

AMURT UK

ANNUAL REPORT &
ACCOUNTS 2021-2022



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
- Find other services that they might need to support them
- 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 Hackney and Camden, London, to relieve immediate suffering by delivering projects focused on food and feeding the homeless, the elderly, vulnerable people on low incomes and with children. 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). Since the COVID19 pandemic and now with the cost of living crisis AMURT nutritious meal service has seen a big increase in demand. AMURT has received funds to increase the number of meals prepared and distributed, which now total 28,250 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

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 <i>Chair</i> Pierre Boyde <i>Treasurer</i> Jeff Reiter Grace Collins P Elizabeth Driscoll
Chief Executive:	Position currently vacant
Other senior workers:	Natasha Horn (Fundraiser) Luis Ventura (London Programme Manager)

Welcome from our Chair

2022 saw the beginning of the cost of living crisis which has put a huge strain on people already stretched to their limit and also charities like ours which are having to keep up with an increased demand for services at the same time as an increased competition for funding.

We noticed a big shift in the types of beneficiaries we were supporting over 2022. During 2021 the vast majority of our beneficiaries were homeless people but from the beginning of 2022 there was an increase in elderly people, people on low incomes or on benefits who had housing but were struggling financially due to the increase in energy and fuel prices.

We have been fortunate to have a steady stream of committed volunteers in who have taken the changes this year in their stride and continue to come rain or shine to prepare and distribute meals to our grateful beneficiaries.

We have continued to work out of a small kitchen in our headquarters throughout 2022 but are now in the process of looking for a new kitchen to be able to produce more meals.

We anticipate that demand will continue to grow in 2023 and are working on ways to make our projects more financially sustainable by diversifying our funding which is looking promising.

We are forever grateful to our wonderful volunteers and generous donors who make what we do possible. May 2023 be fruitful for all.

GOVINDA LOVAGE

AMURT UK Chair



Our financial year in numbers

1500 undernourished children had their health positively impacted by spirulina supplementation and homeopathic treatment in Kenya



3,200 babies were born at AMURT Assisted Health Centres in Nigeria



These figures include UK and international projects:

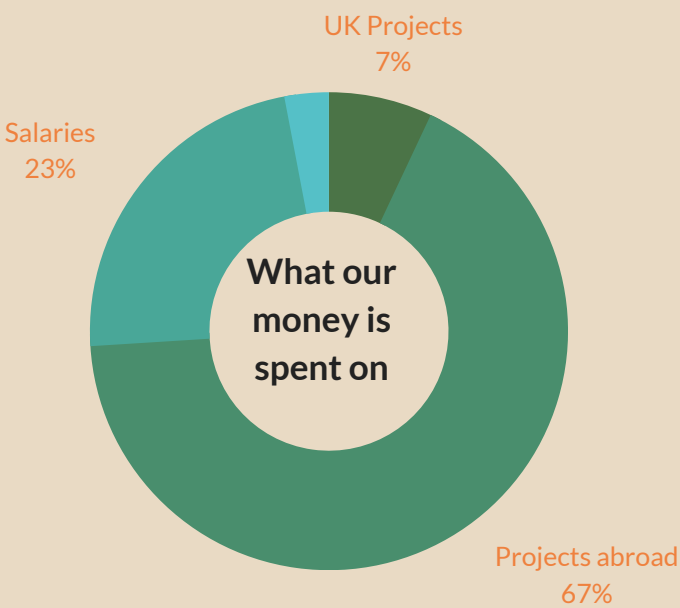
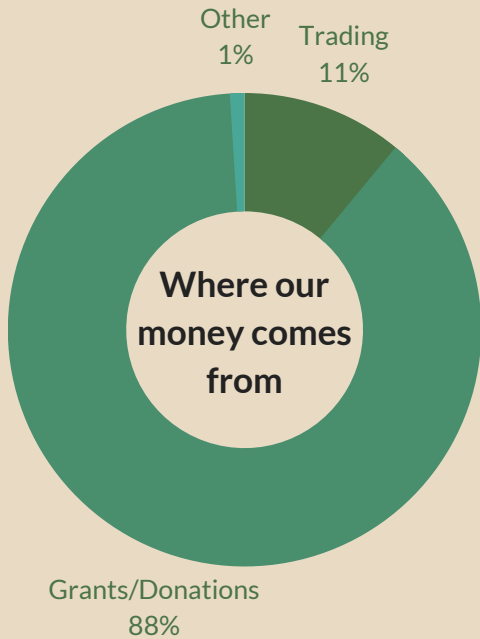
Produced and delivered 16,995 nutritious meals to homeless and vulnerable people in London



