



Trustees' Annual Report for the period

From 07/04/2023 Period start date to 06/04/2024Period 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 have continued to deliver health and wellbeing activities at locations across Southwest 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 in Weymouth and Dorchester. 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 2023-24. 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 National and local Triathlon events volunteering to marshal competitors; this provides a donation of funds to the charity and creates links with local organisations and businesses, thus increasing the charity's visibility.
Other		The charity continues to run five fitness classes a week with the addition of a new Pilates class in Dorchester and has added group walking to the list of health and wellbeing activities in Dorset. Joining walks hosted by the Southwest Coastal Path Association promotes a healthier lifestyle and supports the associations project to maintain the local countryside. With funding from a successful grant award from the Dorset Council Community and Culture Project Fund, sponsorship from a local business, and fundraising activities our projects have endured throughout 2023 into 2024, this is 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 provided funding to purchase a laptop for a disabled veteran made redundant on medical grounds, living with PTSD, and disabled by a brain injury. The laptop helped the veteran to apply for his credits and benefits as well as communicate with his family via video link. The laptop is a cost-effective way for him to keep in touch with family and friends safely and reduce feelings of loneliness and social isolation. 3. The charity continues to provide 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.

		The exercise classes have ensured that veterans and their families across Dorchester, Weymouth and Portland maintain their physical and mental health. The health and wellbeing benefits through the charity's inclusive, free 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 2023-24 were: *Continue to raise sufficient funds through fundraising, and sponsorship to guarantee an enduring programme of health and wellbeing. *Support volunteers with meaningful activities, and training courses to further the charity's objectives. *Improve the charity's profile by building relationships with associations and organisations with similar objectives including local supporters and sponsors. The trustees have successfully met all objectives for the year to benefit the wider society, and raise the charity profile. The Charity's website is regularly updated so that it represents the events, fundraising
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		activities and local information to reach its beneficiaries. Health and wellbeing have been successful; in 2023/24. Volunteers support a local community amateur sports club (CASC) run four weightlifting competitions during the year help set up for the event and fulfil the roles of officiators and event marshals to ensure the success of a developing amateur sports club in Weymouth.
Performance of fundraising activities against objectives set	Para 1.41	Volunteer instructors from the charity delivered five free fitness classes, in four recreational venues, in three towns in Southwest Dorset. The charity was awarded £2632 from the Dorset Council Community and Culture Project Fund to fund the increase the number of venues hire costs for 2 years ensuring that the Charity could fund an additional Pilates class in Dorchester. Continued sponsorship from a local business in Dorchester, a 10-mile charity walk, a row the equivalent of two-and-a-half times across the English Channel on an rowing machine, Ironman Weymouth volunteer contribution as well as individual donations and charity fundraising activities have ensured that the charity will continue to support veterans and their families, with the provision vital health and wellbeing services, 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 06/04/2024 was £6136.60 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 whose 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	13 Earl Close Dorchester Dorset DT11DY

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

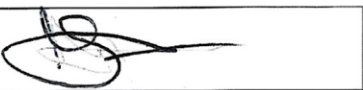
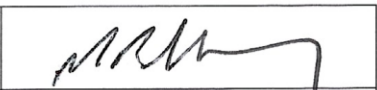
Other optional information

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 HARPER	MARK BRADBURY
Position (eg. Secretary, Chair, etc)	CHAIR OF TRUSTEES	TRUSTEE
Date		



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name

No (if any)
1192363

Receipts and payments accounts

CC16a

For the period
from

Period start date
07/04/2023

To

Period end date
04/06/2024

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Fundraising	489	-	-	489	-
Grants	2,632	-	-	2,632	-
Doations	2,420	-	-	2,420	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	5,541	-	-	5,541	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,541	-	-	5,541	-
A3 Payments					
Venue Hire	3,566	-	-	3,566	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	3,566	-	-	3,566	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,566	-	-	3,566	-
Net of receipts/(payments)	1,975	-	-	1,975	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,311	-	-	5,311	-
Cash funds this year end	7,286	-	-	7,286	-

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	6,136	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	6,136	-	-
		Agreement Error	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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	07/04/2024	