

# YOGA FOR THE FRONT LINE

England & Wales · Charity number 1198187

## Details

---

**Status** Registered

**Legal form** CIO

**Registered** 2022-03-09

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

## Contact

---

**Address** 110 Coombe Vale Road  
Teignmouth  
Devon  
TQ14 9ER

**Phone** 07867973310

**Email** [hello@yogaforthefrontline.org](mailto:hello@yogaforthefrontline.org)

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

## Activities

---

**Objects:** OBJECT[S]THE OBJECT[S] OF THE CIO ARE:TO PRESERVE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF FRONT LINE WORKERS, IN PARTICULAR BUT NOT EXCLUSIVELY FOR THOSE WORKING IN EMERGENCY SERVICES BY DELIVERING JOB SPECIFIC YOGA TRAINING TO HELP MANAGE STRESS AND TO HELP BUILD THEIR MENTAL AND PHYSICAL RESILIENCE AND TO ADVANCE EDUCATION ON THE TOPICS OF UNRAVELLING STRESS AND DELIVERING TACTICAL MENTAL AND PHYSICAL RESILIENCE TRAINING.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:** Yoga for the Front Line delivers accessible, culturally informed, job specific yoga training to front line workers, supporting the health of individuals and their organisations.

## Classification

---

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£2,400	£1,125	-	-
2024-03-31	£1,641	£2,576	-	-
2023-03-31	£3,675	£1,659	-	-

## Trustees

Name	Role	Appointed
<b>Olive Campbell</b>	Chair	2022-03-01
Eleanor Aldridge		2022-03-01
Ramona Frances Fitzgerald		2022-03-01
Sarah Blackman-Easton		2022-03-01

**YOGA FOR THE FRONT LINE**

England & Wales - Charity number 1198187

---

# Accounts

---



---

## YEAR END REPORT 2024/2025

CEO Report - Alix Coleby

The intended purpose of this document is to capture the overview of finances for the previous year. Highlighting points of note for the board before submitting the end of year accounts.

---

### Financial Summary March 2025

- Grants
- Community
- Risks
- Focus

---

### Funds

In August 2024 we received grant funds from Exeter Chiefs

- Amount £2000

We received money from Devon and Cornwall Police for Services:

- Amount £400.

---

### Community

We used funds from YR23/24 to fund our Community Class Regulate. The overall program ran for 3 months with success and we look so run similar events or schedules YR25/26. Learnings from this will feed into how these are tailored and marketed.

---

## **Risks**

Are our messaging and engagement. We chose to take a step back and focus on building resilience on the board to take steps to address these and structure our findings from the pilots.

Moving into 2025 we have a robust structure and a clear direction with some foundational marketing structure.

---

## **Focus**

Focus will be on running 2 community events and securing 2 organisational contracts as we look at accreditation of our training.

---

**Date signed off by the board:**



Yoga for the Front Line		1198187		<b>CC16a</b>
<b>Receipts and payments accounts</b>				
For the period from	4/1/24	To	3/31/25	

**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>					
General donations	400	-	-	400	220
Grants	2,000	-	-	2,000	1,421
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
<b>Sub total(Gross income for AR)</b>	<b>2,400</b>	<b>-</b>	<b>-</b>	<b>2,400</b>	<b>1,641</b>
<b>A2 Asset and investment sales, (see table).</b>					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	- 0
<b>Sub total</b>	<b>- 0</b>	<b>- 0</b>	<b>- 0</b>	<b>-</b>	<b>- 0</b>
<b>Total receipts</b>	<b>2,400</b>	<b>- 0</b>	<b>- 0</b>	<b>2,400</b>	<b>1,641</b>
<b>A3 Payments</b>					
Insurance	181	-	-	181	170
Rent	116	-	-	116	234
Teacher salary	200	-	-	200	1,458
Website costs	230	-	-	230	158
Software Costs	359	-	-	359	224
Promo & Advertising	- 0	-	-	-	323
Travel & Accommodation	- 0	-	-	-	-
Miscellaneous	8	-	-	8	9
Contractor Costs	- 0	-	-	-	-
<b>Sub total</b>	<b>1,078</b>	<b>-</b>	<b>-</b>	<b>1,078</b>	<b>2,576</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Yoga equipment	47	- 0	- 0	47	- 0
	- 0	- 0	- 0	-	
<b>Sub total</b>	<b>47</b>	<b>- 0</b>	<b>- 0</b>	<b>47</b>	<b>- 0</b>
<b>Total payments</b>	<b>1,125</b>	<b>- 0</b>	<b>- 0</b>	<b>1,125</b>	<b>2,576</b>
<b>Net of receipts/(payments)</b>	<b>1,275</b>	<b>-</b>	<b>-</b>	<b>1,275</b>	<b>- 935</b>
A5 Transfers between funds	- 0	-	-	-	-
A6 Cash funds last year end	83	998	-	1,081	2,016
<b>Cash funds this year end</b>	<b>1,358</b>	<b>998</b>	<b>-</b>	<b>2,356</b>	<b>1,081</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>	Natwest	1,358	998	-
		-	-	-
		-	-	-



**YOGA FOR THE FRONT LINE**

England & Wales - Charity number 1198187

---

# Accounts

---



---

## YEAR END REPORT 2023/2024

CEO Report - Alix Coleby

The intended purpose of this document is to capture the overview of finances for the previous year. Highlighting points of note for the board before submitting the end of year accounts.

---

### Financial Summary March 2023

- Grants
- Pilots
- Risks
- Focus

---

### Funds

In August 2023 we received grant funds from Exeter Chiefs

- Amount £1421

We received money from Exeter University and the NHS for events we attended:

- Amount £230.

