



**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

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
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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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

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/a


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)		O.Y. Delas
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
AVA Wellness Foundation

No (if any)

Receipts and payments accounts


CC16a

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 £
A1 Receipts					
N/a	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-	-
A2 Asset and investment sales, (see table).					
N/a	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	-
A3 Payments					
N/a	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
A4 Asset and investment purchases, (see table)					
N/a	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	-	-	-	-
Net of receipts/(payments)	-	-	-	-	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	-	-	-	-	-

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	N/a	-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(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	N/a	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	N/a		-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	N/a		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	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	