THE PHOENIX CHARITABLE TRUST

Registered Charity No.: 1010378

We provide funding for health & wellbeing services not generally available on the NHS

(Referral from a GP or other health professional required)

We would like to say a big '**THANK YOU**' for the generous support we received in 2024. The Trustees would like to share with you what the Trust achieved last year, along with our plans for 2025.

"*In addition to the numerous people we have helped with individual requests and the acupuncture sessions, we have made two major achievements this year. The outstanding one of course is the securing of funds and the imminent implementation of the Mindfulness Course. This is an excellent example of what we can do and one that I hope we will be able to repeat.*" Peter Jay, PCT Chairman (AGM – January 2025)

2024

GRANTS MADE

- We made **21 grants** in total. The funding we provided supported needs covering food, acupuncture, home safety equipment for vulnerable families, GP 'Exercise on Referral' scheme, counselling, clothing, wellbeing, fuel and Zumba classes.
- We also provided further subsidy for some acupuncture patients.

DONATIONS/GRANTS RECEIVED

- We received kind donations from individuals across our community as well as from Cirencester's Inner Wheel Club and Cirencester Friendly Society,
- Generous donations received from Waitrose and South Cerney Street Fair were used for marketing and promotion purposes which supported our attendance at two promotional events (see below) and have given us a stock of promotional material for ongoing use.
- Cotswold District Council (CDC) and Cirencester Town Council (CTC) made very generous grants following our application for funding for our Mindfulness course.

GIFT AID

A very important part of our income! As a result of the donations made during 2024, mainly from our subsidised Acupuncture Clinics, we were able to claim an additional 25% on donations made by eligible individuals.

HEALTH & WELLBEING EVENT (Aug)
ADVENT FESTIVAL (Nov)

- Our attendance at the Health & Wellbeing event secured funding from the South Cerney Street Fair Fund and Waitrose as well as donations from C3 Marketing (Swindon) that enabled us to update and improve our marketing and promotional material.
- Our raffles were a great success; thanks to the generous local organisations who donated some great prizes. A number of our raffle supporters have said that they would like to receive updates about the Trust's work, so it's great to have a community with which to share our news.

2025

COMMUNITY-BASED MINDFULNESS COURSE AND MINDFULNESS TOOLKIT

- CDC's and CTC's funding has enabled the Trust to take forward this most important of initiatives. To encourage commitment, participants are required to make a contribution of £50 towards the costs of the course (which is currently delivered, publicly, at over £400).
- We are collaborating with the Phoenix Health Group and Alison Sedgwick-Taylor (Consultant Clinical Psychologist, Cognitive Behaviour Therapist, Supervisor & Trainer and Mindfulness teacher > https://www.astpsychology.co.uk/) to deliver the inaugural course which will run from February to April 2025.
- We received just over 100 applications to attend the course and 24 people have been selected to be our first participants.
- An academic evaluation of the impact of our course will be undertaken to provide us with pinpointed results – both qualitative and quantitative measures. We hope that this will aid further funding and interest so that we can deliver more courses to more people across Cirencester & district.

NUTRITION

- We are currently exploring, with a qualified nutritionist, how we can introduce nutritional advice and education in an affordable way.
- This is something that the Trust, in partnership with the Phoenix Health Group, wishes to take forward as we recognise the value of nutritional advice and support across many health issues alongside the benefits that individuals can draw from complementary/therapeutic interventions.

For more information contact the Trust Manager:
psct.manager@gmail.com

Visit our website:

Donate here: