

LXD FITNESS FOUNDATION

England & Wales · Charity number 1190659

Details

Status Registered

Legal form CIO

Registered 2020-07-30

Register [View on the Charity Commission register](#)

Contact

Address 35 Bardolph Way
Alconbury Weald
Huntingdon
Cambridgeshire
PE28 4BP

Phone 07539936026

Email lxdfitfoundation@gmail.com

Website lxd.foundation

Activities

Objects: THE OBJECTS OF THE CIO ARE: A) SOCIAL INCLUSION: THE PROMOTION OF SOCIAL INCLUSION FOR THE PUBLIC BENEFIT AMONGST PEOPLE BETWEEN THE AGES OF 13 TO 25 WHO ARE SOCIALLY EXCLUDED BY PROVIDING THEM WITH FITNESS TRAINING, FITNESS EQUIPMENT AND ACCESS TO FITNESS FACILITIES TO IMPROVE CAPABILITIES.(FOR THE PURPOSES OF THIS CLAUSE ÆSOCIALLY EXCLUDEDÆ MEANS ÆYOUNG PEOPLE BETWEEN THE AGES OF 13 TO 25 YEARS OF AGE WHO ARE EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OR MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT; FINANCIAL HARDSHIP; RACE; GENDER; POOR EDUCATIONAL OR SKILLS ATTAINMENT; DISABILITY; ETHNIC ORIGIN; OR WHO ARE WITHIN, OR HAVE EXPERIENCED, THE PUBLIC CARE OR PENAL SYSTEMÆ).B) YOUNG PEOPLE: TO ACT AS A RESOURCE FOR YOUNG PEOPLE FROM THE AGES OF 13 TO 25 BY PROVIDING ADVICE AND ASSISTANCE AND ORGANISING PROGRAMMES OF PHYSICAL FITNESS AND OTHER ACTIVITIES AS A MEANS OF:I. ADVANCING IN LIFE AND HELPING YOUNG PEOPLE BY DEVELOPING THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS INDEPENDENT, MATURE AND RESPONSIBLE INDIVIDUALS;II. ADVANCING EDUCATION;III. RELIEVING UNEMPLOYMENT; AND IV. PROVIDING RECREATIONAL AND FITNESS ACTIVITY IN THE INTERESTS OF SOCIAL WELFARE FOR YOUNG PEOPLE WHO HAVE NEED BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABILITY, POVERTY OR SOCIAL AND ECONOMIC CIRCUMSTANCES WITH A VIEW TO IMPROVING THE CONDITIONS OF SUCH PERSONS LIFE.

Activities: The organisation aims to use fitness as a vehicle to positively improve the physical and mental abilities of disadvantaged young people. Through the realms of fitness, these young people will acquire the tools to better handle the negative affects society can have on them and provide them with opportunities where possible through a 18-month fitness base Programme.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, Other Charitable Purposes
- **Who:** Children/young People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31		£20	£60	-
2023-12-31		£21	£113	-
2022-12-31		£10	£109	-
2021-12-31		£11,000	£484	-

Trustees

Name	Role	Appointed
Lawrence Xavier -Davis BSc , MSc	Chair	2019-12-29
Andre Dalphinis		2020-04-19
Carissa Joe-Xavier-Davis		2020-04-19
Caryl Redman		2020-04-19
Joan Xavier		2020-04-19
Lawrence Xavier - Davis		2021-06-15
O'Neil Joe		2020-04-19

LXD FITNESS FOUNDATION

England & Wales - Charity number 1190659

Accounts

Trustees' annual report for the period



CHARITY COMMISSION
FOR ENGLAND AND WALES

0 1 0 1 2 4 Period end date 3 1 1 2 2 4

Charity name **LXD Fitness Foundation**

Charity No (if any) **1 1 9 0 6 5 9**

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 social inclusion and act as resource for young people between the ages of 13 to 25 through organising programmes of physical fitness and other activities.
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	Collaborating with existing charities and providing access to high level fitness trainers and experts who will guide and mentor beneficiaries through individualised fitness programmes over an 18-month period.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes, this has been outlined to all trustees in addition to a signed declaration of trust document and Conflict of interests document.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Outlined in Decision making policy document (2. - 6.)
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	N/A

Other		

	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	The CIO is currently in the fundraising phase and does not plan to start working on the main charity purpose until the minimum funding target of 2 years running costs is reached. This figure can be found in the charity financial plan which was attached the last years return.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Achievements against objectives set	Para 1.41	N/A
Performance of fundraising activities against objectives set	Para 1.41	Approximately 15% of target achieved
Investment performance against objectives	Para 1.41	N/A
Other		

