

# 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

[illegible]

## 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)

--

### Exemptions from disclosure

#### Reason for non-disclosure of key personnel details

--

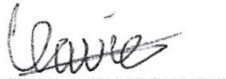
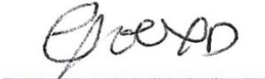
### Other optional information

## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
---	---

Full name(s)

Lawrence Xavier-Davis	Carissa Joe-Xavier-Davis
-----------------------	--------------------------

Position (eg Secretary,  
Chair, etc)

Chair	Secretary
-------	-----------

Date 28/10/24

--





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

### 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 £
<b>A1 Receipts</b>					
Donations	-	-	-	-	-
Bank interest	21	-	-	21	10
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	21	-	-	21	10
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	21	-	-	21	10
<b>A3 Payments</b>					
Website Fees	53	-	-	53	28
Account fees	60	-	-	60	81
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	113	-	-	113	109
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	113	-	-	113	109
<b>Net of receipts/(payments)</b>	- 92	-	-	- 92	- 99
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	10,401	-	-	10,401	-
<b>Cash funds this year end</b>	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 £
<b>B1 Cash funds</b>	Caf Bank	10,309	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	10,309	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
	N/A	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
	N/A		-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
	N/A		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>
	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