

INTERESTELAR

England & Wales · Charity number 1183947

Details

Status Registered

Legal form CIO

Registered 2019-06-18

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

Contact

Address 17 Blackwell Close
London
N21 1UL

Phone 07971871858

Email interestelar.es@outlook.com

Website www.interestelar.es

Activities

Objects: THE OBJECTS OF THE CIO ARE:TO PRESERVE AND PROMOTE THE HEALTH OF PEOPLE SUFFERING FROM MENTAL OR PHYSICAL ILLNESS OF ANY DESCRIPTION OR IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, BUT ALSO THE HEALTH OF THEIR CARERS AND GENERAL PUBLIC IN ANY PART OF THE WORLD, IN PARTICULAR BUT NOT EXCLUSIVELY, BY PROVIDING EDUCATION RELATED TO HEALTH PROMOTION THROUGH THE PROVISION OF LECTURES, BOOKS, LEAFLETS AND THE PUBLICATION OF NEWSLETTERS AND BY RAISING AWARENESS AND ORGANISING ACTIVITIES TO SUPPORT THE COMMUNITY STRUCTURES IN ANY PART OF THE WORLD WHICH HAVE A PROVEN BENEFICIAL EFFECT IN GENERAL HEALTH.

Activities: Interestelar promotes voluntary work among health professionals. Health Professionals can develop their own initiatives to promote good health habits and provide health education to the general population in any part of the world. We intend to fund raise money with the ultimate goal of setting up a respite centre, not only for patients with severe chronic illnesses but also for their carers.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Spain
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£43,442	£10,050	-	-
2024-03-31	£33,845	£9,987	-	-
2023-03-31	£33,871	£8,205	-	-
2022-03-20	£4,680	£618	-	-
2021-03-20	£2,519	£79	-	-

Trustees

Name	Role	Appointed
Dr Cristina Lopez Peig	Chair	2019-01-07
Dr Olatz Begona Heredia Diez		2019-01-07
Dr Vidaltxo Martinez Elizari		2019-01-07
Jose Luis Montes Buera		2019-01-07

INTERESTELAR

England & Wales - Charity number 1183947

Accounts



INTERESTELAR
(Registered charity no. 1183947)

**TRUSTEES' ANNUAL REPORT
AND
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025**

NfP Accountants Ltd

INTERESTELAR

**TRUSTEES' ANNUAL REPORT
AND
RECEIPTS AND PAYMENTS ACCOUNTS**

For the period ended 31 March 2025

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**TRUSTEES' ANNUAL REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025**

Trustees	Dr Cristina Lopez Peig Dr Olatz Begona Heredia Diez Jose Luis Montes Buera Dr Vidaltxo Martinez Elizari
Charity Reg. No.	1183947
Registered Office	17 Blackwell Close London N21 1UL
Independent Examiner	Charles Ssempijja, FCA 3 rd Floor, 86-90 Paul Street London EC2A 4NE
Bankers	CAF Bank Ltd 25 Kingshill Avenue Kings Hill, West Malling Kent, ME19 4JQ

TRUSTEES' ANNUAL REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their annual report and financial statements of the charity for the period ended 31 March 2025. Reference and administrative information set out on page 1 forms part of this report. The financial statements have been prepared on a Receipts and Payments basis, and they comply with current statutory requirements and the charity's governing document. The Trustees' Annual Report has been prepared in compliance 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).

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Charitable objects

The objects of the CIO are to preserve and promote the health of people suffering from mental or physical illness of any description or in need of rehabilitation as a result of such illness, but also the health of their carers and general public in any part of the world, in particular but not exclusively, by providing education related to health promotion through the provision of lectures, books, leaflets and the publication of newsletters and by raising awareness and organising activities to support the community structures in any part of the world which have a proven beneficial effect in general health.

Statement of public benefit

The Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. The Trustees consider how planned activities will contribute to the aims and objectives that have been set.

ACHIEVEMENTS AND PERFORMANCE: REVIEW OF ACTIVITIES FOR THE YEAR

During the year, the charity strengthened its local partnerships by actively networking with food-related agencies and becoming a member of the **Enfield Food Partnership**, coordinated by the local council. We participated in multi-agency meetings and delivered educational presentations on nutrition, meal planning, budgeting, and the health impacts of ultra-processed foods, with a particular focus on older people and children.

We delivered wellbeing-focused activities, including the **Twalking FOOD challenge**, a virtual and practical initiative promoting physical activity, healthy eating, and lifestyle awareness, while signposting participants to free local services such as Age UK, Mind, GPs, social prescribers, and patient participation groups.

Our **communications** work expanded through the creation and dissemination of wellbeing content, including the Start Well, Live Well, Age Well campaign, using videos and social media to promote healthy eating and preventative health messages. <https://www.youtube.com/watch?v=qoJuGAchTjo>

TRUSTEES' ANNUAL REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025

Internationally, we collaborated with Hand-by-Hand and BACC to support a six-month volunteering project in Ethiopia, developing a structured mental health caregiver training programme. This initiative combined theoretical training and supervised practice, improved caregiver skills, introduced individualised care plans and ADL assessments, and aimed to enhance patient independence and overall quality of mental health care.

