

# AMURT UK

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ANNUAL REPORT &  
ACCOUNTS 2020-2021



# About AMURT UK

Ananda Marga Universal Relief Team (AMURT) UK works with communities to relieve the immediate suffering of those affected by disaster and crises and helps them move on with their lives. Current projects serve vulnerable communities to:

- Relieve food poverty (involving food upcycling)
- Promote healthy food/lifestyle choices
- Engage, train, upskill and coordinate volunteers to promote mental health & wellbeing

We believe every individual has the right to having their basic needs satisfied such as nourishment and being treated with respect regardless of race, gender or social status.

To do this, we work with local communities in London to relieve immediate suffering by delivering projects focused on food and feeding the homeless and vulnerable children, families and households. With the help of local volunteers, AMURT has been preparing and distributing good quality, nutritious meals for homeless and food poverty affected beneficiaries in London for over 10 years through its London Feeding Programme (LFP). At the beginning of the COVID19 pandemic, AMURT received funds to increase the number of meals prepared and distributed, which now total 14,472+ meals since April 2020.

We also run a health-food store, Food for All, in Stoke Newington; its profits are used to support our help for vulnerable and homeless beneficiaries.

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.

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.

# References and administration

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<b>Charity name:</b>	AMURT UK
<b>Other name charity is known by:</b>	Ananda Marga Universal Relief Team
<b>Registered Charity number:</b>	327216
<b>Principal Address:</b>	3A Cazenove Road, London, N16 6PA
<b>Trustees:</b>	Anthony E Lovage <i>Chair</i> Pierre Boyde <i>Treasurer</i> Jeff Reiter Grace Collins P Elizabeth Driscoll
<b>Chief Executive:</b>	Position currently vacant
<b>Other senior workers:</b>	Natasha Horn (Fundraiser) Luis Ventura (London Programme Manager)

# Welcome from our Chair

2021 was another challenging year for our beneficiaries. In London, Food poverty, financial instability and mental health issues have been rising, particularly due to the long-lasting effects of the pandemic, rising inflation and high energy prices.

According to london.gov.uk, more than 2.3 million Londoners live below the poverty line and 33% of adults have skipped meals to save money so that their children can eat. The Office for National Statistics (ONS) reported that individuals showing symptoms of depression has almost doubled since the pandemic. 95% of our own volunteers have shared with us that they too experienced mental health challenges over the last 2 years. And that volunteering for AMURT has been a life line for many.

Despite Londons return to semi normality in the middle of 2021 our service user numbers remained high. In August 2021 the community centre where we prepared all our meals went back to their pre-Covid activities and AMURT activities relocated to AMURT's small kitchen at its headquarters, in Cazenove Road. It took some adjustment to move back to a smaller space. However, with a lot of ingenuity and flexibility from volunteers and staff we managed to make the transition a success and were still able to meet the demand for our meals.

Here at AMURT we are acutely aware of the delicate situation we now find ourselves in. Both from a our own financial situation but also at the community level. This year we have been blessed with a generous grant from Hackney Council to continue our core activity of feeding the homeless and vulnerable and supporting the local community to engage in this by volunteering. The funding landscape is precarious for the community sector but we believe whole heartedly in what we do and the impact we have on our community and we continue to look at different ways of diversifying our income.

But more than ever we feel eternally grateful for the incredible volunteers who come back week after week, dedicated to serving the homeless and vulnerable in London and to our very generous donors.



# Our financial year in numbers

Impacted the health of more than 800 impoverished children through spirulina supplementation in Kenya



3,320 births attended to at AMURT Assisted Health Centres in Ebonyi State, S.E. Nigeria.



