



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From **1<sup>st</sup> May 2021** Period start date To  
**1<sup>st</sup> April 2022** Period end date

**Charity name: High Street Fitness and Well-being**

**Charity registration number: 1191451**

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>Community Charity to increase health and well-being via the use of fitness, advice and support</b>
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	<b>Provide facilities within socio-economic deprived communities, based on easy commute within the high street to help alleviate poor health, nutrition, self-esteem and aid the move away from drug/alcohol dependence (both prescribed and illegal). The help support, education and offer a place to belong, with mental health and the individual at the heart of the charity</b>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>We can confirm all trustee have been informed and guided via the CC on public benefit</b>

## Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<b>N/A</b>
Policy on social investment including program related investment	Para 1.38	<b>N/A</b>

Contribution made by volunteers	Para 1.38	<b>The Charity is run solely on Volunteers. The volunteers open, close and man the centre during opening. We also have several health workers and Personal Trainers to contribute time to help the members change, grow and become health in all areas.</b>
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	<p><b>High Street Fitness and Wellbeing is true to its mantra of being an holistic centre for 360° health and wellbeing while being community lead and driven. Since opening on 3<sup>rd</sup> May 2021 powered by the trustees, High Street Fitness and Wellbeing has seen its volunteer pool grow to 23 individuals. All from the local community and all giving up their time free of cost. Proudly, the volunteer base is high diverse group of people including an even split of males and females, boasting an age range of 16 to 64, includes individuals both in and out of employment and supports those with disabilities. As such, the project supports those looking to beat loneliness, gain work experience, looking to socialise and those looking to work on other personal skills.</b></p> <p><b>High Street Fitness and Wellbeing is also hub for local business and particularly those starting a business. As such, the project has helped no fewer than 20 businesses set up and trade from its facility in Pontypool.</b></p> <p><b>Personal Training was started and consulted on by High Street Fitness and Wellbeing. The business grew to a level whereby it had 33 fulltime personal training clients and large number of sports massage clients.</b></p>

		<p><b>All classes and other personal trainers, coaches and physiotherapists based out of the facility are self-employed and businesses in their own rights. The projects now support classes that have 20 ladies participating in Boogie Bounce, a few personal trainers supporting local clients and two fully booked physiotherapy clinics every week.</b></p> <p><b>High Street Fitness and Wellbeing is also prominent in supporting local projects and has built a number of long-term partnerships within the community. The project works with Torfaen Building Resilient Communities to provide a quality facility for people looking to work on their anxiety levels, improve their fitness and overall wellbeing while looking for work.</b></p> <p><b>Gwent Drug and Alcohol Service also utilise the facility to help those recover from drug and alcohol addictions. Torfaen Young Carers have been supported in ways of providing them with a wellbeing programme. Torfaen Youth Project have also been in and utilised the project for support over half terms and for wellbeing support.</b></p> <p><b>The local housing association, Pobl also utilises the projects space to deliver a health and wellbeing programme for their residents.</b></p> <p><b>High Street Fitness and Wellbeing also have other partnership work ongoing with the local NHS board to battle obesity and diabetes in North Torfaen, to help tackle anti-social behaviour in Blaenavon and to support GAVO delivering training. All this work is pencilled in for the financial year.</b></p>
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**Additional information (optional)**

You may choose to include further statements where relevant about:

