

# The Fitzone Foundation

Northern Ireland · Charity number 100237

## Details

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**Status** Received

**Registered** 2014-07-01

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

## Contact

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**Address** 130 Garrymore  
Moyraverty  
Craigavon  
County Armagh  
BT65 5je  
BT65 5JE

**Phone** 07780812312

**Email** [sean991@hotmail.co.uk](mailto:sean991@hotmail.co.uk)

**Website** [fitzonefoundation.com](http://fitzonefoundation.com)

## Activities

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**Purposes:** The Charity's objects ('the Objects') are to:- (1) Advance the health and well-being of the residents of Mid Ulster regardless of age, ethnic origin, ability, gender, sexual orientation, belief or political affiliation. (2) Promote amateur sport, community recreation and play. (3) Advance community development by providing education, encouragement and support regarding health and well-being to local community groups and organisations and by working with statutory and non-statutory agencies. (4) Promote good community relations and social cohesion, racial harmony and equality and diversity.

**What the charity does:** The advancement of education, The advancement of health or the saving of lives, The advancement of citizenship or community development, The advancement of amateur sport

**How the charity works:** Advice/advocacy/information, Community development, Counselling/support, Cross-border/cross-community, Disability, Education/training, General charitable purposes, Medical/health/sickness, Sport/recreation, Volunteer development

**Who the charity helps:** Adult training, Carers, Children (5-13 year olds), Ethnic minorities, General public, Learning disabilities, Men, Mental health, Older people, Parents, Physical disabilities, Preschool (0-5 year olds), Sensory disabilities, Specific areas of deprivation, Unemployed/low income, Voluntary and community sector, Volunteers, Women, Youth (14-25 year olds)

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01	£54,721	£51,438	£0	1

## Trustees

Name	Role	Appointed
David Ginesi		
Mr Martin, Patrick O'neil		
Mrs Katrina Black		

**The Fitzone Foundation**

Northern Ireland - Charity number 100237

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# Accounts

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The Fisons Foundation Detailed Income & Expenditure Account For the Year ended 31st March 2024									
Code	Description	RESTRICTED FUNDING					RING FUND - in partnership with Ipswich	Restricted Funding 19/16 to 31/3/2024	UNRESTRICTED FUNDING
		St-Vincent The Verse (6007 Zone)	Crill Older People's Fund	Chap House (Dev. Income)	ASC Embedded	Chair Fund			
	<b>INCOME</b>								
	Grants/Instruments received 1 April 2024 to 31 March 2024								
	Invoiced/paid during 1 April 2024 to 31 March 2024	34,311.04	7,000.00	3,100.00	4,145.40	3,100.00	18,840.00		
	Donations/Income from other sources for period 1 April 2004 to 31 March 2024	7,437.80		64.58	4145.40	2917.00	18,840.00		7,417.60
	Opening balance from 31 March 2024	20,400.80	2,234.43	2,490.84	854.38		3,019.79		20,400.80
	<b>Closing Debtors</b>								
		85,661.13	2,234.43	2,490.84	4,458.40	2,917.00	18,840.00		85,661.13
	<b>EXPENDITURE</b>								
0040	Office Hardware & Activity Equipment								
0041	Software	1,897.91							
0042	Internal Training & Tutor Costs	3,493.00	248.00	390.00	350.00	310.00	2,850.00		3,493.00
0043	Training Material	220.00	180.00						220.00
0044	Transport Costs	3,489.91	679.83	1,622.22					3,489.91
0100	Catering	430.00		40.00					430.00
0101	Venue Costs	1,850.41							1,850.41
0102	Marketing								
0103	Substance (Inter Travel Spots)	217.84							217.84
0104	Volunteer expenses	285.45							285.45
0105	Educational Visit & Trips/activities	208.45							208.45
0106	General Project	1,458.73							1,458.73
7000	Travel/Other Expenses (staff)	40.82							40.82
7001	Staff Training								
7002	Salaries	11,901.75	646.86						11,901.75
7003	Inland Revenue Payments	1,821.49	326.46						1,821.49
7004	Telephone	804.38							804.38
7101	Insurance	890.36							890.36
7102	Rent	6,336.40							6,336.40
7107	Maintenance/Electricity	3,448.36							3,448.36
7200	Evaluation								
7201	Bank Charges	107.09							107.09
	<b>Total Expenditure</b>	51,438.22	2,234.43	3,083.08	4,458.40	2,820.00	18,840.00		51,438.22
	<b>Surplus / (Deficit)</b>	34,228.94		1,407.81		113.00	18,840.00		34,228.94
	<b>Transfer between funds</b>			-1,657.91		840.00			
	<b>Closing balance</b>	54,223.03				218.00	18,840.00		54,223.03

**The Fitzone Foundation**

Northern Ireland - Charity number 100237

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# Accounts

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**The Fitzone Foundation**

Northern Ireland - Charity number 100237

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# Annual report

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The Fitzone Foundation Trustees annual report 1st April 2024

(Period 2nd April 2023 – 1st April 2024)

Registered Charity of Northern Ireland no: NIC100237

106 Pinebank, Craigavon, County Armagh, BT655HX

Trustees: Silean Kelly, Martin O’Neil and Katrina Black

The Fitzone Foundation has once again enhanced its aim to provide the community with the tools to improve their lives and live healthier lifestyles.

We have continued to offer various health related programmes for the local community and our Lottery funded project is in year two and doing very well.

We have established ourselves in our new home at Legahory Centre, Craigavon and feel we are becoming the vital Healthy Living Centre and Social Prescribing Hub this community needs.

The trustees have had total respect and regard for The Charity Commissions guidance on public benefit.

Our fundamental health and wellbeing-based programmes and services have encouraged members of the public to continue to get involved through volunteering and we continue to provide training and opportunities in line with this.

Our vision continues to be The Heart of Community Health and Wellbeing and throughout this very challenging, busy and exciting year for The Fitzone Foundation we have continued to build strong community relationships.





Funding has been sourced through our main lottery grant, from Southern Health and Social Care Trust, Community Foundation NI and new to this year we availed of the Lottery Heritage fund. Our monthly Access Passes help to generate revenue to support operational costs and investments.

Our key focus for next year will be:

- Continue to work our vision.
- Continue training and development of volunteers.
- Growth on impact numbers with focus on impact measurements and outcomes.
- Innovative new programmes.
- Strong community relations and collaborations promoting wellbeing.
- Deliver Lottery project.
- Continue to seek funding and develop our long-term strategy

We believe we have achieved all of what we set out to do this year as a charity and that The Fitzone Foundation is already now at the very heart of this community. We see another busy and exciting year ahead of us and have no doubt will be very successful.

Sean McKeown (Treasurer) 22<sup>nd</sup> September 2024

**The Fitzone Foundation**

Northern Ireland - Charity number 100237

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# Annual return

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Trustees of the Fitzzone Foundation  
15B Legahory Centre  
Craigavon  
BT65 5BE  
Charity No: NIC100237

8th August 2025

Dear Trustees

**Re: Independent examiner's report for year end 31 March 2024**

I report on the accounts of the Trust for the year ended 31 March 2024, which are set out in section 3 of my examination file.

**Respective responsibilities of charity trustees and examiner**

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

**Basis of independent examiner's report**

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

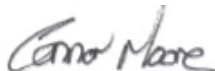
My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

**Independent examiner's statement**

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Connor Moore



ACA (Institute of Chartered Accountants Ireland)

