

# AVA WELLNESS FOUNDATION

England & Wales · Charity number 1207966

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2024-04-23

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

## Contact

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**Address** Michelin House  
81 Fulham Road  
London  
SW3 6RD

**Phone** 02046007771

**Email** [info@avawellnessfoundation.com](mailto:info@avawellnessfoundation.com)

**Website** <https://www.avawellness.org/>

## Activities

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**Objects:** TO RELIEVE SICKNESS AND PROMOTE AND PROTECT GOOD HEALTH IN ENGLAND AND WALES BY THE PROVISION OF GRANTS AND DONATIONS FOR THE FOLLOWING:1- THE PROVISION OF MEDICAL EQUIPMENT;2- THE SUPPORT OF MEDICAL RESEARCH AND ENSURING THE PUBLICATION OF THE USEFUL RESULTS OF SUCH RESEARCH;3- THE IMPROVEMENT OF HEALTHCARE FACILITIES; AND 4- THE PROVISION OR FUNDING OF MEDICAL EDUCATION AND TRAINING, PARTICULARLY AMONGST THE HEALTHCARE COMMUNITY

**Activities:** AVA Wellness Foundation is building a healthier future in England and Wales by advancing health equity, preventative care, and community resilience. Through grants, partnerships, and product donations, we address unmet needs in public health, wellness, and medicine. Our folic acid initiative with BIOVA Health & Your Baby Club helps reduce neural tube defects and funds further health initiatives.

## Classification

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- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

## Geography

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- Throughout England And Wales

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-08-01		£0	£0	-

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## Trustees

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Name	Role	Appointed
Dr Niloufar Mirnezami	Chair	2024-04-23
Dr Eugene Chizooma		2024-04-23
Oliver Delas		2024-04-23

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**AVA WELLNESS FOUNDATION**

England & Wales - Charity number 1207966

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# Accounts

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**CHARITY COMMISSION  
FOR ENGLAND AND WALES**

## **Trustees' Annual Report for the period**

**From 23/04/2024 To 01/08/2025**

**Charity name: AVA WELLNESS FOUNDATION**

**Charity registration number: 1207966**

## **Objectives and Activities**

### **Summary of the purposes of AVA Wellness Foundation as set out in the governing document**

AVA Wellness Foundation is established for charitable purposes, including the advancement of health and wellbeing, the prevention and relief of ill health, the advancement of education relating to health and nutrition, and other charitable purposes for the public benefit.

### **Summary of the main activities in relation to those purposes for the public benefit**

During its first reporting period, AVA Wellness Foundation focused on establishing its governance framework, developing partnerships and delivering activities that advanced its health and wellbeing objectives.

A major activity during the period was the coordination and distribution of 6,000 folic acid supplement packs together with educational materials explaining the importance of folic acid supplementation. The initiative was designed to improve awareness of folic acid and support public health outcomes, particularly among women who may benefit from increased awareness of folic acid intake. It has been successfully implemented in baby boxes.

The charity received the folic acid packs and educational materials, coordinated volunteer support, prepared the packs for distribution and worked with partner organisations to ensure they reached members of the public free of charge, including at women's events and networking events for brainstorming about folic acid.

### **Public benefit statement**

The trustees confirm that they have had regard to the Charity Commission's guidance on public benefit when planning and carrying out the charity's activities.

### **Contribution made by volunteers**

Volunteers assisted in receiving, organising, preparing and packing approximately 6,000 folic acid supplement packs and associated educational materials. They also supported the coordination and administration of the distribution programme and assisted with the development of the charity's activities during its first year of operation.

# **Achievements and Performance**

## **Summary of the main achievements of the charity**

This was the charity's first reporting period following registration.

During the period, the charity successfully established its governance structure, developed partnerships and participated in the delivery of a public health awareness initiative focused on the importance of folic acid supplementation.