AMURTEL Greece provided 2,021 private midwifery and lactation appointments to pregnant refugee women in 2022



Produced and delivered 2,030 nutrient and protein dense energy balls to vulnerable people experiencing food poverty in London.



TOTAL INCOME : £279,316

TOTAL EXPENDITURE : £216,680

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.

In 2022 AMURT prepared 16,995 warm nutritious meals and 2030 protein and nutrient dense snacks – Vita Bites - serving over 7795 homeless and vulnerable people as well as people that started being severely affected by the current poverty crisis in London. AMURT activities are almost exclusively run by dedicated volunteers. In 2022, 930 volunteer shifts by over 150 volunteers were filled making up over 2600 hours of volunteer time.

In 2022 AMURT activities included a hot nutritious vegetarian meal service, distribution of warm clothes and bedding over the winter months, Christmas treats, and production of protein dense snacks distributed to beneficiaries who have difficulty accessing healthy affordable food. We also began setting up a signposting service for those struggling during the cost-of-living crisis.

In 2022 we continued working out of our headquarters in Cazenove Road which has a small kitchen, but we have developed some very efficient ways of preparing and cooking with the help of all our wonderful volunteers.



Since the beginning of 2022 we started noticing a slow increase in the number of meals taken by beneficiaries, at a time when the economic crisis was not in the news headlines. This happened alongside a shift in the type of beneficiaries we served. During 2021 the vast majority of our beneficiaries were homeless people but from the beginning of 2022 there was an increase in elderly people, people on low incomes or on benefits who had housing but were struggling financially due to the increase in energy and fuel prices. When we talked with them, we understood that the food we were providing was becoming increasingly important and a necessary respite.

From the beginning of 2022 to approximately September/October 2022 the majority of our beneficiaries were not aware of the support the government were providing and had difficulties accessing it. In response, we increased the number of meals we distributed and we also doubled the size of the meals so that one container could stretch for a longer amount of time. This benefited both our homeless beneficiaries who were receiving less donations on the street from the public and our 'new beneficiaries' who could store the food and eat it over a few days. We also started creating a signposting service to help beneficiaries reach the existing financial support from the government and other services they may need such as housing, benefits, health and financial management.

Towards the end of the year as temperatures plummeted, we also started distributing warm clothes and bedding, toiletries and Christmas presents. The bedding and clothes were especially gratefully received as many beneficiaries were struggling to keep their homes warm or keep themselves warm on the streets. We distributed 582 warm clothes items, including many warm winter coats and 33 sleeping bags and duvets.

Vita Bites became its own social enterprise at the end of 2021 and we have spent 2022 developing the product, including new flavours, the marketing and building our customer base. It has been a slow year as we have had a lot of change of staff, but we feel confident that activity will increase in 2023.



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 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

*According to UNHCR,
more than 100,000
refugees still remain
in Greece, the
majority of whom are
Syrian and Afghan*

*Over 50% are
women and children*

*One in every five
female refugees
experiences sexual
violence*

93% women said looking after their child improved after attending sessions with AMURTEL Greece

30 women are supported every week through AMURTEL Greece's outreach programme

84% of women said they were able to better take care of their health after attending sessions with AMURTEL Greece

180 women a month attend group sessions at AMURTEL centre in Athens. Subjects include infant nutrition, GBV, peer-2-power, newborn and toddler care

AMURTEL Greece provided 2,021 private midwifery and lactation appointments in 2022

65% women said they made friends with other women by attending sessions with AMURTEL Greece

71% of women attended a minimum of 4ANC appointments during their pregnancy



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 we 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.

