 new venues, between May and September 2020. The grant was received to part fund instructor, equipment and evaluation costs. Due to the pandemic the planned outdoor sessions were unable to be held in 2020 and with Sport England agreement the funding was carried forward to 2021.

Over the 20 weeks of Park Yoga delivered in 2021, 338 individual sessions were delivered, resulting in 12,225 individual attendances, an average of 613 per week across all 24 venues. This is a reduction in participation from 2019, which saw a total of 16,392 attendances and an average of 745 people taking part per week, across only 10 venues. The reduction in numbers was due to the Covid-19 pandemic, which resulted in restrictions to numbers being necessary, and a pre-registration process to manage attendance. Some venues did not start until mid-way through the season, and poor weather resulted in a total of 56 sessions being cancelled.



Rainy session at Park Yoga Yeovil

Although overall participation has reduced in 2021 due to Covid-19, Park Yoga has successfully encouraged repeat attendance. Over a third (37%) of people completing a participant survey (n=693) attended more than 5 sessions, and a further third (35%) attended between 3 and 5 sessions. Repeat attendance is an indicator of how much people enjoy Park Yoga, but more importantly, the more regularly and frequently people attend, the more likely they are to develop positive habits around participating in physical activity.

Pre-Registration and Donations

As stated above, due to Covid-19 restrictions a pre-registration process was introduced in 2021, in order to manage numbers safely, and comply with government guidelines at the time of delivery. It is highly likely that this process resulted in reduced numbers overall, however 76% of participants who completed the survey did not mind whether they had to pre-register or not and only 8% preferred to pre-register. 87% of participants found the pre-registration process easy and only 2% found it difficult, with the only concerns around collection of personal data and the need to input the same information each week.

The impact of pre-registration on actual numbers attending has been interesting; on average the majority of people who had pre booked did attend, and in many

cases more people attended than had pre-booked. On average, attendance was 86% of bookings, demonstrating high levels of commitment to attend once booked.

The main advantage of the pre-registration process was the ability to raise awareness of Park Yoga's charitable status, with a suggested weekly donation built into the process. This resulted in a total gross income for Park Yoga of £9,769 for the season, with each booking generating an average of £0.73. The majority of participants (83%) are aware that Park Yoga is a charity, and 61% of people found out about this through the pre-registration/online donation process. A third found out from the instructor and a quarter through Facebook posts.

Park Yoga is hopeful that the pre-registration process will not be necessary in 2022, as one of its principles is easy access with no barriers to entry. However, Park Yoga would need to consider how to ensure that more people are aware of its charitable status and encourage donations through other methods. It is important to ensure there is a balance between encouraging donations from those who can afford it, to ensuring that this does not put people off who cannot; particularly given that two-thirds of people (66%) take part because it is free.

Delivery: Strengths and Challenges

Conversations with the yoga instructors, Active Partnerships and a survey with host organisations helped to capture learning around the strength and challenges of delivering Park Yoga.

All agreed that one of the strengths of Park Yoga is its simplicity; it is low cost and easy to set up and manage. 86% of host organisations agreed that setting up Park Yoga was easy. The funding for Park Yoga is used to pay instructors and cover equipment costs; all support from partners (host organisations and Active Partnerships) is delivered as an in-kind contribution. All partners who we spoke to and/ or completed the survey felt that the time they spent supporting the project was manageable and appropriate.



A whole family taking part together at Park Yoga Salisbury



New friendships forming at Park Yoga Bath



Although doing yoga outdoors is not a new concept, all partners we spoke to agreed that having the Park Yoga brand, experience and support adds value in terms of the expertise, marketing support and ability to engage large numbers of participants. The inclusion of multiple Active Partnerships in 2021 has also added value; Active Partnerships have a strategic overview across the county so have been extremely helpful in identifying appropriate venues, negotiating with land owners, sourcing local instructors and working with local partners to raise awareness of Park Yoga.