FINANCIAL REVIEW

The Charity had net receipts for the year of £33,392 (2024 - £23,858), details of which are shown in the Receipts and Payments Accounts below.

The total value of receipts during the year amounted to £43,442 (2024 - £33,845). The total value of payments amounted to £10,050 (2024 - £9,987).

Cash funds at the end of the financial year were £90,418 (2024 - £57,025), all of which were unrestricted funds.

Reserves policy

The trustees have set a reserves policy to hold £20,000 in reserves. This amount is calculated based on 6 months' expenditure, without receiving further income during those 6 months' budgeted expenditure. The amount in reserves is higher than the set level. The Trustees will review the reserves policy and funds application to projects in the coming year.

Designated funds

In addition, the Trustees have reviewed plans for future programming costs and considered the charity's funding requirements for 2026-2029. In three to five years' time, we aim to organize respite periods for individuals with long term conditions and their carers. Our vision involves renting an adapted space situated in a natural setting, providing a serene and accessible environment for our clients. This initiative is designed to offer much-needed breaks and support for both individuals with long term conditions or/and disabilities, and their caregivers.

Key details of our plan are as follows:

1. Timeline: Implementation planned for 2027-29
2. Accommodation: Disability-adapted space in a natural setting
3. Capacity: 10-12 people per session
4. Duration: Weekly respite periods
5. Estimated Cost: £10,000 per week

To ensure the successful launch and sustainability of this program, we are building a designated fund of up to £100,000, with £50,000 in the current year. This proactive approach will allow us to

**TRUSTEES' ANNUAL REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025**

accumulate the necessary financial resources over the next five years.

Going concern

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Free reserves are held to ensure the continuity of care of our patients, mainly elderly population, cares and patients with long term conditions, and to help developing our five-year plan described below.

PLANS FOR FUTURE PERIODS

We worked on developing a new strategy during 23/24 financial year. Our organisation consulted with patients, health professionals and voluntary sector in Enfield. This strategy was approved and implemented during 24/25 financial year. We work ensuring we meet the needs of the diverse community we serve and increase awareness about our services.

We main goal is to keep developing a five-year plan to establish a new model of respire for patients with long term conditions and their carers. Our strategy is focused on 4 priority areas over the next years: increase participation and influence; developing our services, income generation and sustainability; partnership and collaboration.

We plan to implement the strategy outlined above in the forthcoming years, subject to satisfactory funding arrangements. Although our funds are gradually increasing helping to achieve our future main goal -the implementation of a new model of respite center, an increase in our unrestricted funds to a stronger position would help developing this five-year plan.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution and governing document

Interestelar is a registered charity, number 1183947, constituted as a Charitable Incorporated Organisation (CIO) and was registered with the Charity Commission on 18 June 2019. The charity is governed by its Constitution of the CIO dated 07.01.2019.

The charity is committed to creating an innovation space where different social groups interact, to improve the quality of life in the community; a place where professionals share the challenges of carers and patients' daily life.

Method of appointment or election of Board of Trustees

TRUSTEES' ANNUAL REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2025

Trustees are elected and co-opted under the terms of the charity's Constitution of the CIO document. Regular reviews are held to identify gaps within the knowledge and expertise of the Board of Trustees and appointments are made where required to strengthen the Board.

When it is necessary to appoint new Trustees, due to either a Trustee stepping down or a gap of expertise in the board is identified, recruitment will initially begin through the networks of the board and management team. Applicants will be reviewed by Trustees and the successful applicant will be invited to attend a Trustee meeting. Following this, on the provision that the board are satisfied and the applicant still wishes to join the Trustee board, they will be appointed.

No other person or external organisation is entitled to appoint any Trustees of the charity. The Trustees who served during the period and after the year end are shown on page 1.

Policies adopted for the induction and training of Trustees

The charity provides new trustees with an induction pack and mentoring from the Chair. The charity has limited resources for formal training of the trustee body. However, on-going training opportunities are announced to Trustees when these become available pro bono.

Related party relationships

The charity has no related party connections with other organisations. The Trustees consider that members of the board, the director, and their close connections to be the only related parties of the charity.

Trustees are required to disclose all relevant interests and register them with the Director and to withdraw from decisions where a conflict of interest arises.

The trustees did not receive any remuneration during the year (2022 - the same). No trustees were reimbursed for out-of-pocket expenses incurred on behalf of the charity (2022 - the same).

Remuneration policy for key management personnel

The Trustees consider the Board of Trustees and the director as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day-to-day basis. All Trustees give of their time freely.

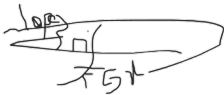
Risk management

The Trustees fully accept their responsibilities for ensuring that the major risks to which the Charity is exposed are identified, and that there are systems and procedures in place to mitigate those risks. At every meeting the Trustees receive comprehensive update reports on the charity's work programme, finances, staffing and partnerships. These are all considered in terms of risk and actions to manage and mitigate risk are agreed.

**TRUSTEES' ANNUAL REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025**

APPROVAL OF THE REPORT

This report was approved by the Board of Trustees on 14.12.2025 and signed on its behalf by:



.....
Dr Cristina Lopez Peig
Trustee

TRUSTEES' ANNUAL REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Interestelar

On accounts for the period
ended

31 March 2025

Charity no
(if any)

1183947

Set out on pages

appended

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended **31 March 2025**.