AMURTEL is the only woman-to-woman center of this type in Athens. All our programs follow the WHO/UNICEF guidelines. Specifically, our midwifery model of antenatal/postnatal care for Infant and Young Child Feeding (IYCF) follows the WHO/UNICEF guidelines.

Breaking free from cultural taboos is enormously empowering and not only encourages women to take charge of their health in an informed and empowered way, but also gives them courage to address concerns in other parts of their lives in a direct and forthright manner.

AMURTEL's programs provide a powerful and effective approach for mothers to gain proficiency in infant health care, thus allowing the innate bond between mother and infant to flourish.

All of this reinforces the importance of AMURTEL Greece and why we are necessary in this space. That is, to fill the void in the healthcare system with our support and services which all underline the importance of the health and wellbeing of our women and babies.

AMURTEL Greece is the only grassroots NGO concentrating their work exclusively on refugee and migrant mothers and babies. That is, the entire perinatal period. Additionally, we care for toddlers up to 2-3 years of age as many of our mothers have more than one child - responding to the gap in humanitarian care for this particularly vulnerable group.



A young woman got married at a very young age in her home country. Lets call her Layla to protect her identity. Layla lived in a conservative town and soon after she became pregnant. At that point, her husband decided to leave for Greece, leaving her alone while she was pregnant. After much pressure, the family convinced Layla's husband that she too should move to Europe so the family could be together. Layla moved to Greece and reunited with her husband in a refugee camp on one of the islands. Soon after, she became pregnant a second time. After learning his wife was pregnant again, her husband up and disappeared, leaving Layla alone with no financial support and knowing not a thing about the new host country. Layla decided to leave the island as she had some friends living in Athens. She hoped that by finding them, she might be able to find work and expedite her asylum process.

However, Layla was too ashamed to admit her husband had abandoned her and thus, her friends assumed that she had left her husband voluntarily on the island. It is taboo in her culture to leave one's husband and therefore Layla was refused help. As a result, Layla ended up on the streets with her child. Fortunately, some women from a hostel found Layla and gave her and her child shelter in exchange for cleaning and babysitting work. She then discovered AMURTEL. We found her a lawyer to process her asylum papers whilst monitoring her pregnancy and providing for the needs of her child. Layla was so grateful for the care and support she received that she named her second child after a member of the AMURTEL Staff.



Nigeria is the country where nearly 20% of all global maternal deaths happen

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 66 in 2022.

3,200 babies were born at AMURT Assisted Health Centres. Only 1.7% of total births were referred to the tertiary hospital due to serious complications.

In 2022, 324 cesarean sections were done in the health centers. 94% of these were emergencies, saving women from the risky and time consuming referral to a distant hospital.

AMURT teams conducted meetings in 101 villages throughout the project areas, reaching a total of 10,492 people with messages on nutrition, reproductive health and the prevention and identification of diseases.

AMURT Reproductive education team reached over 2500 young people with messages on substance abuse, sexual abstinence, harmful traditional practices (female genital mutilation and child marriage) and sexual abuse.

In 2022, AMURT drilled 18 new boreholes giving communities safe water at their doorstep for the first time.

In 2022, AMURT sponsored 155 emergency surgeries for children. 132 of those surgeries were done in the AMURT-

The neo-natal mortality reduced from 1.4 % in 2021 to 0.9 % in 2022.

assisted health centers, and 23 at AEFUTHA Teaching Hospital



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 13 years of daily presence in villages.

In 2022, AMURT prioritized strengthening the health centers to build self-reliance and ensure a long-term benefit for the communities. Through tight financial management, the 10 AMURT-assisted facilities now pay over 120 staff, in addition to operating expenses and maintenance.



The four emergency obstetric referral centers carried out 324 cesarean sections, while AMURT supported 31 at the Federal Teaching Hospital. AMURT sponsored 132 pediatric surgeries in the health centers and another 25 at the Federal Teaching Hospital.

The Adolescent Sexual & Reproductive Health program reached over 2500 teenagers, as the program was extended to Ebonyi LGA. 118 more women were empowered to start their own businesses, taking the total to over 600. We opened a new health center at Aguotu, in Ishielu LGA, in partnership with Rotary and the community, and completed the renovations at Ephuenyim Health Center. We passed 26000 births since we started.

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

Saving Lives at Birth:

AMURT's primary goal is to reduce maternal and child mortality. One way we achieve this is by making emergency obstetric services accessible and affordable for the rural population. The four AMURT assisted CEmONC (Comprehensive Emergency Obstetric and Newborn Care Centers) had a growing impact in 2022 with 324 cesarean sections done in the health centers. 94% of these were emergencies, saving women from the risky and time consuming referral to a distant hospital.

In addition, AMURT supported 66 high-risk obstetric referrals to the Federal Teaching Hospital in Abakaliki, resulting in an additional 31 cesarean sections. The neo-natal mortality reduced from 1.4 % in 2021 to 0.9 % in 2022.

Safe Motherhood

The number of deliveries in 2022 was 3200, with 48 % coming from outside the project area. Item Amagu Health Center was the most improved with a 26 % increase in the number of births since 2021. Only 1.7% of total births were referred to the tertiary hospital due to serious complications. The average ratio for facility birth vs. home birth in the AMURT project was 76 %, led by Offia Oji and Elugwu Ettam health centers with a 92 % delivery rate in their health centers.



Engaging with Youth on Reproductive Health:

In 2022, AMURT's Adolescent Sexual and Reproductive Health Unit expanded from four to six project areas. The two new project areas are Uloanwu and Ohagelode. The activities reached over 2500 young people with messages on substance abuse, sexual abstinence, harmful traditional practices (female genital mutilation and child marriage) and sexual abuse.



Family planning: A Key to Family Health

Well balanced counseling strategies, and consistent and persistent messaging have been key in AMURT's family planning team's success in increasing the uptake of modern contraceptive methods in our project areas. Through village sensitizations and during immunization days and ante-natal days at the health center, the family planning team has raised awareness of the massive benefits of family planning and the easy ways to manage minor side effects. As a result, we see more women inquiring about the family planning options available in the health centers.

Fighting Malnutrition - The Silent Killer

In 2022, AMURT's health education department continued to prioritize the fight against malnutrition. In many rural villages malnourished children are a common sight. Poverty in the rural areas is one cause, but ignorance plays an even greater role. Many of the children are left to survive largely on starchy foods. The parents do not know how to combine locally available foods to create complete proteins. The AMURT health education team taught parents in many villages how to use locally available foods for a nutritionally balanced

Ambulance Services Save Lives

In rural Nigeria, transport is hard to find. Therefore, AMURT operates a subsidized emergency transport service for 10 health centers. Seven ambulances with full time standby drivers are based in the rural health centers and deployed exclusively for patient transport. 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 66 in 2022.



Emergency intervention:

RAPID RESPONSE TO CHOLERA OUTBREAK
Working closely with the Ebonyi State Department of Epidemiology, AMURT responded to a series of cholera outbreaks in Ikwo, Izzi, Onitsha, Afikpo North, Ohaukwu, and Ishielu local governments. Led by Medical Director Dr. Omogo, the AMURT team responded promptly with doctors, lab scientists and health educators. Many lives have been saved through rehydration of critical cases and the provision of timely guidance and support on how to contain the spread.



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 2022 the Spirulina Nutrition Project has impacted the health of more than 27,000 beneficiaries through distributing spirulina free to children and mothers of young children

In 2022 over 1500 undernourished children and over 600 adults had their health positively impacted by spirulina supplementation and homeopathic treatment



Kenya Spirulina Nutrition Project

The primary goal of the Spirulina Nutrition Project (SNP) is to end malnutrition and address the dietary and nutritional needs of vulnerable 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. It grows its own spirulina at its farm located in Kambimawe village.

In 2022 SNP continued to produce very high quality spirulina which has greatly benefited the local community. The farm produces an average of 12kgs of fresh spirulina every month. Most of which is given to the children that flock to the project often having travelled great distances.

This year, due to limited resources most of the mobile clinics have shut down and instead children come to our permanent clinics. The advantage of this is that it is possible to see patients more regularly which is working well and adult beneficiaries are now also coming for treatment.

