



ANNUAL REPORT 2020

SUMMARY

The period April 2020 to March 2021 was an extremely difficult one for everyone and every charity, and it was no exception for Brighton Yoga Foundation. The Covid pandemic was centre stage throughout the year and required significant reorganisation of our work, the cancellation or postponement of a number of planned projects and a general retrenchment. The balance of our work completed the shift made in the previous year from the priority of our annual yoga festival towards the delivery of year-round yoga community outreach programmes, which was firmly the major priority of the charity by the end of this financial year. Despite the difficulties encountered from the pandemic, we managed to continue to provide our services throughout the year (primarily online) and emerged relatively unscathed financially thanks to some very helpful grant awards. Our Festival and other events were significantly pared back.



MISSION

We undertake year-round yoga community outreach programmes for those who would not normally have access to yoga.

These programmes are usually free of charge, paid for from a combination of grants that we have received to deliver such services and our own fundraising.

There is now a significant body of research and evidence that yoga, breathing exercises and meditation can all have strongly beneficial impacts on people's physical, mental and general well-being.

These programmes have included programmes for teenagers suffering stress; for people with mental health issues; for children in schools; for women recovering from domestic abuse and sexual violence; and other client groups. In most of these cases we have worked directly with specialist statutory or voluntary organisations working with these client groups, some of which have also referred clients directly to us. The teachers for this work are all specially trained and where appropriate have DBS clearance.

The trustees of Brighton Yoga Foundation have taken all due regard for the purposes in which the organisation was set up when making the decision to allocate costs and apply funding in relation to the programmes mentioned below and all other activities undertaken, and decisions made.

SERVICES

In early Spring 2020 just prior to the pandemic, we were delivering 6 weekly community outreach classes. When the first lockdown measures were announced, we immediately took a number of the classes online that we were previously delivering in person. From the autumn of 2020, we were able to add some more online classes and some in person classes or support groups through to the end of the financial year.

In all, we delivered 195 classes with 1,581 attendances (averaging over 8 people per class).

A more detailed table follows below:

Class type	Location	Start Date	Number of classes	Total number of visits	Average number of attendees
Gentle/Therapeutic	Zoom	01/04/2020	131	1186	9
Small group Therapeutic	In person	19/09/2020	13	43	3.3
Chair Yoga	Zoom	3/11/2020	16	152	9.5
Therapeutic Yoga	In person	15/09/2020	23	155	6.7
People of Colour classes	In Person	1/10/2020	12	41	3.4
2 Hour specialist workshops	Zoom	Various	5		9.6
			195	1581	6





195

TOTAL CLASSES

1'581

TOTAL NUMBER OF ATTENDEES

OVER THE YEAR WE ARE PROUD TO
HAVE BEEN ABLE TO DELIVER CLASSES
TO 1'581 PARTICIPANTS

Feedback from participants

"Your classes have been a lifeline during lockdown, thank you so much. It feels good to do a local class with people I might actually get to meet one day!"

"It is wonderful that BYF have continued to champion us during the lockdown by innovatively providing their services on Zoom, as well as recording classes so we can access them in our own time. This has helped my mental and physical health during this time, and helped keep that magic structure and ritual in my life. It's truly healing."

"AS SOMEONE WHO HAS STRUGGLED WITH LONG TERM MENTAL HEALTH DIFFICULTIES, A LONG TERM UNRECOGNISED INVISIBLE PHYSICAL DISABILITY AND IN RECOVERY FROM PSYCHOSIS, I HAVE ALWAYS HAD A CHALLENGING RELATIONSHIP WITH MY BODY.

I HAVE ALSO STRUGGLED WITH MONEY AND RESOURCES DUE TO COMING FROM A LOW INCOME BACKGROUND.

YOGA CAN BE SO HELPFUL FOR ALL BODIES AND I BELIEVE WHAT BYF IS DOING IS VERY IMPORTANT IN LEVELLING THE PLAYING FIELD IN WELLBEING CULTURE AND ACCESS TO EXERCISE IN OUR LOCAL AREA. I AM SO THANKFUL FOR WHAT THEY HAVE GIVEN ME."

