



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

**From 28 February 2022**  
**Period end date**

**Period start date To 28 February 2023**

**Charity name: YogoJo Foundation**

**Charity registration number: 1198082**

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit, the advancement of good physical and mental health, in particular but not exclusively for young people and their families who are experiencing the impact of unmanaged chronic stress
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	Teaching young people and their families scientifically proven skills by, but not exclusively, the provision of yoga-based, complementary and non-diagnostic programmes and initiatives designed to help better manage their physical and mental health
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees confirm that they have had regard to the guidance issued by the Charity Commission on public benefit.

## Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	The YogoJo Foundation doesn't have a policy on grant making as YogoJo Foundation is not a grant making charity
Policy on social investment including program related investment	Para 1.38	The YogoJo Foundation doesn't have a policy on social investing as YogoJo Foundation is not a social investing charity
Contribution made by volunteers	Para 1.38	During the reporting period a lot of work has been contributed by the volunteers including development of the website, its content and branding visuals. The volunteers run the charity's presence on social media and organised many events

		including a presentation at the annual meeting of the All Party Parliamentary Group in the Houses of Parliament.
Other		n/a

## 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>The YogoJo has made significant achievements in various areas, demonstrating their commitment to fostering community engagement, education, and sports development. Their efforts have notably involved collaboration with local schools and sports clubs, advocating for change at the UK Parliament, and creating valuable online resources for young rugby players.</p> <p>One of the primary achievements of the charity has been their engagement with local schools and sport clubs. Recognizing the importance of inclusivity and sports education, they have actively partnered with schools to provide opportunities for children and teenagers to incorporate yoga into rugby and other activities. By organizing co-curricular sessions and workshops, the charity has encouraged young individuals to develop their skills, fostering physical fitness, teamwork, and leadership qualities.</p> <p>Moreover, they have established strong relationships with local sports clubs, aiming to bring communities together through yoga. This partnership has facilitated increased participation in rugby and created avenues for achieving excellence in the sport.</p> <p>Another notable achievement of the charity was their presentation in the UK Parliament for the All-Party Parliamentary Group. Through dedicated advocacy efforts, they successfully raised awareness about the importance of supporting kids and teens through yoga and the benefits yoga brings to individuals and society as a whole. By highlighting the positive impact of yoga on physical and mental well-being, community cohesion, and personal development, the charity effectively contributed to shaping policies and securing government support for youth initiatives.</p>

		<p>Additionally, the charity recognized the need for accessible resources to inspire and guide children, adolescents and their families. To address this, they created an innovative series of Pitch Ready videos available on the YogoJo Foundation YouTube channel specifically designed for aspiring rugby athletes. The platform provides a wealth of resources, including training videos and mental resilience tools. By making these resources freely available, the charity has empowered young players to improve their skills, expand their knowledge, and pursue their rugby dreams.</p> <p>The charity has achieved significant milestones in its commitment to promoting mental well-being and positive development among children, teens, and families. One of its main accomplishments has been the establishment of a comprehensive website featuring a variety of yoga-based resources tailored to different age groups, aiming to address the challenges they might be facing.</p> <p>The website provides a wide range of yoga resources specifically designed for kids, teens, and families. These resources include step-by-step yoga poses, guided meditation sessions, breathing exercises, and relaxation techniques. The charity recognized the importance of tailoring these resources to the unique needs and circumstances of each age group. By doing so, they have made yoga accessible to children, teens, and families regardless of their prior experience or current challenges.</p> <p>The impact of the charity's efforts is evident through the positive changes in the circumstances of children and teens who have been actively engaged in practicing yoga. The practice of yoga has been shown to have profound effects on mental health, promoting stress reduction, improved focus, enhanced emotional regulation, and increased self-esteem. By providing access to these resources, the charity has positively influenced the mental well-being of countless children and teens, equipping them with valuable tools to navigate the challenges they may face.</p> <p>In addition to the yoga resources, the charity has gone above and beyond by offering access interviews featuring world-renowned experts and researchers in the field of yoga. By tapping into the knowledge</p>
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		<p>and expertise of these individuals, the charity ensures that the information shared with children, teens, and families is both accurate and impactful. This exposure to leading figures in the yoga community allows individuals to deepen their understanding of the practice and to stay up-to-date with the latest research and developments.</p> <p>Through their dedication and commitment, the charity has made a significant difference in the lives of children, teens, and families. By creating a user-friendly website with yoga resources tailored to different age groups, they have facilitated access to a practice that positively impacts mental health. Additionally, by offering access to Pitch Ready videos and interviews with experts and researchers, they have ensured that individuals have access to accurate and valuable information. Overall, the charity's achievements have helped transform the circumstances of many individuals and contributed to the promotion of mental well-being through the practice of yoga.</p> <p>In conclusion, the charity's achievements have proven instrumental in their mission to promote yoga for physical and mental health of children and adolescents. Through their efforts, they have positively impacted the lives of numerous individuals, fostering a love for yoga, empowering youth, and strengthening communities.</p>
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#### **Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	See Summary of Achievements and Performance Section above
Performance of fundraising activities against objectives set	Para 1.41	The YogoJo Foundation has some small successes in raising funds through Amazon. £15.24 was raised through purchases of shoppers who decided to buy their goods on Amazon via Smile.Amazon. Amazon donated 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases to the charitable organisation of your choice.
Investment performance against objectives	Para 1.41	The YogoJo Foundation didn't receive any investment funds.

