

THE FEELGOOD FOUNDATION (FOR ANKYLOSING SPONDYLITIS RESEARCH)

England & Wales · Charity number 1196967

Details

Status Registered

Legal form CIO

Registered 2021-12-07

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

Contact

Address Standard House
East Cowton
Northallerton
North Yorkshire
DL7 0DF

Phone 07752752613

Email Thefeelgoodfoundation@outlook.com

Website thefeelgoodfoundation.org

Activities

Objects: THE OBJECTS ARE:THE RELIEF OF PEOPLE LIVING WITH CARDIOVASCULAR COMPLICATIONS ASSOCIATED WITH ANKYLOSING SPONDYLITIS LIVING IN ENGLAND AND WALES BY OFFERING ACCESSIBLE SUPPORT TO ANY ADULT OR CHILD CURRENTLY LIVING WITH THIS CONDITION, IN PARTICULAR BUT NOT EXCLUSIVELY BY RAISING FUNDS FOR MEDICAL RESEARCH INTO THE CAUSES, COMPLICATIONS, TREATMENTS, MEDICATIONS AND RESEARCH FOR THIS CONDITION.

Activities: .The feelgood Foundation (for Ankylosing Spondylitis Research) raises funds for medical research into the cardiovascular complications associated with ankylosing spondylitis.We raise funds by having events, - charity balls, auctions raffles, quizzes, sponsored events, donations and Christmas fairs. We also have charity merchandise.

Classification

- **How:** Makes Grants To Organisations, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-06	£5,701	£4,232	-	-
2024-06-06	£11,989	£5,560	-	-
2023-06-06	£20,294	£7,182	-	-

Trustees

Name	Role	Appointed
Karen louisa Postles	Chair	2021-12-07
Alexander Robert Postles		2021-12-07
David Postles		2021-12-07
Ellis Richard Evans		2021-12-07
Emma louise Bubb		2021-12-07
Lesley May Pratt		2021-12-07

THE FEELGOOD FOUNDATION (FOR ANKYLOSING SPONDYLITIS RESEARCH)

England & Wales - Charity number 1196967

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' annual report (including Directors' report) for the period

From: 07/06/2024 Period start date 06/06/2025 To: Period end date
Charity name: The Feelgood Foundation (for Ankylosing Spondylitis Research)
Charity registration number: 1196967
Company number: N/A

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The advancement of health or the saving of lives "medical research charities" The Objects are: The relief of people living with cardiovascular complications associated with Ankylosing Spondylitis living in England and Wales by offering accessible support to any adult or child currently living with this condition, in particular but not exclusively by raising funds for medical research into the causes, complications, treatments, medications and research for this condition.
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 main activities are to raise funds for research into the cardiovascular complications of Ankylosing Spondylitis. Funds are mainly raised by various fundraising activities eg summer ball, quiz nights and Christmas fayre.
Statement confirming whether the trustees have had regard to the guidance issues by the Charity Commission on public benefit	Para 1.18	

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		

Achievements and performance

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	Currently the charity are raising funds for future research into the complications of Ankylosing Spondylitis and this is raising more awareness within the local community of the conditions existence and complications associated with it.
---	-----------	--

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	For the reporting period 07/06/2024 to 06/06/2025. For this period the Charity has generated income Income - £5700.87 Expenses - £4,232.15 Balance at end of 07/06/2025 - £1,568.72
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Currently all money is being held until there is enough to be given for the appropriate research
Amount of reserves held	Para 1.22	£21,133.97
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:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The charity's principle resources of funds is by fundraising events. However, a small amount is from donations from individuals.
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: for example, trust deed , memorandum and articles of association etc	Para 1.25	The charity is a charitable incorporated organisation (CIO) with the name The Feelgood Foundation (for Ankylosing Spondylitis research)
How is the charity constituted? for example limited company , unincorporated association , CIO	Para 1.25	The charity is a 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	Apart from the first charity trustees, every trustee must be appointed for a term of one year 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. (a) The Feelgood Foundation (for Ankylosing Spondylitis research.). ("the

		appointing body”) may appoint 2 charity trustees. (b) Any appointment must be made at a meeting held according to the ordinary practice of the appointing body. (c) Each appointment must be for a term of one year. (d) The appointment will be effective from the later of: (i) the date of the vacancy; and (ii) the date on which the charity trustees or their secretary or clerk are informed of the appointment. (a) The person appointed need not be a member of the appointing body (b) A trustee appointed by the appointing body has the same duty under clause 9 (1) as the other charity trustees to act in the way he or she decides in good faith would be most likely to further the purposes 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’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 FEELGOOD FOUNDATION (for Ankylosing Spondylitis Research)
Other name the charity uses	The Feelgood Foundation
Registered charity number	1196967
Charity's principal address	1 Malpas Place, Weavers Green, North Allerton, DL7 8TQ