These figures include UK and international projects:

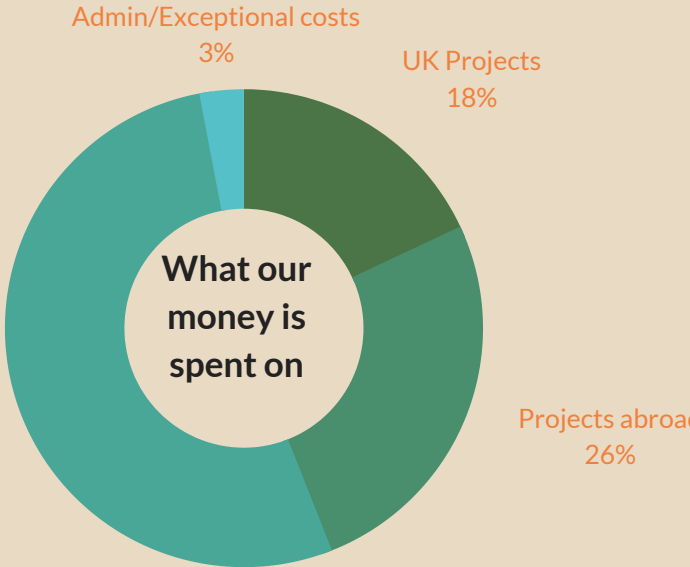
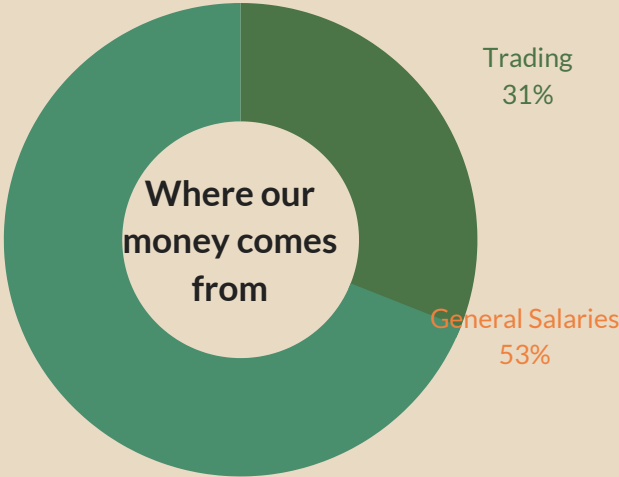
Produced and delivered 8,303 nutritious meals to homeless and vulnerable people in London



1,300 visits were made by refugee and migrant women in Athens to attend support groups and one-to-one consultations



Produced and delivered 21,583 nutrient and protein dense energy balls to vulnerable people experiencing food poverty in London.



Grants/Donations  
69%

General Salaries  
53%

Trading  
31%

Admin/Exceptional costs  
3%

UK Projects  
18%

Projects abroad  
26%

# What we do in the UK: London Feeding Programme

AMURT UK helps to reduce food poverty amongst the homeless and vulnerable children, families and households in Camden, Hackney and Islington.

Between Oct 2020 and Nov 2021 AMURT prepared over 8303 warm nutritious meals and 21,583 protein and nutrient dense snacks – Vita Bites - for the homeless and vulnerable in London. AMURT activities are almost exclusively run by dedicated volunteers. AMURT also filled 940 volunteer slots working with over 160 individual volunteers.

AMURT runs two main programmes; a hot nutritious vegetarian meal service and production of protein dense snacks to beneficiaries who have difficulty accessing healthy affordable food.

## 1) Hot food Service

AMURT produces hot, tasty, nutritious vegetarian food on Thursdays. Most of the raw ingredients come from City Harvest or the Felix Project who distribute food that would otherwise go to waste.

Since Covid-19 struck we had been conducting food preparation activities at Mildmay Community Centre, who had donated the space for use during Covid-19 times. We are incredibly grateful to Mildmay Community Centre for donating the space and all their support.



In August 2021 the community centre went back to their pre-Covid-19 activities and AMURT activities relocated to the kitchen in AMURT's headquarters, in Cazenove Road.

After relocating AMURT began responding to new demands from two GP surgeries serving the homeless in Hackney and another location on Cazenove Road.

## 2) Vita Bites (AKA Go! Balls)

Vita Bites were first formulated to give much needed sustenance to the homeless and vulnerable when they can't find a hot meal. They are protein and nutrient dense to enhance one's health and bolster the immune system and are made from high quality, nutrient rich ingredients.

