CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/07/2025 Period start date To30 June 2026 Period end date

Charity name: WELLBEING MINDFULNESS AND MARTIAL ARTS

Charity registration number: 1186425

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	**THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR THE PLAYING OF MARTIAL ARTS THAT INCLUDE TRADITIONAL SHAOLIN KUNGFU, TAICHI, QIGONG AND KICKBOXING.**

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The charity promotes health, wellbeing and community participation through martial arts, Tai Chi, Health Qigong and mindfulness-based activities. During the reporting period, the charity continued developing its community wellbeing hub by providing facilities that support organisations and activity providers whose work aligns with the charity's charitable objectives. The premises were used to deliver health, wellbeing and physical activity programmes that benefit the local community. Income generated through the use of the premises has contributed towards maintaining the facility and supporting its continued availability for charitable purposes, enabling the charity to provide an accessible base for community activities, volunteer development and future project delivery. The charity also continued supporting individuals from disadvantaged backgrounds by promoting accessible opportunities to participate in health and wellbeing activities and by developing partnerships that increase community participation and reduce barriers to physical activity.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	**The trustees have had regard to the guidance by the Charity Commission on Public Benefit requirement and comply to carry out the charity's purposes for the public benefit**

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	**N/A**
Policy on social investment including program related investment	Para 1.38	**N/A**

Contribution made by volunteers	Para 1.38	Volunteers remain central to the charity's work and the successful operation of its community wellbeing hub. Throughout the reporting period, volunteers supported community engagement, project development, administration, governance, research and partnership building. Volunteers also assisted in developing relationships with local organisations and activity providers, helping expand the charity's reach and increase opportunities for local residents to participate in health and wellbeing activities. The availability of the charity's premises has created additional opportunities for volunteer involvement, skills development and collaborative working with organisations delivering activities that support the charity's charitable objectives.
Other		**N/A**

Achievements and Performance

	SORP reference	

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	During the reporting period, the charity continued strengthening its foundations and increasing its capacity to deliver long-term public benefit. One of the charity's most significant achievements has been the continued development of its community wellbeing premises in Edmonton. The premises now operate as a community hub that provides facilities for local organisations and activity providers whose work aligns with the charity's charitable objectives of promoting health, wellbeing and community participation. Income generated through the use of the premises has enabled the charity to maintain and sustain this important community asset while creating opportunities for local residents to access affordable health and wellbeing activities. The premises have also supported volunteer development, partnership working and community engagement, creating an environment where organisations can work collaboratively to improve physical health, mental wellbeing and social inclusion. During the year, trustees continued developing partnerships, strengthening governance and researching funding opportunities to support future charitable projects. These developments have significantly strengthened the charity's long-term sustainability and its ability to expand services for the benefit of the wider community.

Additional information (optional)
You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	**N/A**

Performance of fundraising activities against objectives set	Para 1.41	**N/A** **N/A**
Investment performance against objectives	Para 1.41	**N/A**
Other		**N/A**

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity entered the reporting period with **£562.63**, carried forward from the previous financial year. During the year, income exceeded expenditure by **£127.25**, resulting in unrestricted funds of **£689.88** at the year end. The trustees have continued to exercise prudent financial management, ensuring that the charity's resources are applied in support of its charitable objectives and the effective operation of its community premises.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The trustees recognise the importance of maintaining an appropriate level of unrestricted reserves to support the charity's long-term financial sustainability. Reserves are held to provide a modest level of financial resilience, enable the charity to meet unforeseen expenditure and support the continued delivery of its charitable activities.
Amount of reserves held	Para 1.22	At the end of the reporting period, the charity had **£689.88** in unrestricted reserves.
Reasons for holding zero reserves	Para 1.22	**N/A**
Details of fund materially in deficit	Para 1.24	**N/A**
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Although the charity continues to develop its financial resources, its position has strengthened during the reporting period. The charity has established a sustainable operational model through the appropriate use of its community premises by organisations delivering activities consistent with the charity's objectives. Income generated contributes towards maintaining the premises and supporting the charity's ongoing activities. Looking ahead, the trustees will continue to strengthen the charity's financial sustainability through grant funding, fundraising initiatives and partnership working while expanding opportunities for community participation and improving health and wellbeing outcomes.

Additional information (optional)
You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	During the reporting period, the charity's principal source of income was generated through the appropriate use of its community premises by organisations delivering health, wellbeing, physical activity and community programmes that align with the charity's charitable purposes. This income contributes towards maintaining the premises as a sustainable community resource and enables the charity to continue providing facilities that support public benefit, volunteer development and collaborative working with local organisations. The trustees have continued identifying grant funding and fundraising opportunities to diversify income and support the future expansion of the charity's programmes and community impact.
Investment policy and objectives including any social investment policy adopted	Para 1.46	**N/A**
A description of the principal risks facing the charity	Para 1.46	**N/A**
Other		During the coming year, the charity aims to strengthen partnerships with local organisations, expand community-based health and wellbeing projects, increase volunteer opportunities and secure additional grant funding to ensure the long-term sustainability of its work. The trustees will continue developing the charity's community wellbeing hub as a welcoming and accessible base for organisations delivering activities that improve physical health, mental wellbeing, social inclusion and community participation.