Responsibilities and basis
of report

As the charity trustees of the Trust, 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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

INDEPENDENT EXAMINER'S
STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention (~~other than that disclosed below~~*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date:

19.12.2025

Name:

Charles Ssempijja

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

FCA (ICAEW)

Address:

NfP Accountants Ltd, 3rd Floor, 86-90 Paul Street, London, EC2A 4NE

TRUSTEES' ANNUAL REPORT
FOR THE PERIOD ENDED 31 MARCH 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Interestelar 1183947

Receipts and payments accounts

CC16a

For the period from	Period start date 01-Apr-24	To	Period end date 31-Mar-25
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	-	-	-	-	-
Contracts	40,000	-	-	40,000	33,750
Donations	2,500	-	-	2,500	-
Bank interest	942	-	-	942	95
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	43,442	-	-	43,442	33,845
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	43,442	-	-	43,442	33,845
A3 Payments					
Bank charges	60	-	-	60	60
Equipment	400	-	-	400	623
Payments to partner organisations	7,849	-	-	7,849	7,600
MVM ((My Virtual Mission) app subscription	344	-	-	344	252
Website	419	-	-	419	461
Subscriptions	19	-	-	19	30
Accountant fees	960	-	-	960	960
	-	-	-	-	-
Sub total	10,050	-	-	10,050	9,987
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	10,050	-	-	10,050	9,987
Net of receipts/(payments)	33,392	-	-	33,392	23,858
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	57,025	-	-	57,025	33,167
Cash funds this year end	90,418	-	-	90,418	57,025

TRUSTEES' ANNUAL REPORT
FOR THE PERIOD ENDED 31 MARCH 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Interestelar 1183947

CC16a

Receipts and payments accounts

For the period from	Period start date 01-Apr-24	To	Period end date 31-Mar-25
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Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Current account	39,566	-	-
	Savings account	50,851	-	-
		-	-	-
	Total cash funds	90,418	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Independent examination	960	-	-
		-	-	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Dr Cristina Lopez Peig		14.12.2025

INTERESTELAR

England & Wales - Charity number 1183947

Accounts



INTERESTELAR
(Registered charity no. 1183947)

**TRUSTEES' ANNUAL REPORT
AND
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FOR THE YEAR ENDED 31 MARCH 2024**

NfP Accountants Ltd

INTERESTELAR

TRUSTEES' ANNUAL REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS

For the period ended 31 March 2024

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FOR THE YEAR ENDED 31 MARCH 2024

Trustees	Dr Cristina Lopez Peig Dr Olatz Begona Heredia Diez Jose Luis Montes Buera Dr Vidaltxo Martinez Elizari
Charity Reg. No.	1183947
Registered Office	17 Blackwell Close London N21 1UL
Independent Examiner	Charles Ssempijja, FCA 3 rd Floor, 86-90 Paul Street London EC2A 4NE
Bankers	CAF Bank Ltd 25 Kingshill Avenue Kings Hill, West Malling Kent, ME19 4JQ

TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2024

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OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Charitable objects

The objects of the CIO are to preserve and promote the health of people suffering from mental or physical illness of any description or in need of rehabilitation as a result of such illness, but also the health of their carers and general public in any part of the world, in particular but not exclusively, by providing education related to health promotion through the provision of lectures, books, leaflets and the publication of newsletters and by raising awareness and organising activities to support the community structures in any part of the world which have a proven beneficial effect in general health.

Statement of public benefit

The Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. The Trustees consider how planned activities will contribute to the aims and objectives that have been set.

ACHIEVEMENTS AND PERFORMANCE: REVIEW OF ACTIVITIES FOR THE YEAR

The organization has implemented a comprehensive approach to promote health and wellbeing in the Enfield community through various initiatives:

Health and Wellbeing Net-Promotion

Presentations by General Practitioners:

- Addressed to the general population in Enfield
- Topics covered: benefits of physical activity, healthy eating, sleep hygiene, and mental health
- Emphasized the importance of social connections

"I would score 10. It was very informative and highlighted some important health interventions that I think can sometimes be forgotten and how simple intervention can have a significant impact"

Sabrina (Community Sports Manager)

TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2024

Digital Media Campaign:

- Created YouTube videos and Instagram messages
- Focused on reducing inequalities and promoting general wellbeing
- Aimed to increase moderate physical activity and combat sedentary lifestyle and loneliness

Clinical Evidence Highlights:

- Physical activity reduces risk of chronic conditions by up to 50%
- Daily walks can reduce risk of dementia, depression, anxiety, and stress
- Improved sleep quality noted as a benefit.

Interestelar TWalking Challenges

The organization developed a virtual and practical project called "TWalking" (Talking and Walking):

- Designed to combat loneliness and promote physical activity
- Focused on participants with long-term conditions, their carers, and elderly population
- Involved health professionals working with the community, Patient Participation Groups (PPGs), and voluntary sector
- Promoted values such as determination, ownership, healthy routines, and mindfulness
- Provided information about free local wellbeing services

Participant Feedback:

"One of most positive aspects is when people finished doing challenge, they are still twalking"
Jane W.

"Inspired teamwork and help others, raised fund to Nottingham Hospital" Lisa H.