Our Vita Bites project has gone from strength to strength in 2021. We worked hard to launch Vita Bites as a separate social enterprise making the project more sustainable in the long run. In September 2021 our hard work paid off when we won a start-up grant for the business. The plan is to sell our delicious nutritious Vita Bites to health food retailers, gyms, yoga studios and health centres. For every two Vita Bites sold one will be given away to someone that really needs it through our own and our partner distributions including those of Streets Kitchen, North London Action for the Homeless, St John's Evangelist Church, the Round Chapel and The Margin's Project.

The new entity, Vita Bites Ltd, was incorporated at the end of 2021 and we are in the process of setting up the business.

We produced and packaged 21,583 Vita Bites in 2021 and on average, we distributed up to 400 a week.



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

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Not-for-profit vegan health food shop Food for All has served the people of Hackney since 1976. Committed to assisting the local community to achieve optimum health and wellbeing via natural means we stock more than 250 therapeutic/culinary herbs and tinctures. The broad product range includes whole foods, 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 household 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



*There are 171,000+  
recognised refugees  
and asylum seekers in  
Greece.*

*30% are single  
women or single  
mothers.*

*One in every five  
female refugees  
experiences sexual  
violence.*

**FIGURE 1.**

**92% 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.**

**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**

**700 women received one to one antenatal/postnatal and infant feeding consultations**

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

**600 refugee and migrant women in Athens attended support groups on infant and toddler care, sexual and reproductive health and gender based violence**

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

**1000 plus distribution packs were shared with women attending the Athens mother and baby center including food, diapers, underwear, baby kits, condoms and many other basic essentials**



# AMURTEL Greece

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

The services we 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. We 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. A few of the other services we provide are counselling and support in response to gender-based violence, art therapy support, mother and baby yoga and also outreach services where they visit women in shelters, camps and their homes etc. in order to provide postpartum care for mothers and infants and also case management for particular needs women may have.

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. To this day, this service continues despite no longer being in lockdown and it has also reached women in other countries. One silver lining of the pandemic!





**Through attending sessions at AMURTEL women become more empowered.** For example 27 Year old Farzaneh from Afghanistan fled her country when her husband died and his family threatened to take their 11 year old daughter unless Farzaneh married her husband's brother. As the mother, she had no rights to legal custody. Despite the significant risks a single woman travelling alone with a daughter would face, they did it and finally arrived in Greece.

A highly intelligent young woman who had been teaching at the university in Kabul, she worked at AMURTEL for one year as the trainer in both the peer and counsellor course and the reproductive health literacy program. Soon, she and her bright vivacious daughter will leave Greece for Northern Europe. Their challenges are far from over but she trusts that her courage and determination will bring them the best possible life.



*The lifetime risk of a Nigerian woman dying during pregnancy, childbirth, postpartum or post-abortion is 1 in 22, in contrast to the lifetime risk in developed countries estimated at 1 in 4900*

World Health Organisation

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

*With the upgrade of AMURT assisted health centers to emergency obstetric care centers, the number of obstetric referrals to the Federal Teaching Hospital in Abakaliki has reduced from 226 in 2018 to only 48 in 2021.*

*3,320 babies were born at AMURT Assisted Health Centres. Of these 7.8% were by C-Section. 89% of these were performed at AMURT assisted centers*

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

*Over 1300 children benefitted from Micronutrient Powder, while 111 severely malnourished children were supported with RUTF (Ready to Use Therapeutic Foods)*

*In addition to drilling new boreholes, AMURT also repaired 32 old and broken boreholes across 10 LGAs*

*In 2021, AMURT extended the Adolescent Sexual & Reproductive Health Program to four new project areas*

*214 villages in the project areas are covered by trained maternal health promoters*

*elected by the women in their villages. In 2021 they gave over 300 health talks in local venues*

*The number of women attending ANC in AMURT assisted health centers was 6252.*



# 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 12 years of daily presence in villages.

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

Given a boost by the successful "Every Life Counts" fundraising drive concluded in January, we were able to come to the aid of victims of violence and support the displaced population.



