

# The Fitness Support Network

England & Wales · Charity number 1196342

## Details

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**Other names** RAGE IV

**Status** Registered

**Legal form** CIO

**Registered** 2021-11-01

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

## Contact

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**Address** 13 Leybourne Dell  
Benenden  
Cranbrook  
Kent  
TN17 4EA

**Phone** 07753169484

**Email** [danielle\\_callaghan@yahoo.com](mailto:danielle_callaghan@yahoo.com)

**Website** [www.thefitnessupportnetwork.org](http://www.thefitnessupportnetwork.org)

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE: THE PRESERVATION AND PROTECTION OF GOOD PHYSICAL AND MENTAL HEALTH FOR THE PUBLIC BENEFIT BY THE PROVISION OF FINANCIAL GRANTS TO ACCESS GYMS AND FITNESS CLASSES FOR CANCER PATIENTS AGED 18 AND OVER IN ENGLAND WHO ARE WITHIN ONE YEAR OF STARTING ACTIVE TREATMENT FOR THEIR DISEASE AND FOR 12 MONTHS THEREAFTER. NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH [SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005] AND [SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008]

**Activities:** The Fitness Support Network provides cancer patients in England with a 12 month annual membership to a gym or sports facility in their local area whilst going through active cancer treatment. The charity receives applications and sets up the memberships for patients if their application is successful.

## Classification

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- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services, Acts As An Umbrella Or Resource Body
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Other Charitable Purposes
- **Who:** People With Disabilities

## Geography

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- Throughout England

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-04-05	-	-	-	-
2024-04-05	£3,085	£1,187	-	-
2023-04-05	£19,053	£17,663	-	-

## Trustees

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Name	Role	Appointed
Karen Callaghan		2021-11-01
Thomas Roach		2021-11-01
Timothy Hambridge		2021-11-01

**The Fitness Support Network**

England & Wales - Charity number 1196342

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# Accounts

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## Trustees' Annual Report for the period

From Nov 21 Period start date To Apr 23 Period end date

Charity name: The Fitness Support Network

Charity registration number: 1196342

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	THE PRESERVATION AND PROTECTION OF GOOD PHYSICAL AND MENTAL HEALTH FOR THE PUBLIC BENEFIT BY THE PROVISION OF FREE ACCESS TO GYMS AND FITNESS CLASSES FOR CANCER PATIENTS AGED 18 AND OVER IN ENGLAND PAID FOR BY THE CHARITY
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	The charity receives applications and sets up and pays for gym memberships for patients if their application is successful.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees have had regard to the guidance

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

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## 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>The charity has successfully placed 32 cancer patients into a local gym or sports facility in their area to aid their mental and physical health whilst going through cancer treatment.</b></p> <p><b>The charity has had media coverage which has spread the information about the positive impact of physical activity on cancer patients which also raised donations.</b></p> <p><b>The charity has received a new partner in Ultra Events who will work with the charity to raise donations for The Fitness Support Network at their events in East Sussex/ Kent</b></p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>The charity had an income of £3042 based mostly on public donations and activities with spending of £1187. The charity had £1898 cash funds leftover at the end of the year.</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>We do not have a cash reserves policy as The Fitness Support Network utilises a model that has little to no impact on cash reserves and relies on future fundraising activities and public donations to keep funding the applicants gym memberships.</b>
Amount of reserves held	Para 1.22	<b>0</b>
Reasons for holding zero reserves	Para 1.22	<b>The charity does not have any overheads or staff to pay.</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>No concern</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>Public donations and volunteers hosting events</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	<b>Constitution</b>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>CIO</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>Trustees selection methods are informal meetings with candidates to observe suitability. Trustees can be appointed by existing trustees: Thomas Roach, Karen Callaghan, Timothy Hambridge and the charity founder Danielle Hambridge.</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	<b>This has not been necessary to date.</b>
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	The Fitness Support Network
Other name the charity uses	
Registered charity number	1196342
Charity's principal address	13 Leybourne Dell Benenden TN17 4EA

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Thomas Roach			The Fitness Support Network board of trustees
2	Karen Callaghan			The Fitness Support Network board of trustees
3	Timothy Hambridge			The Fitness Support Network board of trustees
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**Corporate trustees – names of the directors at the date the report was approved**

<b>Director name</b>		

**Name of trustees holding title to property belonging to the charity**

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	The charity does not have assets held in this capacity
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

#### 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

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### 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

<b>Signature(s)</b>	<i>T.Hambridge</i>	
<b>Full name(s)</b>	Timothy Hambridge	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	11/02/25	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
**The Fitness Support Network**

No (if any)  
1196342

CC16a

## Receipts and payments accounts

For the period from	Period start date Apr-23	To	Period end date Apr-24
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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 £
<b>A1 Receipts</b>					
Justgiving donations	3,042	-	-	3,042	-
Local Giving Gift Donation	-	-	-	-	-
Charities Trust donation	-	-	-	-	-
Refunds to charity	43	-	-	43	-
Rye College Gift	-	-	-	-	-
GB Hastings K LTD Gift	-	-	-	-	-
Go Fund Me donation	-	-	-	-	-
Other donations	-	-	-	470	-
Donations through activities	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>3,085</b>	<b>-</b>	<b>-</b>	<b>3,085</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>3,085</b>	<b>-</b>	<b>-</b>	<b>3,085</b>	<b>-</b>
<b>A3 Payments</b>					
Beneficiary gym memberships	530	-	-	530	-
Website	-	-	-	-	-
Fundraising regulator	50	-	-	50	-
Suppliers	-	-	-	-	-
Office equipment	-	-	-	-	-
Printing services /stationary	-	-	-	-	-
Computer protection software McAfee	80	-	-	80	-
Website maintenance	527	-	-	527	-
Charity Event	-	-	-	-	-
<b>Sub total</b>	<b>1,187</b>	<b>-</b>	<b>-</b>	<b>1,187</b>	<b>-</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>1,187</b>	<b>-</b>	<b>-</b>	<b>1,187</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>1,898</b>	<b>-</b>	<b>-</b>	<b>1,898</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>1,898</b>	<b>-</b>	<b>-</b>	<b>1,898</b>	<b>-</b>

