



Body Conscious Belfast

Annual Report 2023–2024

Charity Registration Number: 109076

Trustees: Gail McAleese, James Banks, Kerry McWilliams, Dee Doherty

Office: First Floor, 71 Botanic Avenue, Belfast BT7 1JL

Bank: Co-operative Business Bank

Auditor: Derek Browne, Registered Accountant – Insight Business Services

1. Trustees' Report

The Board of Trustees meet quarterly and oversee the governance and strategic direction of the charity. We have due regard to the Charity Commission for Northern Ireland's guidance on public benefit. The trustees are satisfied that all activities undertaken during the reporting period have advanced the charity's stated purposes and contributed to public good.

Body Conscious Belfast was established as a centre for excellence in embodied wellbeing, trauma-informed approaches, and holistic practice. Situated in the heart of Botanic Avenue, a diverse and vibrant part of the city, Body Conscious Belfast became a registered not-for-profit charity in September 2022.

Our work centres on making embodied wellbeing accessible through affordable classes, workshops, and therapeutic services. We rent therapy space to a wide range of practitioners

and teachers. In 2023–2024, we remained self-funded through room hire, from community donations, and fundraising, with incoming resources totaling **9,615.91**

Primary Expenditures:

- Rent and property management: £7,200
- Utilities (Gas and Electricity): £1,934.24

Our trustees voluntarily offer their time and expertise. This year, our board comprised:

- Gail McAleese
 - Kerry McWilliams
 - Dee Doherty
 - James Banks
-

2. Our Objectives and Vision

Objectives

- To promote health and wellbeing through accessible practices such as yoga, qi gong, somatic therapy, meditation, and trauma-informed education.
- To offer inclusive, supportive spaces for those affected by trauma, addiction, anxiety, and social exclusion.
- To provide holistic education fostering emotional resilience, connection, and personal growth.

Vision

To cultivate a compassionate, ecologically conscious, and inclusive community where individuals of all backgrounds can explore embodied self care, healing from trauma and becoming more connected to their bodies and their choices in life.

3. Our Values

- **Inclusivity:** Removing barriers to participation for those affected by poverty, addiction and/ or social exclusion.
 - **Community Connection:** Providing a calm welcoming space for authentic, face-to-face interaction and shared support.
 - **Embodied Living:** Encouraging awareness through body-based practices, promoting personal and collective transformation.
 - **Integrity:** Maintaining ethical, trauma-informed, and reflective approaches in all our work.
 - **Quality:** Bringing leading embodiment practitioners to Belfast to support growth in the field of embodied wellness.
-

4. Public Benefit Statement

Body Conscious Belfast continues to deliver clear public benefit through accessible, affordable wellbeing services that support physical, mental, and emotional health and foster spiritual growth. Many of our participants face significant barriers to traditional healthcare or therapy. Our embodied, trauma-informed approach reaches individuals in need—fostering healing that ripples into the city as a whole.

We have cultivated partnerships with:

- Her NI
- Forward South Partnership
- Belfast Women's Resource Centre
- Starling Project
- DharmaStars Academy
- Shankill Mission Centre

- Vipassana Ireland
 - Lightwork NI
 - Addiction NI
-

5. Achievements and Performance (2023–2024)

During the past 12 months have seen an **increase in demand for support** and participation across all areas as people become more aware of what we offer, we offered two community open days with taster sessions and took part on Open Botanic street celebration offering bellydancing, yoga,, addiction support qi gong and cranio sacral therapy.

Our key activities include:

Weekly Classes & Groups

- **Yoga:** 8 weekly classes
- **Qi Gong:** 4 drop-in classes/week
- **Addiction Support Circle** fortnightly
- **Men's Group:** Monthly
- **Women's Sexuality Circle** monthly
- **Breathwork and Drumming Workshops**
- **Somatic Counselling Sessions**

Trainings & Events

- **Esalen Bodywork Training** with Howard Evans
- **Acupuncture Introductory Training** with Jambo Truong
- **Embodied Self-Care and Ethics**
- **Wheel of Consent workshop** Michael Dresser
- **Embodiment & Overcoming addiction**



Thai Yoga massage training



Yoga Classes

First floor space



Monthly kirtan

Online & Community Engagement

- Strong growth in Instagram and social media reach
- Positive feedback from community and practitioners
<https://g.page/r/CU8gUdUoGYnEAE/review>

6. Financial Review

Total Income: 9,615.91

Total Expenses: 9,929

Sources of Income:

- Room hire by teachers and therapists
- Donations
- Community fundraising events

We have remained lean, focused, and self-sustaining this year, despite rising energy costs. We are only able to exist due to the generosity of our volunteers who give tirelessly to the project. In the coming 12 months we aim to diversify our income with grant applications and partnerships in the coming year.

7. Independent Auditor's Report

See Appendix

8. Plans for the Future (2024–2025)

- Recruit two new trustees with lived experience or backgrounds in finance/community health
- Apply for funding to employ a part-time administrative support person
- Develop a small eco-garden for community use and therapy
- Launch free training series in trauma-informed practice
- Online booking system for classes including free online streamed classes
- Expand our addiction support services

These developments will require external funding alongside strategic planning, governance and accountability. It is our wish to strengthen our capacity, deepen our impact, and help us hold space for healing, connection, and transformation in an increasingly uncertain world.

Dee Doherty (admin) and Trustees

"Until you make the unconscious conscious it will direct your life and you will call it fate"
Carl Jung