The number of pediatric surgeries sponsored by AMURT doubled. To give each patient the attention and care he or she deserves, the readiness to go the extra mile to save lives; this spirit defines the day-to-day work of AMURT.

Among 2021's achievements are two new staff quarters constructed, upgrade of Uloanwu Health Center to emergency obstetric referral center, 30 new village boreholes, two new ambulances, and a new dynamic Adolescent Sexual & Reproductive Health program.

Following are some highlights of the extensive services AMURT Nigeria provides.

### **Improving access to Emergency Obstetric Care:**

AMURT's primary goal is to reduce maternal and child mortality. In July 2021, Uloanwu Health Center was upgraded with operating theatre. In addition to making emergency obstetric care accessible in the rural areas, AMURT subsidises obstetric emergencies to make cesarean sections affordable. 80% of the 237 cesarean sections in AMURT assisted health centres were paid in full by the patients' families. referral time delays. 82% of the cesarean sections came from outside our project areas, revealing the gap in access to emergency obstetric services in the rural areas. Only 11 % of

### **Safe Motherhood**

In 2021, the reach of AMURT's maternal and newborn health services were limited as war forced the suspension of services at Akparata and Inikiri Health Centres in Effium, OhaukwuL GA. The number of deliveries in 2021 was 3320 . The percentage of deliveries from outside the project area was 46 %. Mgbalukwu Health Centre was the most improved with an 18% increase in number of births. Only 1.7% of total births, were referred to the tertiary hospital due to serious complications. A total of 265 deliveries were done by caesarean section.

### **Antenatal support:**

AMURT makes Comprehensive Antenatal Care available in all our project areas. The number of women attending ANC in AMURT assisted health centers was 6252. Early identification of women who are at high risk of complications is essential.



## Quality care of mothers and newborns

The number of complications and “near misses” (meaning the mother was very close to death) successfully managed in the health centres, or with AMURT support at referral centres, confirm that many lives were saved. AMURT reviews every maternal mortality during monthly medical team meetings to learn lessons and make changes to improve the quality of care.



## 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 local family planning 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.

## Every life counts

AMURT provides support for obstetric and pediatric referrals from the health centres to the tertiary institutions. AMURT assisted health centres have doctors and facilities to manage most patients. The very serious life-threatening cases are referred. After referral, AMURT staff makes frequent visits to ensure that the requirements for treatments are available without delay. In 2021 we assisted 48 obstetric emergencies, 94 pediatric surgeries, 75 newborn complications, and over 30 other pediatric cases.

## Ambulance Services Save Lives

In rural Nigeria, transport is hard to find. AMURT operates subsidised emergency transport services, serving 11 health centres. Eight ambulances with full-time standby drivers are based in the rural health centres, deployed exclusively for patient transport. With the upgrade of AMURT-assisted health centres to emergency obstetric care centres, the number of obstetric referrals to the Federal Teaching Hospital in Abakaliki has reduced from 226 in 2018 to only 48 in 2021.



## 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.





# International projects we work with:

## Kenya Spirulina Nutrition Project

*In Kenya, more than a quarter of children under the age of five, or two million children, have stunted growth. Stunting is the most frequent form of under-nutrition among young children. If not addressed, it has devastating long-term effects, including diminished mental and physical development. In addition, 11 per cent of children are underweight. . .*

**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 2021 the Spirulina Nutrition Project has impacted the health of more than 22,000 beneficiaries through distributing spirulina free to children and mothers of young children*

*In 2021, 800 undernourished children in Kenya had their health positively impacted by spirulina supplementation and homeopathic treatment*

# 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 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.

In 2021 there was a constant production of good quality spirulina. This can be attributed mostly to the presence of good piped water, which is now available at the farm. Two rooms were also constructed to house production and storage with fully connected electricity. This has made the work of SNP become more effective and has raised the standards of quality and production.

