

APPETYTE FOR LIFE

England & Wales · Charity number 1202164

Details

Status Registered

Legal form CIO

Registered 2023-03-02

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

Contact

Address Freedom Works
The Palace Workspace
1-3 Robertson Street
Hastings
East Sussex
TN34 1HN

Phone 07540722175

Email gavin.howard@sparktoyoursuccess.co.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE TO ADVANCE THE EDUCATION FOR THE PUBLIC BENEFIT BY DESIGNING AND DELIVERING SUPPORT AND ACTIVITIES WHICH WILL HELP TO ADVANCE YOUNG PEOPLE IN LIFE TO THEIR TRAINERS, TEACHERS, ADVISERS, AND COACHES, IN AREAS SUCH AS FINANCIAL MANAGEMENT, COMMUNICATIONS, CARING, RESILIENCE, AND PLANNING, IN PARTICULAR BUT NOT EXCLUSIVELY THROUGH THE BEST USE OF DIGITAL TECHNOLOGY AND BY CREATING CONTENT IN THOSE AREAS FOR TRAINERS, TEACHERS, ADVISERS, AND COACHES TO DELIVER TO THEIR LEARNERS AND THROUGH MENTORING TO THEM AND THE PARENTS AND CARERS OF YOUNG PEOPLE IN ORDER TO ENCOURAGE GREATER INVOLVEMENT. 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: to be updated

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training
- **Who:** Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England And Wales

Finances

| Period end | Income | Expenditure | Assets | Employees | |
|------------|--------|-------------|--------|-----------|---|
| 2025-03-31 | | £0 | £0 | - | - |
| 2024-03-31 | | £0 | £0 | - | - |

Trustees

| Name | Role | Appointed |
|---------------------|-------|------------|
| Laurence Donnarumma | Chair | 2023-02-22 |
| Gavin Howard | | 2023-02-22 |
| TeeJay Dowe | | 2023-02-22 |

APPETYTE FOR LIFE

England & Wales - Charity number 1202164

Accounts



Trustees' Annual Report for the period 01/04/24 to 31/03/25

Charity name: Appetyte For Life

Charity registration number: 1202164

Objectives and Activities

| | SORP reference | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Summary of the purposes of the charity as set out in its governing document | Para 1.17 | The objects of the charity are to advance the education for the public benefit by designing and delivering support and activities which will help to advance young people in life to their trainers, teachers, advisers, and coaches, in areas such as financial management, communications, caring, resilience, and planning, in particular but not exclusively through the best use of digital technology and by creating content in those areas for trainers, teachers, advisers, and coaches to deliver to their learners and through mentoring to them and the parents and carers of young people in order to encourage greater involvement. |
| 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 | Charity was dormant this year. |
| Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit | Para 1.18 | n/a |

Additional information (optional)

You may choose to include further statements where relevant about:

| | SORP reference | |
|------------------------------------------------------------------|----------------|--|
| Policy on grant making | Para 1.38 | |
| Policy on social investment including program related investment | Para 1.38 | |
| | | |

| | | |
|---------------------------------|-----------|--|
| Contribution made by volunteers | Para 1.38 | |
| Other | | |

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 | Charity was dormant this year. |

Additional information (optional)

You may choose to include further statements where relevant about:

| | | |
|--------------------------------------------------------------|-----------|--|
| Achievements against objectives set | Para 1.41 | |
| Performance of fundraising activities against objectives set | Para 1.41 | |
| Investment performance against objectives | Para 1.41 | |
| Other | | |

Financial Review

| | | |
|----------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Review of the charity's financial position at the end of the period | Para 1.21 | Charity was dormant this year. |
| Statement explaining the policy for holding reserves stating why they are held | Para 1.22 | n/a |
| Amount of reserves held | Para 1.22 | £0 |
| Reasons for holding zero reserves | Para 1.22 | n/a |
| 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 | Trustees were planning activities for future years alongside a fundraising campaign – they have no concerns about the charity continuing as a going concern. |

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 | |
| Investment policy and objectives including any social investment policy adopted | Para 1.46 | |
| A description of the principal risks facing the charity | Para 1.46 | |
| Other | | |

Structure, Governance and Management

| | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------------------------|
| Description of charity's trusts: | | n/a |
| Type of governing document (trust deed, royal charter) | Para 1.25 | Foundation model constitution |
| How is the charity constituted? (e.g unincorporated association, CIO) | Para 1.25 | CIO |
| 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 | n/a |

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's organisational structure and any wider network with which the charity works | Para 1.51 | |
| Relationship with any related parties | Para 1.51 | |
| Other | | |

Reference and Administrative details

| | |
|-----------------------------|--------------------------------------------------------------------------------|
| Charity name | Appetyte For Life |
| Other name the charity uses | n/a |
| Registered charity number | 1202164 |
| Charity's principal address | Freedom Works - The Palace Workspace, 1-3 Robertson Street, Hastings, TN34 1HN |
| | |

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 | Laurence Donnarumma | | | |
| 2 | Gavin Howard | | | |
| 3 | TeeJay Dowe | | | |
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Corporate trustees – names of the directors at the date the report was approved

| Director name | | |
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Name of trustees holding title to property belonging to the charity

| Trustee name | Dates acted if not for whole year | |
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Funds held as custodian trustees on behalf of others

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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| n/a |
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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

| | | |
|-------------------------------------|-----------------------------------------------------------------------------------|--|
| Signature(s) |  | |
| Full name(s) | Laurence Donnarumma | |
| Position (eg Secretary, Chair, etc) | Chair | |
| Date | 19/12/25 | |

APPETYTE FOR LIFE

England & Wales - Charity number 1202164

Accounts



Trustees' Annual Report for the period 01/04/23 to 31/03/24

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Charity registration number: 1202164

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| 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 | Charity was dormant this year. |
| Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit | Para 1.18 | n/a |

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| Amount of reserves held | Para 1.22 | £0 |
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| Type of governing document (trust deed, royal charter) | Para 1.25 | Foundation model constitution |
| How is the charity constituted? (e.g unincorporated association, CIO) | Para 1.25 | CIO |
| 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 | n/a |

Additional information (optional)

You may choose to include further statements where relevant about:

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| Registered charity number | 1202164 |
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| | Trustee name | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
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| 1 | Laurence Donnarumma | | | |
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Corporate trustees – names of the directors at the date the report was approved

| Director name | | |
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Name of trustees holding title to property belonging to the charity

| Trustee name | Dates acted if not for whole year | |
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Funds held as custodian trustees on behalf of others

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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| n/a |
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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

| | | |
|-------------------------------------|-----------------------------------------------------------------------------------|--|
| Signature(s) |  | |
| Full name(s) | Laurence Donnarumma | |
| Position (eg Secretary, Chair, etc) | Chair | |
| Date | 27/01/25 | |