	SORP reference	
Review of the charity's financial position at the end of the period	Para 1.21	Currently in Fundraising phase with approximately 15% of target achieved.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The yearly surplus will be reserved to buffer any yearly changes in running costs due to inflation and even out any gaps in funding after year 2.
Amount of reserves held	Para 1.22	Outlined in Financial model which was attached the last years return.
Reasons for holding zero reserves	Para 1.22	N/A
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	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
The charity's principal sources of funds (including any fundraising)	Para 1.47	Donations from Wealthy individuals
Investment policy and objectives including any social investment policy adopted	Para 1.46	The Charity Trustees will not support Young People who are NOT introduced through another charitable organisation. More information is in the decision-making policy document (2.) which was attached the last years return.
A description of the principal risks facing the charity	Para 1.46	Lack of initial funding
Other		

Description of charity's trusts:	SORP reference	

Type of governing document (trust deed, royal charter)	Para 1.25	('Foundation' model 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	Outlined in Foundation model constitution (9.)

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policies and procedures adopted for the induction and training of trustees	Para 1.51	Outlined in Foundation model constitution (9.)
The charity's organisational structure and any wider network with which the charity works	Para 1.51	N/A at this time
Relationship with any related parties	Para 1.51	N/A at this time
Other		

Charity name	LXD Fitness Foundation
Other name the charity uses	
Registered charity number	1190659
Charity's principal address	35 Bardolph Way, Huntingdon, PE28 4BP

Names of the charity trustees who manage the charity

Reference and Administrative details

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A at this time
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Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information) Type of adviser Name

	Address	Name

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

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)		
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Full name(s)	Lawrence Xavier-Davis	Carissa Joe-Xavier-Davis
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Position (eg Secretary, Chair, etc)	Chair	Secretary
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Date	05/11/25
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CHARITY COMMISSION
FOR ENGLAND AND WALES

LXD Fitness Foundation CIO

1190659

Receipts and payments accounts

CC16a

For the period
from

01/01/2024

To

31/12/2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Bank interest	20	-	-	20	-
		-	-	-	-
		-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	20	-	-	20	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	20	-	-	20	-
A3 Payments					
Account fees	60	-	-	60	-
		-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	60	-	-	60	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	60	-	-	60	-
Net of receipts/(payments)	- 40	-	-	- 40	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	10 309	-	-	10 309	-
Cash funds this year end	10 269	-	-	10 269	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Account Balance	10 269	-	-
		-	-	-
		-	-	-
	Total cash funds	10 269	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Lawrence Xavier-Davis	05/11/2025

LXD FITNESS FOUNDATION

England & Wales - Charity number 1190659

Accounts

Trustees' annual report for the period



CHARITY COMMISSION
FOR ENGLAND AND WALES

0 1 0 1 2 3 Period end date 3 1 1 2 2 3

Charity name **LXD Fitness Foundation**

Charity No (if any) **1 1 9 0 6 5 9**

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 social inclusion and act as resource for young people between the ages of 13 to 25 through organised programmes of physical fitness and other activities.
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	Collaborating with existing charities and providing access to high level fitness trainers and experts who will guide and mentor beneficiaries through individualised fitness programmes over an 18-month period.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes, this has been outlined to all trustees in addition to a signed declaration of trust document and Conflict of interests document.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Outlined in Decision making policy document attached (2. - 6.)
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	N/A

Other		

	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	The CIO is currently in the fundraising phase and does not plan to start working on the main charity purpose until the minimum funding target of 2 years running costs is reached. This figure is shown in the attached charity financial plan.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Achievements against objectives set	Para 1.41	N/A
Performance of fundraising activities against objectives set	Para 1.41	Approximately 15% of target achieved
Investment performance against objectives	Para 1.41	N/A
Other		

	SORP reference	
Review of the charity's financial position at the end of the period	Para 1.21	Currently in Fundraising phase with approximately 15% of target achieved.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The yearly surplus will be reserved to buffer any yearly changes in running costs due to inflation and even out any gaps in funding after year 2.
Amount of reserves held	Para 1.22	Outlined in Financial model attached
Reasons for holding zero reserves	Para 1.22	N/A
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	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
The charity's principal sources of funds (including any fundraising)	Para 1.47	Donations from Wealthy individuals
Investment policy and objectives including any social investment policy adopted	Para 1.46	The Charity Trustees will not support Young People who are NOT introduced through another charitable organisation. More information in attached decision-making policy document (2.)
A description of the principal risks facing the charity	Para 1.46	Delay in starting collaborations due to a lack of initial funding
Other		

Description of charity's trusts:	SORP reference	

Type of governing document (trust deed, royal charter)	Para 1.25	('Foundation' model 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	Outlined in Foundation model constitution (9.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policies and procedures adopted for the induction and training of trustees	Para 1.51	Outlined in Foundation model constitution (9.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	N/A at this time
Relationship with any related parties	Para 1.51	N/A at this time
Other		

