



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From **01/07/2024**

Period start date To

30 June 2025

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 amateur 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 | <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 | | 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>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 | 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 | 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 | N/A |
| 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> <p>Securing funding through grants and fundraising activities</p> <p>Increasing the number of sessions and participants</p> <p>Developing partnerships with local organisations</p> <p>Making full use of the new community-based premises to deliver accessible activities</p> <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:

| | | |
|---|-----------|--|
| The charity's principal sources of funds (including any fundraising) | Para 1.47 | <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> |
| 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 | 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 |
|---------------|-----|-----|
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Name of trustees holding title to property belonging to the charity

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

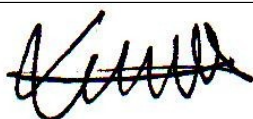
N/A

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 |

Expenditure

Expenditure Type Unrestricted Funds (£)

| | |
|--------------------------|------------------|
| Purchase | 218.00 |
| Rent | 5,250.00 |
| Electricity | 125.12 |
| Total Expenditure | £5,593.12 |

Net Movement in Funds

Net Deficit: (£113.12)

2. Balance Sheet (as at June 2025)

| Assets / Liabilities | Amount (£) |
|----------------------|------------|
|----------------------|------------|

| Assets / Liabilities | Amount (£) |
|----------------------------|---------------------|
| Rent Deposit Held (Asset) | 10,544.66 |
| Total Assets | £10,544.66 |
| Liabilities | Amount (£) |
| Deposit Received from STCC | (10,000.00) |
| Total Liabilities | (£10,000.00) |

Net Assets

Net Assets: £544.66

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**.
-

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.