

YOGASUPERHEROES

Aims and Purposes

The advancement of health for children and young people.

The preservation and protection of good physical and mental health for the public benefit by educating children and young people in yoga practice and techniques.

Objectives and Activities

The charity was set up in July 2022 to teach children and young people how to take care of their own physical and mental health by teaching them yoga postures and meditation techniques in the school setting during curriculum time.

The charity devised a one-year foundation programme for primary and secondary schools with the idea of delivering new teaching videos every six weeks, giving youngsters the chance to embed the learning and practice.

The first six months (July 2022 to January 2023) were spent on setting up the charity's bank account, attending a lot of charity trustee trainings, applying for funding for the school programme and creating the first video sample.

The next few months were spent contacting schools in London to agree to trial the video (teaching children how to sit still and focus) for 6 weeks. Two agreed but one later pulled out. So after the Easter

holidays only one teacher at Hawley Primary in Camden started the trial. Contact was made every week by email and a survey to gauge progress and make tweaks if necessary. After six weeks she reported back that the children had enjoyed practising and learning from the video, that more than 3/4 of the classroom were more focused and sitting still but that her class had a high proportion of SEND children and for them progress had been slow and did not last.

Achievements and Performance

The charity was pleased with this result. The video worked well with mainstream children but SEND children would need 1:1 exposure to the video in a quiet setting.

The charity decided to take the results to a few more schools to try out as well as start working on the second video. Unfortunately, the founder and chair needed time away for two close family medical events and it was decided to pause the activities of the charity rather than take on new trustees and continue. Therefore, no further work was done until the end of the first financial year (August 31).

The trustees had hoped to start rolling out the foundation programme for the start of the 2023/2024 school year but with only one small trial schools were reluctant to commit and the charity paused all activities to rethink the rollout and ways to secure funding.

Financial Review

The only funding secured in the first financial year was £60 (unrestricted) from the Blakemore Foundation in December 2022. In January 2023 the charity spent £45.59 on domain transfer and web hosting with GoDaddy. There was no other income or expenditure for the rest of the financial year.

Reserves Policy

With such little funding there is no reserves policy for the moment.

Volunteers

The charity advertised (for free) for volunteers to help with admin, fundraising, filming videos and website design on the Reach volunteering platform but the applicants did not have enough experience and were mostly recent residents of the UK. We found one good filmmaker but after starting the project he secured full time employment and moved away.

Structure, Governance and Management

The charity is a CIO run in its entirety by the three founding trustees.

The trustees are responsible for all decisions - activities, funding, spending and hiring. We meet twice in person annually but more often on Zoom and also communicate via email. There have been no absences.

Administrative Information

Yogasuperheroes is a CIO registered by the Charity Commission.

Charity Number 1199733


There are three trustees who have served during the first financial year:

Ms Anjali Ewing, the founder, is a qualified Yogakids and Sivananda yoga teacher with 20 years of experience of teaching children yoga in community classes and in schools, training schoolteachers in wellness techniques and also preparing children for the 11+ exams. She has Asperger's.

Mrs Sunita Ghai, the treasurer, is a solicitor. She has practised yoga regularly for over 10 years and attends Vipassana meditation retreats annually.

Miss Fabienne Rosin is our young trustee, an estate agent in her 20s. She has practised yoga since she was 5 years old and it has helped enormously with her Tourette's, ADHD and OCD.

Approved by the YogaSuperheroes trustees on June 26, 2024 and signed on their behalf by Ms Anjali Ewing (Chair of Trustees).

 CHARITY COMMISSION FOR ENGLAND AND WALES	YOGASUPERHEROES		1199733		
	Receipts and payments accounts				
	For the period from	21/7/22	To	31/8/23	
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 £
A1 Receipts					
Donation	60		-	-	60
	- 0		-	-	-
	- 0		-	-	-
	- 0		-	-	-
	- 0		-	-	-
	- 0		-	-	-
	- 0		-	-	-
	- 0		-	-	-
Sub total (Gross income for AR)	60		-	-	60
A2 Asset and investment sales, (see table).					
	- 0		- 0	- 0	-
	- 0		- 0	- 0	-
Sub total	- 0		- 0	- 0	-
Total receipts	60		- 0	- 0	60
A3 Payments					
Domain & Hosting	46		-	-	46
	- 0		-	-	-
	- 0		-	-	-
	- 0		-	-	-
	- 0		-	-	-
	- 0		-	-	-
	- 0		-	-	-
	- 0		-	-	-
Sub total	46		-	-	46
A4 Asset and investment purchases, (see table)					
	- 0		- 0	- 0	-
	- 0		- 0	- 0	-
Sub total	- 0		- 0	- 0	-
Total payments	46		- 0	- 0	46
Net of receipts/(payments)	14		-	-	14
A5 Transfers between funds	- 0		-	-	-
A6 Cash funds last year end	- 0		-	-	-
Cash funds this year end	14		-	-	14
Section B Statement of assets and liabilities at the end of the period					
Categories	Details		Unrestricted funds to nearest £	Restricted funds to nearest £	
B1 Cash funds			14	-	
			-	-	

		-	-
	Total cash funds	14	-
	(agree balances with receipts and payments account(s))	OK	OK
		Unrestricted funds	Restricted funds
	Details	to nearest £	to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-
	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-
	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees	Sunita Ghai (Treasurer)	Mrs Sunita Ghai	
	Anjali Ewing (Chair)	Ms Anjali Ewing	

-
-
OK
Endowment funds
to nearest £
-
-
-
-
-
-
Current value (optional)
-
-
-
-
-
Current value (optional)
-
-
-
-
-
-
-
-
-
When due (optional)
27/6/24
27/6/24