Charity name	LXD Fitness Foundation
Other name the charity uses	
Registered charity number	1190659
Charity's principal address	27 Old Gloucester Street, London, WC1N 3AX

Names of the charity trustees who manage the charity

Reference and Administrative details

(cont)

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A at this time
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Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

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)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

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)		
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Full name(s)	Lawrence Xavier-Davis	Carissa Joe-Xavier-Davis
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Position (eg Secretary, Chair, etc)	Chair	Secretary
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Date	28/10/24
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CHARITY COMMISSION
FOR ENGLAND AND WALES

LXD Fitness Foundation CIO 1190659

Receipts and payments accounts

CC16a

For the period from	1/1/2022	To	12/30/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	-	-	-	-	-
Bank interest	21	-	-	21	10
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	21	-	-	21	10
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	21	-	-	21	10
A3 Payments					
Website Fees	53	-	-	53	28
Account fees	60	-	-	60	81
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	113	-	-	113	109
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	113	-	-	113	109
Net of receipts/(payments)	- 92	-	-	- 92	- 99
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	10,401	-	-	10,401	-
Cash funds this year end	10,309	-	-	10,309	99

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Caf Bank	10,309	-	-
		-	-	-
		-	-	-
	Total cash funds	10,309	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	N/A	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	N/A		-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	N/A		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	N/A		-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Lawrence Xavier-Davis	8/12/2024

LXD FITNESS FOUNDATION

England & Wales - Charity number 1190659

Accounts

Trustees' annual report for the period



CHARITY COMMISSION
FOR ENGLAND AND WALES

0 1 0 1 2 2 Period end date 3 1 1 2 2 2

Charity name **LXD Fitness Foundation**

Charity No (if any) **1 1 9 0 6 5 9**

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 social inclusion and act as resource for young people between the ages of 13 to 25 through organising programmes of physical fitness and other activities.
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	Collaborating with existing charities and providing access to high level fitness trainers and experts who will guide and mentor beneficiaries through individualised fitness programmes over an 18-month period.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes, this has been outlined to all trustees in addition to a signed declaration of trust document and Conflict of interests document.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Outlined in Decision making policy document (2. - 6.)
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	N/A

Other		

	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	The CIO is currently in the fundraising phase and does not plan to start working on the main charity purpose until the minimum funding target of 2 years running costs is reached. This figure can be found in the charity financial plan which was attached the last years return.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Achievements against objectives set	Para 1.41	N/A
Performance of fundraising activities against objectives set	Para 1.41	Approximately 15% of target achieved
Investment performance against objectives	Para 1.41	N/A
Other		

	SORP reference	
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Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The yearly surplus will be reserved to buffer any yearly changes in running costs due to inflation and even out any gaps in funding after year 2.
Amount of reserves held	Para 1.22	Outlined in Financial model which was attached the last years return.
Reasons for holding zero reserves	Para 1.22	N/A
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	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
The charity's principal sources of funds (including any fundraising)	Para 1.47	Donations from Wealthy individuals
Investment policy and objectives including any social investment policy adopted	Para 1.46	The Charity Trustees will not support Young People who are NOT introduced through another charitable organisation. More information is in the decision-making policy document (2.) which was attached the last years return.
A description of the principal risks facing the charity	Para 1.46	Lack of initial funding
Other		

Description of charity's trusts:	SORP reference	

Type of governing document (trust deed, royal charter)	Para 1.25	('Foundation' model 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	Outlined in Foundation model constitution (9.)

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policies and procedures adopted for the induction and training of trustees	Para 1.51	Outlined in Foundation model constitution (9.)
The charity's organisational structure and any wider network with which the charity works	Para 1.51	N/A at this time
Relationship with any related parties	Para 1.51	N/A at this time
Other		

Charity name	LXD Fitness Foundation
Other name the charity uses	
Registered charity number	1190659
Charity's principal address	27 Old Gloucester Street, London, WC1N 3AX

Names of the charity trustees who manage the charity

Reference and Administrative details

(cont)

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A at this time
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Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

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

--

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)		
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Full name(s)	Lawrence Xavier-Davis	Carissa Joe-Xavier-Davis
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Position (eg Secretary, Chair, etc)	Chair	Secretary
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Date	19/8/24
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CHARITY COMMISSION
FOR ENGLAND AND WALES

LXD Fitness Foundation CIO 1190659

CC16a

Receipts and payments accounts

For the period from	1/1/2022	To	12/30/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	-	-	-	-	11,000
Bank interest	10	-	-	10	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	10	-	-	10	11,000
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	10	-	-	10	11,000
A3 Payments					
Website Fees	28	-	-	28	404
Account fees	81	-	-	81	96
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	109	-	-	109	500
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	109	-	-	109	500
Net of receipts/(payments)	- 99	-	-	- 99	10,500
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	10,500	-	-	10,500	-
Cash funds this year end	10,401	-	-	10,401	10,500

