

Cumbria Yoga Foundation

(Charitable Incorporated Organisation)

Annual Report and Financial Statement

for the Year Ended 31 March 2025

Reference and Administrative Details

Trustees

C Robinson

R Fowler

K Phelps

N Winder (resigned 09 September 2024)

AM Bainbridge (appointed 19 December 2024)

K Houston (appointed 30 January 2025)

Katy Higgins (appointed 7 March 2025)

Emily Hoyle (appointed 7 March 2025)

Principal Office

Workshop 1

West Park

Crofton Estate

West Park

Carlisle

CA5 6QR

Charity Registration Number

1189433

Report for the Year Ended 31 March 2025

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.

Achievements and Performance

Cumbria Yoga Foundation exists to create a healthier, happier, kinder, connected Cumbria through accessible, affordable community-based yoga sessions in spaces that are welcoming and familiar.

We aim to empower and enable people to lead fuller lives by giving them the tools and practical solutions to discover their unique pathway to wellbeing through local, inclusive programmes.

Our mission is to improve wellbeing in every community in Cumbria.

We work directly with the community and strategic partners to offer the therapeutic benefits of yoga to those who may not otherwise be able to access it because of real or perceived health, cultural, systemic or economic barriers.

To amplify our impact, we will work with the community and strategic partners locally and nationally to deliver accessible, inclusive yoga practices where they're needed most. We will support the existing yoga community and grow the network of wellbeing professionals delivering high quality, informed and respectful activities.

We will work to broaden the perception of yoga practices, advocating for accessibility, inclusion and equity across the yoga and wellbeing spaces of Cumbria.

2024 - 25 Activity Report

A year of growth

2024 was a real turning point for Cumbria Yoga Foundation. With community, health and wellbeing at the heart of everything we do, we have seen the expansion of our programmes across the county, and new initiatives developed and delivered. We are guided by the community, adapting and delivering accordingly. We have been humbled by the impact and change people have observed in their minds and bodies – only made possible through their bravery and dedication to show up for themselves.

We are excited to go into 2025 and beyond with a refreshed vision and values which articulate the purpose we have been working towards since the charity was founded in 2020.

Yoga for every community

Following a successful pilot of our chair yoga programme in 2023, we are grateful to Active Cumbria for their continued support through the Reconditioning Fund to expand the programme to more communities across the county.

Aimed at older people to encourage getting active, creating connections and a sense of community, chair yoga sessions are also ideal for people with physical accessibility requirements as the seated postures pose a lower risk and are highly accessible.

Beginning with Tara Vallente at the Keswick Senior Citizens Club and Natalie Lindon in collaboration with Healthy Hopes in Workington, new chair yoga sessions started in Barrow with Allie Fuller and Age UK – Barrow and District, Maryport with Lisa Carr at The Centre and in Carlisle with Simon Jones at the Harraby Community Centre in Spring 2024.

“I thought yoga was just for gym bunnies, I have had my eyes opened.”

“When I joined, I couldn’t get in or out of the bath, now I can.”

“The lady who takes the class understands our needs and helps enormously.”

“I have enjoyed the social gathering and the help for my mind, body and spirit.”

- Participant feedback

Classes such as chair yoga become part of people’s routines and a point in the week they look forward to – whether that’s to come together in a welcoming group, noticing improvements in physical health or for the peace of mind and spirit the relaxing hour can bring. Therefore, we take continuity of classes seriously and seek sustainable models for them to continue. Sometimes that’s through the support of partner organisations, through contributions from participants or donations to Cumbria Yoga Foundation.

We are grateful to the Cumbria Community Foundation for grants that have enabled the continuation of chair yoga sessions in Keswick, Workington and Maryport until Summer 2025. We will continue to fundraise to sustain this programme for the communities it serves.

Creating safer spaces

One of our key aims is to champion best practice in the yoga space and we recognised a need to grow and diversify the pool of yoga leaders in West Cumbria. In Summer 2024 we were delighted to receive support from the Sellafield Sports & Physical Activity Fund which enabled us to train three new yoga teachers based in West Cumbria. Graduating in early 2025 from Evolve Yoga Wigton, led by Anne Marie Pearson, the fresh provision of yoga teachers will enable the chair yoga programme to expand into new communities in West Cumbria in Spring 2025.

