*Touch For Health Charity Annual Report for 2020*

*The year of 2020 has brought all of us closer together as we have travelled through the experiences that the year has given us.*

*We lost our beloved Sandy in April, she was such a powerful force for love and good in this world. Her contribution to Touch for Health and her impact on each one of us, and everyone she came into contact with, was immense. She will never be forgotten and her presence is always with us and the Charity. Our wish is to help achieve her vision and make her proud with the good that we can achieve.*

*The pandemic has changed many of the things we would have liked to achieve this year, but instead we have been able to spend valuable time in the Water and Wood elements, taking time to reflect, rejuvenate, feel our way into how we want to take the Charity forward, allow ideas to develop and start to make plans for the next year.*

*At the beginning of each meeting, the trustees take turns to lead a group balance. These have all been spectacularly beautiful with powerful energy arising. They have helped with our personal growth and brought in exactly the right energy to focus our meetings perfectly. The balances have helped us all in this difficult but yet still beautiful year.*

*Bursary*

*Last year one bursary of £500 was offered to a lady who is extremely keen and committed to her Touch for Health journey. She plans to attend the Training Workshop in 2021 and is looking forward to sharing her experiences with us.*

*We now have an improved application process with an online editable application form and a standard referee document.*

*Donations and Fundraising*

*We are extremely grateful that we have received a number of donations this year from a variety of activities :*

* *Donations from TFH practice sessions*
* *Book royalties and book sales donated*
* *Sue Keeping muscle dance document*
* *Cost of unused teaching certificates donated*
* *Hangout sessions*
* *Play and practice sessions*
* *Donations in honour of Sandy’s memory*
* *Spring detox*
* *Self-care minis*
* *Purchases via Amazon Smile*
* *PayPal giving grant*
* *Earth balanceathon*

*Our heartfelt thanks to everyone who has donated, or participated in an activity that has helped to raise funds for the Charity.*

*Earth Balanceathon*

*The trustees produced a video to support the Earth Balanceathon in September 2020. We were unable to be together in person but we came together online to do a muscle dance. It was lovely to experience some fun and lightness after the deep sadness experienced during the year.*

*Resources*

*Our aim is to have a number of resources that can provide support to anyone on their TFH journey, using TFH for good in the community or spreading the light of TFH through teaching and communications. We have a charity video produced now and are blessed to have a copy of the Sue Keeping Muscle Dance document. We are also in the process of making available the past copies of the Balance Sheet on the website and creating a number of mini workshops based around the Five Elements.*

*TFH UK Website*

*The TFH Charity is helping to fund the development of a TFH UK Website. This is a resource that is much needed in the UK. The design and copy has all been developed now but the next step is to take photographs which will have to wait until we are able to all be together again. This is an extremely exciting project that will give so much to the TFH community. We can’t wait to see the end result.*

*Communications*

*Our social media presence continues to develop and we were very pleased to have found out how to add a Facebook donation button to our Facebook posts!*

*Trustees*

*We have put a lot of thought this year into how we can bring more people into our TFH Charity family. We now have a detailed information sheet and flyer giving information about the Charity.*

*We give a massive welcome to Jeremy Glyn who has joined us as a valuable guest at our meetings in 2020 and is looking forward to becoming a full trustee in 2021. Thank you Jeremy!*

*This year has helped to clarify our vision around bringing in new people. We were originally focused on bringing in trustees, but now feel the right approach is to look for people to join our team, either short or long term, and know that new trustees will emerge naturally.*

*Our treasurer, Sam Ashbee, is doing a beautiful job under difficult circumstances and has completed all of the work necessary to transfer all of the treasurer admin into the correct names. This has been no mean feat!*

*Our Vision*

*We will detail our future plans in a separate report, but this year has been extremely valuable to help shape how we want the presence of the TFH Charity to be felt in the world. We feel that we want to put our energy outwards to spread the love and light of Touch for Health by supporting community projects across the globe. We are blessed with funds from donations, fundraising and the gifts from the TFH Centre. We will continue to use these for bursaries but also to enable TFH to spread good in the world in a way that Sandy envisioned for the charity.*

*Thank you to all of the Trustees and our supporters for everything you have done for us this year. Your commitment, love and support has enabled us to achieve so much in 2020!*