"Work from home so the challenge helped to get out more often and move" Philip F.

"Does not improved physical health but emotionally I feel inspired and more motivated and wish to join next year as well" Paul G.

"Really enjoyed the challenge. Did the challenge with a neighbour who I did not know too well, but got to know much better during the challenge as we would meet up for walks and coffees."
Tara D.

Networking with Other Agencies and Associations

The organization engaged in collaborative efforts to promote wellbeing:

Inter-agency Challenges:

- Invited different agencies to participate with their service users
- Solicited feedback from participating agencies

Information Sharing:

- Gathered information about free community services promoting wellbeing
- Advertised these services within the challenges
- Participants could access services upon reaching different milestones

Resource Development:

- Created multiple posters and videos advertising the benefits of increased physical activity
- Offered presentations by General Practitioners

This multi-faceted approach demonstrates a commitment to improving community health through education, physical activity promotion, and inter-agency collaboration.

TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2024

FINANCIAL REVIEW

The Charity had net receipts for the year of £23,858 (2023 - £25,665), details of which are shown in the Receipts and Payments Accounts below.

The total value of receipts during the year amounted to £33,845 (2023 - £33,871). The total value of payments amounted to £9,987 (2023 - £8,205).

Cash funds at the end of the financial year were £57,025 (2023 - £33,167), all of which were unrestricted funds.

Reserves policy

The trustees have set a reserves policy to hold £20,000 in reserves. This amount is calculated based on 6 months' expenditure, without receiving further income during those 6 months' budgeted expenditure. The reserves policy is reviewed, and the reserves amount is updated, every 6 months.

Designated funds

In addition, the Trustees have reviewed plans for future programming costs and considered the charity's funding requirements for 2026-2029. In three to five years' time, we aim to organize respite periods for individuals with long term conditions and their carers. Our vision involves renting an adapted space situated in a natural setting, providing a serene and accessible environment for our clients. This initiative is designed to offer much-needed breaks and support for both individuals with long term conditions or/and disabilities, and their caregivers.

Key details of our plan are as follows:

1. Timeline: Implementation planned for 2026-29
2. Accommodation: Disability-adapted space in a natural setting
3. Capacity: 10-12 people per session
4. Duration: Weekly respite periods
5. Estimated Cost: £10,000 per week

To ensure the successful launch and sustainability of this program, we are building a designated fund of up to £100,000, starting with £37,000 in the current year. This proactive approach will allow us to accumulate the necessary financial resources over the next five years.

Going concern

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Free reserves are held to ensure the continuity of

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2024

care of our patients, mainly elderly population, cares and patients with long term conditions, and to help developing our five-year plan described below.

PLANS FOR FUTURE PERIODS

We worked on developing a new strategy during 22/23 financial year. Our organisation consulted with patients, health professionals and voluntary sector in Enfield. This strategy was approved and implemented during 23/24 financial year. We work ensuring we meet the needs of the diverse community we serve and increase awareness about our services.

We main goal is to keep developing a five-year plan to establish a new model of respire for patients with long term conditions and their carers. Our strategy is focused on 4 priority areas over the next years: increase participation and influence; developing our services, income generation and sustainability; partnership and collaboration. At present Interestelar charges for services under a contractual agreement. The organization promotes voluntary work among health professionals and has an internal arrangement where clinicians and most other professionals do not charge for their services. This strategy is aimed at accumulating funds for a future five-year respite pilot project in Spain.

We plan to implement the strategy outlined above in the forthcoming years, subject to satisfactory funding arrangements. Although our funds are gradually increasing helping to achieve our future main goal -the implementation of a new model of respite center-, an increase in our unrestricted funds to a stronger position would help developing this five-year plan.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution and governing document

Interestelar is a registered charity, number 1183947, constituted as a Charitable Incorporated Organisation (CIO) and was registered with the Charity Commission on 18 June 2019. The charity is governed by its Constitution of the CIO dated 07.01.2019.

The charity is committed to creating an innovation space where different social groups interact, to improve the quality of life in the community; a place where professionals share the challenges of carers and patients' daily life.

Method of appointment or election of Board of Trustees

Trustees are elected and co-opted under the terms of the charity's Constitution of the CIO document. Regular reviews are held to identify gaps within the knowledge and expertise of the Board of Trustees and appointments are made where required to strengthen the Board.

When it is necessary to appoint new Trustees, due to either a Trustee stepping down or a gap of expertise in the board is identified, recruitment will initially begin through the networks of the board and management team. Applicants will be reviewed by Trustees and the successful applicant will be

TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2024

invited to attend a Trustee meeting. Following this, on the provision that the board are satisfied and the applicant still wishes to join the Trustee board, they will be appointed.
No other person or external organisation is entitled to appoint any Trustees of the charity. The Trustees who served during the period and after the year end are shown on page 1.

Policies adopted for the induction and training of Trustees

The charity provides new trustees with an induction pack and mentoring from the Chair. The charity has limited resources for formal training of the trustee body. However, on-going training opportunities are announced to Trustees when these become available pro bono.

Related party relationships

The charity has no related party connections with other organisations. The Trustees consider that members of the board, the director, and their close connections to be the only related parties of the charity.