## 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>	cash at bank	1,389	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>1,389</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

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

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	Timothy Hambridge		11/02/2025

**The Fitness Support Network**

England & Wales - Charity number 1196342

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# Accounts

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## Trustees' Annual Report for the period

From Nov 21 Period start date To Apr 23 Period end date

Charity name: The Fitness Support Network

Charity registration number: 1196342

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	THE PRESERVATION AND PROTECTION OF GOOD PHYSICAL AND MENTAL HEALTH FOR THE PUBLIC BENEFIT BY THE PROVISION OF FREE ACCESS TO GYMS AND FITNESS CLASSES FOR CANCER PATIENTS AGED 18 AND OVER IN ENGLAND PAID FOR BY THE CHARITY
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	The charity receives applications and sets up and pays for gym memberships for patients if their application is successful.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees have had regard to the guidance

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

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## 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>The charity has successfully placed 30 cancer patients into a local gym or sports facility in their area to aid their mental and physical health whilst going through cancer treatment.</b></p> <p><b>The charity has had media coverage which has spread the information about the positive impact of physical activity on cancer patients which also raised donations.</b></p> <p><b>The charity had a successful opening campaign which involved cancer patients coming together to tell their fitness stories. It brought in some revenue from the sale of goods which went towards gym memberships for applicants.</b></p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>The charity had an income of £19053 based mostly on public donations and activities with spending of £17663 with the majority spent gym memberships for beneficiaries. At the end of the year the charity had a cash balance of £1390 at the bank.</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>We do not have a cash reserves policy as The Fitness Support Network utilises a model that has little to no impact on cash reserves and relies on future fundraising activities and public donations to keep funding the applicants gym memberships.</b>
Amount of reserves held	Para 1.22	<b>0</b>
Reasons for holding zero reserves	Para 1.22	<b>The charity does not have any overheads or staff to pay.</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>No concern</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>Public donations and volunteers hosting events</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	<b>Constitution</b>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>CIO</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>Trustees selection methods are informal meetings with candidates to observe suitability. Trustees can be appointed by existing trustees: Thomas Roach, Karen Callaghan, Timothy Hambridge and the charity founder Danielle Hambridge.</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	<b>This has not been necessary to date.</b>
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	The Fitness Support Network
Other name the charity uses	
Registered charity number	1196342
Charity's principal address	13 Leybourne Dell Benenden TN17 4EA

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Thomas Roach			The Fitness Support Network board of trustees
2	Karen Callaghan			The Fitness Support Network board of trustees
3	Timothy Hambridge			The Fitness Support Network board of trustees
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**Corporate trustees – names of the directors at the date the report was approved**

<b>Director name</b>		

**Name of trustees holding title to property belonging to the charity**

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	The charity does not have assets held in this capacity
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
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#### 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

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### 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

<b>Signature(s)</b>	<i>Thambridge</i>	
<b>Full name(s)</b>	Timothy Hambridge	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	21/04/2024	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
The Fitness Support Network

No (if any)  
1196342

CC16a

## Receipts and payments accounts

For the period from	Period start date Nov-21	To	Period end date Apr-23
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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 £
<b>A1 Receipts</b>					
Justgiving donations	12,715	-	-	12,715	-
Local Giving Gift Donation	500	-	-	500	-
Charities Trust donation	328	-	-	328	-
Refunds to charity	584	-	-	584	-
Rye College Gift	449	-	-	449	-
GB Hastings K LTD Gift	1,600	-	-	1,600	-
Go Fund Me donation	2,030	-	-	2,030	-
Other donations	470	-	-	470	-
Donations through activities	376	-	-	376	-
<b>Sub total (Gross income for AR)</b>	<b>19,052</b>	<b>-</b>	<b>-</b>	<b>19,052</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>19,052</b>	<b>-</b>	<b>-</b>	<b>19,052</b>	<b>-</b>
<b>A3 Payments</b>					
Beneficiary gym memberships	14,928	-	-	14,928	-
Website	454	-	-	454	-
Fundraising regulator	100	-	-	100	-
Suppliers	559	-	-	559	-
Office equipment	678	-	-	678	-
Printing services /stationary	329	-	-	329	-
Computer protection software McAfee	90	-	-	90	-
Website maintenance	459	-	-	459	-
Charity Event	66	-	-	66	-
<b>Sub total</b>	<b>17,663</b>	<b>-</b>	<b>-</b>	<b>17,663</b>	<b>-</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>17,663</b>	<b>-</b>	<b>-</b>	<b>17,663</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>1,389</b>	<b>-</b>	<b>-</b>	<b>1,389</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>1,389</b>	<b>-</b>	<b>-</b>	<b>1,389</b>	<b>-</b>

## 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>	cash at bank	1,389	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>1,389</b>	<b>-</b>	<b>-</b>
	(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 £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

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

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	<i>Thambridge</i>	Timothy Hambridge	22/04/2024