Structure, Governance and Management

Description of charity's trusts:		**THE PROMOTION OF COMMUNITY PARTICIPATION IN HEALTHY RECREATION IN PARTICULAR BY THE PROVISION OF FACILITIES FOR THE PLAYING OF MARTIAL ARTS THAT INCLUDE TRADITIONAL SHAOLIN KUNGFU, TAICHI, QIGONG AND KICKBOXING.**
Type of governing document (trust deed, royal charter)	Para 1.25	**Constitution**
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	**CIO**
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	The charity is governed by a Constitution as a Charitable Incorporated Organisation (CIO). Trustees are appointed by resolution of the existing charity trustees at a properly convened trustee meeting, in accordance with the charity's Constitution. When appointing new trustees, consideration is given to the skills, knowledge and experience required to support the effective governance and administration of the charity.

Additional information (optional)
You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Wellbeing Mindfulness and Martial Arts

Other name the charity uses	N/A
Registered charity number	1186425
Charity's principal address	Workshop R/O 353 Fore Street London N9 0NR

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	Myrsini-Chionia Christodoulelli			
	2	Tyra Edwards-Walker			
	3	Salvatore Russo			
	4	Amanda DArcy			
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Corporate trustees – names of the directors at the date the report was approved

Director name	**N/A**	N/A

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	N/A

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

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

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

Declarations

The trustees declare that they have approved the trustees' report above.
Signedon behalf of the charity's trustees

Signature(s) 

Full name(s) MYRSINI CHIONIA CHRISTODOULELLI

Position (eg Secretary, Chair, etc) CHAIR

Date 25/07/2026



Full Annual Accounts

Wellbeing Mindfulness and Martial Arts

Charity No. 1186425

July 2025 – June 2026

Workshop R/O, 353 Fore Street, London N9 0NR
Financial Year: 1 July 2025 – 30 June 2026

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Trustees' Annual Report

The trustees present these Full Annual Accounts for the year ended 30 June 2026. The charity continued its objectives of promoting wellbeing, mindfulness and martial arts. During the year the charity remained financially stable and concluded the year with a modest surplus.

Reference & Administrative Details

Registered Charity Number: *1186425*
Registered Office: Workshop R/O, 353 Fore Street, London N9 0NR

Statement of Financial Activities

Income £24,953.82
Expenditure £24,826.57
Net Surplus £127.25

Balance Sheet

Opening Funds £562.63
Surplus £127.25
Closing Funds £689.88

Accounting Policies

Prepared from the accounting records supplied by the trustees using the receipts and payments basis. Rental income recognised on receipt. Insurance reimbursement presented separately. E.ON classified as utilities; Enfield Council as business rates; Mrs A Papas as premises rent.

Notes

Building insurance reimbursement from Shaolin Temple CC: £1,353.82.
The Wushu carpet may be treated as a fixed asset subject to the charity's accounting policy.

Income Analysis

Rental income, insurance reimbursement and other receipts analysed from the transaction listing.

Expenditure Analysis

Premises rent, electricity, business rates, insurance, equipment and other operating expenditure.

Trial Balance Summary

Accounts reconcile to closing cash balance of £689.88.

Cash Summary

Opening cash £562.63. Net increase £127.25. Closing cash £689.88.

Balance Sheet

WELLBEING MINDFULNESS AND MARTIAL ARTS
Charity No. 1186425
As at 30 June 2026

Current Assets

Description	£
Cash at bank	689.88
Total Current Assets	689.88

Current Liabilities

Description	£
Creditors falling due within one year	0.00
Total Current Liabilities	0.00

Net Assets

Net Current Assets: £689.88

Charity Funds

Fund	£
Opening unrestricted funds	562.63
Surplus for the year	127.25
Closing unrestricted funds	689.88

Profit and Loss Report (Income and Expenditure Account)

WELLBEING MINDFULNESS AND MARTIAL ARTS
Charity No. 1186425
Financial Year: 1 July 2025 to 30 June 2026

Income

Income Category	Amount (£)
Rental income (Shaolin Temple CC)	23,600.00
Building insurance reimbursement	1,353.82
Other income / donations	0.00
Total Income	24,953.82

Expenditure

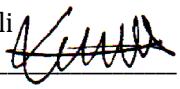
Expenditure Category	Amount (£)
Premises rent (Mrs A Papas)	22,353.82
Business rates (Enfield Council)	727.81
Electricity (E.ON)	455.94
Equipment / Wushu carpet	1,289.00
Total Expenditure	24,826.57

Net Result

Total Income	24,953.82
Less: Total Expenditure	24,826.57
Net Surplus for the Year	127.25

Trustee Approval

Approved by the Board of Trustees.

Myrsini Christodoulelli
Trustee Signature:  Date: 06/07/2026