

AMURT UK

ANNUAL REPORT &
ACCOUNTS 2019-2020



References and administration

Charity name: AMURT UK

**Other name charity
is known by:** Ananda Marga Universal Relief Team

**Registered Charity
number:** 327216

Principal Address: 3A Cazenove Road, London, N16 6PA

Trustees: Anthony E Lovage *Chair*
Pierre Boyde *Treasurer*
Jeff Reiter
Grace Collins
P Elizabeth Driscoll

Chief Executive: Position currently vacant

**Other senior
workers:** Natasha Horn (Fundraiser)
Sofia Craxton (London Programme
Manager)

About AMURT UK

AMURT UK is a grassroots disaster relief and community development organisation. We work with local communities to relieve the immediate suffering of those affected by disaster and crisis and help them move on with their lives.

In the UK, AMURT's current projects aim to:

- *Relieve food poverty for the homeless and the vulnerable, including disadvantaged children and their families, maximising the use of food which would otherwise go to waste
- * Promote access to healthy food and lifestyle choices

Internationally we partner with other AMURT chapters, to respond to the specific needs and challenges of their local areas.

BACKGROUND

AMURT (Ananda Marga Universal Relief Team) is one of the few private voluntary organisations of Third World origin, being founded in India in 1965. Its original objective was to help meet the needs of those affected by disasters that regularly hit the Indian sub-continent. Over the years AMURT has established teams in thirty four countries, creating a network that can meet development and disaster needs in many parts of the world.

In 1985 the global AMURT organisation broadened its goals to include long-term development and in 1986 AMURT was established in the UK.

We see much of our present role as helping vulnerable communities recover from disaster and crisis, break the cycle of poverty and gain greater control over their lives. For us, development is human exchange: people sharing wisdom, knowledge and experience to build a better world.

AMURTEL was formed in 1975 as a sister organisation to respond specifically to the problems faced by women and children. AMURTEL is managed by women and initiates programmes that raise the standard of health and education of women and their children. The programmes also permit women to gain greater self-determination and economic independence.

Forward by Chair

It has been quite a year. The pandemic unfortunately hit our beneficiaries in London particularly hard, many of whom have compromised health already. We were determined to keep our London feeding programme open throughout, unlike many that were forced to close. We faced some challenges, at the beginning, adapting our weekly hot meal distribution for the homeless, a program in its tenth year. Beneficiaries clearly needed support more than ever. Although some core staff went into isolation, our community links through mutual aid groups, the charity's wholefoods store, etc., gave confidence we could attract and engage a fresh team of local volunteers.

The key was creating part-time positions for a Volunteer Coordinator and Programme Manager, achieved through short term funding, which resulted in growing numbers of volunteers coming forward and purposefully serving their community.

Our new volunteers helped implement three additional meal preparation/distributions, and we formed a partnership to add another, delivering 200 pre-packed warm meals each week. We simultaneously began producing Nutritional Supplement Packs (NSPs): specially formulated high-protein, nutrient-dense snacks, which are smartly packaged and tasty. 1000 are distributed weekly through our own and six partnership distributions, providing immune support for beneficiaries.

AMURT UK programmes in London have grown from strength to strength during these very challenging times. With our roots in disaster relief we have been well equipped to support those in crisis.

We have also found that our volunteers have gained a huge amount from being involved in our programmes. Many of them have experienced mental health challenges throughout the pandemic and by volunteering they have found a sense of purpose, belonging and community which has helped see them through these strange times.

Here at AMURT we are all incredibly grateful to our donors and volunteers without whom we couldn't have responded in the way that we have.



Our financial year in numbers

Impacted the health of more than 2000 impoverished children through spirulina supplementation in Kenya



3,889 births attended to at AMURT Assisted Health Centres in Ebonyi State, S.E. Nigeria.