Trustees are required to disclose all relevant interests and register them with the Director and to withdraw from decisions where a conflict of interest arises.

The trustees did not receive any remuneration during the year (2022 - the same). No trustees were reimbursed for out of pocket expenses incurred on behalf of the charity (2022 - the same).

Remuneration policy for key management personnel

The Trustees consider the Board of Trustees and the director as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day-to-day basis. All Trustees give of their time freely.

Risk management

The Trustees fully accept their responsibilities for ensuring that the major risks to which the Charity is exposed are identified, and that there are systems and procedures in place to mitigate those risks. At every meeting the Trustees receive comprehensive update reports on the charity's work programme, finances, staffing and partnerships. These are all considered in terms of risk and actions to manage and mitigate risk are agreed.

APPROVAL OF THE REPORT

This report was approved by the Board of Trustees on 18.12.2024 and signed on its behalf by:



.....
Dr Cristina Lopez Peig
Trustee

**TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2024**



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Section A Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Interestelar

On accounts for the period
ended

31 March 2024

Charity no
(if any)

1183947

Set out on pages

appended

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended **31 March 2024**.

**Responsibilities and basis
of report**

As the charity trustees of the Trust, 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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

*INDEPENDENT EXAMINER'S
STATEMENT*

I have completed my examination. I confirm that no material matters have come to my attention (~~other than that disclosed below*~~) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date:

19 December 2024

Name:

Charles Ssempijja

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

FCA (ICAEW)

Address:

NfP Accountants Ltd, 3rd Floor, 86-90 Paul Street, London, EC2A 4NE

TRUSTEES' ANNUAL REPORT
FOR THE PERIOD ENDED 31 MARCH 2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Interestelar

1183947

Receipts and payments accounts

CC16a

For the period
from

Period start date
01-Apr-23


To

Period end date
31-Mar-24

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	-	-	-	-	33,750
Contracts	33,750	-	-	33,750	-
Donations	-	-	-	-	89
Bank interest	95	-	-	95	31
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	33,845	-	-	33,845	33,871
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	33,845	-	-	33,845	33,871
A3 Payments					
Bank charges	60	-	-	60	72
Communication equipment	623	-	-	623	600
Payments to partner organisations	7,600	-	-	7,600	5,850
MVM ((My Virtual Mission) app subscription	252	-	-	252	477
Website	461	-	-	461	746
Subscriptions	30	-	-	30	210
MVM (My Virtual Mission) app subscription	-	-	-	-	250
Accountant fees	960	-	-	960	-
	-	-	-	-	-
Sub total	9,987	-	-	9,987	8,205
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	9,987	-	-	9,987	8,205
Net of receipts/(payments)	23,858	-	-	23,858	25,665
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	33,167	-	-	33,167	7,502
Cash funds this year end	57,025	-	-	57,025	33,167

TRUSTEES' ANNUAL REPORT
FOR THE PERIOD ENDED 31 MARCH 2024

 Statement of assets and liabilities at the end of the period				
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		57,025	-	-
		-	-	-
		-	-	-
	Total cash funds	57,025	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Independent examination	960	-	
			-	

Approved by all trustees on18.12.2024..... and signed on their behalf by:



.....
Dr Cristina Lopez Peig
Trustee

INTERESTELAR

England & Wales - Charity number 1183947

Accounts



INTERESTELAR
(Registered charity no. 1183947)

**TRUSTEES' ANNUAL REPORT
AND
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2023**

NfP Accountants Ltd

INTERESTELAR

TRUSTEES' ANNUAL REPORT
AND
RECEIPTS AND PAYMENTS ACCOUNTS

For the period ended 31 March 2023

CONTENTS

Legal and Administrative information	1
Trustees' Annual Report	2
Independent Examiner's Report	11
Receipts and Payments Accounts	12
Statement of Assets and Liabilities	13

TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2023

Trustees	Dr Cristina Lopez Peig Dr Olatz Begona Heredia Diez Jose Luis Montes Buera Dr Vidaltxo Martinez Elizari
Charity Reg. No.	1183947
Registered Office	17 Blackwell Close London N21 1UL
Independent Examiner	Charles Ssempijja, FCA 3 rd Floor, 86-90 Paul Street London EC2A 4NE
Bankers	CAF Bank Ltd 25 Kingshill Avenue Kings Hill, West Malling Kent, ME19 4JQ

TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report and financial statements of the charity for the period ended 31 March 2023. Reference and administrative information set out on page 1 forms part of this report. The financial statements have been prepared on a Receipts and Payments basis, and they comply with current statutory requirements and the charity's governing document. The Trustees' Annual Report has been prepared in compliance 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).

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Charitable objects

The objects of the CIO are to preserve and promote the health of people suffering from mental or physical illness of any description or in need of rehabilitation as a result of such illness, but also the health of their carers and general public in any part of the world, in particular but not exclusively, by providing education related to health promotion through the provision of lectures, books, leaflets and the publication of newsletters and by raising awareness and organising activities to support the community structures in any part of the world which have a proven beneficial effect in general health.

Statement of public benefit

The Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. The Trustees consider how planned activities will contribute to the aims and objectives that have been set.