The trustees believe these activities contributed to the charity's objectives of advancing health and wellbeing and provided a foundation for future charitable programmes.

## **Financial Review**

### **Review of the charity's financial position at the end of the period**

The charity was newly established during the reporting period. The charity maintained a bank account but recorded no material receipts or payments during the period. Accordingly, the accounts for the period show no income and no expenditure.

### **Reserves policy**

As a newly established charity, the trustees aim to maintain reserves appropriate to the scale and nature of the charity's activities. This policy will be reviewed as the charity develops.

### **Amount of reserves held**

The charity held no material reserves at the end of the reporting period.

### **Reasons for holding zero reserves**

The charity was in its initial period of operation and had not yet commenced activities requiring the accumulation of financial reserves.

### **Going concern**

The trustees have reviewed the charity's position and believe that it remains a going concern. The trustees intend to continue developing charitable activities and partnerships in future periods.

### **Principal sources of support**

During the period, the charity benefited from volunteer support and assistance provided by organisations and individuals who supported the charity's objectives.

### **Principal risks**

The trustees recognise that the principal risks facing the charity include securing sufficient resources to support future activities, maintaining effective governance and ensuring compliance with charity law and regulatory requirements. We are focusing on finding people who are more involved and help us with activities of the charity and can commit time and energy to focus on these tasks. These risks are monitored by the trustees.

## **Structure, Governance and Management**

### **Type of governing document**

Constitution of a Charitable Incorporated Organisation (CIO).

### **How the charity is constituted**

The charity is constituted as a Charitable Incorporated Organisation registered in England and Wales.

### **Trustee selection methods**

Trustees are appointed in accordance with the provisions of the charity's constitution. Responsibility for governance and strategic direction rests with the board of trustees.

### **Organisational structure**

The charity is managed by its board of trustees, which oversees governance, compliance and strategic development. The charity also benefits from volunteer support and collaborative working with partner organisations where appropriate.

### **Relationship with related parties**

The charity has worked with supporting organisations that share an interest in promoting health and wellbeing. Any actual or potential conflicts of interest are managed in accordance with the charity's governing document and applicable legal requirements.

## **Reference and Administrative details**

### **Charity name**

AVA Wellness Foundation

### **Registered charity number**

1207966

### **Principal address**

Michelin House  
81 Fulham Road  
London  
SW3 6RD

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Dr. Niloufar Mirnezami	Chair of Trustees		
2	Dr Eugene Chizooma	Treasurer		
3	Mr Giles Delany	Director	23/04/2025-09/03/2025	
4	Mr Oliver Delas	Secretary		
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20				

## Funds held as custodian trustees on behalf of others

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

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

N/a
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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/a
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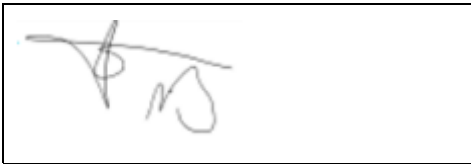
## Other optional information

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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)		<b>O. Y. Delas</b>
Full name(s)	Dr. Niloufar Mirnezami	Mr Oliver Delas
Position (eg Secretary, Chair, etc)	Chair	Secretary
Date	01/06/2026	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name <b>AVA Wellness Foundation</b>	No (if any)
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**CC16a**

## Receipts and payments accounts

For the period from	Period start date 23/04/2024	To	Period end date 01/08/2025
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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 £
<b>A1 Receipts</b>					
N/a	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	-	-	-	-	-
<b>A2 Asset and investment sales, (see table).</b>					
N/a	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	-	-	-	-	-
<b>A3 Payments</b>					
N/a	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>A4 Asset and investment purchases, (see table)</b>					
N/a	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	-	-	-	-	-
<b>Net of receipts/(payments)</b>	-	-	-	-	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</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>	N/a	-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	N/a	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>	N/a		-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	N/a		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	N/a		-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	DR. NILOUFAR MIRNEZAMI	01/06/2026