The main strengths of the Park Yoga model are:

- Ability to include people of all ages and abilities; instructors are skilled at providing a range of poses for people of different abilities and ensuring that everyone can take part
- Large groups mean that people who are inexperienced or unconfident can just turn up and 'have a go'
- Despite the need to pre-register this year, Park Yoga is still accessible and requires little commitment
- Being outdoors provides a new experience to practicing yoga, by helping people to connect to nature
- Skilled, experienced, personable and professional yoga instructors provide a good quality session as well as opportunities for people to join a paid for class if they wish to progress



Park Yoga Torquay



The main challenges of Park Yoga are:

- Poor weather, which results in some sessions being cancelled (although some continue regardless!)
- Delivering outdoors presents additional challenges in terms of uneven ground, disturbances from dogs and other park users, and storage of equipment etc
- Delivering to large groups is a challenge in terms of ensuring good quality PA systems and ability to supervise participants

These challenges have all been successfully managed by the instructors, and do not affect the success of the charity.

Impact on Participants

An annual survey carried out by an independent evaluator captured some data and comments around the impact on participants of Park Yoga.

Satisfaction rates were extremely high, with 98% of participants enjoying taking part, and 78% agreeing that their yoga skills have improved.

“I have LOVED it - excellent instructors and wonderful to be in the open air, aware of all the elements, with like minded people of all ages, in a beautiful environment”

The results showed that people who take part in Park Yoga are not very active; before taking part in Park Yoga 76% were not meeting the recommended 5 days of activity a week and 7% were inactive (0 days of activity a week). As a result of taking part in Park Yoga, the proportion of people who are classed as ‘active’ (5 or more days of activity a week) has increased from 24% to 35% and the proportion who were inactive has reduced from 7% to 1%.

Yoga has a number of health benefits, including strength, flexibility, bone health, posture, balance, mobility. The survey results showed that, as result of taking part in Park Yoga;

- 84% of participants feel more flexible/ mobile
- 75% feel fitter or stronger
- 86% feel healthier

The survey results showed that as a result of taking part in Park Yoga 90% of participants feel happier and 91% feel more connected to nature/outdoors.

“Taking part in the park makes me appreciate the beautiful surroundings and helps me focus and stay in the moment”



"My friend who hadn't tried yoga now is converted - she also said that she feels comfortable closing her eyes and just feel the breeze which she couldn't do before. It really gives people an opportunity to connect to the nature."

"It's helped keep me sane, which has to be good for my family too."

The survey also included some additional questions around wellbeing. As a result of taking part in Park Yoga:

- 79% of participants feel more relaxed
- 53% feel more optimistic about the future
- 55% feel better able to deal with problems
-

"It was incredible - I suffer terribly from anxiety and it helped tremendously"

"I feel happier and more able to deal with problems"

"It has improved my self confidence and gives me peace of mind"

"I'm happier and healthier. I feel like a better person."

Participants have particularly appreciated the opportunity to come together in a safe way to socialise and exercise after the Covid-19 lockdowns.

"It has got me out out of the house and able to meet new people. It has given me some "me" time to enable me to relax more. It has been a very positive all round experience for me."

"The outdoor sessions have been great especially due to Covid. Being outdoors and exercising has been wonderful. I was not ready to attend a class inside."

"Helped me to get out of the house after lockdown. Helped me with my anxiety/panic by reminding me how it feels to be relaxed."

"After 18 months of shielding, self isolating and social distancing, it has been a life line."

As a result of the positive, inclusive atmosphere, people are socialising, making friends and feel that Park Yoga is helping to bring the community together:

"We have got outside and done something together. We have spoken to others in our group. We have felt more positive about the neighbourhood"

"Really enjoyed being outside with other likeminded people. Realise that I didn't have to be super flexible. Yoga is very adaptable"



Park Yoga Swanage, Durlston Country Park

Conclusions

Park Yoga in 2021 has returned to in-person delivery after the Covid-19 pandemic resulted in the 2020 season being delivered virtually. Despite the ongoing challenges of the pandemic and continuing restrictions in 2021, Park Yoga has continued to grow and expand, and was successfully delivered across 24 venues in the South West.

Overall, participant numbers have decreased due to the pandemic and the need to introduce a pre-registration process, however satisfaction rates and the impact on participants' health and wellbeing has been significant; Park Yoga has provided people with an opportunity to take part in physical activity in a safe and welcoming environment, which has been particularly valuable for people who feel reluctant to join indoor classes.

