

# ADAPT4 FOUNDATION

England & Wales · Charity number 1214046

## Details

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**Other names** ADAPT4

**Status** Registered

**Legal form** CIO

**Registered** 2025-07-10

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

## Contact

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**Address** 5 Wick Road  
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**Phone** 07432323445

**Email** [adapt4foundation@gmail.com](mailto:adapt4foundation@gmail.com)

**Website** [www.adapt4.org](http://www.adapt4.org)

## Activities

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**Objects:** TO ASSIST IN THE TREATMENT AND CARE OF CHILDREN AND YOUNG PEOPLE AGED 5 – 25 WITH CEREBRAL PALSY AND RELATED MOTOR DISABILITY BY:- PROVIDING OR ASSISTING IN THE PROVISION OF PHYSICAL ACTIVITY SESSIONS DESIGNED TO IMPROVE STRENGTH AND MOBILITY;- EDUCATING ON THE IMPORTANCE OF PHYSICAL ACTIVITY; AND - SIGNPOSTING TO GUIDANCE, ADVICE AND RESOURCES TO ASSIST IN THE MANAGEMENT OF SUCH DISABILITIES.

**Activities:** We support children and young people with cerebral palsy and related motor disabilities by funding access to inclusive physical activity sessions delivered by, qualified personal trainers and movement specialists. We also provide resources for families, promote awareness, and support professional development for inclusive fitness delivery.

## Classification

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- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Amateur Sport, Recreation
- **Who:** Children/young People, People With Disabilities

## Geography

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- Throughout England

## Trustees

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Name	Role	Appointed
Aisha Zakiya Howson	Chair	2025-07-22
Akil Zemekial Howson		2025-07-22
Tariq Faisal Al-Qahtani		2025-07-22

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