



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' Annual Report for the period

From 07/04/2022 **Period start date to** 06/04/2023 **Period end date**

Charity name: The David Ellis Charity

Charity registration number: 1192363

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Further such charitable purposes as are exclusively charitable according to the laws of England and Wales for the benefit of veterans living in, or visiting Dorset, as the trustees may from time to time determine, in particular but not exclusively by providing support and funding to other organisations furthering such purposes. For the purpose of the objects clause, 'veterans' are defined as anyone who has served for at least one day in her majesty's armed forces (regular or reserve) or merchant mariners who have seen duty on legally defined operations, and is a 'service leaver', as defined by her majesty's government.
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	1. The prevention or relief of poverty, by providing grants, items or services for veterans in need who are living in Dorset. 2. The advancement of health and the saving of lives, by providing financial and well-being advice; counselling; and social, recreational and leisure-time facilities in a social environment, to encourage self-help and peer-to-peer support by and for veterans who live in, or are visiting Dorset. 3. The relief of veterans in need by reason of age, ill health, disability, financial hardship or other disadvantage by providing advice, counselling, grants and provision of items to encourage self-dependency in partnership for Veterans who live in Dorset. 4. The provision of facilities for recreation and leisure-time occupation in the interests of social welfare with the intention of improving the condition of life, by providing a fulfilling, calming and safe environment, where peer-to-peer support and self-dependency is encouraged by and for Veterans living in, or visiting, Dorset. 5. The social relief, resettlement and rehabilitation of veterans under a disability

		or deprivation by providing counselling, advice, and a fulfilling, calming and safe environment, where peer-to-peer support and self-dependency is encouraged, in for veterans living in, Dorset. 6. The promotion of mental health improvement of veterans by providing counselling, advice, and a fulfilling, calming and safe environment, where peer-to-peer support and self-dependency is encouraged for Veterans living in, or visiting Dorset.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees have regard to the Charity Commission's public benefit and have complied with the guidance when exercising powers or duties as relevant under the Charities (Accounts and Reports) Regulations 2008.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	1. The David Ellis Charity volunteer fitness instructors Huffers & Puffers community fitness group has continued to deliver health and wellbeing activities at locations across South West Dorset. An increase in demand for activities that improves physical and mental health increased the number of fitness classes with the inclusion of Pilates classes. The David Ellis Charity's volunteers increased in number with the focus on developing and improving the body's functional movement to make performing activities in everyday life more manageable and improving quality of life. The volunteer fitness instructors deliver classes between Dorchester, Weymouth and Portland to minimise travel and allow participants to access a local class with the aim of reducing travel costs. Charity donations from fundraisers, grants and sponsors have helped The David Ellis Charity continue to deliver a robust health and wellbeing programme throughout 2022-23. The weekly workouts are varied and scalable to suit all fitness levels, ages and abilities comprising of varied functional movements, body management skills and reaction skills.

		Volunteers provided peer to peer support and early warning of a veteran or family member in need allowing The David Ellis Charity to engage with immediate support including a veteran's wife who suffered a stroke and was supported by our volunteers who checked in on her husband, and we also supported her rehabilitation through healthy exercise and group support. Volunteers have supported local community events including a Triathlon event volunteering to marshal competitors; this created links with local organisations and businesses, thus increasing the charity's visibility.
Other		The charity has extended it's reach across South-West Dorset by including the local town of Dorchester in the programme of fitness classes and increased the area of operation from in the previous reporting year. With funding from a successful grant award from the Dorset Community Foundation Neighbourhood Fund, sponsorship from a local business, and fundraising activities our projects have endured throughout 2022 into 2023, they are projected run long term into the next reporting year and beyond.

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	2. In the reporting period the charity funded £300 for 3 volunteer veterans to take a Level 1 non-contact boxing coaching course qualifying them to deliver boxing exercise activities for The David Ellis Charity. The boxing course also provide a useful qualification for improved employability boosting paid work and volunteering opportunities. A measure of the charity's success is a disabled veteran who attended the course now runs his own community boxing club. £1400 also funded a safe environment to run fitness and Pilates classes as well as other physical health and wellbeing activities. These inclusive activities support senior citizens, children, and the disable; it helps to combat obesity, promotes mental and physical health, and mental well-being. £140 provided transport for 2 struggling veterans who needed visit close family members undergoing emergency hospital treatment. The charity funded transport at short notice for a disabled veteran to visit his wife at a local hospital. The charity also funded airport transport for a veteran to visit his sick father hundreds of

		miles away in Scotland. A disabled veteran living with PTSD, and disabled by a stroke, needed specialist assistance. His wife (also his carer) suffered a stroke in 2023 so an important charity's function was to support her rehabilitation from injury. The charity provided a safe, welcoming environment with regular visits, peer-to-peer support as well as rehabilitation through exercise and social interaction. Beneficiaries require a safe environment to exercise with specially trained volunteer staff from the fitness industry and the health sector. Appropriate buildings and infrastructure, transport, disabled access, functional use and aesthetic quality is a fundamental requirement for safe exercise. 3. The exercise classes have ensured that veterans and families across Dorchester, Weymouth and Portland maintain their physical and mental health. The health and wellbeing benefits through the charity's inclusive, affordable activities provide veterans and families with a stress free, no obligation fitness programme that promotes a healthier lifestyle. The broader impact on society has helped reduce the impact of avoidable non-communicable diseases that have a wider impact on NHS healthcare. It creates healthier lifestyle habits, builds physical and mental resilience and a positive approach to life against the backdrop of the Covid pandemic and it aligns with UK Department of Health recommendations. The physical activity strategies and actions recommended by the charity and its volunteers are centred around the following goals: *Encourage physical activity *Decrease sedentary behaviour *Raise awareness about the importance of increasing physical activity to promote mental and physical well-being and resilience. *Create a social environment that will further create social support and support for participation in a social activity. *Reduce the healthcare burden.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	The formal objectives set for 2022-23 were: *Raise sufficient funds through fundraising, and sponsorship to guarantee an enduring programme of health and wellbeing. *Increase the number of volunteers and support volunteers with training courses to further the charity's objectives.
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		*Improve the charity's profile by building relationships with local supporters and sponsors. The trustees have successfully met all objectives for the year to benefit the wider society, and raise the charity profile. A new website and bespoke email was created by volunteers with free web-hosting that not extends the charity's ability to reach it's beneficiaries but it also exercises value for money with free web hosting. Health and wellbeing have been successful; in 2023 one of our volunteer fitness instructors was nominated by the NHS for "Going the Extra Mile" with an award in recognition of her service to improving health.
Performance of fundraising activities against objectives set	Para 1.41	Volunteer instructors from the charity delivered free fitness classes in 4 recreational venues in different locations across South West Dorset. The charity was awarded £2500 from the Dorset Community Foundation Neighbourhood Fund to fund the increase the number of venues hire costs for 1 year. Obtaining sponsorship from a local business ensured that the Charity could fund a new Dorchester venue for exercise classes. The David Ellis Charity was the Mayor of Weymouth's chosen charity for the year 2022 and received a donation of £700 through fundraising activities that included collections from a Christmas Carol Service and a Football match. Individual donations have ensured that the charities activities will continue to provide vital health and wellbeing, and specialist support in line with the charity's objectives.
Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Funds in the bank as of 07/04/2023 was £5608 in unrestricted funds.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	For this financial year the holding of reserves for 6 months has is deemed essential as the charity has a regular commitment and to provide immediate assistance for veteran's support in line with the charity's main activities including funding the weekly fitness classes
Amount of reserves held	Para 1.22	£2000
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	Given the strong cash position of the charity, it is perceived with confidence that it will exist for the foreseeable future.

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	The main financial risk to the charity is the lack of grant funding and reduced donations. The funds are held in reserve to cover operational costs in the event of a loss of income and to meet any unforeseen expenditure that may occur.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	Given the cash position of the charity, there is no uncertainty surrounding the charity continuing as a going concern.
Other		N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution of a Charitable Incorporated Organisation who's only voting members are its charity trustees.
How is the charity constituted? (e.g., unincorporated association, CIO)	Para 1.25	CIO - FOUNDATION Registered 17 Nov 2020 as amended on 05 Feb 2021
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	Appointment of charity trustees *Every trustee must be appointed for up to a maximum term of five years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

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 trustees will make available to each new charity trustee, on or before his or her first appointment: *A copy of the current version of this constitution; and *A copy of the CIO's latest Trustees' Annual Report and statement of accounts. *A copy of the Trustees Management Guidance, including Equality, Diversity and Respect Policy, the Grant Making Policy and the Trustees Code of Conduct guidance, *Copies of the previous
The charity's organisational structure and any wider network with which the charity works	Para 1.51	N/A
Relationship with any related parties	Para 1.51	N/A
Other		N/A

Reference and Administrative details

Charity name	The David Ellis Charity
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Other name the charity uses	1192363
Registered charity number	
Charity's principal address	17 Hawthorn Close Dorchester Dorset DT12PQ

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	Nicholas Harper	Chair	12/09/19	
2	Ray Stent	Secretary	19/09/19	
3	Jennifer Norster	Trustee	07/09/20	
4	Natalie Newton	Trustee	20/10/22	
5	Jeanette Croft	Trustee	16/02/23	

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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

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

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Bank	NatWest	135 Bishopsgate, London EC2M 3UR

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

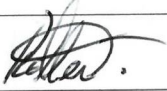
Other optional information

N/A

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)	NICHOLAS MADER	R. SHAUN GWENT.
Position (eg. Secretary, Chair, etc)	CHAIR	TRUSTEE
Date	5th FEBRUARY 2024	

Declarations



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
THE DAVID ELLIS CHARITY

No (if any)
1192363

Receipts and payments accounts

CC16a

For the period
from

Period start date
07/04/2022

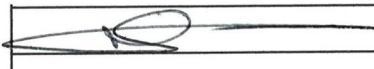
To

Period end date
06/04/2023

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					
Fundraising	1,800	-	-	1,800	-
Grants	-	-	-	-	-
Donations	798	-	-	798	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,598	-	-	2,598	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,598	-	-	2,598	-
A3 Payments					
Expenses	1,245	-	-	1,245	-
Hall Hire	1,650	-	-	1,650	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	2,895	-	-	2,895	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,895	-	-	2,895	-
Net of receipts/(payments)	- 297	-	-	- 297	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,608	-	-	5,608	-
Cash funds this year end	5,311	-	-	5,311	-

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	Cash in Bank	5,608	-	-
		-	-	-
		-	-	-
	Total cash funds	5,608	-	-
	(agree balances with receipts and payments account(s))	Agreeable	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
			NICHOLAS HARPER	07/04/2023