The strengths of Park Yoga have remained unaffected by the pandemic; it remains inclusive, accessible, free, offers excellent quality yoga instruction by skilled and personable teachers and offers a different experience to indoor classes by enabling



people to better connect to nature. The inclusion of multiple Active Partnerships in the 2021 programme has also added value and provides a useful strategic oversight to the programme across the counties in which it is delivered.

Park Yoga has continued to introduce new audiences to yoga and local parks. As a result of Park Yoga, more people are using their local parks and many are joining yoga classes in their local communities. The vast majority of participants and partners are keen to continue next year.



Financial Review

Details:

Brief statement of the charity's policy on reserves:	The Charity currently has no reserves policy in place.
Details of any funds materially in deficit:	The Charity has no funds which are materially in deficit.
Principle sources of funding:	Grant funding from the Fine Family Foundation and Sport England.
How expenditure has supported the key objectives:	The majority of expenditure has been contributions to venues to deliver Park Yoga at 24 different sites. Contributions to venues cover instructor costs and equipment for the sessions.
Remuneration of Trustees:	All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity. Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.
Funds Held as Custodian Trustee on Behalf of Others:	None.
Any significant events that have affected the financial performance:	None.
Financial position of the charity during the reporting period:	Park Yoga's current resources from grant funding (including Sport England Small Grant funding rolled over from 2021) are more than sufficient to meet its outgoings for the next year. Although we operated at a £18,781 loss during 2021/22, we had budgeted for this due to opening balance of £25,161 from 2020/21 and to ensure our funds were spent as per our charitable objects. During the 2022/23 we have forecast a more balanced income and expenditure for the next financial year.



Statement of Financial Activity

Park Yoga

Statement of Accounts

From 06/04/2021 to 05/04/2022

	Unrestricted funds £	Restricted funds £	Total funds £
Income			
Donations, Grants & other activities	10,774	-	10,774
	-	-	-
	-	-	-
Total Income	10,774	-	10,774
Expenditure			
Contributions to Venues	13,552	8,420	21,972
Professional Support	1,231	-	1,231
Marketing	-	-	-
Office Costs	1,961	-	1,961
Legal & Professional Fees	2,150	1,000	3,150
Bank fees & Charges	1,242	-	1,242
	-	-	-
	-	-	-
Sub total	20,135	9,420	29,555
Total Expenditure	20,135	9,420	29,555
Net of income/(expenditure)	- 9,361	- 9,420	- 18,781

	Unrestricted funds £	Restricted funds £	Total funds £
Total Funds brought forward	15,744	9,420	25,164
Total Funds Carried Forward	6,383	-	6,383



Declaration

The Trustees declare that they have approved the above Annual Report and Statement of Financial Activity.

Signed on behalf of the charity's trustees:

Signature(s):		
Full names(s):	CATHRINE FARRER	LISA UPCHURCH
Position:	TRUSTEE	CHAIR
Date:	31/1/2023	2/2/2023

PARK YOGA

England & Wales - Charity number 1183253

Accounts



Trustees' Annual Report & Statement of Financial Activity

For the Year Ended 5th April 2021



Trustees' Annual Report 2020/21

Period Start Date:	6th April 2020	Period End Date:	5th April 2021
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Reference & Administration Details

Charity Name:	Park Yoga
Registered charity number:	1183253
Charity's principal address:	PO BOX 7755 DORCHESTER DT1 9GQ

Names of the charity trustees who manage the charity:

Trustee name	Role	Appointed	Resigned
Sibyl Ann King	Chair	3rd May 2019	
Cathrine Farrer		3rd May 2019	
Caroline Amey		3rd May 2019	
Alice Jessica King		3rd May 2019	
Lisa Upchurch		2nd April 2020	

Names of advisors:

Type of advisor	Name
Charity Adviser	Martin Cooke

Name of chief executive or names of senior staff members:

Role	Name
Director	Katherine Burden



Structure, Governance and Management

Description of the charity's trusts:

Type of governing document:	Constitution - based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, ie: where the Trustees are the only Members of the charity.
How the charity is constituted:	Charitable Incorporated Organisation (CIO)
Trustee selection methods:	There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee. The maximum number of charity trustees is 12. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum. Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law. There are currently no formal induction and training policies for Trustees.
Risk management system:	A comprehensive Risk Register (Version 1 18.6.19).