GRANTS RECEIVED

During the financial year, the BYF were extremely fortunate to receive 8 grants awards out of 13 that we applied for – 3 of which were specific Covid-related funds. The grants are outlined in the table below.

Grant Funding Body	Amount of grant	Purpose of funding
Sussex Community Foundation *	£2,410	Therapeutic classes
This Girl Can	£9,360	3 therapeutic yoga programmes for women
Sport England*	£3,335	Funds to alleviate extra costs to planned work caused by Covid
Sussex Police & Crime Commissioner*	£1,040	Yoga for domestic abuse & sexual violence survivors
Active Sussex Tackling Inequalities	£5,068	Yoga programmes, training and education for BAME/BIPOC communities
Brighton & Hove City Council	£1,000	Resilience yoga classes for specific groups affected by Covid
Active Sussex	£2,600	Yoga programmes for teenagers
Active Sussex	£2,900	Yoga programmes for school children
TOTAL	£26,673	

*Denotes emergency Covid funding streams

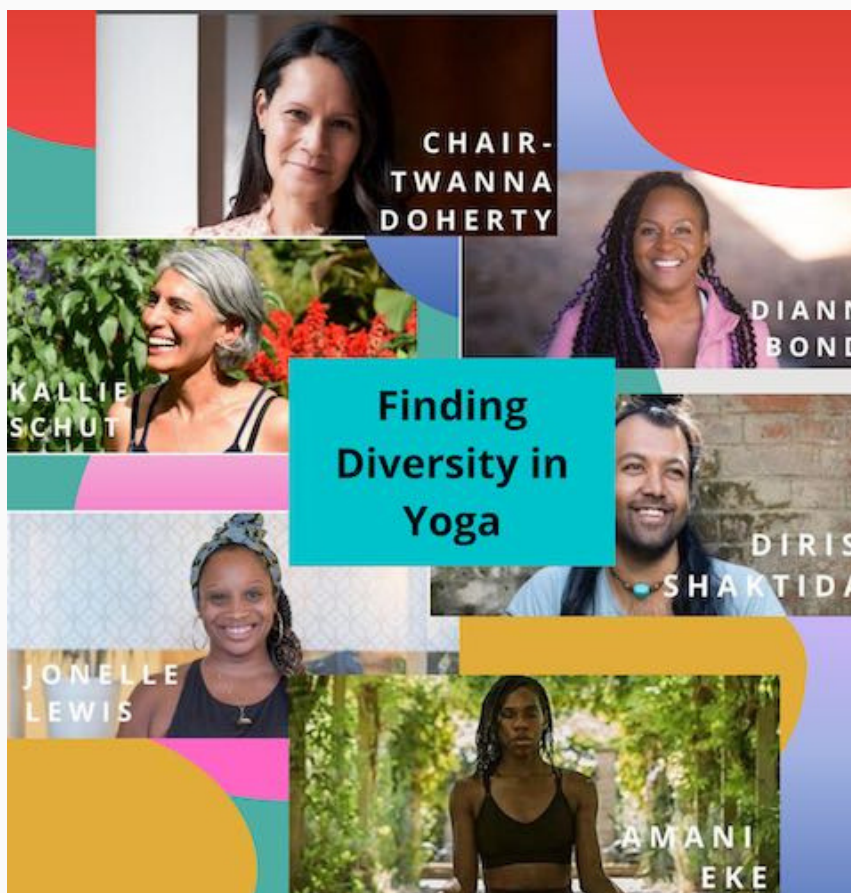
ANNUAL BRIGHTON YOGA AND WELL-BEING FESTIVAL

AS WITH MANY OTHER SUCH FESTIVAL EVENTS IN 2020, WE HAD TO CANCEL OUR PLANS TO RUN A LARGE WELL ATTENDED INDOOR AND OUTDOOR FESTIVAL EVENT. IN EARLY APRIL WE TOOK THE DECISION TO TAKE OUR EVENT ONLINE RATHER THAN IN PERSON.

