



Directors' Report and Trustees' Annual Report
for the period
01.02.2010 to 28.02.2011

YogaMobility

Charity Number: 1137754

Company Number: 07166088

**Directors' Report and Trustees' Annual Report
for the period:
01.02.2010 to 28.02.2011**

Registered office: 84 Everest Avenue, Llanishen, Cardiff CF14 5AR

Date of Incorporation: 23rd February 2010

Directors/Trustees:

David Chinnick (Chair)
Mark Donovan (Treasurer)
Sharon Ross (Secretary)
Judith Bryant-Plenty

Principal activities: Promoting the health and wellbeing, and assisting in the treatment of adults suffering physical and / or mental impairment by providing yoga classes to those adults, their carers and families.

Business review: YogaMobility is exempt as a small company

Statement as to disclosure to auditors: YogaMobility is exempt as a small company

Exemption as a small company: For the year ending 28 February 2011, the company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with s476,



Directors' Report and Trustees' Annual Report
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- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts
- The related accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approval:

David Chinnick

Mark Donovan

Sharon Ross

Judith Bryant-Plenty

Dated:



Reference and Administration Details

YogaMobility

Charity Number: 1137754

Company Number: 07166088

Principal address: 84 Everest Avenue, Llanishen, Cardiff CF14 5AR

Names of the Trustees who manage the charity:

David Chinnick (Chair)

Mark Donovan (Treasurer)

Sharon Ross (Secretary)

Judith Bryant-Plenty

Structure, Governance and Management

Type of governing document: YogaMobility is governed by Articles of Association for a Charitable Company.

How the charity is constituted: YogaMobility is a charitable company limited by guarantee.

Trustee selection methods: New trustees are appointed by the directors / trustees.

Objectives and Activities

YogaMobility's objects are specifically restricted to the following:

- a. To promote, improve and protect good health and well-being through the practice of yoga
- b. To assist in the treatment of adults suffering from physical or mental disabilities by providing yoga to those persons and their carers and families
- c. To advance the education of the public in yoga.

All of YogaMobility's activities are for **public benefit** because our service is provided to adults with disabilities. We provide specialist yoga classes to adults with a range of disabilities including: multiple sclerosis, arthritis, stroke, head injuries, cancer, heart conditions and amputation. Classes are also available to older people with health and / or mobility problems.



Directors' Report and Trustees' Annual Report
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01.02.2010 to 28.02.2011

YogaMobility's beneficiaries range from those with moderate mobility problems through to those who are wheelchair-bound.

YogaMobility provides beneficiaries with specialised and personalised movement plans (adapted from classical yoga) based on their physical abilities and limitations.

YogaMobility encourages beneficiaries to optimise (within safe limits) their physical strength, mobility, balance, confidence and communication skills. Beneficiaries are also taught mindfulness-based self-help practices in relation to: diet, thoughts and beliefs (particularly overcoming negative attitudes to disability), stress and relaxation, and pain management.

Charitable activities

In order to achieve these aims in 2010/11 (YogaMobility's first year as a registered charity), we successfully applied for funding for the equipment costs, room hire and tuition fees to allow us to run three classes per week, allowing us to support 50 beneficiaries:

- The Monday and Thursday morning 2-hour classes at Sbectrwm Community Centre in Fairwater, Cardiff were attended by 45 people in total, with an average of 15 people attending each class. Of these, 5 beneficiaries were wheelchair-bound, and 40 had mobility problems that meant they needed additional support to participate in a yoga class.
- The Wednesday evening 1.5-hour class in Church House, Roath, Cardiff is a new and smaller group attended by just 10 people, 5 of whom were wheelchair-bound.

Each YogaMobility class is run by at least one of our two specialist tutors with support from volunteers who assist beneficiaries throughout the class. In 2010-11, YogaMobility recruited 5 volunteers to help in this way.

Financial Review

YogaMobility aims to hold sufficient unrestricted funds in reserve to cover 3 months' running costs. At the end of 2010/11 financial year, YogaMobility held £2,188 in unrestricted funds.

Fundraising

YogaMobility has been fortunate in securing a significant degree of public support for the work it is doing. This has allowed us to generate income from 5 key sources:

- Grant funding – in 2010/11 Yogamobility received 4 grants:
 - Community Foundation in Wales (Comic Relief) made an award of £5,000 to cover some of the costs of venue hire and tutors fees



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- Community Foundation in Wales (Community Cash) made an award of £1,000 for venue hire, yoga equipment and advertising
- Voluntary Action Cardiff (Impact Plus) made an award of £1,663 for the purchase of a hoist, yoga equipment and a laptop computer
- Sports Council Wales (Community Chest) made an award of £1,000 for yoga equipment.
- Funky Love Posse is a 14-piece disabled/able-bodied funk group who support YogaMobiity by donating all of the proceeds of their professional gigs to the charity. In 2010/11 the Funky Love Posse donated £1,415 to YogaMobiity.
- Yoga for Life is an informal group of beneficiaries and supporters who carry out fundraising events such as sponsored walks, stalls, coffee mornings and garden parties to raise money for YogaMobiity. In 2010/11 Yoga for Life raised £1,307 for YogaMobiity.
- Class fees – YogaMobiity charges a fee of £3.50 for attending a class. In 2010/11 YogaMobiity raised £4,283 from class fees.
- Voluntary public donations. In addition, YogaMobiity received £1,366 in voluntary donations from members of the public.

Declaration

The Trustees declare that they have approved the Trustees' Annual Report above.

Signed on behalf of the Trustees:

David Chinnick (Chair)

Mark Donovan (Treasurer)

Dated: