

VITALITY JOURNEY

England & Wales · Charity number 1215434

Details

Status Registered

Legal form CIO

Registered 2025-10-21

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

Contact

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Activities

Objects: THE OBJECT OF THE CIO IS: TO PRESERVE, PROTECT AND IMPROVE THE PHYSICAL AND MENTAL HEALTH OF WOMEN, SPECIFICALLY THOSE NAVIGATING THE CHALLENGES OF PERIMENOPAUSE AND MENOPAUSE, BY PROVIDING PROFESSIONAL AND WELLBEING COACHING AND EVIDENCE-BASED STRENGTH AND CONDITIONING PROGRAMMES THROUGH COMMUNITY AND DIGITAL PLATFORMS. FOR THE PURPOSE OF THIS CLAUSE, 'PROFESSIONAL COACHING' MEANS AND IS LIMITED TO FOCUSING ON PRACTICAL STRATEGIES FOR BUILDING CONFIDENCE AND RESILIENCE LOST THROUGH NAVIGATING THE PERIMENOPAUSE AND MENOPAUSE, SETTING BOUNDARIES AND MANAGING THE PSYCHOLOGICAL IMPACT OF SUBSEQUENT HEALTH CHALLENGES AND FINDING COPING MECHANISMS TO STRIKE A HEALTHY BALANCE BETWEEN PERSONAL AND PROFESSIONAL LIFE.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- Throughout England And Wales

Trustees

Name	Role	Appointed
Angeline Sandford	Chair	
Charmaine Vincent		
Julian Attlee		
sarah Jepson		