**The Fitzone Foundation**

Northern Ireland - Charity number 100237

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# Accounts

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The Fitzone Foundation												UNRESTRICTED FUNDING	
Detailed Income & Expenditure Account													
For the Year ended 31st March 2023													
												Restricted Funding Totals	General Acct
		Total	Big Lottery	CFNI Nationwide Mens Group	CFNI Carers Group	SH&SCT The Verve (adult fund)	SH&SCT The Verve Young Persons fund	SH&SCT The Warmer Space Programme	Asda Funding	Take 500			
<b>INCOME</b>													
Grants received 1 April 2022 to 31 March 2023		47,647.00	38347.00		4900.00	2000.00		1000.00	400.00	1000.00		47,647.00	
invoices paid during 1 April 2022 to 31 March 2023												-	8,327.23
donations/income from other sources for period 1 April 2002 to 31 March 2023												-	4,178.60
Opening balance from 31 March 2022		11,066.40	2,520.73	4900.00		500.00	710.00					8630.73	2435.67
Closing Debtors												-	-
<b>Income per Accounts</b>		<b>71,219.23</b>	<b>40,867.73</b>	<b>4,900.00</b>	<b>4,900.00</b>	<b>2,500.00</b>	<b>710.00</b>	<b>1,000.00</b>	<b>400.00</b>	<b>1,000.00</b>		<b>56,277.73</b>	<b>14,941.50</b>
<b>EXPENDITURE</b>													
	0040	office Hardware	-										
	5200	External Training & Tutor Costs	15,968.39	11,227.39	2,350.00	1,447.00	154.00		250.00			15,428.39	540.00
	5202	Training Material/Activity Equipment	2,409.93	1,010.77			633.93					1,644.70	765.23
	6001	Transport Costs	2,180.00	400.00	1,500.00	280.00						2,180.00	
	6101	Venue Costs	650.00	250.00			20.00					270.00	380.00
	6200	Marketing	1,000.00	1,000.00								1,000.00	
	6201	Subsistence (tutor Travel costs)	4,187.97	1,658.70	161.75	294.98	1,228.96	18.00	811.50	6.75		4,180.64	7.33
	6900	Educational Visits & trips & activities	1,748.25		888.25	120.00	104.90	148.50				1,261.65	486.60
	7000	General Project	3,674.23	3,468.27					185.96			3,654.23	20.00
	7001	Travel/Subs Expenses (staff)	823.67	823.67								823.67	
	7003	Staff Training/Volunteering	540.00	540.00								540.00	
	7004	Salaries	8,228.67	7,097.67								7,097.67	1,131.00
	7005	Inland Revenue Payments	1,410.00	1,410.00								1,410.00	
	7009	Telephone	431.28	431.28								431.28	
	7104	Insurance	-									-	
	7105	Rent	8,069.53	7,675.33								7,675.33	394.20
	7107	Maintainence	1,375.98	1,285.98			90.00					1,375.98	
	7701	Bank Charges	86.38									-	86.38
Total Expenditure		total spend	52,784.28	38,279.06	4,900.00	2,141.98	2,077.79	320.50	997.46	256.75	-	48,973.54	3,810.74
<b>Surplus / (deficit)</b>			18,434.95	2,588.67	-	2,758.02	422.21	389.50	2.54	143.25	1,000.00	7,304.19	11,130.76
Transfer between funds								-389.50	-2.54	-143.25		535.29	535.29
												-	527.36
												-	-
<b>Closing balance</b>		Balance	17,907.59	2,588.67	-	2,758.02	422.21	-	0.00	-	1,000.00	6,768.90	11,138.69

**The Fitzone Foundation**

Northern Ireland - Charity number 100237

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# Annual report

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The Fitzone Foundation Trustees annual report 1<sup>st</sup> April 2023  
(Period 2<sup>nd</sup> April 2022 – 1<sup>st</sup> April 2023)

Registered Charity of Northern Ireland no: NIC100237  
106 Pinebank, Craigavon, County Armagh, BT655HX  
Trustees: Silean Kelly, Sean McKeown and Katrina Black

The Fitzone Foundation has once again enhanced its aim to provide the community with the tools to improve their lives and live healthier lifestyles.

We have continued to offer various health related programmes for the local community and have now stabilized post covid and our Lottery funded project is progressing well.

A strong start to the year and numbers attending continue grow now that Covid guidelines and public confidence is getting back to some form of normality.

We have established ourselves in our new home at Legahory Centre, Craigavon and feel we are becoming the vital Healthy Living Centre this community needs.

The trustees have had total respect and regard for The Charity Commissions guidance on public benefit.

Our fundamental health and wellbeing-based programmes and services have encouraged members of the public to continue to get involved through volunteering and we continue to provide training and opportunities in line with this.

Our vision continues to be The Heart of Community Health and Wellbeing and throughout this very challenging, busy and exciting year for The Fitzone Foundation we have continued to build strong community relationships.





Funding has been cut overall and the volunteer sector is suffering across the board, but we still receive additional funding on top of our main lottery grant, from Southern Health and Social Care Trust, Community Foundation NI and other smaller funding pots. A new monthly Access Pass has been introduced to generate revenue to support operational costs and investments.

Our key focus for next year will be:

- Continue to work our vision.
- Continue training and development of volunteers.
- Continue to add new volunteers.
- Growth on impact numbers with focus on impact measurements and outcomes.
- Innovative new programmes.
- Strong community relations and collaborations promoting wellbeing.
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We believe we have achieved all of what we set out to do this year as a charity and that The Fitzone Foundation is already now at the very heart of this community.

We see another busy and exciting year ahead of us and have no doubt will be very successful.

**Sean McKeown (Vice Chair) 21<sup>st</sup> September 2023**

**The Fitzone Foundation**

Northern Ireland - Charity number 100237

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# Annual return

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Trustees of the Fitzzone Foundation  
15B Legahory Centre  
Craigavon  
BT65 5BE  
Charity No: NIC100237

3rd November 2023

Dear Trustees

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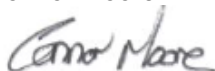
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