



**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	<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	<p><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></p>
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 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>
---	-----------	--

#### **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	<p>N/A</p> <p>N/A</p>

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	<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

**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	Tyra Edwards-Walker	28 June 2024	ONGOING	
	3	Salvatore Russo	15 June 2024	ONGOING	
	4	Amanda DArcy	14 June 2024	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

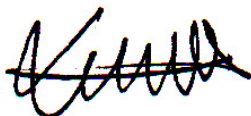
N/A

## 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

24/04/2025

