

**Elite Community Fitness Gym
Trustee Report (....continued)
For The Year Ended
31 March 2019**

Objective of Elite Community Fitness Gym:

1. To to promote fitness and martial arts to the greater community of shantallow in one of the most deprived poverty stricken and troubled areas in the whole of the uk and Ireland
2. promote and educate the youth and young individuals in the ways of fitness ,martial arts and mental wellbeing to include and promote healthy eating and clean living and to promote positive attitude
3. to advance health and saving of lives though positive attitude and thought fitness and sport as the greater shantallow area has a large problem with drug and alcohol abuse with a high number of suicides and attempted suicides by young people with so called legal highs e.g methadrone .we had teenagers hooked on drugs and drink who have turned there liles around by giving them something else to do e.g. one teenager was about to jump of the foyle bridge who has since brought his life around and went on to get a gold medal at his first kickboxing competition and now helps to teach the younger kids.
4. to promote cross community and religious harmony by promoting sparing sessions with other clubs and other parts of the community so the participants realise they are not so different after all.
5. to relief of those in need by reason though lpmproved community life through sports and recreation facilities being maintained so the can be used by the local community to promote i.e heathly eating programs , confidence building , training in a safe environment and drug and alcohol awareness.

Classifications:

The advancement of health or the saving of lives

The advancement of citizenship or community development

The advancement of amateur sport

The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage

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Who we help:

Addictions (drug/solvent/alcohol abuse)
Children (5-13 year olds)
Community safety/crime prevention
Interface communities
Men
Mental health
Voluntary and community sector
Volunteers
Youth (14-25 year olds)

How the Elite Community Fitness Gym works:

Advice/advocacy/information
Community development
Education/training
Sport/recreation
Youth development



Stephen Brett

Trustee

Elite Community Fitness Gym

26.02.2020

Date