---

### Pilots

We completed payments for pilots from 2022/23 financial period. Pilot data was lost by Devon & Somerset Fire & Rescue Service which will need to be discussed to look at how we safeguard ourselves in the future.

---

### Risks

We again struggled to find larger funding pots which will present a concern in the coming financial year for covering core running costs.

It is believed this possibly relates to our intended audience with the crossover of public awareness, reputation and spending.

---

## Focus

Focus will be on addressing the new scalable funding model and expanding the board to continue to drive awareness forward as we look to generate funding.

---

Date signed off by the board: 4<sup>th</sup> May 2024



**Receipts and payments accounts**

CC16a

For the period  
from

4/1/23

To

3/31/24

**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 £
<b>A1 Receipts</b>					
General donations	220	-	-	220	175
Grants	1,421	-	-	1,421	3,500
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>1,641</b>	<b>-</b>	<b>-</b>	<b>1,641</b>	<b>3,675</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-0	-0	-0	-	
	-0	-0	-0	-	-0
<b>Sub total</b>	<b>-0</b>	<b>-0</b>	<b>-0</b>	<b>-</b>	<b>-0</b>
<b>Total receipts</b>	<b>1,641</b>	<b>-0</b>	<b>-0</b>	<b>1,641</b>	<b>3,675</b>
<b>A3 Payments</b>					
Insurance	170	-	-	170	168
Rent	234	-	-	234	-
Teacher salary	550	908	-	1,458	800
Website costs	158	-	-	158	65
Software Costs	224	-	-	224	-
Promo & Advertising	323	-	-	323	-
Travel & Accommodation	-0	-	-	-	526
Miscellaneous	9	-	-	9	-
	-0	-	-	-	-
<b>Sub total</b>	<b>1,668</b>	<b>908</b>	<b>-</b>	<b>2,576</b>	<b>1,559</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Yoga equipment	-0	-0	-0	-	100
	-0	-0	-0	-	
<b>Sub total</b>	<b>-0</b>	<b>-0</b>	<b>-0</b>	<b>2,576</b>	<b>100</b>
<b>Total payments</b>	<b>1,668</b>	<b>908</b>	<b>-0</b>	<b>2,576</b>	<b>1,659</b>
<b>Net of receipts/(payments)</b>	<b>-27</b>	<b>-908</b>	<b>-</b>	<b>935</b>	<b>2,016</b>
<b>A5 Transfers between funds</b>	<b>-0</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>110</b>	<b>1,906</b>	<b>-</b>	<b>2,016</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>83</b>	<b>998</b>	<b>-</b>	<b>1,081</b>	<b>2,016</b>

**Section B Statement of assets and liabilities at the end of the period**

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
<b>B1 Cash funds</b>	Natwest	83	998	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>83</b>	<b>998</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	Yoga equipment	Restricted	100	100
			-	-
			-	-
			-	-
			-	-
			-	-
	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
	Olivia Campbell	Olivia Campbell		4/5/24
	Ramona Fitzgerald	Ramona Fitzgerald		4/5/24

**YOGA FOR THE FRONT LINE**

England & Wales - Charity number 1198187

---

# Accounts

---



---

## YEAR END REPORT 2022/2023

CEO Report - Alix Coleby

This documents intended purpose is to capture the overview of finances for the previous year. Highlighting points of note for the board before submitting the end of year accounts.

---

### Financial Summary March 2023

- Grants
- Pilots
- Risks

---

#### Grants

In July & August of 2022 we received grants from the following organisations:

- Exeter City Council - Amount £1500
- Devon County Council - Amount £2000

We also secured a Designated Charity Status in August 2022 with the Exeter Chiefs Foundation and in August 2023 we were awarded £1420.87. Please note however this amount will form part of the accounts for 2023/2024.

---

#### Pilots

The funding helped support 2 of our pilots with Devon & Cornwall Police and Devon & Somerset Fire & Rescue Service. This also covered some of the core costs needed in the first year.

Research and conversations has showed us that we should consider widening our front line remit to military, Adult & Child Social Care and Teachers.

---

## Risks

We have had some good early interest and small funding wins but struggled to find larger funding pots which will be important to the long term running of the charity.

We need to focus on building community awareness by creating a teacher pool and funding classes within the community and focus efforts on securing interest in a study of the benefits for the blue light community to adopt programs.

Some funders believe this should be solely supported by the organisations themselves as there is little empathy for depth of the mental health issues with blue light organisations.

---

Date signed off by the board



## Receipts and payments accounts

CC16a

For the period from 3/9/2022 To 3/31/2023

### 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 £
<b>A1 Receipts</b>					
General donations	175	-	-	175	-
Grants	-	3,500	-	3,500	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	175	3,500	-	3,675	-
<b>A2 Asset and investment sales, (see table).</b>	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	175	3,500	-	3,675	-
<b>A3 Payments</b>					
Insurance	-	168	-	168	-
Travel & Accommodation	-	526	-	526	-
Teacher salary	-	800	-	800	-
Website costs	65	-	-	65	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	65	1,494	-	1,559	-
<b>A4 Asset and investment purchases, (see table)</b>					
Yoga equipment	-	100	-	100	-
	-	-	-	-	-
<b>Sub total</b>	-	100	-	100	-
<b>Total payments</b>	65	1,594	-	1,659	-
<b>Net of receipts/(payments)</b>	110	1,906	-	2,016	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	110	1,906	-	2,016	-

### 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>	Natwest	110	1,906	-