ACHIEVEMENTS AND PERFORMANCE: REVIEW OF ACTIVITIES FOR THE YEAR

Health and wellbeing activities

- Interestelar TWalking Challenges
- Health and Wellbeing net-promotion

Interestelar TWalking Challenges

These Twalking challenges (Talking and Walking) focus in fighting all detrimental effects of loneliness and poor physical activity through walking, socialising, and reconnecting with nature. These Virtual challenges are specifically designed to boost the mental and physical health of its users, and it is mainly focussed on participants with long term conditions, their carers and elderly population. This project allows health professionals to work jointly with the Community, Patient participation groups (PPGs) and Voluntary sector. These professionals become role models of other participants while practicing wellbeing practices. We move along the path of well-being, step by step while participants walk, as we help them establishing the important values of determination, ownership, healthy routines, and being present, amongst others, and we provide information about free services in the area related to wellbeing.

TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2023

"This challenge has encouraged me to walk longer than I would normally. I have also managed to encourage my mum to come walking with me and we have walked 3 miles a few times which I would not normally do."

"It prompted me to stop and appreciate the beauty around me and take in the wildlife and my surroundings".

"I have also been spurred on to eat healthier and I feel that I have lost some weight. All in all, it has been positive".

- Twalking Challenge participants

Health and wellbeing net-promotion

A series of YouTube videos and Instagram messages promoting health and Wellbeing: We aim to reduce inequalities whilst promoting general wellbeing, socialisation, and increasing moderate physical activity among population. These presentations are addressed to improve people's health by tackling two of the main challenges in our society: sedentary lifestyle and loneliness. Clinical evidence shows that physical activity reduces the risk of long-term chronic conditions such as type II diabetes, cardiovascular disease, and cancer by up to 50%. A daily walk is enough to reduce your risk of developing hazardous conditions such as dementia, depression, anxiety, and stress, and it also improves sleep quality.

All available in our website <https://interestelar.org.uk/projects-2012-2023/>

FINANCIAL REVIEW

The Charity had net receipts for the year of £25,665 (2022 - £4,062), details of which are shown in the Receipts and Payments Accounts below.

The total value of receipts during the year amounted to £33,871 (2022 - £4,680), an increase of £29,190 on the previous year. The increase is largely thanks to a single Grant from NHS NCL (North Central LDN)

The total value of payments amounted to £8,205 (2022 - £618), an increase of £7,587 on the previous year.

Cash funds at the end of the financial year were £33,167 (2022 - £7,502), all of which were unrestricted funds.

Reserves policy

The charity currently has no reserves policy. The trustees will review the guidance of the charity commission and seek external support where necessary to draw up a reserves policy in the coming year.

TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2023

Going concern

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Free reserves are held to ensure the continuity of care of our patients, mainly elderly population, cares and patients with long term conditions, and to help developing our five year plan described below.

PLANS FOR FUTURE PERIODS

We worked on developing a new strategy during 22/23 financial year, which has now been approved. Our organisation consulted with patients, health professionals and voluntary sector in Enfield, and drew a plan to ensure we meet the needs of the diverse community we serve and increase awareness about our services.

Our strategy is focused on 4 priority areas over the next 2 years: increase participation and influence; developing our services, income generation and sustainability; partnership and collaboration. We work on developing a five-year plan to establish a new model of respite centre for patients with long term conditions and their carers.

We plan to implement the strategy outlined above in the forthcoming years, subject to satisfactory funding arrangements. Although our reserve position is strong, an increase in our free reserve to a stronger position would help developing our five-year plan.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution and governing document

Interestelar is a registered charity, number 1183947, constituted as a Charitable Incorporated Organisation (CIO) and was registered with the Charity Commission on 18 June 2019. The charity is governed by its Constitution of the CIO dated 07.01.2019.

The charity is committed to creating an innovation space where different social groups interact, to improve the quality of life in the community; a place where professionals share the challenges of carers and patients' daily life.

Method of appointment or election of Board of Trustees

Trustees are elected and co-opted under the terms of the charity's Constitution of the CIO document. Regular reviews are held to identify gaps within the knowledge and expertise of the Board of Trustees and appointments are made where required to strengthen the Board.

When it is necessary to appoint new Trustees, due to either a Trustee stepping down or a gap of expertise in the board is identified, recruitment will initially begin through the networks of the board and management team. Applicants will be reviewed by Trustees and the successful applicant will be invited to attend a Trustee meeting. Following this, on the provision that the board are satisfied and the applicant still wishes to join the Trustee board, they will be appointed.

TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2023

No other person or external organisation is entitled to appoint any Trustees of the charity. The Trustees who served during the period and after the year end are shown on page 1.

Policies adopted for the induction and training of Trustees

The charity provides new trustees with an induction pack and mentoring from the Chair. The charity has limited resources for formal training of the trustee body. However, on-going training opportunities are announced to Trustees when these become available pro bono.

Related party relationships

The charity has no related party connections with other organisations. The Trustees consider that members of the board, the director, and their close connections to be the only related parties of the charity.

Trustees are required to disclose all relevant interests and register them with the Director and to withdraw from decisions where a conflict of interest arises.

The trustees did not receive any remuneration during the year (2022 – the same). No trustees were reimbursed for out of pocket expenses incurred on behalf of the charity (2022 – the same).

