



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	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 London (Enfield) and Essex (Harlow) and have taught martial arts classes and courses 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	<p>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.</p> <p>New vacancies were advertised among the community and currently in the process of recruiting new trustees and volunteers.</p>

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	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	Charity was focusing on research and community engagement , identifying community need and recruiting trustees,before targeted funding for it's purposes
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	The Charity is now looking for an office space /suitable building to operate.

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				
	3				
	4				
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	10				
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	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

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



Statement of Financial Activities

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

Category	Amount (£)
Expenditure	
Charitable Activities	£0.00
Fundraising Costs	£0.00
Governance Costs	£0.00
Other Expenditure	£0.00
Total Expenditure	£0.00

Balance Sheet

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

Category	Amount (£)
Liabilities	
Creditors	£0.00
Loans	£0.00
Other Liabilities	£0.00
Total Liabilities	£0.00

| **Net Assets** | £0.00 |