

PHOENIX LIFESTYLE FOUNDATION

Charity Number 1186727

Trustee Annual Report for the period 24 December 2024 - 7
December 2025

The trustees Charmain Clayton (Chair) Hannah Williams, Miss Rachel Frances Thomson and C.o Lewis Baker, are delighted to present the annual report for the period concluding on 7 December 2025. The trustees bear the responsibility for the governance of the charity, ensuring its effective operation in pursuit of its charitable aims.

The charity's primary objective is to relieve the needs of individuals experiencing mental health challenges and those who re in recovery from addictions. This is achieved through the provision of facilities for training, mentoring and group physical exercise, all designed to improve their quality of life and promote and protect their physical and mental well being.

During this reporting period, our focus has been

Become more established in our local area and promote our services

Appoint another trustee

Build website

Expand our network

Review of Activities

Our sober running group **Wellness warriors on the run** has enjoyed another successful year, with the provision of 2 waves four couch to 5 k program.

The decision to only provide 2 this year was based on the previous year, We found that no-one came out for the summer wave last year. The partnership with Buckinghamshire University is still in place and they are responsible for the fundraising (there figures submitted in the return dont reflect these, but will be provided here)

During the summer break we focussed more on group activity for the runners who've stayed on after their wave has finished. This involved going to the local Park Monday and Fridays and sometimes we played games like rounders, and others we had ore of a bootcamp style workout, These seemed to work quite well and clients enjoyed it. As a result we will be providing the opportunity for one of our volunteers to get a level 2 gym instructor Qualification. This will legally allow them to deliver these sessions.

Our mens group had a really good first year. We averaged 11 men a week. We rent a hall, provide physical activity sessions for the men who want it, for those who don't, we have a few games and have regular discussions. We provide teas and coffee and biscuits. We offer a safe space that's non judgemental for fellas to come.

Again, the expenses of this group weren't in the annual accounts but will be provided here. This group has its own bank account that pays for the hall and refreshments..

Achievements and performance

Wellness warriors on the run

This year we had a few events. We had the two end of wave races that we put the runners through, as usual, these were really well supported. We had 2 celebratory meals for the respective waves. It was nice to be able to celebrate with the runners.

We had an event that was intended to raise funds as well as to promote the group the groups . The event was a 24 hr 5k relay race. With one runner on a treadmill at a time running 5 k. It was a great success, we did it at the university and invited local radio and press. We invited members of the local police and fire brigade and students and lecturers from the uni. Then majority of the runners were from the group.

We received £1121.63 in total for illness warriors, and these came in the way of donations.

We spent £2509.76 in total for the year. This was on t shirts, race entry, dbs (plus training and membership to England Athletics).

The closing Balance of this account is £2334.80

Brothers In arms

A solid first year. We were lucky enough to get the first 6 months hall hire for nothing as the local parish council were keen to support us.

We were given a £500 donation and we used half the money from the running event (£276.00)

We have spent £680.81 and that has been on hall costs and banking charges (refreshments have been provided by donation).

The closing balance of this account is £95.19

Phoenix lifestyle foundation

We have added a new trustee, mis Rachel Frances Thompson

Hazlemere Fete

This year we had 2 events where we focussed on the charity and not the individual projects. The first event we did was to have a stall at the local fete. This was a great opportunity to showcase the charity and the 2 groups we run. We were involved in the setting up of the event and our stall we had a few games and a ew of our members talking about the great work we do. Although we didn't raise any money, we had a few people sign on to the groups as a result. We have been invited next year and have a more prominent role. We have been asked to deliver a tug of war and a fitness class. We were lucky enough to have promotional banners and branded table dressings donated to us

C.i.m.p.s.a Annual Conference

The Chartered institute for the Management of sport and Physical Activity serves as the governing body for the uk's sport and physical activity sector, setting standards, endorses qualifications and supports professionals to raise industry quality and inspire public activity. They heard about the work that Phoenix does and invited us to present at their annual conference in Leicester. To be given the opportunity to present to the peers in our industry was really important. I believe this will add gravitas to future grant applications.

Networking events

We have been to many networking events this year, and have made a lot of connections in local government, gp and drug services and the local professionals. This will help grow and develop as an organisation in the next few years

Financial Review

Phoenix hasn't accessed any of its unrestricted funds, although we are due to pay for the level 2 qualification. Funds were also earmarked to pay for a website, we have however, found someone who has built us one for free, We rely on volunteers and as yet no one is drawing a wage from Phoenix, although the long term goal is for this to be a full-time job for the certain job roles the charity need to grow and become sustainable.
Closing balance £906.50

Structure, governance and management

Phoenix Lifestyle foundation is a charitable incorporated Organisation (Cio) governed by its constitution. Our charitable objectives, as registered with the charity commission are to “relieve the needs of individuals experiencing mental health challenges and those recovering from drug and alcohol addiction by providing facilities for training, mentoring and group exercise designed to improve their conditions of life and promote and protect their physical and mental health. The trustees are responsible for the overall governance, strategic direction, and legal compliance for the charity. The CEO is responsible for day to day management and operational delivery of the charity's activities, currently including the direct delivery of projects and sessions.

During this reporting period we have continued to deliver the sessions highlighted. We have a new website and are focussing on the steady growth that we have enjoyed this year, although we have faced some operational challenges, notably banking. We will seek ways to make this side of the charity far more efficient. Brothers in Arms didn't have a bank account until June. Lewis Baker paid for the rent due for the hall out of his pocket, the balancing payment came out of the bank account on September 29 for the sum of £224.85. (there was also a banking error that saw Lewis Baker add £240 to the Brothers In Arms account, and then when the error was recognised the bank account paid it straight back.

We will continue to meet monthly on line and have 1 annual general meeting which will be held once all trustees are available. The desired outcomes for the coming year are-

Fundraising

Continue the steady growth we have enjoyed this year

Develop systems to make the running of the charity more efficient .

Declaration

All trustees have approved the report and are satisfied that it provides a fair and accurate representation of the activities and financial position of Phoenix Lifestyle Foundation for the reporting period

Charmain Clayton

Rachel Frances Thompson

Hannah Williams

Lewis Baker

