

Charities Commission for England and Wales

Trustees Annual Report for the Period: 04/12/19 Period End Date: 08/02/21

Charity Name Phoenix Lifestyle Foundation

Charity Number 1186727

Objectives and Activities

Para1.17

Purpose to relieve the needs of those with mental health issues and those recovering from drug or alcohol addiction, by providing physical training for mental health and wellbeing.

Para1.17 and 1.19

Main activities include group exercise, mentoring and physical activities in a safe and supportive environment to share experiences without prejudice to dissolve stigma, promoting and protecting both physical and mental health.

Para 1.18

We the trustees confirm our knowledge and understanding and compliance relating to the guidance issued by the Charity Commission on public benefit.

- Howard St. John Smith
- Karl Hillcoat-Williams
- Suzy Uprichard

Achievement and Performance

Para 1.20

The Charity established 4th December 2019 and was immediately impacted by Covid, preventing the active group participation of the people attending the courses. Since then, we have not operated whilst we needed to comply with UK Covid restrictions and controls.

Financial Review

Para 1.21

Due to covid, the opportunity to deliver group training sessions did not start as intended.

Para 1.22

Reserves are negligible due to covid; however, donations received in the period are currently held on reserve only as we have not had any expenditure. £800 is our sum of received funds.

No funds materially in deficit.

Para 1.23

No uncertainties about the charity not being able to continue as a going concern.

Additional information

Para 1.47

Principal sources of funds have been through charitable donations celebrating our CEO's birthday.

To create presence and market the charity, who we support and what we do, we raised awareness and all donations received provided our kick-starter to the charitable efforts planned moving forward.

Para1.46

Investment policy and objectives regarding social investment policy: Not applicable

Para 1.46

Only risk facing the charity has been covid restrictions in force.

Structure Governance and Management

Para 1.25

Charity submission document

Para 1.25

Charity is CIO Foundation

Para 1.25

Trustee method of selection, election to post – this was facilitated during pre-charity acceptance during scheduled meetings, wherein the participants evaluated the strengths and contributions that would best serve the objective of the Phoenix Foundation and the specific clientele

Reference and Administrative details

Charity Name.

Phoenix Lifestyle Foundation (CIO)

Registered Charity Number 1186727

Principle Address

287 Amersham Road,

Hazlemere ,

High Wycombe,

HP15 7QA

Names of Trustees: Appointed 3/11/2019


- Howard St. John Smith
- Karl Hillcoat-Williams
- Suzy Uprichard

No corporate trustees

No property belonging to the charity

No funds held as custodian trustees on behalf of others.

Declarations

Signature(s) 



Full Name Karl Hillcoat-William / Howard St. John Smith

Position Chair / Trustee

Date 1/12/2021