



Countdown Community Health & Wellbeing

Annual Report

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About Us



The Countdown Community Organisation is a dynamic and passionate charity dedicated to improving health, wellness, and social cohesion within the Southwark community and beyond. Founded on the belief that **health is wealth**, we strive to empower individuals of all ages and abilities to take charge of their physical and mental well-being through accessible and inclusive fitness programs.

Since our inception, Countdown has evolved into a trusted community hub, providing weekly exercise sessions, group runs, and educational workshops. With a strong focus on inclusivity, we aim to remove barriers to wellness by creating safe spaces where participants feel supported, inspired, and encouraged to achieve their goals.

Our programs are not just about fitness; they're about fostering a sense of community, building social connections, and raising awareness about the importance of healthy living. As we reflect on our progress and look ahead to the future, we remain committed to delivering impactful programs that make a lasting difference in the lives of those we serve. Together, we're creating a healthier, happier community—one step, one stretch, one sprint at a time.

Countdown: Fitness. Fun. Family.



Our Vision

At Countdown, our vision is to create a thriving, health-conscious community where every individual has the opportunity to live a healthier, happier, and more fulfilling life. We aspire to break down the barriers that prevent people from prioritising their well-being, whether those barriers are financial, cultural, or social. We envision a future where health and wellness are accessible to all, not just a privilege for some. By promoting fitness, education, and inclusivity, we aim to inspire lifelong healthy habits, nurture mental resilience, and strengthen community connections. Our goal is to be a catalyst for change, empowering individuals to take control of their physical and mental health while fostering a culture of collaboration and support. Together, we aim to transform lives and build a stronger, healthier community for generations to come. Countdown: A vision for wellness, together

Our Mission

1

To promote health, fitness, and well-being within our community by providing accessible, inclusive, and engaging programs that empower individuals to lead healthier lives.

2

To foster strong community connections by creating a supportive and welcoming environment where individuals can work together to achieve their wellness goals.

3

To advocate for lifelong healthy habits by breaking down barriers to health education, fitness, and nutrition, ensuring everyone has the tools to thrive physically and mentally.



Our Values

At Countdown Community Organisation, inclusivity is at the heart of everything we do. We believe health and wellness should be accessible to everyone, regardless of their background, fitness level, or economic circumstances. By creating programs that welcome people from all walks of life, we foster a sense of belonging and ensure that every individual has the opportunity to improve their physical and mental well-being in a supportive, judgment-free environment.

Collaboration and community empowerment are integral to our approach. We work closely with participants, healthcare professionals, and community leaders to create tailored wellness programs that meet the specific needs of our members. By encouraging open communication and shared learning, we not only help individuals achieve their personal fitness goals but also build a network of support that strengthens the broader community.

We are committed to sustainability and long-term impact. Our programs aim to inspire positive lifestyle changes that go beyond temporary fixes, equipping individuals with the knowledge and tools they need to maintain their health and well-being for years to come. Additionally, we actively seek opportunities to expand our reach, ensuring that more communities can benefit from the transformative power of health, fitness, and education.



A Year in Review

As we reflect on an incredible year of progress and achievement, we are proud to share our journey and the significant milestones achieved in 2024. The Countdown Community Organisation remains dedicated to promoting health, wellness, and a sense of community. Through our exercise classes, community outreach, and health-focused initiatives, we have witnessed transformative results for our participants and the wider community. Below, we provide a detailed overview of our activities, accomplishments, challenges, and strategic plans for the future.

This year, we successfully delivered a total of 150 sessions, comprising three sessions per week across Monday, Wednesday, and Saturday. These sessions included:

- Monday & Wednesday Classes: Focused on general fitness, including cardio, stretching, strength-building, and functional exercises.
- Saturday Park Runs: Community-led outdoor runs at Burgess Park and Southwark Park. These were designed to encourage group fitness in a fun and interactive environment.

Each session was facilitated by trained fitness professionals and supported by a dedicated team of first-aiders, doctors, and volunteers to ensure a safe and supportive environment for participants.

Attendance for our sessions consistently reached between 35 and 40 participants per class, demonstrating strong community engagement and interest in our programs.

- This represents a 40% increase in attendance compared to last year, showcasing the growing impact of Countdown's wellness initiatives within the community.
- Our classes catered to a diverse group of individuals across all ages and fitness levels, with a focus on inclusivity for disadvantaged and underrepresented members of the community.

This year has been a resounding success, as evidenced by the tangible impact of our programs:

- 1.Improved Health Outcomes: Participants have experienced weight loss, better fitness levels, and improved overall health.
- 2.Increased Engagement: Attendance has risen significantly, reflecting the growing trust and value placed on our services by the community.
- 3.Community Building: We have fostered a sense of belonging and camaraderie among participants, creating social support networks that extend beyond our sessions.

Our accomplishments this year serve as a testament to the dedication of our team and the power of community-led wellness initiatives.

Our Vision For The Future

Expansion of Programs:

Our goal for the coming year is to ****expand our fitness programs into various Tenants and Residents Associations (TRA) communities across Southwark and beyond****. By collaborating with local community groups, we aim to increase accessibility to wellness programs and reach more individuals in need of health and fitness support.

Enhanced Participant Engagement:

We plan to integrate more educational workshops focusing on nutrition, mental health, and overall wellness. These sessions will feature guest speakers, including healthcare professionals, to complement our fitness classes. Building on the success of our Countdown Community 5K Fun Run, we will introduce additional community-wide events, such as charity runs, wellness fairs, and fitness challenges.

Expand Online Wellness Programs:

To make health and wellness accessible to a wider audience, we aim to develop and deliver online wellness programs. These will include virtual fitness classes, nutrition workshops, and mental well-being sessions, ensuring that individuals who cannot attend in-person sessions can still benefit from our services.

Concluding Summary

Countdown Community Organisation remains steadfast in its commitment to promoting health, fitness, and well-being in the Southwark community and beyond. With the success of this year as a foundation, we are excited to build upon our achievements and continue transforming lives through our programs. Thank you to our participants, volunteers, and supporters for making 2024 an unforgettable year of growth and success.

Together, we are Countdown: Health is Wealth!





CHARITY COMMISSION
FOR ENGLAND AND WALES

Count Down Communit Health And Wellbeing Network

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Receipts and payments accounts

For the period from	Period start date 10/01/2023	To	Period end date 31/03/2024
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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 £
A1 Receipts					
Donations	5,713	-	-	5,713	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	5,713	-	-	5,713	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5,713	-	-	5,713	-
A3 Payments					
Venue Costs	2,810	-	-	2,810	-
General operating costs	905	-	-	905	-
Stationery expenses	523	-	-	523	-
Website costs	400	-	-	400	-
Events costs	150	-	-	150	-
Travel costs	95	-	-	95	-
Computer expenses	85	-	-	85	-
Subsistence	84	-	-	84	-
	-	-	-	-	-
Sub total	5,051	-	-	5,051	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,051	-	-	5,051	-
Net of receipts/(payments)	662	-	-	662	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	662	-	-	662	-

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 at bank	662	-	-
		-	-	-
		-	-	-
	Total cash funds	662	-	-
	(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	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	