Objectives and Activities

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

To improve the health and wellbeing of the public by providing free yoga session in an open space for the public benefit. The beneficiaries will extend to those living throughout the UK regardless of age, disability, gender or ethnicity.

Summary of the main activities undertaken for the public benefit in relation to these objects:

Park Yoga provides free park yoga outdoors in public parks in the UK. The sessions are open to all to attend, regardless of experience, age or gender.

Park Yoga runs for one hour on Sunday mornings, between May and September. The charity works with local organisations, Active Partnerships, parks and instructors to bring Park Yoga to local communities, particularly those with residents who are likely to benefit most from the inclusive and welcoming atmosphere of Park Yoga. This is achieved by the provision of the Park Yoga brand, promotional support, administrative assistance and giving or helping to find, grant funding to cover the costs of equipment and instructor time.

The selected organisations facilitating Park Yoga are not required to provide any form of licence or fee to be a Park Yoga site and in most cases a grant is provided from Park Yoga to cover all or part of the operating costs. The benefits of the Park Yoga support include; branding and standardisation of approach, support for sites and instructors and how to best run the classes, a promotional structure using social media and a centralised website, instructor support network and a central point of contact.

Policy on grant making:

The Trustees consider requests from organisations providing activities for the public benefit. Criteria for selection include; capability of the organisation, suitability of the site, location (what other Park Yoga provision is there in the area), the number of potential beneficiaries, the need within the catchment for the provision of free sessions and the level of support (including financial) that is available from the host organisation to support the service.

The Trustees consider requests from sites according to the Venue Selection criteria which is communicated to potential sites for them to consider and provide before a site visit from Park Yoga staff.

Prior to the start of each summer season the various requests for sites are considered in terms of area need, funding required/available, identified need of



potential participants, proximity to other venues, suitability of site, partnerships and readiness/commitment of venue/organisation.

Public Benefit Statement

Statutory declaration:

The Trustees of Park Yoga confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

Plans for Future Periods

As the success of Park Yoga develops and the positive effects of the first four years (two as a project, and two as a Charity) are evident, the next step is to expand the range Park Yoga's work onto a national scale.

Park Yoga continues to regularly receive expressions of interest from new venues through site owners, interested persons and instructors. Trustees and staff will work through the list and target new venues where there is community interest and a recognised need as identified through the Active Partnerships. In 2021 we are hoping to have a wider geographical spread and a growth from 10 venues in 2019 to approximately 25 venues in 2021.

In March 2020 Park Yoga was awarded a Sport England Small Grant of £9,420 towards delivery "Bringing yoga outdoors for all" at 8 new venues, between May and September 2020. The grant was received to partly fund instructor, equipment and evaluation costs. Due to the pandemic the planned outdoor sessions were unable to be held in 2020 and with Sport England agreement the funding was carried forward to 2021. These eight venues will form part of the proposed expansion in sites in 2021.



Achievements and Performance

Summary of the main achievements of the charity during the year:

As a result of the COVID-19 pandemic, in 2020 Park Yoga changed from delivery in parks, to virtual delivery through YouTube or Facebook. Each week a different instructor would deliver a 1 hour online yoga class, which participants could take part in live, or catch up another time through Facebook videos or the YouTube channel.

Shephard & Moyes Ltd were employed to evaluate the success of virtual park yoga through a short e-survey which received 145 responses.

Over the 19 weeks of Virtual Park Yoga in 2020, there were 6,920 individual attendances at the live sessions. This is a significant decrease from 2019, which saw over 16,000 individual attendances, but is still an average of over 300 people taking part each week. The first 6 weeks were the most well attended, with between 400 and 800 people taking part each week. Numbers then gradually declined to the end of the programme in September, as lockdown ended and COVID-19 restrictions started to be lifted.

Over half (57%) of people have taken part in Park Yoga in previous years, however for 47% of people this was their first-time taking part. This demonstrates that although numbers were smaller, Virtual Park Yoga has been successful at reaching new participants, as well as encouraging repeat attendance by previous years' participants.

In order to improve accessibility for people with hearing disabilities, Park Yoga partnered with Deaf Get Active to open up the Virtual Park Yoga sessions to the Deaf community. Park Yoga set up a dedicated Facebook group and every weekly video was translated into British Sign Language and broadcast simultaneously on Facebook and YouTube, open to access by all. These classes resulted in a total of 87 attendances over the season.





