

# OPTIMISE FOUNDATION

England & Wales · Charity number 1208831

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2024-06-26

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

## Contact

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**Address** 4 Ernest Close  
Lower Bourne  
Farnham  
GU10 3NL

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**Email** [info@optimisefoundation.org](mailto:info@optimisefoundation.org)

**Website** [www.optimisefoundation.org](http://www.optimisefoundation.org)

## Activities

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**Objects:** TO ADVANCE EDUCATION FOR THE PUBLIC BENEFIT IN FEMALE PHYSIOLOGY AND ITS IMPACT IN SPORTS TRAINING AND PHYSICAL ACTIVITY FOR GIRLS AND WOMEN OF ALL AGES AND STAGES OF LIFE INCLUDING BY THE PUBLICATION AND DISSEMINATION OF RESEARCH;THE PROMOTION AND PROTECTION OF THE HEALTH OF WOMEN AND GIRLS FOR THE PUBLIC BENEFIT BY PROVIDING INFORMATION AND SUPPORT TO EMPOWER MORE WOMEN AND GIRLS AT ALL STAGES OF LIFE, TO ENGAGE AND PARTICIPATE IN AMATEUR SPORTS SO THAT THEY ENJOY BETTER MENTAL AND PHYSICAL HEALTH OUTCOMES

**Activities:** We are an innovative organisation working to tackle inequity in sport. We communicate latest information on 'female health in sport' to local athletes, clubs, coaches, schools and academics. We empower girls and women to achieve their sporting potential by working with, not against, their physiology and to make informed decisions to improve their long-term health, performance and avoid injury.

## Classification

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- **How:** Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Amateur Sport
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, 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
2025-07-01	£11,597	£3,171	-	-

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## Trustees

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Name	Role	Appointed
Joanna Chisholm	Chair	2024-04-25
Daniel James Reynolds		2025-04-01
Samantha Gold		2024-09-10

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