These figures include UK and international projects:

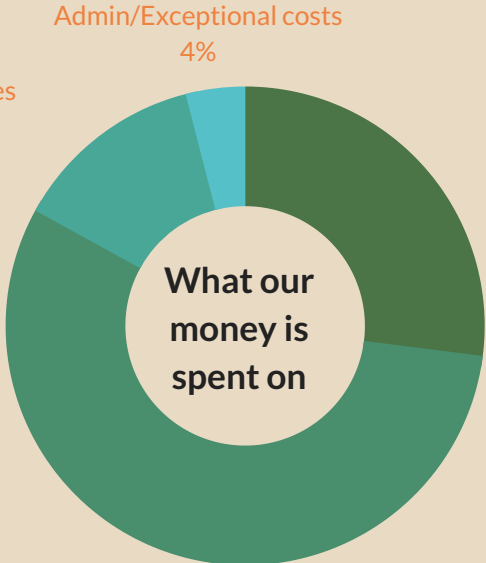
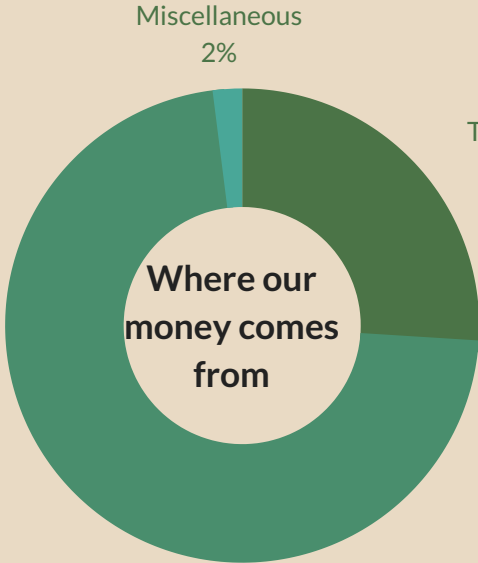
Produced and delivered 6,500 nutritious meals to homeless and vulnerable people in London



Produced and delivered 17,433 nutrient and protein dense energy balls to vulnerable people experiencing food poverty in London.



1,123 visits were made by refugee and migrant women in Athens to attend support groups on infant and toddler care, sexual and reproductive health and gender based violence



Grants/Donations
72%

Projects abroad
56%

What we do in the UK: London Covid Response

AMURT UK serves homeless people, vulnerable children, families and households who are experiencing food poverty in the London boroughs of Holborn, Hackney and Islington. Since the onset of the Covid-19 pandemic AMURT UK has tripled the number of volunteers we work with. This has enabled us to quadruple the number of beneficiaries we reach on a weekly basis. We run two main programmes; a hot nutritious vegetarian meal service and production of Nutritional Support Packs (NSPs) to beneficiaries who have difficulty accessing healthy affordable food.

We currently produce and distribute approximately 200 hot meals a week and 1000 protein dense snacks. Our programmes are almost exclusively run by volunteers.

Our main programmes include:

1) Nutritional Support Packs (called 'Go! Balls')
Our Nutritional Support Packs (NSPs) are protein and nutrient dense to enhance nutrition and bolster the immune system of homeless and vulnerable children, families and households who often have poor nutrition and may have compromised immune systems.

We use high quality, nutrient rich ingredients and distribute the NSPs to beneficiaries in Holborn, Hackney and Islington through our own distribution networks and through our partners, who include Streets Kitchen,



North London Action for the Homeless, Hari Krishna –Food for All, St John's Evangelist church, the Round Chapel and The Margin's Project.

We prepare and package the NSPs in our centre on Cazenove Road, Hackney. On average, we distribute 1000 NSPs a week. Between July 2020 and April 2021 we produced 36,00 Go! Balls.

2) We produce hot, tasty, nutritious vegetarian food on Thursdays in the Mildmay Community Centre Kitchen. Most of the raw ingredients come from City Harvest or the Felix Project who distribute food that would otherwise go to waste. In the morning we distribute to local vulnerable families and households, to school children and to the homeless on the border of Islington/Hackney at Mildmay Community Centre. In the afternoon we prepare hot meals to be distributed by us, to the homeless in Holborn, and by Streets Kitchen, to the homeless at Hackney Town Hall.

The food is always packed in insulated boxes and served within 3 hours.

The benefits for our volunteers

Our volunteers also directly benefit from our programme and their numbers have tripled (150 new volunteers since June 2020; 40+ active at any one time).

Due to quarantine and lockdowns restrictions, financial instability, fear and uncertainty, 94% of volunteers have experienced challenges to their mental health/wellbeing.

By volunteering for AMURT, volunteers benefit from healthy social interaction and a structure to their week, reaping many psychosocial benefits: community integration, sense of purpose and improved self-esteem. They are able to access meaningful, well-defined volunteering opportunities, training and a local support network, enhancing their employability with new skills and experience. 100% of our current active volunteers affirmed recently that volunteering for AMURT has improved their mental health and wellbeing.



