

# WELLBEING MINDFULNESS AND MARTIAL ARTS

England & Wales · Charity number 1186425

## Details

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Status	Registered
Legal form	CIO
Registered	2019-11-19
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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**Address** Wellbeing Mindfulness Martial Arts  
Workshop R/O  
353 Fore Street  
London  
N9 0NR

**Phone** 07387152994

**Email** [support@wm-martialarts.co.uk](mailto:support@wm-martialarts.co.uk)

**Website** [www.wm-martialarts.co.uk](http://www.wm-martialarts.co.uk)

## Activities

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**Objects:** THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR THE PLAYING OF MARITAL ARTS THAT INCLUDE TRADITIONAL SHAOLIN KUNGFU, TAICHI, QIGONG AND KICKBOXING

**Activities:** Mindfulness and Martial Arts to promote wellbeing and training your mind, body and spirit to achieve your full human potential.Promotes better health and longevityBuilds confidenceEncourages disciplinePromotes commitment and perseveranceTeaches respect for each other, the community and oneselfTeaches Self-defence and self disciplineImprove fitness level and concentration

## Classification

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- **How:** Provides Services, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Amateur Sport
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- Throughout England

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£5,480	£5,593	-	-
2024-06-30	£0	£0	-	-
2023-06-30	£0	£0	-	-
2022-06-30	£0	£0	-	-
2021-06-30	£158	£0	-	-

## Trustees

Name	Role	Appointed
<b>Myrsini Chionia CHRISTODOULELLI</b>	Chair	2019-05-23
Amanda DArcy		2024-06-14
Salvatore Russo		2024-06-15
Tyra Edwards-Walker		2024-06-28

**WELLBEING MINDFULNESS AND MARTIAL ARTS**

England & Wales - Charity number 1186425

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# Accounts

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## Trustees' Annual Report for the period

From **01/07/2024**  
Period end date

Period start date To

**30 June 2025**

**Charity name: WELLBEING MINDFULNESS AND MARTIAL ARTS**

**Charity registration number: 1186425**

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR THE PLAYING OF MARTIAL ARTS THAT INCLUDE TRADITIONAL SHAOLIN KUNGFU, TAICHI, QIGONG AND KICKBOXING.</b>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<b>The promotion of exercise and healthy living through the practice of martial arts, mindfulness, Taichi and qigong.</b>  <b>To supply affordable sporting and fitness activities in England.</b>  <b>To help underprivileged children, young adults and adults to participate in such activities without worrying about the financial side of it.</b>  <b>Providing individual sponsorship to underprivileged children, young adults and adults to participate in martial arts activities and help them to advance in their Martial Arts discipline.</b>  <b>To support and mentoring amateur athletes in Chinese martial arts to compete in national and international events.</b>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The trustees have had regard to the guidance by the Charity Commission on Public Benefit requirement and comply to carry out the charity's purposes for the public benefit</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<b>N/A</b>
Policy on social investment including program related investment	Para 1.38	<b>N/A</b>
Contribution made by volunteers	Para 1.38	<p>The charity is fully supported by volunteers, who are central to the delivery of its activities. During the reporting period, volunteers contributed their time and skills to deliver wellbeing and martial arts sessions within the communities served, in Enfield, North London.</p> <p>In addition to delivering sessions, volunteers supported the charity through research, community engagement, and the development of local connections to increase awareness and participation in the charity's activities.</p> <p>The commitment and contribution of volunteers have been essential in enabling the charity to deliver its work and achieve its charitable objectives.</p>
Other		<b>N/A</b>

## **Achievements and Performance**

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>During the reporting period, the charity delivered volunteer-led wellbeing and martial arts activities, supporting individuals within the local community to improve their physical health, mental wellbeing, and personal development. Participants benefited from increased confidence, improved fitness, and opportunities for positive social interaction, contributing to a greater sense of belonging within the community. The primary focus of the year was strengthening the charity's foundations. Significant time was dedicated to recruiting and appointing new trustees and volunteers, increasing the charity's capacity, governance, and long-term sustainability. A key achievement was the establishment of a new partnership with a local organisation, which shares similar aims and values. This partnership supported the development of the charity's activities and contributed to obtain a community-based studio in Edmonton Green. The new premises provide a platform for delivering activities and expanding community engagement, as well as enabling collaboration with local partners to promote health, wellbeing, and social inclusion. As a result of these developments, the charity has strengthened its ability to provide accessible, community-based wellbeing activities, contributing to reduced social isolation, improved health outcomes, and increased community cohesion.</p>

**Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<b>N/A</b>
Performance of fundraising activities against objectives set	Para 1.41	<b>N/A</b> <b>N/A</b>
Investment performance against objectives	Para 1.41	<b>N/A</b>
Other		<b>N/A</b>

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>N/A</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>N/A</b>
Amount of reserves held	Para 1.22	<b>N/A</b>
Reasons for holding zero reserves	Para 1.22	The charity does not currently hold financial reserves. Given the early stage of development and limited income during the reporting period, the trustees have prioritised establishing the charity's activities and infrastructure. The trustees will keep the position under review
Details of fund materially in deficit	Para 1.24	<b>N/A</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<p>Although financial resources are currently limited, the charity continues to operate through volunteer support and has taken steps to secure future funding through grant applications and partnership development. The charity aims to build on the progress made during the reporting period by expanding its programme of community-based wellbeing activities.</p> <p>Key priorities include:</p> <ul style="list-style-type: none"> <li>Securing funding through grants and fundraising activities</li> <li>Increasing the number of sessions and participants</li> <li>Developing partnerships with local organisations</li> <li>Making full use of the new community-based premises to deliver accessible activities</li> </ul> <p>The trustees are committed to strengthening the charity's sustainability and increasing its impact within the community.</p>

### Additional information (optional)

You may choose to include further statements where relevant about:

<p>The charity's principal sources of funds (including any fundraising)</p>	<p>Para 1.47</p>	<p>During the reporting period, the charity did not receive significant grant or fundraising income. The trustees focused on identifying funding opportunities and submitting grant applications to support future activities.</p> <p>The charity's running costs, including premises costs, were supported through income generated from the use of its premises for wellbeing and martial arts activities aligned with its charitable objectives.</p> <p>The charity intends to further develop its funding through grants, fundraising activities, and partnerships to support and expand its work.</p>
<p>Investment policy and objectives including any social investment policy adopted</p>	<p>Para 1.46</p>	<p><b>N/A</b></p>
<p>A description of the principal risks facing the charity</p>	<p>Para 1.46</p>	<p><b>N/A</b></p>
<p>Other</p>		<p><b>N/A</b></p>

## Structure, Governance and Management

Description of charity's trusts:		<b>THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR THE PLAYING OF MARTIAL ARTS THAT INCLUDE TRADITIONAL SHAOLIN KUNGFU, TAICHI, QIGONG AND KICKBOXING.</b>
Type of governing document ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	<b>Constitution</b>
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , <a href="#">CIO</a> )	Para 1.25	<b>CIO</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>The charity shall be managed by a committee of trustees who are appointed at the Annual General Meeting (AGM) of the charity.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	Wellbeing Mindfulness and Martial Arts
Other name the charity uses	N/A
Registered charity number	1186425
Charity's principal address	Workshop R/O 353 Fore Street London N9 0NR

**Names of the charity trustees who manage the charity**

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Myrsini-Chionia Christodoulelli			
2	Tyra Edwards-Walker			
3	Salvatore Russo			
4	Amanda Darcy			
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**Corporate trustees – names of the directors at the date the report was approved**

Director name	N/A	N/A

**Name of trustees holding title to property belonging to the charity**

Trustee name	Dates acted if not for whole year	N/A

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Name of chief executive or names of senior staff members (Optional information)		

### Exemptions from disclosure

Reason for non-disclosure of key personnel details

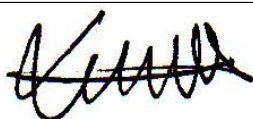
N/A

### Other optional information

### Declarations

The trustees declare that they have approved the trustees' report above.  
Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

MYRSINI CHIONIA CHRISTODOULELLI

Position (eg Secretary, Chair, etc) CHAIR

Date 23/03/2026



# Charity Accounts Report

For the period: 01 July 2024 – 30 June 2025

Charity name: WELLBEING MINDFULNESS AND MARTIAL ARTS

Charity registration number: 1186425

## 1. Statement of Financial Activities (SoFA)

### Income

#### Income Source Unrestricted Funds (£)

Donations 10.00

Rent Received 5,370.00

Refunds 100.00

**Total Income £5,480.00**

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### Expenditure

#### Expenditure Type Unrestricted Funds (£)

Purchase 218.00

Rent 5,250.00

Electricity 125.12

**Total Expenditure £5,593.12**

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### Net Movement in Funds

**Net Deficit: (£113.12)**

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## 2. Balance Sheet (as at June 2025)

Assets / Liabilities	Amount (£)
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<b>Assets / Liabilities</b>	<b>Amount (£)</b>
Rent Deposit Held (Asset)	10,544.66
<b>Total Assets</b>	<b>£10,544.66</b>
<b>Liabilities</b>	<b>Amount (£)</b>
Deposit Received from STCC	(10,000.00)
<b>Total Liabilities</b>	<b>(£10,000.00)</b>

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## Net Assets

**Net Assets: £544.66**

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## 3. Notes to the Accounts

- The charity received a **£10,000 deposit from STCC**, which was subsequently transferred to the landlord as part of securing the premises.
  - This amount is treated as a **balance sheet transaction** and does not form part of income.
  - The additional **£544.66** reflects the difference between the deposit received and the amount paid to the landlord, which includes associated costs.
  - All income and expenditure are classified as **unrestricted funds**.
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## 4. Trustees' Financial Summary

During the reporting period, the organisation generated £5,480.00 in income and incurred £5,593.12 in operational expenditure, resulting in a small deficit of £113.12.

The primary focus during this period was the establishment of premises, including securing a lease and covering associated costs. The organisation remains in a stable financial position, with operational activities broadly balanced and initial setup costs accounted for.

**WELLBEING MINDFULNESS AND MARTIAL ARTS**

England & Wales - Charity number 1186425

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# Accounts

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## Trustees' Annual Report for the period

From **01/07/2023**  
Period end date

Period start date To **30 June 2024**

**Charity name: WELLBEING MINDFULNESS AND MARTIAL ARTS**

**Charity registration number: 1186425**

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR THE PLAYING OF MARTIAL ARTS THAT INCLUDE TRADITIONAL SHAOLIN KUNGFU, TAICHI, QIGONG AND KICKBOXING.</b>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<b>The promotion of exercise and healthy living through the practice of martial arts, mindfulness, Taichi and qigong.</b>  <b>To supply affordable sporting and fitness activities in England.</b>  <b>To help underprivileged children, young adults and adults to participate in such activities without worrying about the financial side of it.</b>  <b>Providing individual sponsorship to underprivileged children, young adults and adults to participate in martial arts activities and help them to advance in their Martial Arts discipline.</b>  <b>To support and mentoring armature athletes in Chinese martial arts to compete in national and international events.</b>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The trustees have had regard to the guidance by the Charity Commission on Public Benefit requirement and comply to carry out the charity's purposes for the public benefit</b>

#### **Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	<b>Volunteers have played a crucial role in the success of our charity by promoting activities locally within London and Essex and supporting the delivery of Tai Chi, Qigong, and martial arts classes. Their efforts in raising awareness and encouraging participation have greatly expanded our reach, ensuring that more individuals could benefit from our programs. Volunteers have also contributed by conducting surveys and identifying the specific needs within the community, helping us understand the barriers people face to improve their Wellbeing. This valuable feedback has guided our work, ensuring that our services are aligned with the needs and preferences of those we serve and in line with the charities mission. In addition to their outreach efforts, volunteers have been directly involved in teaching classes, creating a supportive and inclusive environment where individuals of all ages and backgrounds can engage in physical activity and improve their well-being. The dedication and hard work of our volunteers have been vital in strengthening our connection with the community and ensuring the charity's programs continue to have a lasting, positive impact</b>
Other		N/A