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	KAREN POSTLES	CHAIRPERSON & TREASURER		
2	DAVID POSTLES	FUNDRAISER		
3	ALEX POSTLES	FUNDRAISER		
4	LESLEY PRATT	SECRETARY		
5	EMMA BUBB	PUBLICITY AND SOCIAL MEDIA EXECUTIVE		
6	ELLIS EVANS	FUNDRAISER		
7				
8				
9				
10				
11				
12				
13				
14				
15				

16				
17				
18				
19				
20				

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

Fundsheldascustodian trustees on behalf of others

Description of the 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	
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

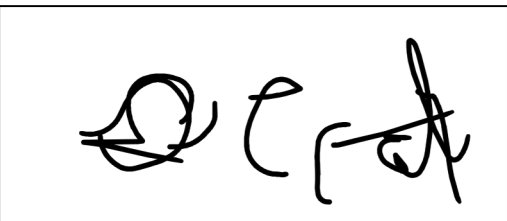
--

Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)		
Full name(s)	KAREN POSTLES	LESLEY PRATT
Position (for example Secretary, Chair, etc)	CHAIRPERSON/TREASURY	SECRETARY
Date	16/12/2025	

2024 – 2025 CHARITY COMMISSION ACCOUNTS

DATE	INCOME	EXPENDITURE	BALANCE
07/06/24	£85.17	£256.96	-£171.79
JULY 24	£210.00	£415.00	-£205
AUG 24	£852.16	£15.00	£837.16
SEPT 24	£1578.30	£1843.52 -	£265.22
OCT 24	£890.52	£247.17	£643.35
NOV 24	£203.34	£632.90	-£429.56
DEC 24	£1419.38	£233.60	£1185.78
JAN 25	£0.00	£33.60	-£33.60
FEB 25	£0.00	£33.60	-£33.60
MAR 25	£462.00	£153.60	£308.40
APR 25	£0.00	£33.60	-£33.60
MAY 25	£0.00	£33.60	-£33.60
To 6/6/25	£0.00	£200.00	-£200.00
TOTAL	£5700.87	£4232.15	£1568,72

THE FEELGOOD FOUNDATION (FOR ANKYLOSING SPONDYLITIS RESEARCH)

England & Wales - Charity number 1196967

Accounts

THE FEELGOOD FOUNDATION (for ankylosing spondylitis research)

CHARITY COMMISSION ACCOUNTS

7/06/2023 - 06/06/2024

MONTH EXPENDITURE	INCOME BALANCE	EXPENDITURE	BALANCE	INCOME		
06 JUNE 2023	1972.38	1458.81	513.57	500.00	1032.15	-532.15
JULY - 2023	4072.32	60.60	4011.72	55.00	0.00	55.00
AUGUST 2023	69.00	60.60	8.40	0.00	0.00	0.00
SEPT - 2023	169.25	60.60	108.65	0.00	0.00	0.00
OCT - 2023	708.74	60.60	648.14	0.00	0.00	0.00
NOV - 2023	84.25	380.76	- 296.51	55.00	14.39	40.61
DEC - 2023	1854.83	830.99	1023.84	22.99	0.00	22.99
JAN - 2024	110.12	61.80	48.32	0.00	0.00	0.00
FEB - 2024	483.44	404.26	79.18	0.00	0.00	0.00
MARCH 2024	1258.91	496.31	762.60	0.00	0.00	0.00
APRIL 2024	70.00	103.31	33.31	0.00	0.00	0.00
MAY 2024	501.64	535.20	-33.56	0.00	0.00	0.00
TO 6 JUNE 2024	1.12	0.00	1.12	0.00	0.00	0.00

TOTAL	11356.00	4513.84	6842.16	632.99	1046.54	- 413.55
--------------	-----------------	----------------	----------------	---------------	----------------	-----------------

BANK

PETTY CASH

THE FEELGOOD FOUNDATION (FOR ANKYLOSING SPONDYLITIS RESEARCH)

England & Wales - Charity number 1196967

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' annual report (including Directors' report) for the period

From: 07/12/2021 Period start date

06/06/2023

To: Period end date

Charity name: The Feelgood Foundation (for Ankylosing Spondylitis Research)

Charity registration number: 1196967

Company number: N/A

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The advancement of health or the saving of lives "medical research charities" <i>The Objects are: The relief of people living with cardiovascular complications associated with Ankylosing Spondylitis living in England and Wales by offering accessible support to any adult or child currently living with this condition, in particular but not exclusively by raising funds for medical research into the causes, complications, treatments, medications and research for this condition.</i>
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 main activities are to raise funds for research into the cardiovascular complications of Ankylosing Spondylitis. Funds are mainly raised by various fundraising activities eg summer ball, quiz nights and Christmas fayre.
Statement confirming whether the trustees have had regard to the guidance issues by the Charity Commission on public benefit	Para 1.18	

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		

Achievements and performance

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	Currently the charity are raising funds for future research into the complications of Ankylosing Spondylitis and this is raising more awareness within the local community of the conditions existence and complications associated with it.
---	-----------	---