What we do in the UK: Food for All, London

Not-for-profit vegan health food shop Food for All has served the people of Hackney since 1976. Committed to assisting the local community achieve optimum health and wellbeing via natural means we stock more than 250 therapeutic/culinary herbs and tinctures. The broad product range includes wholefoods, superfoods, dry and fresh goods, supplements, body care and household products. Food for All supports new ethical entrepreneurs and stocks locally made artisan products such as soaps, shea butter, preserves and ferments.

The store is renowned for its helpful and knowledgeable staff, unique community atmosphere and diverse customer base – some of whom have been shopping at the shop for nearly four decades! It is common to find staff and customers engaged in lively conversation swapping tips about nutrition, health care and local news.

Since the pandemic Food for All has become a community focal point for essential bulk food items and nutritional and immune support and advice.

Profits from Food for All go to AMURT charitable activities.

Location: Food for All, 3 Cazenove Road, Stoke Newington, London, N16 6PA



International projects we work with: AMURTEL Greece

For the refugee population within the post-emergency phase, pregnancy and child-delivery complications are the leading cause of morbidity and mortality among women.

Johns Hopkins and International Federation of Red Cross and Red Crescent

FIGURE 1.



93% women who attended sessions at AMURTEL said they were able to help other women in their community due to what they learned at AMURTEL. A small but significant number of women help others in the areas of women's health and contraception as well as looking at women's roles in society, women's rights and gender based violence.

1,123 visits were made by refugee and migrant women in Athens to attend support groups on infant and toddler care, sexual and reproductive health and gender based violence

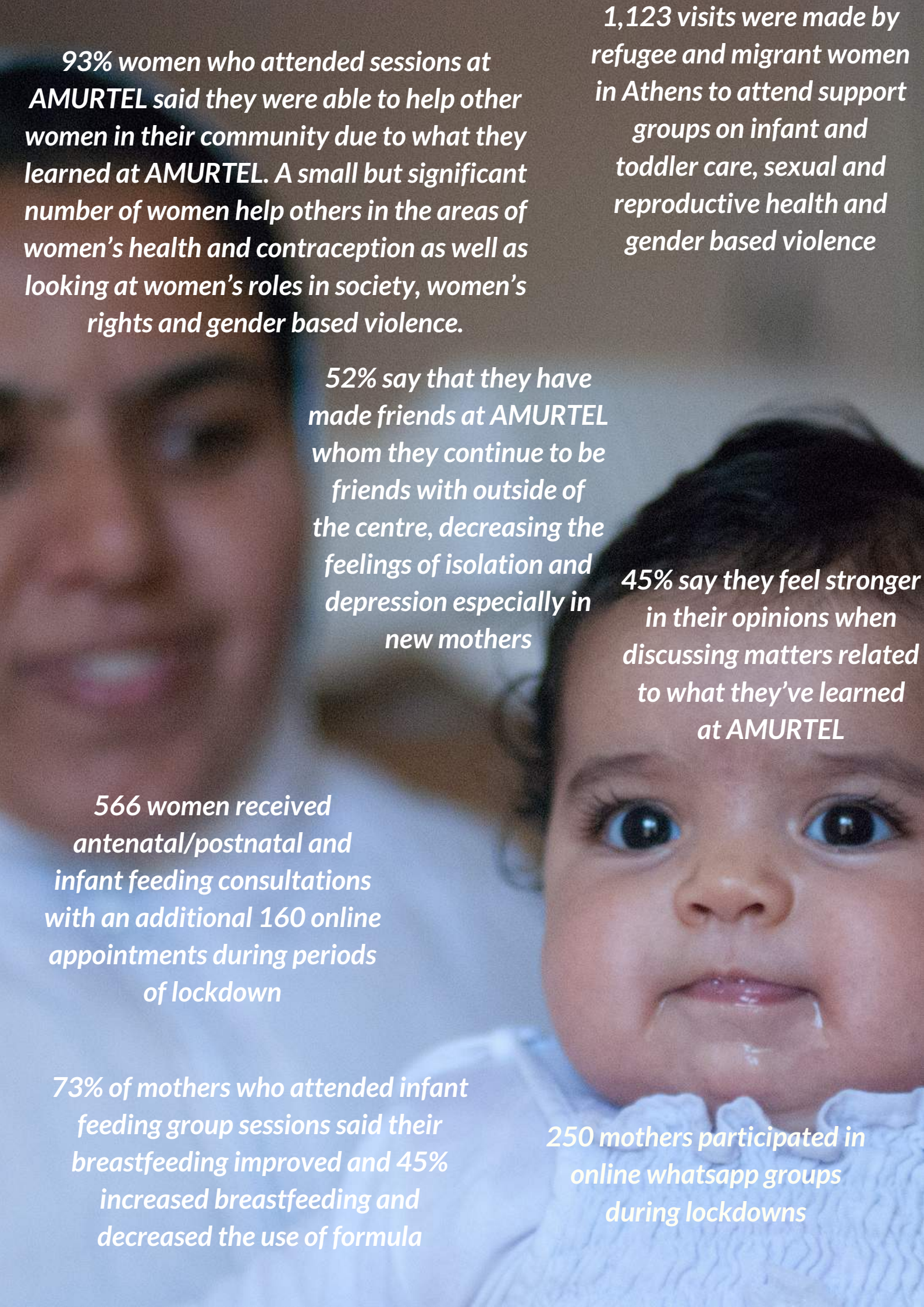
52% say that they have made friends at AMURTEL whom they continue to be friends with outside of the centre, decreasing the feelings of isolation and depression especially in new mothers