800 children have been treated with homeopathic remedies and spirulina in the clinic. Most of the children attended have issues with low immune systems, malnutrition and chronic medical conditions.



## 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.



*Joseph aged 9 yrs, has arrested development, physically and mentally. At this age he's still struggling to talk fluently and has not yet joined school. He has been taking spirulina regularly now for 4 months and his condition has improved greatly. Joseph's mother appreciates it so much. Joseph has gained 2 kilograms in the last 4 months and his cognition has greatly improved.*



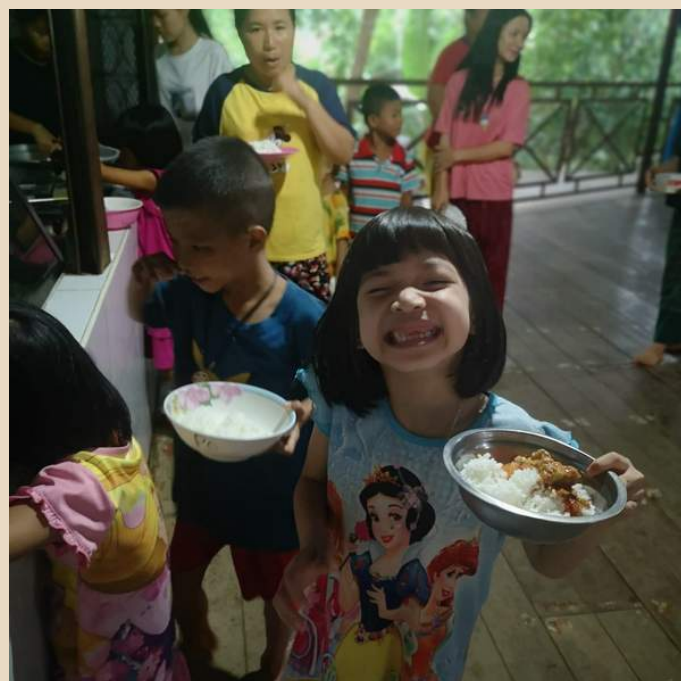
# International relief projects we support

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

This includes relief work after Typhoon Odette in the Philippines. Here the AMURT chapter on the ground ensured survivors received clean water, hot food and help with rebuilding their homes.

We also supported a project in Bihar state in India. Here we helped very poor communities who suffered during the devastating second wave of Covid-19, in the spring and summer of 2021, as a health and welfare crises spread in the local rural areas of India. The local AMURT chapter in coordination with the Ananda Nagar Naturopathy Center held regular medical and education camps which impacted the lives of 1300 poor tribal villagers who also received medicines, vitamins, herbal supplements and sanitation packs.

In Thailand we supported Burmese stateless refugee children to receive an education and warm meals.



# Additional details on objectives and activities

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## **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

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## Description of Charity's Trusts

<b>Type of Governing Document :</b>	Trust Deed Dated 9th July 1986
<b>How the Charity is Constituted :</b>	Trust
<b>Trustee Selection Methods :</b>	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 £50,076 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

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**Brief Statement on the  
Charity's Policy on  
Reserves:**

AMURT UK's cash reserve policy is to keep £10,000. 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:** 22.07.22  
**Position:** Treasurer

**Name:** Govinda Lovage  
**Date:** 22.07.22  
**Position:** Chair



Charity Name <b>AMURT UK</b>	No (if any) 327216	<b>CC16a</b>
<b>Receipts and payments accounts</b>		
For the period from	Period start date Nov-20	To
		Period end date Oct-21

**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 £
<b>A1 Receipts</b>					
Voluntary Donations for Specific Projects incl. (Stripe & Paypal, Facebook, Global Giving)		105,636		105,636	100,315
Internal Grants for Homeless feeding Project		-		-	-
Donations to AMURT Romania Homeopathic appeal		-		-	-
Covenanted Profits from Food For All HealthFoods	50,076	-		50,076	32,275
General Donations through Virgin Money Giving and other Bank deposits	1,730	-		1,730	603
Reclaimed Expenses & Refunds	-	-		-	-
Rent Received from Made in Hackney	-			-	4,200
HMRC Refunds	3,331			3,331	3,569
Other Income including Interest	37			37	43
Cash over/under		1		1	1
<b>Subtotal Other AMURT UK Receipts</b>	<b>55,174</b>	<b>105,637</b>		<b>160,810</b>	<b>141,006</b>
Other Income (Fx)	133			133	-
<b>Sub total for all AMURT UK including MIH (Gross income for AR)</b>	<b>55,307</b>	<b>105,637</b>		<b>160,943</b>	<b>141,006</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>55,307</b>	<b>105,637</b>	<b>-</b>	<b>160,943</b>	<b>141,006</b>
<b>A3 Payments</b>					
<b>Other AMURT UK Projects</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
Cost Of Sales	-	-	-	-	-
Purchase of Goods for Overseas projects	-	-	-	-	-
Support to Local Projects	-	-	-	-	7,538
AMURT/EL Global Disaster relief	-	-	-	-	-
AMURT/EL implementing partner projects (international)	-	34,444	-	34,444	73,814
Project Motor Expenses London feeding Program	-	1,022	-	1,022	641
Project Consumables - London Feeding Project	-	20,721	-	20,721	14,602
Project Mileage Claims	-	-	-	-	-
Bank Charges, property & premises & Council Tax	2,417	72	-	2,489	2,830
Computer and Software & Communications	-	-	-	-	293
Advertising and Marketing & databases	527	-	-	527	775
Fundraiser Wages, Consultant expenses, Salaries incl security costs	22,428	47,298	-	69,725	29,101
Volunteer Expenses	-	1,792	-	1,792	589
Project Expenses Liverpool Breakfast club	-	807	-	807	400
Professional Fees	-	-	-	-	1,915
Minor balance reconciliation	362	-	-	362	-
<b>Subtotal Payments other AMURT UK Projects</b>	<b>25,733</b>	<b>106,155</b>	<b>-</b>	<b>131,889</b>	<b>132,498</b>
<b>Sub total all AMURT UK</b>	<b>25,733</b>	<b>106,155</b>	<b>-</b>	<b>131,889</b>	<b>132,498</b>
<b>A4 Asset and investment purchases, (see table)</b>					
IT and Capital equipment (purchase of van)	18,000	-	-	18,000	-
<b>Sub total</b>	<b>18,000</b>	<b>-</b>	<b>-</b>	<b>18,000.00</b>	<b>-</b>
<b>Total payments</b>	<b>43,733</b>	<b>106,155</b>	<b>-</b>	<b>149,889</b>	<b>132,498</b>
<b>Net of receipts/(payments)</b>	<b>11,573</b>	<b>-518</b>	<b>-</b>	<b>11,055</b>	<b>8,508</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>16,987</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>64,290</b>	<b>27,367</b>	<b>-</b>	<b>91,657</b>	<b>83,149</b>
<b>Cash funds this year end</b>	<b>58,876</b>	<b>43,836</b>	<b>-</b>	<b>102,712</b>	<b>91,657</b>

2020  
2019  
2020

102,712

**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		46	-
	AMURT Triodos account	58,876	5,000	
	AMURT Transferwise GBP account		10	
	Petty Cash			-
	Unity account		24,160	
	AMURT Transferwise USD Account		14,620	
	<b>Total cash funds</b>	<b>58,876</b>	<b>43,836</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	AMURT Cash Reserves			
<b>B3 Investment assets</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B5 Liabilities</b>		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	22.08.2022	

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.



**Report to the trustees/  
members of**

**AMURT UK**

**On accounts for the year  
ended**

**2021**

**Charity no  
(if any)**

**327216**

**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/ 2021.

**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 (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not 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:**

**21/ 08/ 2022**

**Name:**

**Murali Ramaswamy**

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

**None**

**Address:**

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