## Achievements and Performance

	SORP reference	
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<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>The charity has made a significant impact by enhancing the physical, mental, and social well-being of individuals in disadvantaged communities through free Tai Chi, Qigong, and martial arts classes. In Harlow, Essex, and Enfield, London, we provided health and fitness programs that have greatly benefited those with long-term health conditions, improved flexibility, and promoted mental clarity. By sponsoring youth martial arts training, we've enabled young people from low-income backgrounds to build confidence and develop self-discipline. Our professional coaches contributing as volunteers to deliver the programmes, have played a vital role in expanding our reach, and through their efforts, we've created a supportive environment for both parents and children to engage in physical activities, strengthening family bonds. All of the charity's programs have been delivered entirely voluntarily and have successfully reduced social isolation, helping individuals of all ages and backgrounds come together to improve both physical and mental health. We've also made a lasting difference by addressing significant barriers to participation, particularly for underrepresented groups promoting inclusivity. Looking ahead, the Trustees are focused on securing funding to expand and improve services, train coaches, hire experts, and secure venues to continue delivering these services. By conducting more surveys and consultations with beneficiaries, we aim to align our future activities with the priorities of the people we serve, ensuring our charity remains impactful, relevant, and able to continue supporting those who need us most, while delivering the charity's aims and objectives.</p>
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**Additional information (optional)**

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>N/A</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>N/A</p>

Investment performance against objectives	Para 1.41	<b>N/A</b>
Other		<b>N/A</b>

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>No funds to review, 0 transactions</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>N/A</b>
Amount of reserves held	Para 1.22	<b>N/A</b>
Reasons for holding zero reserves	Para 1.22	All projects have been delivered on a voluntary basis with no funding, and therefore no reserves have been held or required.
Details of fund materially in deficit	Para 1.24	<b>N/A</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>Location to operate as a fulltime organisation is a concern</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<b>N/A</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	<b>N/A</b>
A description of the principal risks facing the charity	Para 1.46	<b>N/A</b>
Other		<b>N/A</b>

## Structure, Governance and Management

Description of charity's trusts:		<b>THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR THE PLAYING OF MARTIAL ARTS THAT INCLUDE TRADITIONAL SHAOLIN KUNGFU, TAICHI, QIGONG AND KICKBOXING.</b>
Type of governing document (trust deed, royal charter)	Para 1.25	<b>Constitution</b>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>CIO</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>The charity shall be managed by a committee of trustees who are appointed at the Annual General Meeting (AGM) of the charity.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	<b>Wellbeing Mindfulness and Martial Arts</b>
Other name the charity uses	<b>N/A</b>
Registered charity number	<b>1186425</b>

Charity's principal address	<b>156 Percival Road Enfield EN1 1QU</b>

**Names of the charity trustees who manage the charity**

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Myrsini-Chionia Christodoulelli		ONGOING	
2	Tyra Edwards-Walker	28 June 2024	ONGOING	
3	Salvatore Russo	15 June 2024	ONGOING	
4	Amanda DArcy	14 June 2024	ONGOING	
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**Corporate trustees – names of the directors at the date the report was approved**

Director name	Myrsini-Chionia Christodoulelli	

**Name of trustees holding title to property belonging to the charity**

Trustee name	Dates acted if not for whole year	
N/A		



## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Name of chief executive or names of senior staff members (Optional information)		

### Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

### Other optional information

### Declarations

The trustees declare that they have approved the trustees' report above.  
Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

MYRSINI CHIONIA CHRISTODOULELLI

Position (eg Secretary, Chair, etc) CHAIR

Date 24/04/2025



**WELLBEING MINDFULNESS AND MARTIAL ARTS**

England & Wales - Charity number 1186425

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# Accounts

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## Trustees' Annual Report for the period