Other		See Summary of Achievements and Performance Section above
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## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the end of the year the charity noted £1,622.44 as income out of which £1,554.41 was spent on costs related to licences, subscriptions and stationery.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The YogoJo Foundation doesn't hold substantial reserves as the income was very small during the reporting period. There was £68.03 available on the charity's account.
Amount of reserves held	Para 1.22	None
Reasons for holding zero reserves	Para 1.22	To sustain charity's operation YogoJo relies on the support of its volunteers who help to build initiatives with long-term impact.
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	The charity makes their best endeavours to collaborate with other charities in order to secure funds that would support its activities. However as a young charity our avenues are limited and it will take time to build our financial credibility for funds giving organisations

### 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	n/a
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	n/a
Other		n/a

## Structure, Governance and Management

Description of charity's trusts:		The YogoJo Foundation didn't establish any legal entities to advance its charitable purposes and promote the welfare of society in this reporting period.
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
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 is appointed by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees 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 make available to each new charity trustee, on or before his or her first appointment: (a) a copy of the current version of this constitution; and (b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The YogoJo Foundation doesn't have a wider organisational structure. The charity works with a network of volunteers who are recruited via the TrustVolunteering portal.
Relationship with any related parties	Para 1.51	The charity has no relationship with any related parties. There are no related parties to the charity.
Other		n/a

## Reference and Administrative details

Charity name	YogoJo Foundation
Other name the charity uses	YogoJo Foundation
Registered charity number	1198082
Charity's principal address	184 Walmley Road Sutton Coldfield B76 2PY United Kingdom





**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	Maureen Ingleby	Chair	Whole year	First Trustee
2	Maureen Thomson	Trustee	Whole year	First Trustee
3	Agata Skowron	Trustee	Whole year	First Trustee
4				
5				
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14				
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16				
17				
18				
19				
20				

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

Director name		
n/a		

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

Trustee name	Dates acted if not for whole year	
n/a		

## 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
n/a	n/a	n/a

#### Name of chief executive or names of senior staff members (Optional information)

Joanna Fletcher – CEO (volunteer)

## 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

<b>Signature(s)</b> <b>Full name(s)</b> <b>Position (eg Secretary, Chair, etc)</b>	M.Ingleby	E.Izulu
	Maureen Ingleby	Emmanuel Izulu
	Chair	Treasurer
<b>Date</b>	28/12/2023	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

YogoJo Foundation	1198082
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Receipts and payments accounts

For the period from	28/02/2022	To	28/02/2023
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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>					
Donation from Joanna Fletcher	1,554	-	-	1,554	-
Amazon.Smile	15	-	-	15	-
Just Giving	53	-	-	53	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	1,622	-	-	1,622	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	1,622	-	-	1,622	-
<b>A3 Payments</b>					
Dropbox International	160	-	-	160	-
Flipsnack	359	-	-	359	-
123 reg	68	-	-	68	-
search and filter	16	-	-	16	-
Vista print	113	-	-	113	-
Stationery	78	-	-	78	-
20i	89	-	-	89	-
amazon	64	-	-	64	-
Crystal Web Techs	608	-	-	608	-
<b>Sub total</b>	1,554	-	-	1,554	-
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	1,554	-	-	1,554	-
<b>Net of receipts/(payments)</b>	68	-	-	68	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	68	-	-	68	-

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	68	-	-
	-	-	-	-
	-	-	-	-
	<b>Total cash funds</b>	<b>68</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	-		-	-
	-		-	-
	-		-	-
	-		-	-
	-		-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	-		-	-
	-		-	-
	-		-	-
	-		-	-
	-		-	-
	-		-	-
	-		-	-
	-		-	-
	-		-	-
		Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	- #		-	
	-		-	
	-		-	
	-		-	
	-		-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	Emmanuel Izulu	Emmanuel Izulu	28/12/2023	