“I have been in and out of yoga for years, but this opportunity has given me a chance to face what I have avoided within me and I have now found a brand new connection with myself, and this new beautiful experience I have with yoga. Working with Anne Marie is amazing and I’m learning so much. I can’t wait until I can share what I am learning with others.”

Jamilla Carter

In the Autumn we were excited to introduce Kemeti Yoga through a 10-week online course designed and expertly delivered by Rowan Carr from his yoga studio in Cockermouth. The programme was made possible through a grant from the Liforme Racial Diversity in Yoga Fund with a view to furthering our aim to broaden perceptions of yoga and diversity in the yoga space.

“What I enjoyed about the course was being in a safe space, welcomed and cared for. Being able to work at my own level and pace. Seeing an instructor that ‘looks like me’.”

Participant feedback

As part of creating a safe space and sharing the benefits of yoga we were invited by Penrith and Eden Refugee Network to deliver yoga to people seeking asylum and refugees.

Following the right-wing riots in July we offered free yoga in a safe space to friends in our community. One participant in these sessions said “these yoga sessions have been eye opening

and have really helped me understand my body so much better, I'm super grateful for the ones I've been to".

Looking into 2025

With so much change and growth in the last 12 months, we are looking forward to consolidating and developing the organisation still further; continuing, developing and delivering yoga programmes to communities across Cumbria.

We will continue to actively fundraise through trusts, foundations and in the community to support health and wellbeing activities in Cumbria. Look out for opportunities and events near you in 2025 to support our work.

Through the continued support of Active Cumbria, our newly forged links with the Social Prescribing network across the county will ensure our programmes are available in the right place, at the right time for people across the county.

Championing best practice, we will continue our partnership with like-minded organisations across the country through the UK Yoga Community Outreach Network. We will also host events for local yoga leaders; delivering training and networking opportunities to our growing network.

A huge thank you and congratulations must go to the team of volunteer trustees without who's valuable time the charity couldn't, and wouldn't, function. Thank you, Rob Fowler and Katie Phelps, for your unerring dedication and support – the organisation is grounded through your enthusiasm, experience, knowledge and tremendous hard work.

Thanks, too, go to Natasha Richardson who stepped down earlier this year. We appreciate all the support Natasha and the community at her studio, The Coach House in Appleby, have given over her time at Cumbria Yoga Foundation.

And finally, a very warm welcome to the newest members of the team, Anne Marie Bainbridge, who joined the organisation as a trustee in December, Kath Houston who was appointed in January 2025 and Katy Higgins and Emily Hoyle who joined the board in March 2025. We're so excited to have their remarkable skills, experience and fresh perspective on board to help guide the organisation through its next steps.

Financial Review

Financial position at 31 March 2025

Cash at bank at 31.03.2024 was £3,904. (£3,209 restricted, £695 unrestricted). Total income between 1 April 2024 and 31 March 2025 was £20,523 (£18,113 restricted, £2,410 unrestricted). Total expenditure was £16,619 (£14,904 restricted, £1,715 unrestricted). Total core expenditure was £1,061.

Statement on reserves

Reserves held: nil

Trustees have decided that holding reserves is unnecessary at this time due to the low level of overheads incurred by the charity.

Principal sources of funds

Our main source of funds this year has been from grants and donations. Active Cumbria, via Cumberland Council, Cumbria Community Foundation and Sellafield have been the largest contributors of restricted funds towards our activity programmes. Core costs have been covered through unrestricted donations from individuals and from unrestricted donations from corporate supporters.

Risk

Overall Cumbria Yoga Foundation's activities and operations have a low level of risk due to the chosen operating model incurring low overheads.

Cumbria Yoga Foundation 24/25 Income and Expenditure Summary
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	Description	Income
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B/F		£469.04
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Income

Unrestricted fundraising		£2,034.00
Restricted		£18,019.61
Total		£20,522.65

Expenditure

Expenditure			Expenditure
Unrestricted expenditure			£1,715.17
Restricted expenditure			£14,903.52
Total			£16,618.70

Carried forward	£	3,903.05
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The financial statements were approved by the trustees, and authorised for issue on 29 June 2025 and signed on their behalf by:



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C Robinson
Chair of Trustees