		<b>The project is also award</b>
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Achievements against objectives set	Para 1.41	<p><b>winning. Emma Miller was nominated for the personal journey award and founder, Daniel Crandon, won the Trustee of the year award at the Torfaen awards.</b></p> <p><b>Membership at the facility is also continuing to grow. Currently membership sits around 700 and it is a true reflection of the area's demographic. High Street Fitness and wellbeing's membership is heavily female dominant and ranges in age between 14 and 74. The projects friendly atmosphere and non-bureaucratic procedures means that there is a large quantity of members that have either never stepped foot in a gym or are returning after a long time off.</b></p>
Performance of fundraising activities against objectives set	Para 1.41	<p><b>We have struggled this year to achieve funding targets, mainly due to COVID and that the centre is in its first year of operation.</b></p> <p><b>However, we have gained traction and achieved grant funds in three areas, Young Carers, Women and elderly and have achieved 90% of expected goals</b></p>
Investment performance against objectives	Para 1.41	<p><b>Our investments have made huge contributions not only to the Community as stated above, but also the footfall through the Centre of Town, increasing estimates in the region of 2000 people per week through the town because of the HSF facility.</b></p>
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>We are healthy in all aspects of the Financial Report.</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>No reserves are currently being withheld</b>
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	<b>We are in the first year of operation, and currently investing all income into growth, equipment, and marketing.</b>
Details of fund materially in deficit	Para 1.24	<b>N/A</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>N/A</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<b>All funds are current met by membership donations, Trustee donations and a Sport Wales Grant</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	<b>N/A</b>
A description of the principal risks facing the charity	Para 1.46	<b>The key risks are as follows:</b> <ul style="list-style-type: none"> <li>- <b>Council Rent increases and the failure to offer rate relief</b></li> <li>- <b>Increase in fuel costs</b></li> <li>- <b>VAT increases</b></li> </ul>
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	<b>Trust Deed</b>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>We currently have four Trustees and Chair</b>
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	<b>We have at present the founder members appointed.</b>  <b>We aim to increase these appointments to 9 and appoint volunteers from the community</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	High Street Fitness and Well-being
Other name the charity uses	
Registered charity number	1191451

Charity's principal address	2-4 George Street Pontypool NP4 6LR

## 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	Dr Paul Thomas	Trustee	2022	Dr Paul Thomas
2	Daniel Crandon	Trustee (sec)	2022	
3	Dafydd James	Trustee (Chair)	2022	
4	Safir Thomas	Trustee	2021	
5	Craig Fillier	Trustee	January 2021 - Sept 2021	
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20				

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

Director name		
<b>Dr Paul Thomas</b>	<b>(Acting)</b>	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
<b>Dr Paul Thomas</b>	<b>2022</b>	




## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Dr Paul Thomas - Equipment Lease
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Dr Paul Thomas Daniel Crandon  Building lease
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

N/A

## 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)

Dr Paul Thomas	
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Position (eg  
Secretary, Chair, etc)

Chair	2021-2022
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Date

21/03/2022
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CHARITY COMMISSION  
FOR ENGLAND AND WALES

High Street Fitness & Wellbeing

No (if any)  
1191451

## Receipts and payments accounts

For the period  
from

Period start date  
4th May 2021

To

Period end date  
1st Feb 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 £
<b>A1 Receipts</b>				
Donations	-	183	-	183
Grant Sport Wales	10,000	-	-	10,000
Grant Bron Afon	2,000	-	-	2,000
	-	-	-	-
Refund	-	240	-	240
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b> (Gross income for AR)	12,000	423	-	12,423
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total receipts</b>	12,000	423	-	12,423
<b>A3 Payments</b>				
Equipment	4,714	-	-	4,714
Professional Fee	2,000	-	-	2,000
Signage	117	-	-	117
Building	2,338	-	-	2,338
Misc	-	1,430	-	1,430
Repair & maintenance	-	781	-	781
cost of sale	-	456	-	456
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	9,169	2,667	-	11,836
<b>A4 Asset and investment purchases, (see table)</b>				
<b>Equipment</b>	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total payments</b>	9,169	2,667	-	11,836
<b>Net of receipts/(payments)</b>	2,831	- 2,244	-	587
<b>A5 Transfers between funds</b>	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-
<b>Cash funds this year end</b>	2,831	- 2,244	-	587

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B1 Cash funds</b>		-	-
		-	-
		-	-
	<b>Total cash funds</b> (agree balances with receipts and payments account(s))	<b>1,368</b>	-
		Agreement Error	Agreement Error
		Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B2 Other monetary assets</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		Fund to which asset belongs	Cost (optional)
<b>B3 Investment assets</b>			-
			-
			-
			-
			-
		Fund to which asset belongs	Cost (optional)
<b>B4 Assets retained for the charity's own use</b>			-
			-
			-
			-
			-
			-
			-
			-
			-
		Fund to which liability relates	Amount due (optional)
<b>B5 Liabilities</b>			-
			-
			-
			-
			-

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

Signature

  
Daniel Crandon

Print Name

Dr Paul T. Thomas  
Mr Daniel Crandon

CC16a

Last year  
to the nearest £

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**Endowment  
funds**

to nearest £

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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

3/21/2022
<b>3/21/2022</b>