

Cumbria Yoga Foundation  
(Charitable Incorporated Organisation)  
Annual Report and Financial Statement  
for the Year Ended 31 March 2024

**Reference and Administrative Details**

**Trustees**

C Robinson  
R Fowler  
K Phelps (appointed 15 November 2023)  
N Winder (appointed 15 November 2023)  
A Bates (resigned 15 November 2023)

**Principal Office**

Workshop 1  
West Park  
Crofton Estate  
West Park  
Carlisle  
CA5 6QR

**Charity Registration Number**

1189433

**Report for the Year Ended 31 March 2024**

**Public benefit**

To promote and protect physical and mental health by:

- the provision of instruction and classes in the practice principle and methods of yoga;  
and
- the provision and assistance of provision of facilities for community participation in  
yoga

**Activity**

In November 2023, Cumbria Yoga Foundation launched a pilot chair yoga project in two locations with thanks to a grant from Active Cumbria's Reconditioning Fund as part of their Live Longer Better campaign.

Our vision for the project is to run free chair yoga sessions in six locations across Cumbria. To test the model, we launched trial sessions with partner organisations in Workington and Keswick.

The programme, whilst focusing on the physical aspects of yoga practice, also brings people together in a safe, fun, friendly and caring environment. We see this as particularly important in Cumbria where a higher proportion of people may experience feelings of isolation due to the dispersed nature of the population and relative difficulty with access to services.

Working with Healthy Hopes in Workington and the Keswick Senior Citizens Club we were able to test the model with existing community groups and gather feedback directly from participants to develop the project further.

Sandra Tebbs from the Keswick Senior Citizens Club Drop In Centre said “We are really excited to be expanding our range of activities to include this new seated exercise class led by a fully qualified instructor. In the winter months, it is even more important than ever to keep active to stay well, reduce the risk of falls and avoid social isolation.”

Mike Hawkins, group Facilitator at Healthy Hopes said “We are delighted to be able to host the yoga sessions as part of our weekly drop-in group in Workington.

When our participating members return to the group for a cuppa the feedback has been very encouraging. Members are appreciative of the opportunity to experience yoga in a welcoming environment and recognise the health benefits that they can provide.”

Using the learning and feedback from the initial programme of trial sessions in Keswick and Workington, CYF intends to roll the programme out to further sites, in particular in areas identified by Active Cumbria as Priority Places such as Barrow, working with community groups.

<b>Cumbria Yoga Foundation 23/24 Income and Expenditure Summary</b>
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	Description	Income
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B/F		£537.81
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**Income**

Unrestricted fundraising		£140.01
Restricted	Reconditioning Fund	£1686.00
<b>Total</b>		<b>£2,363.82</b>

**Expenditure**

Expenditure			Expenditure
Unrestricted expenditure			£302.00
Restricted expenditure			£1,592.78
Total			£1,894.78

Carried forward	£	<b>469.04</b>
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The financial statements were approved by the trustees, and authorised for issue on 23 January 2025 and signed on their behalf by:



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C Robinson  
Chair of Trustees