From **01/07/2023**

Period start date To

**30 June 2024**

Period end date

**Charity name: WELLBEING MINDFULNESS AND MARTIAL ARTS**

**Charity registration number: 1186425**

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR THE PLAYING OF MARTIAL ARTS THAT INCLUDE TRADITIONAL SHAOLIN KUNGFU, TAICHI, QIGONG AND KICKBOXING.</b>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<b>The promotion of exercise and healthy living through the practice of martial arts, mindfulness, Taichi and qigong.</b>  <b>To supply affordable sporting and fitness activities in England.</b>  <b>To help underprivileged children, young adults and adults to participate in such activities without worrying about the financial side of it.</b>  <b>Providing individual sponsorship to underprivileged children, young adults and adults to participate in martial arts activities and help them to advance in their Martial Arts discipline.</b>  <b>To support and mentoring armature athletes in Chinese martial arts to compete in national and international events.</b>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The trustees have had regard to the guidance by the Charity Commission on Public Benefit requirement and comply to carry out the charity's purposes for the public benefit</b>

#### **Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	<b>Volunteers have helped to promote the activities locally in London ( Enfield) and Essex ( Harlow) and have taught martial arts classes and courses for the community.</b>
Other		N/A

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p><b>The charity made a significant impact on the community through volunteer-led initiatives, providing training in Wushu, Kung Fu, Kickboxing, and Tai Chi, which helped athletes prepare for the National Championships . In partnership with a local martial arts school, the charity offered free training to athletes, removing financial barriers to professional coaching. The Trustees planned a funding application to expand community activities and conducted research and an online survey to identify and address community needs. Additionally, the charity, in collaboration with other organisations, organised Tai Chi and wellbeing sessions for older people in Harlow, supporting mental health and socialisation. These volunteer efforts supported disadvantaged athletes/ community of all ages access martial arts fitness, enhanced community engagement, and improved overall wellbeing, contributing to broader societal benefits.</b></p> <p><b>New vacancies were advertised among the community and currently in the process of recruiting new trustees and volunteers.</b></p>

**Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<b>N/A</b>
Performance of fundraising activities against objectives set	Para 1.41	<b>N/A</b> <b>N/A</b>
Investment performance against objectives	Para 1.41	<b>N/A</b>
Other		<b>N/A</b>

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	N/A
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	N/A
Amount of reserves held	Para 1.22	N/A
Reasons for holding zero reserves	Para 1.22	<b>Charity was focusing on research and community engagement , identifying community need and recruiting trustees, before targeted funding for it's purposes</b>
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>The Charity is now looking for an office space /suitable building to operate.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	N/A
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	N/A
Other		N/A

## Structure, Governance and Management

Description of charity's trusts:		<b>THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR THE PLAYING OF MARTIAL ARTS THAT INCLUDE TRADITIONAL SHAOLIN KUNGFU, TAICHI, QIGONG AND KICKBOXING.</b>
Type of governing document (trust deed, royal charter)	Para 1.25	<b>Constitution</b>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>CIO</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>The charity shall be managed by a committee of trustees who are appointed at the Annual General Meeting (AGM) of the charity.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	<b>Wellbeing Mindfulness and Martial Arts</b>
Other name the charity uses	<b>N/A</b>
Registered charity number	<b>1186425</b>

Charity's principal address	<b>156 Percival Road Enfield EN1 1QU</b>

**Names of the charity trustees who manage the charity**

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Myrsini-Chionia Christodoulelli		ONGOING	
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**Corporate trustees – names of the directors at the date the report was approved**

Director name	Myrsini-Chionia Christodoulelli	

**Name of trustees holding title to property belonging to the charity**

Trustee name	Dates acted if not for whole year	
N/A		

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Name of chief executive or names of senior staff members (Optional information)		

### Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

### Other optional information

### Declarations

The trustees declare that they have approved the trustees' report above.  
Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

MYRSINI CHIONIA CHRISTODOULELLI

Position (eg Secretary, Chair, etc) CHAIR

Date 13/06/2024



## Charity Annual Financial Report

Annual Return 2023

Charity Name: WELLBEING MINDFULNESS AND MARTIAL ARTS

Charity Registration Number: 1186425

Address: 156 Percival Road, ENFIELD, Middlesex, EN1 1QU

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### Statement of Financial Activities

Category	Amount (£)
<b>Income</b>	
Donations and Legacies	£0.00
Grants	£0.00
Fundraising Activities	£0.00
Investments	£0.00
Other Income	£0.00
<b>Total Income</b>	£0.00

Category	Amount (£)
<b>Expenditure</b>	
Charitable Activities	£0.00
Fundraising Costs	£0.00
Governance Costs	£0.00
Other Expenditure	£0.00
<b>Total Expenditure</b>	£0.00

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### Balance Sheet

Category	Amount (£)
<b>Assets</b>	
Cash at Bank and In Hand	£0.00
Debtors	£0.00
Investments	£0.00
Other Assets	£0.00
<b>Total Assets</b>	£0.00

Category	Amount (£)
<b>Liabilities</b>	
Creditors	£0.00
Loans	£0.00
Other Liabilities	£0.00
<b>Total Liabilities</b>	£0.00

| Net Assets | £0.00 |

**WELLBEING MINDFULNESS AND MARTIAL ARTS**

England & Wales - Charity number 1186425

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# Accounts

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## Trustees' Annual Report for the period

From **01/07/2021**  
Period end date

Period start date To **30 June 2022**

**Charity name: WELLBEING MINDFULNESS AND MARTIAL ARTS**

**Charity registration number: 1186425**

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR THE PLAYING OF MARTIAL ARTS THAT INCLUDE TRADITIONAL SHAOLIN KUNGFU, TAICHI, QIGONG AND KICKBOXING.</b>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<b>The promotion of exercise and healthy living through the practice of martial arts, mindfulness, Taichi and qigong.</b>  <b>To supply affordable sporting and fitness activities in England.</b>  <b>To help underprivileged children, young adults and adults to participate in such activities without worrying about the financial side of it.</b>  <b>Providing individual sponsorship to underprivileged children, young adults and adults to participate in martial arts activities and help them to advance in their Martial Arts discipline.</b>  <b>To support and mentoring armature athletes in Chinese martial arts to compete in national and international events.</b>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The trustees have had regard to the guidance by the Charity Commission on Public Benefit requirement and comply to carry out the charity's purposes for the public benefit</b>

#### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<b>N/A</b>
Policy on social investment including program related investment	Para 1.38	<b>N/A</b>
Contribution made by volunteers	Para 1.38	<b>Volunteers have helped to promote the activities locally in Enfield Borough and teach Tai Chi classes for the community</b>
Other		<b>N/A</b>

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<b>The Charity made a difference in the community by providing Taichi and Qigong to a Care home where residents had no other physical activity. The Trustees made plans to get a funding application together to provide more activities to the community in line with the charities aims.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<b>N/A</b>
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Performance of fundraising activities against objectives set	Para 1.41	<b>N/A</b>  <b>N/A</b>
Investment performance against objectives	Para 1.41	<b>N/A</b>
Other		<b>N/A</b>

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>We raised 158£ which will be used towards the charities aims</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>N/A</b>
Amount of reserves held	Para 1.22	<b>N/A</b>
Reasons for holding zero reserves	Para 1.22	<b>newly registered charity</b>
Details of fund materially in deficit	Para 1.24	<b>N/A</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>Location to operate as a fulltime organisation is a concern</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<b>N/A</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	<b>N/A</b>
A description of the principal risks facing the charity	Para 1.46	<b>N/A</b>
Other		<b>N/A</b>

## Structure, Governance and Management

Description of charity's trusts:		<b>THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR THE PLAYING OF MARTIAL ARTS THAT INCLUDE TRADITIONAL SHAOLIN KUNGFU, TAICHI, QIGONG AND KICKBOXING.</b>
Type of governing document (trust deed, royal charter)	Para 1.25	<b>Constitution</b>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>CIO</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>The charity shall be managed by a committee of trustees who are appointed at the Annual General Meeting (AGM) of the charity.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	<b>Wellbeing Mindfulness and Martial Arts</b>
Other name the charity uses	<b>N/A</b>
Registered charity number	<b>1186425</b>

Charity's principal address	<b>156 Percival Road Enfield EN1 1QU</b>



## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Name of chief executive or names of senior staff members (Optional information)		

## Exemptions from disclosure

Reason for non-disclosure of key personnel details

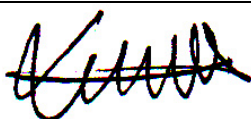
N/A

## Other optional information

## Declarations

The trustees declare that they have approved the trustees' report above.  
Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

MYRSINI CHIONIA CHRISTODOULELLI

Position (eg Secretary, Chair, etc) CHAIR

Date 24/04/2023



**WELLBEING MINDFULNESS AND MARTIAL ARTS**

England & Wales - Charity number 1186425

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# Accounts

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## Trustees' Annual Report for the period

From 30/06/2020

Period start date To 01/07/2021

Period end date

**Charity name: WELLBEING MINDFULNESS AND MARTIAL ARTS**

**Charity registration number: 1186425**

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR THE PLAYING OF MARTIAL ARTS THAT INCLUDE TRADITIONAL SHAOLIN KUNGFU, TAICHI, QIGONG AND KICKBOXING.</b>
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Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The trustees have had regard to the guidance by the Charity Commission on Public Benefit requirement and comply to carry out the charity's purposes for the public benefit</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<b>N/A</b>
Policy on social investment including program related investment	Para 1.38	<b>N/A</b>
Contribution made by volunteers	Para 1.38	<b>Volunteers have helped to promote the activities locally in Enfield Borough and teach Tai Chi classes for the community</b>
Other		<b>N/A</b>

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<b>The Charity made a difference in the community by providing Taichi and Qigong to a Care home where residents had no other physical activity. The Trustees made plans to get a funding application together to provide more activities to the community in line with the charities aims.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<b>N/A</b>
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Other		<b>N/A</b>

## Financial Review

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Amount of reserves held	Para 1.22	<b>N/A</b>
Reasons for holding zero reserves	Para 1.22	<b>newly registered charity</b>
Details of fund materially in deficit	Para 1.24	<b>N/A</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>Location to operate as a fulltime organisation is a concern</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<b>N/A</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	<b>N/A</b>
A description of the principal risks facing the charity	Para 1.46	<b>N/A</b>
Other		<b>N/A</b>

## Structure, Governance and Management

Description of charity's trusts:		<b>THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR THE PLAYING OF MARTIAL ARTS THAT INCLUDE TRADITIONAL SHAOLIN KUNGFU, TAICHI, QIGONG AND KICKBOXING.</b>
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How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>CIO</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>The charity shall be managed by a committee of trustees who are appointed at the Annual General Meeting (AGM) of the charity.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	<b>Wellbeing Mindfulness and Martial Arts</b>
Other name the charity uses	<b>N/A</b>
Registered charity number	<b>1186425</b>

Charity's principal address	<b>156 Percival Road Enfield EN1 1QU</b>

**Names of the charity trustees who manage the charity**

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Myrsini-Chionia Christodoulelli		ONGOING	
2	Catherine Rocha Davies		ONGOING	
3	Layon Ferreira		ONGOING	
4	Gyongyver Liu		ONGOING	
5	Rowena MacFarlane		ONGOING	
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**Corporate trustees – names of the directors at the date the report was approved**

<b>Director name</b>	<b>Myrsini-Chionia Christodoulelli</b>	


Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
<b>N/A</b>		

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
<b>Name of chief executive or names of senior staff members (Optional information)</b>		

## Exemptions from disclosure

Reason for non-disclosure of key personnel details

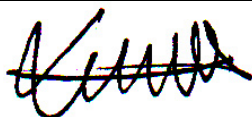
N/A

## Other optional information

## Declarations

The trustees declare that they have approved the trustees' report above.  
Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

MYRSINI CHIONIA CHRISTODOULELLI

Position (eg Secretary, Chair, etc)

CHAIR

**Date** 11/04/2022