

# Care, Motivate & Support Foundation (CMS Foundation)

England & Wales · Charity number 1213481

## Details

---

Other names	CARE MOTIVATE & SUPPORT FOUNDATION, CARE MOTIVATE AND SUPPORT FOUNDATION, CMS Foundation, CMSF
Status	Registered
Legal form	CIO
Registered	2025-06-02
Register	<a href="#">View on the Charity Commission register</a>

## Contact

---

Address	32 Chambres Road Southport Merseyside PR8 6JQ
Phone	07471870863
Email	<a href="mailto:cmsfoundation.charity@gmail.com">cmsfoundation.charity@gmail.com</a>

## Activities

---

**Objects:** THE OBJECTS OF THE CIO TO BE CARRIED OUT FOR THE PUBLIC BENEFIT IN BANKS (WEST LANCASHIRE) AND SUCH OTHER PARTS OF THE UK AND THE WORLD AS THE TRUSTEES SHALL FROM TIME TO TIME DETERMINE, ARE: 1) THE PROMOTION OF RACIAL AND RELIGIOUS HARMONY BETWEEN PERSONS OF DIFFERENT RACES AND FAITHS IN PARTICULAR BY PROVIDING FORUMS AND EVENTS DESIGNED TO BREAK DOWN BARRIERS, FACILITATE COMMUNICATION AND PROMOTE KNOWLEDGE, MUTUAL UNDERSTANDING AND RESPECT OF DIFFERENT CULTURES AND RELIGIOUS BELIEFS.2) THE RELIEF OF FINANCIAL NEED AND SUFFERING AMONG VICTIMS OF NATURAL OR OTHER KINDS OF DISASTER IN THE FORM OF MONEY (OR OTHER MEANS DEEMED SUITABLE) FOR PERSONS, BODIES, ORGANISATIONS AND/OR COUNTRIES AFFECTED. 3) THE RELIEF OF SICKNESS AND THE PRESERVATION AND PROTECTION OF GOOD HEALTH THROUGH:(A) THE PROVISION OF SUPPORT WITH WEIGHT MANAGEMENT AWARENESS, TO INCLUDE: • ORGANISING SEMINARS LED BY NUTRITIONISTS, FITNESS EXPERTS AND MENTAL HEALTH PROFESSIONALS TO DISCUSS STRATEGIES FOR EFFECTIVE AND HEALTHY WEIGHT MANAGEMENT • ORGANISING ONLINE OR LOCAL SUPPORT GROUPS FOR INDIVIDUALS SEEKING GUIDANCE AND ENCOURAGEMENT ON THEIR WEIGHT MANAGEMENT JOURNEY • RECOMMENDATIONS TO PROFESSIONALS SUCH AS DIETICIANS AND PHYSIOTHERAPISTS • PARTNERING WITH GYMS AND COMMUNITY CENTRES TO OFFER FREE OR LOW-COST FITNESS CLASSES • DISTRIBUTING INFORMATION BROCHURES AND STARTER KITS THAT INCLUDE MEAL PLANS, HEALTHY RECIPES AND TIPS FOR INCORPORATING EXERCISE INTO DAILY LIFE (B) THE PROVISION OF EDUCATION AND OUTREACH FOR CLEFT PALATE AWARENESS TO INCLUDE: • EDUCATING EXPECTING MOTHERS AND THEIR FAMILIES ON CLEFT PALATE MANAGEMENT AND PROVIDING POST-BIRTH ADVICE AND GUIDANCE TO SUPPORT AFFECTED FAMILIES; • PROVISION OF NECESSARY EQUIPMENT; • ORGANISING SUPPORT GROUPS FOR AFFECTED FAMILIES TO SHARE THEIR EXPERIENCES AND ADVICE; • SUPPORTING AND/OR COLLABORATING WITH RESEARCH INSTITUTIONS TO ADVANCE STUDIES ON CAUSES, PREVENTION AND TREATMENT OF CLEFT PALATES, ENSURING THAT THE USEFUL RESULTS OF ANY RESEARCH ARE PUBLISHED; • PRODUCING OR SPONSORING SHORT FILMS AND DOCUMENTARIES THAT ILLUSTRATE CHALLENGES AND SUCCESSES OF INDIVIDUALS WITH CLEFT PALATES TO REACH WIDER AUDIENCES.(C ) THE PROVISION OF SUPPORT WITH EARLY DEMENTIA DETECTION, AND THE SUPPORT OF THOSE WITH DEMENTIA AND THEIR CARERS, TO INCLUDE PROVISION OF: • PUBLIC AWARENESS CAMPAIGNS; • COMMUNITY-BASED SCREENING EVENTS IN COLLABORATION WITH HEALTHCARE PROVIDERS; • CAREGIVER SUPPORT PROGRAMMES FOR THOSE MANAGING DEMENTIA PATIENTS; • THERAPY AND ACTIVITY PROGRAMMES DESIGNED TO IMPROVE QUALITY OF LIFE; • PUBLIC WORKSHOPS TO EDUCATE COMMUNITIES ON EARLY SIGNS OF DEMENTIA AND UNDERSTANDING ITS PROGRESSION. (D) THE PROVISION OF VOLUNTEER CARE SERVICES, UNDER EXPERT MEDICAL DIRECTION AND SUPERVISION, DESIGNED TO RELIEVE THE NEEDS OF PEOPLE IN RESIDENTIAL CARE AND PEOPLE IN RECEIPT OF PALLIATIVE CARE. 4) TO PROVIDE OR ASSIST IN THE PROVISION OF FACILITIES FOR TENNIS, FOOTBALL, BADMINTON AND BASKETBALL, AND SUCH OTHER SPORTS CAPABLE OF PROMOTING PHYSICAL HEALTH AND FITNESS AS THE TRUSTEES DECIDE, IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF WOMEN AND CHILDREN WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR SOCIAL CIRCUMSTANCES WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE.5) TO RELIEVE THE SUFFERING OF ANIMALS IN NEED OF CARE AND ATTENTION BY REASON OF SICKNESS, MALTREATMENT, POOR CIRCUMSTANCES OR ILL USAGE BY IDENTIFYING ANIMALS IN NEED, PROVIDING IMMEDIATE/EMERGENCY ASSISTANCE AND WORKING WITH AND SUPPORTING APPROPRIATE PROFESSIONALS, CHARITIES AND ANIMAL RESCUE FACILITIES TO ENSURE THAT THEY RECEIVE APPROPRIATE CARE, PROTECTION, TREATMENT AND SECURITY.

**Activities:** To carry out the aims of the charity through fundraising events such as charity walks and intercultural events. Educational events such as wellbeing talks, raising awareness for various medical conditions and promoting healthy lifestyles for the community to be able to 'Care, Motivate and Support'.

## Classification

---

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Animals, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

## Geography

---

- Throughout England

## Trustees

---

Name	Role	Appointed
Leenah Vijetta Gutty	Chair	2025-06-05
Dhirajsingh Ramkissoon		2025-06-05
Ruchika Lakshana Gunesssing		2024-11-15