

# THE F MATTHIAS ALEXANDER TRUST

England & Wales · Charity number 802856

## Details

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Other names	THE ALEXANDER TRUST
Status	Registered
Legal form	Trust
Registered	1990-02-12
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	5 Merioneth Street Bristol BS3 4SL
Phone	01179706166
Email	<a href="mailto:trust-admin@alexandertrust.org.uk">trust-admin@alexandertrust.org.uk</a>
Website	<a href="http://www.alexandertrust.org.uk">www.alexandertrust.org.uk</a>

## Activities

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**Objects:** (1) TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN THE F MATTHIAS ALEXANDER TECHNIQUE ("THE ALEXANDER TECHNIQUE"). (2) TO PROMOTE RESEARCH AND STUDY INTO ALL ASPECTS OF THE ALEXANDER TECHNIQUE AND TO DISSEMINATE THE USEFUL RESULTS OF SUCH RESEARCH.

**Activities:** To advance the education of the general public in the F Matthias Alexander Technique (the Alexander Technique), to promote research and study into all aspects of the Alexander Technique and to disseminate the useful results of such research.

## Classification

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- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Amateur Sport
- **Who:** The General Public/mankind

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30		£714	£2,836	-
2024-04-30		£698	£438	-
2023-04-30		£273	£697	-
2022-04-30		£97	£4,137	-
2021-04-30		£20,141	£3,231	-

## Trustees

Name	Role	Appointed
DAVID HUME STEWART HARROWES		
Helen Ball		2023-04-28
Henry George		2020-02-06
KAMAL KISHORE THAPEN		
Lady Mary Jane Walker		2014-02-25
Lisa Harris		2023-04-28
MR PETER RIBEAUX		
Sheila Joan Christie		2020-02-06