

Trustees Report

Body Conscious Belfast

September 2023

Body Conscious Belfast

Registered Charity Number 109076

Trustees

James Banks

Deirdre Doherty

Gail McAleese

Kerry McWilliams

Welcome to our first annual report for trustees since we became a registered charity on 18th August 2022. The motivation to begin a charity was after a number of discussions about the work and ethos of Body Conscious studio which has been based at 71 Botanic Avenue since 2017.

Our primary ethos has always been embodied wellbeing, by offering services, classes and workshops which promote connection to our bodies, through education and training.

We felt we met the criteria for benefit to public wellbeing, that we were a not for profit organisation and hoped registering as a charity could open up funding options to expand the scope of work we carry out with those on low incomes an/or addiction issues.

As trustees aim to meet quarterly either online or in person and take decisions about the space and spending as a collective and in line with our goals and objectives as a charity.

So far our income has been generated from rental of therapy rooms to practitioners in the field of wellness, we hope in coming years to be successful in applying for grants to expand our scope of work that we offer freely to those in need.

We are soon to replace the laminate flooring on the first floor space due to water damage and also add a partition to enable first floor studio space to be in use the same time as the therapy room with two separate doors if funds are available this will assist with day to day running of the space and hopefully stabilise income going forward.

Detailed Statement of Financial Activities

For the year ended 31/08/23

2023

£

Income

Grants 0

Generated Income 12,736

Other Income 0

Total Income 12,736

Expenditure

Salaries 0

Travel & Expenses 0

Programmes 2,632

Transport 0

Rent 8,136

Office Costs 471

Equipment 0

Heat & Light 824
Maintenance 0
Advertising 0
Insurance 0
Sundry Items 0
Pension 0
Accountancy & consultancy 450
Bank Charges 0
Total Expenditure 12,513
Surplus/Deficit 223

Our financial performance has been in line with expectations for first year of a charity generating a small surplus of £223 that we will use to invest in programmes to ensure that we can continue to meet our objectives for the year going forward.

This report was approved by the Board in September 2023 and signed on its behalf by

Signed

Name: James Banks – Chairperson/Director