



Trustees' Annual Report for the period

Period start date	Period end date
From 11 09 2018	To 31 07 2019

Section A Reference and administration details

Charity name Intercultural Roots for Public Health

Other names charity is known by n/a

Registered charity number (if any) 1179885

Charity's principal address Flat 133, Thanet House

Thanet Street

London

Postcode

WC1H 9QE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lynette Hunter	Chair		Membership at AGM
2	Ian Kenvyn	Treasurer		
3	Regina Gutiérrez	Secretary		
4	Alex Boyd	CEO		
5				
6				
7				
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9				
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11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	Constitution adopted 14 September 2017
How the charity is constituted <small>(eg. trust, association, company)</small>	Charitable Incorporated Organisation
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Elected by members at AGM

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

FOR THE PUBLIC BENEFIT, TO PROMOTE COMMUNITY PARTICIPATION IN HEALTHY RECREATION BY:

- PROMOTING PARTICIPATION IN TAI CHI, YOGA, PILATES AND DANCE
- ADVANCING EDUCATION IN THE BENEFITS OF HEALTHY RECREATION
- PROMOTING BEST PRACTICE IN THE DELIVERY OF TAI CHI, YOGA, PILATES AND DANCE.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Through the year, especially during planning meetings, the trustees have taken into account the guidance issued by the Charity Commission on public benefit (ref. 'public benefit requirement', The Charities Act, 2011)

PROMOTING PARTICIPATION - INFORMING THE PUBLIC OF BENEFITS IN PARTICIPATING IN HEALTH-RELATED MIND-BODY PRACTICES THAT PROVIDE MEANING AND WELLNESS IN LIFE IN PARTICULAR TAI CHI, YOGA, PILATES AND DANCE.

ADVANCING EDUCATION - PROVIDING TASTER EXPERIENCES, CLASSES, WORKSHOPS, COURSES AND FESTIVALS FOR THE PUBLIC.

PROMOTING BEST PRACTICE - THROUGH TEACHER TRAINING AND TRAIN THE TRAINER ACTIVITIES.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Since the 11th September 2018 when the charity was first registered, our main focus has been on developing an infrastructure and due diligence in respect of the trustees being able to conduct activities in furtherance of the charitable objectives.

To this end, the charity contracted, as a short engagement, a business consultant to help support the development of planning, financial and administrative systems and a strategy/materials for marketing and communications.

Subsequently, a community of over 80 embodied practitioners and researchers are now aware of and are more engaged in activities. Their input and inside has resulted in volunteers developing a programme of embodied practice pop-ups and the idea of a 3-day event which we're calling 'Health & WELLth'.

'Health & WELLth' is developing as a partnership programme and festival led by Intercultural Roots for Public Health alongside Intercultural Roots for Traditional Embodied Arts and other partners. Before the end of July 2019, funding applications are being submitted to lever resources that will enable 'Health & WELLth' manifest.

It is important to mention here the relationship between Intercultural Roots for Public Health and Intercultural Roots for Traditional Embodied Arts. Although somewhat sharing similar names, these are completely separate legal entities.

For cost effectiveness and efficiency in regards to charitable resources, these two charities alongside other partners that may emerge from 'Health & WELLth' are sharing back office and administrative support. One of our trustees, Dr Alex Boyd, is also a trustee for Intercultural Roots for Traditional Embodied Arts establishing a productive administrative conduit between both organisations.

Therefore 'Intercultural Roots' is in terms of communication and effectiveness a partnership of the two separate charities. At our website, www.interculturalroots.org, this relationship and the distinction between the two charities and their objectives is made clear.

The charity gratefully received donations from members of the public during 2018/19.

Section E Financial Review

Brief statement of the charity's policy on reserves

At the end of the financial year there was £1,996 in the bank. These are non-restricted funds being held in reserve.

In line with our Reserves Policy, during 2019/20 further reserves are being accumulated to ensure the running costs of the organisation can be met up to one year in advance. This allows us to offer events on a 'donation only' basis which removes financial barriers to participation and opens access to all.

Details of any funds materially in deficit

No deficits

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Ian Kenvyn

Full name(s)

Ian Kenvyn

Position (eg Secretary, Chair, etc)

Treasurer

Date

25/09/19

Charity Name	No (if any)
Intercultural Roots for Public Health	1179885

Receipts and payments accounts

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For the period from	Period start date	To	Period end date
	11/09/2018		31/07/2019

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Start Up Loan	2,500	-	-	2,500	-
Donations	1,367	-	-	1,367	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	£ 3,867	-	-	3,867	-
A2 Asset and investment sales, etc.	-	-	-	-	-
Total receipts	£ 3,867	-	-	3,867	-
A3 Payments					
Admin Services	-	-	-	-	-
Consultancy Services	1,544	-	-	1,544	-
Venue Hire	-	-	-	-	-
Marketing & Design	-	-	-	-	-
Website & IT	492	-	-	492	-
Business Related Expenses	335	-	-	335	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	2,371	-	-	2,371	-
A4 Asset and investment purchases, etc.	-	-	-	-	-
Total payments	2,371	-	-	2,371	-
Net of receipts/(payments)	1,496	-	-	1,496	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	500	-	-	500	-
Cash funds this year end	1,996	-	-	1,996	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash in the Bank	1,996	-	-
		-	-	-
		-	-	-
		-	-	-
	Total cash funds	£ 1,996	-	-
(agree balances with receipts and payments account(s))				

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Loan		3,000	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature

Ian Kenwyn

Print Name

Dr Ian Kenwyn

Date of approval

20/09/19