Remuneration policy for key management personnel

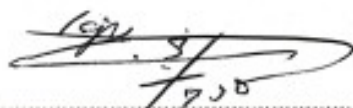
The Trustees consider the Board of Trustees and the director as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day-to-day basis. All Trustees give of their time freely.

Risk management

The Trustees fully accept their responsibilities for ensuring that the major risks to which the Charity is exposed are identified, and that there are systems and procedures in place to mitigate those risks. At every meeting the Trustees receive comprehensive update reports on the charity's work programme, finances, staffing and partnerships. These are all considered in terms of risk and actions to manage and mitigate risk are agreed.

APPROVAL OF THE REPORT

This report was approved by the Board of Trustees on 24/11/23 and signed on its behalf by:



.....
Dr Cristina Lopez Pelg
Trustee

TRUSTEES' ANNUAL REPORT
FOR THE PERIOD ENDED 31 MARCH 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Section A Independent Examiner's Report

Report to the trustees/ members of Charity Name
Interestelar

On accounts for the period ended 31 March 2023 **Charity no (if any)** 1183947

Set out on pages appended
(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended **31 March 2023**.

Responsibilities and basis of report As the charity trustees of the Trust, 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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

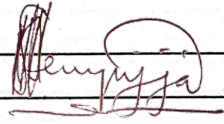
INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention (~~other than that disclosed below~~*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

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


Signed:  **Date:** 28/11/2023

Name: Charles Ssempijja

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

Address: NfP Accountants Ltd, 3rd Floor, 86-90 Paul Street, London, EC2A 4NE

TRUSTEES' ANNUAL REPORT
FOR THE PERIOD ENDED 31 MARCH 2023

	CHARITY COMMISSION FOR ENGLAND AND WALES	Interestelar	1183947	CC16a	
		Receipts and payments accounts			
	For the period from	Period start date 21-Mar-22	To	Period end date 31-Mar-23	
Section A Receipts and payments					
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	33,750	-	-	33,750	-
Donations	89	-	-	89	4,680
Bank interest	31	-	-	31	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	33,871	-	-	33,871	4,680
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	33,871	-	-	33,871	4,680
A3 Payments					
Bank charges	72	-	-	72	96
Communication equipment	600	-	-	600	-
Payments to partner organisations	5,850	-	-	5,850	-
MVM ((My Virtual Mission) app subscription	477	-	-	477	522
Website	746	-	-	746	-
Subscriptions	210	-	-	210	-
MVM (My Virtual Mission) app subscription	250	-	-	250	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	8,205	-	-	8,205	618
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	8,205	-	-	8,205	618
Net of receipts/(payments)	25,665	-	-	25,665	4,062
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	7,502	-	-	7,502	3,440
Cash funds this year end	33,167	-	-	33,167	7,502

TRUSTEES' ANNUAL REPORT
FOR THE PERIOD ENDED 31 MARCH 2023

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		33,167	-	-
		-	-	-
		-	-	-
	Total cash funds	33,167	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Details <th style="text-align: center;">Unrestricted funds to nearest £</th> <th style="text-align: center;">Restricted funds to nearest £</th> <th style="text-align: center;">Endowment funds to nearest £</th>	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Independent examination	960	-	
			-	

Approved by all trustees on 24/11/2023 and signed on their behalf by:



Dr Cristina Lopez Peig
Trustee

INTERESTELAR

England & Wales - Charity number 1183947

Accounts



INTERSTELLAR IS A FOUNDATION FOCUSED ON HEALTH AND MADE UP EXCLUSIVELY OF VOLUNTEERS. WE DO NOT HAVE SALARIES, WE SELF-FINANCE TRIPS AND STAYS, AND WE MAINTAIN A SIMPLE BUT ROBUST FOUNDATIONAL STRUCTURE.

We are health professionals who organize activities designed to boost the mental and physical health of the general population.

This charity raises funds from public donations which are used to organise new activities and to create an innovation space where different social groups interact to improve health and the quality of life in our communities. A place where professionals share the challenges of the daily life of carers and patients. [Multipurpose center - INTERESTELAR](#)

List of Activities (2021-22)

2021. Interestelar Twalking NATURE

-This Twalking focuses in fighting all detrimental effects of loneliness and sedentarism through Walking, socialising, and reconnecting with nature. Air pollution still being the single biggest environmental threat to health in the UK, shortening tens of thousands of lives each year. There is substantial evidence for the physical and mental health benefits of spending time in the natural environment. Those who spent two hours or more a week in or around open green spaces are significantly more in good health or high wellbeing.

-Explanatory video. [Video details - YouTube Studio](#)

-See full description here. [INTERESTELAR TWALKING NATURE. - INTERESTELAR](#)

2022. Interestelar Twalking STEPS

-Virtual challenge specifically designed to boost the mental and physical health of its participants, mainly focused on elderly population. This time we will move along the path of well-being, step by step, while establishing the important values of determination, gratitude and being present, amongst others.

