Charity Registration No. 271847

COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT AND ACCOUNTS

FOR THE YEAR ENDED 31 DECEMBER 2025

COMMUNITY HEALTH FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Nicholas Allan Deborah Murphy-Smith Jean Torne
Charity number	271847
Independent Examiner	Leo Andersen 5 Farnham Close Bracknell RG12 9AX

COMMUNITY HEALTH FOUNDATION

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COMMUNITY HEALTH FOUNDATION

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2025

The trustees present their report and financial statements for the year ended 31 December 2025.

The accounts have been prepared on the receipts and payments basis and comply with the trust's charitable trust deed and the Charities Act 2011.

Structure, governance and management

The trust was established by a charitable trust deed on 12th July 1976. The trust's objects are to safeguard health in the community by the provision of public education in self health. The registered charity number of Community Health Foundation is 271847.

The trustees who served during the year were:

Nicholas Allan	
Anne Bogaerts	(Resigned 10 February 2026)
Tim Crowther	(Resigned 6 February 2025)
Deborah Murphy-Smith	

Trustees are appointed who are aware of Trustees' responsibilities under charity law and are selected and appointed by the existing body of trustees.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to these factors.

Objectives and activities

The objective of the charity is to safeguard health in the community by the provision of public education to promote more self-reliance and responsibility in maintaining health.

In order to achieve its principal objective the charity offers various courses, workshops and other forms of training and information to people as individuals and in groups. Beneficiaries from all backgrounds, origins and beliefs are actively encouraged.

Community Health Foundation is dedicated to developing and promoting an integral model for health that takes into account nutrition, bodywork practices, communication and self-expression. By emphasising a body-mind approach to living the charity aims to empower people to move beyond personal limitations in terms of health and vitality, creativity and joy in living.

In setting objectives and planning activities the trustees have given careful consideration to the Charity Commission’s guidance on public benefit.

The benefits provided to the public include the following:-

- the curriculum integrates many related systems, including the physical, psychological, social and spiritual dimensions of people's lives and is constantly evolving in the light of new research

- alignment with environmental health and biological and agricultural sustainability

- emphasis on personal responsibility through for example simple bodywork and cooking practices that are easy to implement on one's own

- knowledge that can be used practically alongside a busy life and at low cost and that can reduce the reliance on drugs and medical treatments over the long term

During the year in the interest of advancing its main aims and objectives Community Health Foundation offered the following courses:-

iEvolve x 2 - a three day workshop aimed at enabling individuals to seek out a wider approach to health and wholeness.

The Foundation Course x 1 - consisting of four weekends and 10 evening sessions, that aims to enable participants to incorporate healthy practices into their daily lives alongside a busy lifestyle.

Cooking Series x 2 – a three part series of classes that elicits the joy of whole-food cooking.

Tensegrity Series x 4 – a series of bodywork classes that take place over six weeks that enable participants to practice positions and movements of body and breath that promote health, vigour, and physical and mental well being.

Toltec Movements x 2 - a one or two day workshop incorporating a unique bodywork system originating in Mexico along the lines of Tai Chi and Chi Kung.

Mexico Tour and Pilgrimage x 1 – visiting Toltec and other cultural sites over a 10 day period.

A total of 226 student places were provided in 2025 with the assistance of an estimated 150 volunteers.

Other resources were provided as follows:-

- newsletter archives available free of charge via the website, containing whole-food recipes and educational articles

- inexpensive educational materials such as instructional books and videos

- many opportunities to obtain training and experience through voluntary contribution by assisting in all of the above activities

The charity expects to continue similar activities for the foreseeable future.

Financial review

The unrestricted cash funds of the charity at 31 December 2025 were £18,725. The total of net receipts for the year were £4,834. Receipts from educational fees for the year were £125,352 (£193,682 in 2024).

The charity adopted a new operating model for 2025 by hiring venues for live events as and when needed and also organising more online events. This provided much needed financial stability from the previous year in which the charity had significant overhead costs on permanent premises, however there was a significant reduction in total receipts for the year. The need for venues and associated logistics were significant constraints on the number of live events organised.

The restricted 'Cooking School Fund' balance of £4,062 had been invested in a Social Investment subsidiary company for the purpose of promoting the cooking school and this was successful until the premises were vacated in November 2024, after which the subsidiary was no longer able to serve that purpose and it was decided to close it. The invested funds were brought back to the charity and the 'Cooking School Fund' was then expended directly on the cooking school.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six months educational expenditure. The trustees continue to work towards this target.

Nicholas Allan

Nicholas Allan

Trustee

Deborah Murphy-Smith

Deborah Murphy-Smith

Trustee

Dated: 20 September 2026

COMMUNITY HEALTH FOUNDATION

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charities Act 2011 requires the trustees to prepare accounts for each financial year which give an account of the charity's financial activities during the year and of its financial position at the end of the year.

In preparing accounts, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the accounts;

- consider the financial circumstances of the charity at the end of the reporting period.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the accounts comply with the applicable law. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

COMMUNITY HEALTH FOUNDATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF COMMUNITY HEALTH FOUNDATION

I report to the trustees on my examination of the accounts of COMMUNITY HEALTH FOUNDATION ("the Trust") set out on pages 6 to 7 for the year ended 31 December 2025.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

leo andersen

Leo Andersen FMAAT
5 Farnham Close
Bracknell
RG12 9AX

Dated: 20 September 2026

COMMUNITY HEALTH FOUNDATION

STATEMENT OF RECEIPTS AND PAYMENTS
FOR THE YEAR ENDED 31 DECEMBER 2025

	2025 £ Unrestricted funds	2025 £ Restricted funds
Receipts		
Educational fees	**125,352**	-
Investment loan repayments	**1,053**	-
Total receipts	**126,405**	-
Payments		
Programme organisation	8,200	
Teaching fees	39,902	
Room hire	33,529	
Cooking school costs	5,543	4,062
Event supplies	3,402	
Equipment hire	373	
Insurance	1,145	
Post, telecommunications and promotion	2,812	
Travel and subsistence	8,227	
Rent and rates	1,040	
Bank charges	2,436	
Loan interest	267	
Audit and examination fees	250	
Sub total	**107,126**	**4,062**
Bank loan repayments	**10,383**	-
Total payments	**117,509**	**4,062**
Net receipts / (payments)	**8,896**	**(4,062)**
Cash funds at 31 December 2024	**9,829**	**4,062**
Cash funds at 31 December 2025	**18,725**	-

COMMUNITY HEALTH FOUNDATION

STATEMENT OF ASSETS AND LIABILITIES
AS AT 31 DECEMBER 2025

	2025 £
Unrestricted funds	
Cash funds	
Cash at bank and in hand	**18,725**
Assets retained for the charity's own use	
Fixtures, Fittings & Equipment – cost	**16,449**
Liabilities	
Supplier bills	**2,100**
Bank loan	**4,402**

The accounts were approved by the Trustees on 20 September 2026

Jean Torne

Jean Torne

Trustee

Deborah Murphy-Smith

Deborah Murphy-Smith

Trustee