"I've been practicing yoga at home for almost 18 months and despite attending Park Yoga last year, I had never tried doing yoga outside at home! From the first virtual park yoga, I've been doing all of my yoga sessions outdoors and this has transformed my sense of well-being. I love it and look forward to getting up every morning and enjoying the fresh air!"



The responses from participants show that taking part in Virtual Park Yoga has been important for people's mental and physical health during lockdown:

- * 94% of participants agreed that taking part was important for their wellbeing during lockdown

- * 95% agree that taking part has helped keep them active during lockdown

- * 73% agreed that being connected to nature/ outdoors through Virtual Park Yoga has been important to them during lockdown

"It's helped me enormously. It's given me something to look forward to! Something to focus on. Improve my strength and balance. Makes me sleep better, feel well, feel good. Its had a massive impact on managing my anxiety and panic disorder that I struggle with on a daily basis. I couldn't live without Park Yoga now!"

Through the Park Yoga YouTube past yoga sessions will remain accessible and free of charge to view.

In 2021 the Charity hopes to be able to provide free yoga outdoors once again in public parks in the UK. Any sessions will need to work within the national laws and advice regarding COVID-19 and take into account specific venue operating procedures.



Financial Review

Details:

Brief statement of the charity's policy on reserves:	The Charity currently has no reserves policy in place.
Details of any funds materially in deficit:	The Charity has no funds which are materially in deficit.
Principle sources of funding:	Grant funding from the Fine Family Foundation and Sport England.
How expenditure has supported the key objectives:	The majority of expenditure has been grants to venues to deliver Park Yoga at 10 different sites. Grants to venues cover instructor costs and equipment for the sessions. Other significant expenditure in this period included consultancy costs for Business Planning.
Remuneration of Trustees:	All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity. Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.
Funds Held as Custodian Trustee on Behalf of Others:	None.
Any significant events that have affected the financial performance:	None.
Financial position of the charity during the reporting period:	Park Yoga's current resources from grant funding are more than sufficient to meet its outgoings for the next year. Additional grant funding is to be sought in 2021 in order to expand the provision of services offered by Park Yoga.



Statement of Financial Activity

Park Yoga		Statement of Accounts			
		From 06/04/2020 to 05/04/2021			
	Unrestricted funds	Restricted funds			Total funds
	£	£			£
Income					
Donations, Grants & other activities	21,048	-			21,048
	- 0	-			-
	- 0	-			-
Total Income	21,048	-			21,048
Expenditure					
Grants	- 0	-			-
Marketing	2,128	-			2,128
Office Costs	2,866	-			2,866
Professional Fees	935	-			935
Bank fees & Charges	69	-			69
	- 0	-			-
	- 0	-			-
Total Expenditure	5,998	- 0			5,998
Net of income/(expenditure)	15,050	-			15,050
	Unrestricted funds	Restricted funds			Total funds
	£	£			£
Total Funds brought forward	694	9,420			10,114
Total Funds Carried Forward	15,744	9,420			25,164



Declaration

The Trustees declare that they have approved the above Annual Report and Statement of Financial Activity.

Signed on behalf of the charity's trustees:

Signature(s):		
Full names(s):	CATHRINE FARRER	CAROLINE AMEY
Position:	TRUSTEE	TRUSTEE
Date:	17/2/22	17/2/22

Park Yoga

Statement of Accounts

From 06/04/2020 to 05/04/2021

	Unrestricted funds £	Restricted funds £	Total funds £
Income			
Donations, Grants & other activities	21,048	-	21,048
	-	-	-
	-	-	-
Total Income	21,048	-	21,048
Expenditure			
Grants	-	-	-
Marketing	2,128	-	2,128
Office Costs	2,866	-	2,866
Professional Fees	935	-	935
Bank fees & Charges	69	-	69
	-	-	-
	-	-	-
Total Expenditure	5,998	-	5,998
Net of income/(expenditure)	15,050	-	15,050
	Unrestricted funds £	Restricted funds £	Total funds £
Total Funds brought forward	694	9,420	10,114
Total Funds Carried Forward	15,744	9,420	25,164