WE WERE FORTUNATE TO BE HELPED BY SPORT ENGLAND TO HELP COVER SOME OF THE COSTS INCURRED BY CANCELLING OUR PLANNED IN PERSON EVENT. WE WERE ABLE TO SECURE SOME WELL-KNOWN INTERNATIONAL YOGA TEACHERS TO RUN A SERIES ONLINE WORKSHOPS FOR US AT OVER THE WEEKEND OF JULY 25/26.

WE CHARGED PARTICIPANTS TO ATTEND THE WORKSHOPS ON OUR TRADITIONAL "PAY WHAT YOU CAN AFFORD" MODEL. ONE OF THESE SESSIONS WAS A DISCUSSION ON "BLACK LIVES MATTER - DIVERSITY IN THE YOGA COMMUNITY" FEATURING A PANEL OF SPEAKERS WHO WERE ALL YOGA TEACHERS AND BLACK AND/OR PEOPLE OF COLOUR.

WE ATTRACTED OVER 300 PEOPLE TO THE 6 SESSIONS (4 OF WHICH REGISTERED OVER 100 ATTENDEES) AND THE EVENT WAS ABLE TO PRODUCE AN OVERALL SURPLUS OF AROUND £2,700 WHICH WAS USED TO SUPPORT OUR YOGA COMMUNITY OUTREACH PROGRAMMES.



OTHER PROJECTS

Inevitably given the Covid situation throughout the financial year and our focus on protecting our core yoga community outreach work, we had to abandon or postpone other planned projects.

We had to put into cold storage the recently launched (in autumn 2019) Friends of Brighton Yoga Foundation. We were unable to run any more weekend events with OM Retreats. Our mat rental service and our plans for developing the UK Community Yoga Network were both put on hold. There were no events able to be arranged for International Yoga Day in June and the annual Council-run Take Part Festival in 2020 was also cancelled.

We were able to run 3 online yoga teachers forums: one early in the pandemic on setting up online classes and adapting to the changing world; a second on anti-racism and yoga; and a third on self-employment support for yoga teachers.

“Oasis Project works with women who are in recovery.

Majority of them have experienced traumas and suffer with mental health issues.

Substance and/or alcohol misuse are often used as a coping strategy.

The yoga that you offer at Oasis Project, provides opportunities for our clients to rebuild their physical and emotional strengths. Women who have taken part in the yoga sessions, reports that they feel calmer, are more grounded and start to believe in themselves again.

Yoga is so powerful and it make such a difference for our clients to be able to practice in a safe environment.”

- FEEDBACK FROM ONE OF OUR REFERRING PARTNER ORGANISATIONS

Finances

Our overall financial turnover for April 2020 to March 2021 was 40% lower than in the previous year, resulting in a loss for the year of just under £800.

Reduction in our total costs were not quite in line (c.15% lower from previous year) largely due to exceptional IT & consultancy spend as part of a large website overhaul and modernisation.

The enforced retrenchment during the year included closing down our office space and moving our equipment into a much cheaper storage space at the Float Spa.

This led to a reduction in our storage costs in line with turnover (c.40% reduction) as we continue to monitor and control our fixed annual overheads.

RESERVES POLICY

BYF aims to maintain a minimum cash reserve of c.£ 3000 which will ideally increase/decrease in-line with annual turnover and fixed costs.

The aim is to always have a cash buffer to cover several months' worth of non-grant covered overheads

Trustees

Davy Jones remained Chair of the Board throughout the year.
Those who joined the Board were:

- David Thomas, a qualified accountant, in September 2020 as Treasurer;
- Nataliya Asare in January 2021; and
- Amy Tarrant and Clare McGill both in February 2021 – the latter as Secretary

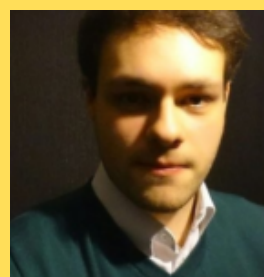
Gaia Pabla, Anwar Osman and Audrey Mealia all had to resign from the Board for personal reasons (moving abroad, ill health etc).



Nataliya Asare



Amy Tarrant



David Thomas



Clare McGill