-Explanatory video. <https://youtu.be/ejOsQsHEfP0>

-See full description here. [INTERESTELAR TWALKING STEPS. - INTERESTELAR](#)

Jose Montes Buera

CONTACT DETAILS

17 Blackwell close London N211UL

Website www.interestelar.es

Registered Charity No. 1183947

INTERESTELAR

England & Wales - Charity number 1183947

Accounts



INTERSTELLAR IS A FOUNDATION FOCUSED ON HEALTH AND MADE UP EXCLUSIVELY OF VOLUNTEERS. WE DO NOT HAVE SALARIES, WE SELF-FINANCE TRIPS AND STAYS, AND WE MAINTAIN A SIMPLE BUT ROBUST FOUNDATIONAL STRUCTURE.

Interestelar Charity Report of the trustees for the year ending 21 January 2021

We are health professionals who organize activities designed to boost the mental and physical health of the general population.

This charity raises funds from public donations which are used to organise new activities and to create an innovation space where different social groups interact to improve health and the quality of life in our communities. A place where professionals share the challenges of the daily life of carers and patients. [Multipurpose center - INTERESTELAR](#)

List of Activities (2019-2021)

2019. Mental health. A different approach

-Series of talks with a different approach to dealing with Mental Health. They offered a series of concepts and tools on how to differentiate illness from normal human reaction and they also provided strategies to help patients to manage and cope with some of their own challenging feelings.

-Organised By Dr. Lopez-Peig (GMC:6082560)

-See small summary in the document attached. [s.mh_-different-approach.pdf \(wordpress.com\)](#)

2020. Coercive Control

-Presentations addressed to the general population but also to Health Care professionals to increase awareness of this specific type of “invisible” abuse. Different strategies and tools were offered to help to identify possible victims of this type of violence and to provide available resources to address the problem.

-Organised by Dr. Cristina Lopez-Peig (GMC: 6082560)

-See small summary in the document attached. [s.coercive-control.pdf \(wordpress.com\)](#)

2020. Interestelar Twalking Challenge

-Health professionals passionate about exercise and its benefits voluntarily organize a virtual challenge specifically designed to boost the mental and physical health of its participants, mainly focussed in elderly population during covid-19.

-Explanatory video. [The Twalking Challenge - YouTube](#)

-See full description here. [Interestelar Twalking Challenge. - INTERESTELAR](#)

2021. **Interestelar Twalking Resolutions**

-Virtual Challenge designed to look after Patients with cardiovascular risk factor such as diabetes, hypertension, overweight, smoker...Or with a chronic physical or mental illness, or more than 60 years.

-Explanatory video. [Interestelar Twalking Resolutions - YouTube](#)

-Full description of the activity here. -<https://interestelar.es/english-interestelar-twalking-resolutions/>

2021. **Presentation about Loneliness and sedentarism Treatment.**

-Presentation in Spanish and English addressed to improve people's health by tackling two of the main challenges in our society: sedentary lifestyle and loneliness. Clinical evidence shows that physical activity reduces the risk of long-term chronic conditions such as type II diabetes, cardiovascular disease, and cancer by up to 50%. A daily walk is enough to reduce risk of developing hazardous conditions such as dementia, depression, anxiety and stress, and it also improves sleep quality.

-Explanatory video. <https://youtu.be/e3hkvEuj7hw>

2021. **Interestelar Twalking NATURE**

-This Twalking focuses in fighting all detrimental effects of loneliness and sedentarism through Walking, socialising, and reconnecting with nature. Air pollution still being the single biggest environmental threat to health in the UK, shortening tens of thousands of lives each year. There is substantial evidence for the physical and mental health benefits of spending time in the natural environment. Those who spent two hours or more a week in or around open green spaces are significantly more in good health or high wellbeing.

-Explanatory video. [Video details - YouTube Studio](#)

-See full description here. [INTERESTELAR TWALKING NATURE. - INTERESTELAR](#)

2022. **Interestelar Twalking STEPS**

-Virtual challenge specifically designed to boost the mental and physical health of its participants, mainly focussed on elderly population. This time we will move along the path of well-being, step by step, while establishing the important values of determination, gratitude and being present, amongst others.

-Explanatory video. <https://youtu.be/ejOsQsHEfP0>

-See full description here. [INTERESTELAR TWALKING STEPS. - INTERESTELAR](#)

Jose Montes Buera

CONTACT DETAILS

17 Blackwell close London N211UL

Website www.interestelar.es

Registered Charity No. 1183947

CAF Bank

Statement

Registered office:CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ
T:03000 123 456 F:03000 123 600 E:cafbank@cafonline.org W:www.cafonline.org/banking

CafCash Account

Interestelar
Mr Jose Montes Buera
17 Blackwell Close
London
N21 1UL

Account Name: Interestelar
Date: 1 March 2020
Sort Code: 40-52-40
Account Number: 00033098
IBAN: GB81CAFB40524000033098
Statement Number: 3
Page Number: 1

Current Gross Interest Rate is 0.00 %

Accrued Interest is £ 0.00

Date	Particulars	Debit	Credit	Balance
01/02/20	Brought forward			1,000.00
17/02/20	Monthly Account Fee	5.00		995.00
01/03/20	Carried forward			995.00

*
* To protect yourself and your organisation, we recommend sort codes and
* account numbers are confirmed with the intended payee on their official
* number. Do not use a number on an email, text or any other number provided
* by a caller.
*
* *****
* * Information about your deposit. * *
* * Your deposit is eligible for protection by the * *
* * Financial Services Compensation Scheme * *
* *****