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	For the reporting period 07/12/2021 to 06/06/2023. For this period the Charity has generated income Income - £20,293.87 Expenses - £7,181.56 Balance at end of 06/06/2023 – £13,112.31
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Currently all money is being held until there is enough to be given for the appropriate research
Amount of reserves held	Para 1.22	£13,112.31
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:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The charity's principle resources of funds is by fundraising events. However, a small amount is from donations from individuals.
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: for example, trust deed , memorandum and articles of association etc	Para 1.25	The charity is a charitable incorporated organisation (CIO) with the name The Feelgood Foundation (for Ankylosing Spondylitis research)
How is the charity constituted? for example limited company , unincorporated association , CIO	Para 1.25	The charity is a 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	Apart from the first charity trustees, every trustee must be appointed for a term of one year 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. (a) The Feelgood Foundation (for Ankylosing Spondylitis research.). ("the

		appointing body”) may appoint 2 charity trustees. (b) Any appointment must be made at a meeting held according to the ordinary practice of the appointing body. (c) Each appointment must be for a term of one year. (d) The appointment will be effective from the later of: (i) the date of the vacancy; and (ii) the date on which the charity trustees or their secretary or clerk are informed of the appointment. (a) The person appointed need not be a member of the appointing body (b) A trustee appointed by the appointing body has the same duty under clause 9 (1) as the other charity trustees to act in the way he or she decides in good faith would be most likely to further the purposes 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’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 FEELGOOD FOUNDATION (for Ankylosing Spondylitis Research)
Other name the charity uses	The Feelgood Foundation
Registered charity number	1196967
Charity's principal address	503 London Road, Thundersley, Benfleet, Essex SS7 1AQ

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	KAREN POSTLES	CHAIRPERSON & TREASURER		
2	DAVID POSTLES	FUNDRAISER		
3	ALEX POSTLES	FUNDRAISER		
4	LESLEY PRATT	SECRETARY		
5	EMMA BUBB	PUBLICITY AND SOCIAL MEDIA EXECUTIVE		
6	ELLIS EVANS	FUNDRAISER		
7				
8				
9				
10				
11				
12				
13				
14				
15				

16				
17				
18				
19				
20				

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	
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

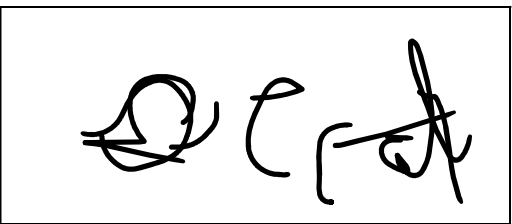
Other optional information

Declarations

The company has taken advantage of the small companies’ exemption in preparing the report above.

The trustees declare that they have approved the trustees’ report (including directors’ report) above.

Signed on behalf of the charity’s trustees/directors

Signature(s)		
Full name(s)	KAREN POSTLES	LESLEY PRATT
Position (for example Secretary, Chair, etc)	CHAIRPERSON/TREASURY	SECRETARY
Date	10/02/2024	

THE FEELGOOD FOUNDATION (for ankylosing Support research)
 CHARITY COMMISION ACCOUNTS
 07/12/2021 - 06/06/2023

MONTH	INCOME	EXPENDITURE	BALANCE
Dec-21	0.00	0.00	0.00
Jan-22	0.00	0.00	0.00
Feb-22	0.00	0.00	0.00
Mar-22	0.00	0.00	0.00
Apr-22	0.00	0.00	0.00
May-22	305.00	0.00	305.00
Jun-22	845.00	0.00	845.00
Jul-22	620.01	0.00	620.01
Aug-22	2538.76	1934.50	604.26
Sep-22	8424.98	96.00	8328.98
Oct-22	517.88	0.00	517.88
Nov-22	160.60	1295.11	-1134.51
Dec-22	1711.09	1317.62	393.47
Jan-23	41.98	385.10	-343.12
Feb-23	307.27	27.68	279.59
Mar-23	1444.70	131.54	1313.16
Apr-23	450.76	18.60	432.16
May-23	289.20	293.58	-4.38
Jun-23	473.04	0.00	473.04
TOTAL	18130.27	5499.73	12630.54

BANK^

income	expenditure	balance
741.60	0.00	741.60
0.00	0.00	741.60
0.00	0.00	741.60
0.00	500.00	241.60
1422.00	0.00	1663.60
0.00	0.00	1663.60
0.00	0.00	1663.60
0.00	0.00	1663.60
0.00	142.46	1521.14
0.00	165.27	1355.87
0.00	269.96	1085.91
0.00	244.50	841.41
0.00	293.47	547.94
0.00	22.34	525.60
0.00	9.99	515.61
0.00	33.84	481.77
0.00	0.00	481.77
0.00	0.00	481.77
0.00	0.00	481.77
2163.60	1681.83	481.77

PETTY CASH^