

## **Trustee Annual Report**

### **Count Down Community Health and Wellbeing Network**

**Reporting period:** 1 April 2024 – 31 March 2025

#### **Reference and Administrative Details**

Charity name: Count Down Community Health and Wellbeing Network  
Charity number: 1201535  
Principal address: Flat 6 Dowell  
House, Lyall Avenue, SE21 8PE

#### **Trustees:**

Ishmail Sankoh	– Chair
Achmed Kamara	– Trustee
Abdul Seisay	– Trustee
Haja Sesay	– Treasurer

The charity is governed by a board of trustees responsible for setting strategy, ensuring good governance, safeguarding beneficiaries, and overseeing financial management.

#### **Objectives and Public Benefit**

The charity's objective is to promote community health and wellbeing through accessible and inclusive physical activity.

The trustees have had due regard to the Charity Commission's guidance on public benefit. The charity provides public benefit by improving physical fitness, supporting mental wellbeing, reducing social isolation, and encouraging healthy lifestyles. Activities are open to the local community and delivered at low or no cost to ensure accessibility.

#### **Activities and Achievements**

During the reporting period, the charity delivered three days of exercise sessions each week, providing regular opportunities for community members to engage in physical activity.

Key achievements include delivering approximately 150 exercise sessions, supporting an average of 45–70 participants per week, and maintaining consistent delivery across three weekly session days. Participants reported improved physical health, increased confidence, better mental wellbeing, and stronger social connections.

#### **Financial Review**

The charity operated within its financial means during the year. Income was used primarily to support venue hire, session delivery, basic equipment and water. Funds were managed responsibly and directed towards charitable activities.

**Reserves Policy**

The trustees aim to maintain modest reserves to ensure continuity of services and manage unforeseen costs while prioritising delivery of weekly exercise sessions.

**Plans for the Future**

Plans include continuing three weekly exercise sessions, increasing participation, seeking additional funding, and developing partnerships with local organisations and health services.

**Statement of Trustees' Responsibilities**

The trustees are responsible for preparing the annual report and financial statements in accordance with applicable law and confirm that this report accurately reflects the charity's activities during the reporting period.

Approved by the Board of Trustees

Signed:

Ishmail Sankoh

Chair of Trustees.