45% say they feel stronger in their opinions when discussing matters related to what they've learned at AMURTEL

566 women received antenatal/postnatal and infant feeding consultations with an additional 160 online appointments during periods of lockdown

73% of mothers who attended infant feeding group sessions said their breastfeeding improved and 45% increased breastfeeding and decreased the use of formula

250 mothers participated in online whatsapp groups during lockdowns



AMURTEL Greece

At AMURTEL Greece, they believe all mothers have the right and the capacity to maintain or restore their health, well-being, dignity and self-determination. They believe that all infants have the right to be protected and cared for in order to foster optimum development. For highly vulnerable refugee and migrant populations, these rights are all too often unattainable.

The services they offer aim to mitigate the long term effects of crises on refugee and migrant infants and their mothers by supporting women to be the best possible mothers they can be and thus give their infants the best possible start in life. They do this by creating safe women's spaces where mothers can have access to midwifery care during pregnancy and postpartum, gain knowledge about infant care and women's reproductive health, receive support and support each other and make friendships to decrease the often debilitating effects of isolation and loneliness.

One thing that almost all the women have in common, regardless of where they hail from, is pride in motherhood. Being a mother is a primary personal and social role which defines them, both individually and in society. Most of the women agree that they were raised mainly to be mothers and this brings them much joy and a sense of fulfilment. The shared commonality of motherhood at AMURTEL allows them to gradually open up and be willing to discuss, or at least think about, a variety of topics, even sensitive ones such as sexuality, gender based cultural roles, abuse, and human rights. AMURTEL's aim is that women will become stronger through knowledge, making friends and finding themselves part of a community of mothers.



Covid impacted AMURTEL's services in Greece as it did everywhere. Though the numbers of women we were able to reach decreased due to lockdowns and closures of the centre, the staff rallied to find online ways of continuing the support so that the mothers would not feel abandoned. Whatsapp groups and online appointments were soon adopted as the next best option to in-person meetings. Being unable to physically examine pregnant women and infants, not having blood pressure and other vital measurements as diagnostic tools, communicating through the medium of often unstable internet connections and knowing mothers needing help could not afford enough data for online consultations or groups were challenges that pushed the staff to rethink how to provide care. The outreach team did what they could visiting mothers at home within the parameters of covid restrictions.

Via online communication, pregnant women exhibiting signs of possible complications were referred to hospital, several times with life-saving results. Mothers struggling to breastfeed or feeling alone in the newness of infant care found guidance and encouragement from lactation consultants ready to be there for them as needed. Mothers with questions and nowhere to turn texted to the online groups and found a community of mothers and AMURTEL staff offering support and advice.

What we knew but realized again is that the inherent necessity and resilience of woman-to-woman, mother-to-mother care will always find a way to surface. It holds within it a depth and strength that offers sustenance, even in the midst of crises.






Through attending sessions at AMURTEL women become more empowered. For example Nasrin, an Afghan woman from a small village, admitted that the idea of a woman having rights had never occurred to her. She and her friends have begun talking about this amongst themselves and have begun standing up to their husbands. Engaged at 15 and married at 17 to her cousin whom she did not love but was forced to marry, Nasrin says the beatings that she received every day of her life from her husband have begun to decrease. She feels hopeful that with time and further acclimation into European society, they will decrease even more.

