



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

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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

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* 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 * *
* ***** *