Section B Statement of assets and liabilities at the end of the period


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Caf Bank	10,401	-	-
		-	-	-
		-	-	-
	Total cash funds	10,401	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	N/A	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	N/A		-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	N/A		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	N/A		-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		Lawrence Xavier-Davis	8/12/2024

LXD FITNESS FOUNDATION

England & Wales - Charity number 1190659

Accounts

Trustees' annual report for the period



CHARITY COMMISSION
FOR ENGLAND AND WALES

Period start date Period end date

Charity name

Charity No (if any)

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 social inclusion and act as resource for young people between the ages of 13 to 25 through organising programmes of physical fitness and other activities.
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	Collaborating with existing charities and providing access to high level fitness trainers and experts who will guide and mentor beneficiaries through individualised fitness programmes over an 18-month period.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes, this has been outlined to all trustees in addition to a signed declaration of trust document and Conflict of interests document.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Outlined in Desicion making policy document attached (2. - 6.)
Policy on social investment including program related investment	Para 1.38	NA
Contribution made by volunteers	Para 1.38	N/A
Other		

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	The CIO is currently in the fundraising phase and does not plan to start working on the main charity purpose until the minimum funding target of 2 years running costs is reached. This figure is shown in the attached charity financial plan.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Achievements against objectives set	Para 1.41	N/A
Performance of fundraising activities against objectives set	Para 1.41	Approximatley 15% of target achieved
Investment performance against objectives	Para 1.41	N/A
Other		

Financial Review

	SORP reference	
Review of the charity's financial position at the end of the period	Para 1.21	Currently in Fundraising phase with apporximatley 15% of target achieved
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The yearly surplus will be reserved to buffer any yearly changes in running costs due to inflation and even out any gaps in funding after year 2.
Amount of reserves held	Para 1.22	Outlined in Finanical model attached
Reasons for holding zero reserves	Para 1.22	N/A
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	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
The charity's principal sources of funds (including any fundraising)	Para 1.47	Donations from Wealthy individuals
Investment policy and objectives including any social investment policy adopted	Para 1.46	The Charity Trustees will not support Young People who are NOT introduced through another charitable organisation. More information in attached Desicion making policy document (2.)
A description of the principal risks facing the charity	Para 1.46	Lack of initial funding
Other		

Structure, Governance and Management

Description of charity's trusts:	SORP reference	
Type of governing document (trust deed, royal charter)	Para 1.25	('Foundation' model 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	Outlined in Foundation model constitution (9.)

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policies and procedures adopted for the induction and training of trustees	Para 1.51	Outlined in Foundation model constitution (9.)
The charity's organisational structure and any wider network with which the charity works	Para 1.51	N/A at this time
Relationship with any related parties	Para 1.51	N/A at this time
Other		

Reference and Administrative details

Charity name	LXD Fitness Foundation
Other name the charity uses	
Registered charity number	1190659
Charity's principal address	27 OLD GLOUCESTER STREET LONDON WC1N 3AX

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	Lawrence Xavier-Davis	Chair		
2	Andre Dalphinis	Financial Co-signature		
3	O'Neil Joe			
4	Caryl Xavier			
5	Joan Xavier			
6	Carissa Joe-Xavier-Davis	Secretary		
7				
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17				
18				
19				
20				

Reference and Administrative details

(cont)

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A at this time
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

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)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
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Full name(s)	Lawrence Xavier-Davis	Carissa Joe-Xavier-Davis
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Position (eg Secretary, Chair, etc)	Chair	Secretary
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Date	30/10/22
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Receipts and payments accounts

For the period from	7/30/2020	To	12/30/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Donation	1,000	-	-	1,000
Donation	5,000	-	-	5,000
Donation	5,000	-	-	5,000
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	11,000	-	-	11,000
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	11,000	-	-	11,000
A3 Payments				
Account fees	96	-	-	96
Website Fees	404	-	-	404
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	500	-	-	500
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	500	-	-	500
Net of receipts/(payments)	10,500	-	-	10,500
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	10,500	-	-	10,500

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds		-	-
		-	-
		-	-
	Total cash funds	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> </div>	Print Name <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> Lawrence Xavier-Davis </div>
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CC16a

**Last year
to the nearest £**

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Endowment funds

to nearest £

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-
-
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OK

Endowment funds

to nearest £

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-
-

Current value (optional)

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-
-
-

Current value (optional)

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-
-

When due (optional)

Date of approval

10/30/2022