Also Shirin, a Syrian mother of 3, thinks she is one of the lucky ones because now, "I voice my opinions with my husband in ways I did not do in Syria and my husband listens in ways he didn't in Syria."

Nigeria has the 4th highest Maternal Mortality Ratio (MMR) in the world at 917 deaths per 100,000 live births. A woman's chance of dying from pregnancy and childbirth is 1 in 13.

**International
projects we
work with:
AMURT
Nigeria**



A woman with dark hair, wearing an orange AMURT uniform, is smiling and looking down at a newborn baby she is holding. The baby is wrapped in a white blanket and is sleeping. The background is a plain, light-colored wall.

In 2020, AMURT opened two new project areas bringing the number of AMURT assisted rural health centers to 11 and upgraded two more health centers to offer emergency obstetric services. AMURT now has 5 Obstetric Emergency Care Centers

The birth rate in AMURT's project areas has reduced as over 6000 women have chosen long term contraceptive options the last four years.

75% of births in AMURT Nigeria's project area took place at a birth centre with a skilled birth attendant compared to the rural national average of 26.7%

AMURT drilled 34 new boreholes giving communities safe water at their doorstep for the first time and repaired 28 old or broken ones

214 villages in the project areas are covered by trained maternal health promoters elected by the women in their villages

3,889 babies were born at AMURT Assisted Health Centres. Of these 7.8% were by C-Section. 97% of these were performed at AMURT assisted centers

The number of women attending ANC in AMURT assisted health centers rose by 16% in 2020 to 7848.

Neonatal mortalities (at health center and through referral), reduced by 18% to 56. Neonatal referrals reduced by 36% to 47.

1,084 home visits to women at high risk of complication during birth were made

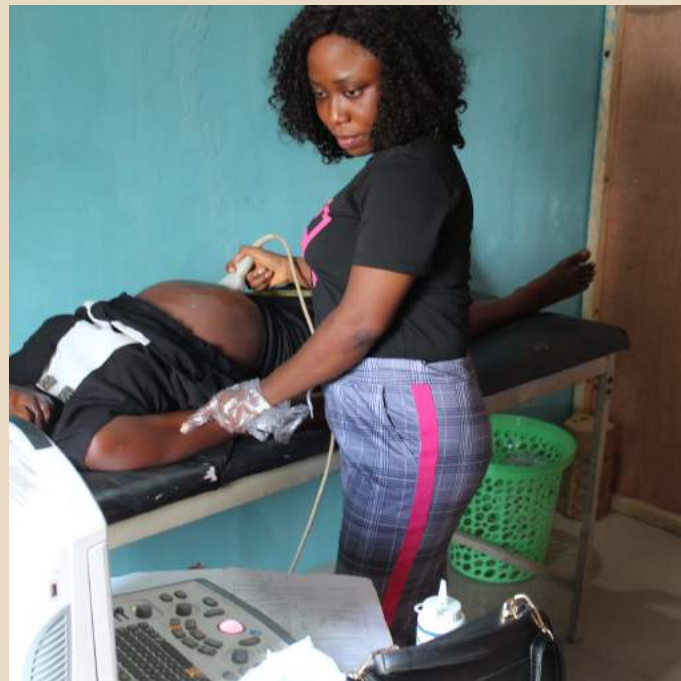
AMURT Nigeria

AMURT Nigeria started work in S.E. Nigeria in 2010 due to its extremely high Maternal Mortality Rate: 1000 deaths in every 100,000 live births.

Most Primary Health Centres (PHCs) in these rural areas are run by the government, based on a centralized management system. They tend to deteriorate from lack of investment, are chronically understaffed, have erratic opening hours and experience low patronage due to the lack of confidence in and disconnect between the community and the PHC's. As a result, most women prefer to give birth at home and take their sick children to local herbalists and chemists (Patented Medical Vendors) who often misuse artificial Oxytocin to induce labour, which can result in uterine rupture and sometimes fetal death. Many pregnant women don't have access to comprehensive antenatal care and if they do, high-risk cases are rarely followed up.

AMURT Nigeria has developed a decentralized model of addressing the primary and maternal healthcare needs of neglected remote rural populations, putting community participation at the centre of its strategy. The model demands that the community initiate, manage and take ownership of the project in partnership with the government. It has been developed over 10 years of daily presence in villages.

AMURT's strategy has resulted in 11 well managed, high functioning PHCs with a guaranteed 24 hours service.



Improving access to Emergency Obstetric Care:

AMURT's primary goal is to reduce maternal and child mortality. In 2020, two Health Centres were upgraded with operating theatres, and a new wing with improved theatre facilities was built at Odeligbo. As a result, AMURT assisted facilities' reputation as reliable referral centres grew. In addition to making emergency obstetric care accessible in the rural areas, AMURT subsidises obstetric emergencies to make cesarean sections affordable. Thereby, 80% of the 292 cesarean sections in AMURT assisted health centres were paid in full by the patients.



Antenatal support:

AMURT makes Comprehensive Antenatal Care available in all our project areas. The number of women attending ANC in AMURT assisted health centres rose by 16% in 2020 to 7848. With attendance in some health centres reaching up to 200 in one day, two or three doctors are on duty during A.N.C. so that every pregnant mother can be examined well.

AMURT has five portable ultrasound machines and scanning is free. Early identification of women who are at high risk of complications is essential. Health workers make home visits to follow up on high-risk cases.

It is significant that 56% of the women attending ANC at AMURT health centres in 2020, came from outside the project areas.



Safe Motherhood:

AMURT's maternal and newborn health services expanded their reach in 2020. The number of deliveries assisted by AMURT rose to 3889. The percentage of deliveries from outside the project area was 56%. Uloanwu Health Centre was the most improved with a 33% increase in number of births. Only 0.7% of total births, were referred to the tertiary hospital due to serious complications. A total of 302 deliveries were done by caesarean section. Of those, 292 were done at AMURT assisted health centers, compared to 242 in 2019.



Newborn Emergency care

The establishment of a newborn intensive care unit at Odeligbo Health Centre made a big difference. All the equipment is run with a solar system designed to provide power 24 hours a day. With the neonatal incubator, we could care for premature babies in the health centre for the first time. The CPAP (Continuous Positive Airway Pressure) machine helps babies asphyxiated at birth. In addition, the phototherapy machine is fundamental for the treatment of neonatal jaundice. In 2020, the number of neonatal mortalities, reduced by 18% to 56. Neonatal referrals reduced by 36% to 47.



Family planning:

Women's access to family planning has been described as the single most important factor in reducing maternal mortality. Accordingly, AMURT identifies women who would be at risk from pregnancy and birth and follow up with home visits by the family planning focal persons. The AMURT health centres offer the women a variety of short and long term contraceptive options. Equally important is providing support for natural methods like LAM (Lactational Amenorrhea Method), as they harmonize well with cultural beliefs.



Ambulance Services Save Lives

In the rural areas, transport is hard to find. AMURT operates six ambulances, serving 11 health centres. The number of obstetric referrals to the Federal Teaching Hospital in Abakaliki has been reduced from 226 in 2018 to only 44 in 2020. The major load of obstetric emergencies are now managed at the AMURT assisted health centres. The ambulances now shuttle between the health centres.

Maternal Health Promoters

In AMURT's project areas, the women in each village elect a maternal health promoter from amongst themselves. This unique network now extends to 214 villages. They conduct monthly pregnant women support group meetings and work closely with health workers from the health center. As community based volunteers, they ensure that the program is well anchored at the grassroots.



Special needs children

AMURT gives close attention and support for special needs children and their parents. Central to this work is AMURT's special needs children coordinator, who made 120 home visits in 2020. Rural parents of children with disabilities, birth defects and chronic conditions lack access to specialized care or even basic information. AMURT believes these children deserve the best and has made their care a priority.





International projects we work with: Kenya Spirulina Nutrition Project

The humanitarian situation in Kenya has deteriorated rapidly due to the coronavirus (COVID-19) pandemic, desert locusts, recurrent waterborne disease outbreaks, flooding and slow recovery from the 2019 drought. Access to basic social services is limited for vulnerable populations, particularly women and children. (UNICEF)

The United Nations FAO (Food and Agricultural Organization) recognise that hunger is not just the scarcity of food but also the inability of individuals to access what is referred to as nutritious food



Between 2014 and 2020 the Spirulina Nutrition Project has impacted the health of more than 21,500 beneficiaries through distributing spirulina free to children and mothers of young children

In 2020, 2000 undernourished children in Kenya had their health positively impacted by spirulina supplementation

Kenya Spirulina Nutrition Project

The Spirulina Nutrition Project (SNP) works alongside a project called Free Children's Clinics (FCC), run by Abha Light Foundation, to target children and mothers experiencing chronic malnutrition in vulnerable communities in Kenya.

The primary goal of SNP is to end malnutrition and address the dietary and nutritional needs of children and mothers through the use of spirulina. The spirulina is normally distributed through permanent and mobile clinics scattered across Kenya, run by Abha Light Foundation.

The SNP has found spirulina to be highly effective in impacting the health of children, often with remarkable results. A small daily dose of spirulina dramatically impacts on the micro-nutrient absorption in the body. Within weeks, noticeable changes can be seen in the children's growth, weight and psycho-social behaviour. Several recent studies have demonstrated the immune enhancing properties of spirulina also.

SNP believes in self-reliant community health and sustainability. SNP grows its own spirulina at its farm located in Kambimawe village where there is also a large Free Children's Clinic.

Covid-19 restrictions badly affected Kenya and the work of SNP. All the mobile clinics and spirulina distributions had to close. Yet the permanent clinics in Kambimawe and Wote (Makueni district) were inundated with patients as spirulina became more vital as the only source of protein for poor families in these hard economic times.



Malnutrition

Malnutrition is a serious medical condition marked by a deficiency of energy, essential proteins, fats and vitamins and minerals in a diet. Malnourishment impacts all levels of a child's present well being and future prospects. In the short term it leads to decreased immunity, making them more susceptible to infectious diseases. This can lead to, for example, poor attendance at school and poor concentration when they can attend. In the longer term it impacts on their physiological and cognitive development, which in turn affects their future productivity and potential.

Malnutrition is the most recognizable and perhaps most outward consequence of poverty in children. The United Nations FAO (Food and Agricultural Organization) recognises that hunger is not just the scarcity of food but also the inability of individuals to access what is referred to as nutritious food. Most families in Sub-Saharan Africa, Kenya included, cannot afford a balanced diet more than twice a week, which is one of the main reasons these vulnerable communities are experiencing such endemic malnutrition.

SNP has found spirulina supplementation to provide a positive solution as it is easy to produce locally and highly nutritious.



A 12-year old boy who has been insulin dependent for his whole life fainted a lot at school because of fluctuating sugar levels. His parent were almost giving up on him and it had reached a situation where the boy stopped learning due to his health condition... he had lost much weight and his intelligence was much affected.

For a year now he has taken a combination of spirulina and homeopathic remedies and his health has greatly improved. Now he never misses classes and episodes of fainting are nearly gone. He has put on much weight and now does his duties perfectly like any other child.

Thank god for spirulina!



International relief projects we support

Over the course of this last year we have supported several international disaster relief projects.

This has included the Beirut Blast in Lebanon where we worked with AMURT Lebanon to ensure that survivors of the blast got the psychological, social and practical support that they needed in the aftermath of the destruction.



Additional details on objectives and activities

Volunteers:

We are very grateful for the contribution made by our volunteers! The London programmes are run almost entirely by volunteers.

Surplus:

Any surplus funds which are not needed for activities are placed on deposit to earn interest.



Structure, governance and management

Description of Charity's Trusts

Type of Governing Document :	Trust Deed Dated 9th July 1986
How the Charity is Constituted :	Trust
Trustee Selection Methods :	By resolution of a quorum of the trustees recorded in the minutes

Additional Governance Issues

All Trustees give their time voluntarily and receive no other consideration or benefits.

AMURT UK works closely with AMURT Global.

AMURT's global coordinating office is based in the US. At times of humanitarian disaster international AMURT chapters liaise with this office to find out how to best support the AMURT chapter closest to where the disaster has occurred. This support may come in the form of fundraising, sending experts or additional volunteers.

INVESTMENT IN SUBSIDIARY

AMURT owns ninety-nine £1 ordinary shares in Food For All (London) Ltd, constituting a 99% shareholding. All shares in Food For All Ltd. are fully paid up and allotted. No dividend was paid. There was no change in the value of the shares in the year.

The activities of Food For All Ltd., which trades as a whole-food retailer, are entirely separate from those of AMURT. Its accounts have not been consolidated into the accounts of AMURT as its activities are unrelated to those of the Trust.

Profits from Food For All Ltd. are covenanted to the Trust, this amounted to £32,275 in this financial year.

The accounts of Food For All Ltd. are audited as per the requirements of the Companies Act 1985/2006.

Financial Review

Brief Statement on the Charity's Policy on Reserves:

AMURT UK's cash reserve policy is to keep £5,000. This amount is necessary to: service any unexpected, emergency expenses for AMURT UK projects including the London feeding program and to respond quickly to international emergency appeals if funds are needed before AMURT UK can deliver a fundraising campaign

Details of Any Funds Materially in Deficit:

Not Applicable.

Declaration

The Trustees declare that they have approved the trustees report above.

Name: Pierre Boyde
Date: 22.06.21
Position: Treasurer

Name: Govinda Lovage
Date: 22.06.21
Position: Chair



Charity Name AMURT UK	No (if any) 327216	Receipts and payments accounts		CC16a
For the period from	Period start date Nov-19			

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Voluntary Donations for Specific Projects incl. (Stripe & Paypal, Facebook, Global Giving)		100,315		100,315	14,255
Internal Grants for Homeless feeding Project		-		-	-
Donations to AMURT Romania Homeopathic appeal		-		-	-
Covenanted Profits from Food For All HealthFoods	32,275	-		32,275	73,107
General Donations through Virgin Money Giving and other Bank deposits	603	-		603	842
Reclaimed Expenses & Refunds	-	-		-	-
Rent Received from Made in Hackney	4,200	-		4,200	4,200
HMRC Refunds	3,569	-		3,569	10,432
Other Income including Interest	43	-		43	40
Cash over/under	1	-		1	1,690
Subtotal Other AMURT UK Receipts	40,691	100,315		141,006	104,566
Other Income					
Sub total for all AMURT UK including MIH (Gross income for AR)	40,691	100,315		141,006	104,566
A2 Asset and investment sales, (see table).					
Sub total					
Total receipts	40,691	100,315		141,006	104,566
A3 Payments					
Other AMURT UK Projects					
Cost Of Sales	-	-		-	-
Purchase of Goods for Overseas projects	-	-		-	-
Support to Local Projects	7,538	-		7,538	8,000
AMURT/EL Global Disaster relief	-	-		-	5,600
AMURT/EL implementing partner projects (international)	-	73,814		73,814	43,244
Project Motor Expenses London feeding Program	-	641		641	1,590
Project Consumables - London Feeding Project	251	14,351		14,602	2,173
Project Mileage Claims	-	-		-	235
Bank Charges, property & premises & Council Tax	2,830	-		2,830	2,431
Computer and Software & Communications	290	3		293	207
Advertising and Marketing & databases	775	-		775	580
Fundraiser Wages, Consultant expenses, Salaries incl security costs	16,921	12,180		29,101	33,229
Volunteer Expenses	20	569		589	-
Project Expenses Liverpool Breakfast club	-	400		400	10,036
Professional Fees	-	1,915		1,915	-
Exceptional expense related to deceased worker	-	-		-	2,795
Subtotal Payments other AMURT UK Projects	28,625	103,873		132,498	110,121
Sub total all AMURT UK	28,625	103,873		132,498	110,121
A4 Asset and investment purchases, (see table)					
IT and Capital equipment	-	-		-	-
Sub total					
Total payments	28,625	103,873		132,498	110,121
Net of receipts/(payments)	12,066	3,558		8,509	5,555
A5 Transfers between funds	30,925	30,925			
A6 Cash funds last year end	83,149			83,149	83,705
Cash funds this year end	64,290	27,367		91,658	78,150

2019
2018
2019

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	AMURT Transferwise EUR Account		97	-
	AMURT Triodos account	64,290	5,000	
	AMURT Romania Homeopathic Appeal		-	
	Petty Cash			-
	Unity account		20,104	
	AMURT Transferwise USD Account		2,165	
	Total cash funds	64,290	27,367	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	AMURT Cash Reserves			
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Pierre Boyde (Treasurer)	15.6.21	

Notes
a) Virgin Money giving includes gift aid reclamation, gift aid is reclaimed separately from HMRC for donations where it is appropriate to do so in line with HMRC guidance.
b) Petty cash was closed down during this financial year.
c) Major donors to the London feeding Program included but were not limited to:-

Brunswick Group London: £10,000
London City Bridge Trust : £ 4982
Martin Lewis Corona Charity Fund : £ 18,871



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name:
AMURT UK

**On accounts for the year
ended**

2020	Charity no (if any)	327216
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Set out on pages

One

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/10/2020.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.


**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were kept in accordance with section 130 of the Act or
- the accounts do accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: 

Date: 26/04/2021

Name: Murali Ramaswamy

**Relevant professional
qualification(s) or body
(if any):**

None

Address:

[Empty address field]

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

None