



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/07/2021

Period start date To 30 June 2022

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	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.
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	The promotion of exercise and healthy living through the practice of martial arts, mindfulness, Taichi and qigong. To supply affordable sporting and fitness activities in England. To help underprivileged children, young adults and adults to participate in such activities without worrying about the financial side of it. 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. To support and mentoring armature athletes in Chinese martial arts to compete in national and international events.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	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

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	Volunteers have helped to promote the activities locally in Enfield Borough and teach Tai Chi classes for the community
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	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.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	N/A
-------------------------------------	-----------	------------

Performance of fundraising activities against objectives set	Para 1.41	N/A N/A
Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We raised 158£ which will be used towards the charities aims
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	newly registered charity
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	Location to operate as a fulltime organisation is a concern

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:		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.
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
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	The charity shall be managed by a committee of trustees who are appointed at the Annual General Meeting (AGM) of the charity.

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	156 Percival Road Enfield EN1 1QU

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				
	6				
	7				
	8				
	9				
	10				
	11				
	12				
	13				
	14				
	15				
	16				
	17				
	18				
	19				
	20				

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

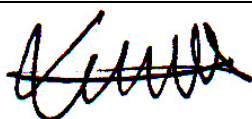
N/A

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

24/04/2023