During 2022, over 1500 children and over 600 adults benefitted from spirulina because of health conditions, ranging from anemia, malnutrition and emaciation due to underlying medical conditions such as HIV, diabetes, rheumatoid arthritis, etc. Treatment given is normally a combination of homeopathy and spirulina.





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.

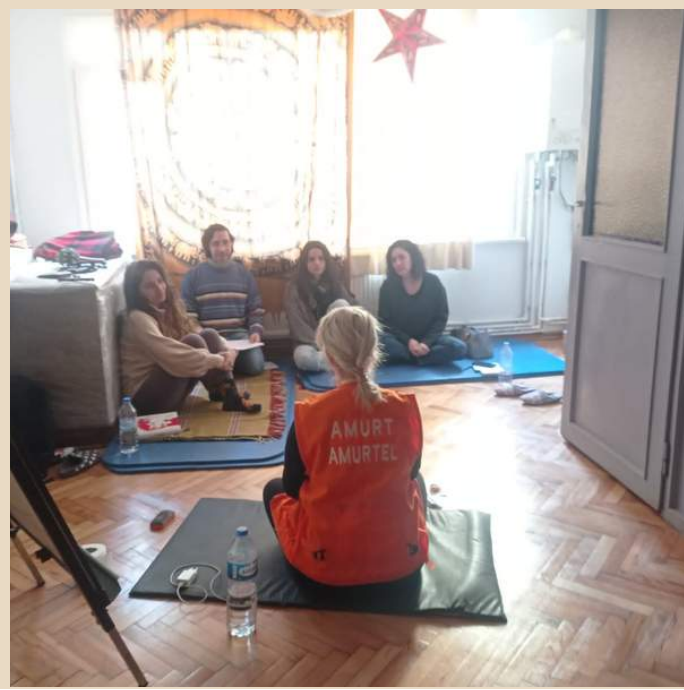
SNP has found spirulina supplementation to provide a positive solution as it is easy to produce locally and highly nutritious.

Jeremiah was brought to us by his grandmother who lives with him. He had a big problem of constipation, he would strain and often cry trying to pass stools. His appetite was very diminished and he was very malnourished. He looked as if he was 5 yrs! After doing tests it was discovered he had many cysts of amoeba, He was given homeopathic treatment and spirulina. When he went back after 3 weeks Jeremiah had greatly improved. He was no longer constipated and his appetite had improved. He also looked much stronger. He continued to attend the clinic and after 2 months using homeopathic remedies and spirulina he was very heathy and had gained a lot more weight



International Disaster relief

AMURT UK has supported several international disaster relief efforts in 2021-22 including work in Haiti, Kenya, India and Philippines. The largest contribution however has gone towards AMURT's response to the war in Ukraine where AMURT has been very active providing training to first responders in psychosocial support.



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 £30,802 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 £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: 30.07.23
Position: Treasurer

Name: Govinda Lovage
Date: 30.07.23
Position: Chair



Charity Name AMURT UK			Charity No (if any)	327216
Annual accounts for the period				
Period start date	Nov-21	To	Period end date	Oct-22


Section A Statement of financial activities

Recommended categories by activity	Guidance Notes	Restricted			Total funds	Prior year funds
		Unrestricted funds	income funds	Endowment funds		
		£	£	£	£	£
		F01	F02	F03	F04	F05
Incoming resources (Note 3)						
Income and endowments from:						
Donations and legacies	S01	269,164	9,971	-	279,135	160,810
Charitable activities	S02	-	-	-	-	-
Other trading activities	S03	-	-	-	-	-
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	181	-	-	181	133
Total	S07	269,345	9,971	-	279,316	160,943
Resources expended (Note 6)						
Expenditure on:						
Raising funds	S08	10,978	-	-	10,978	22,428
Charitable activities	S09	202,156	3,546	-	205,702	109,461
Separate material item of expense	S10	-	-	-	-	18,000
Other	S11	-	-	-	-	-
Total	S12	213,134	3,546	-	216,680	149,889
Net income/(expenditure) before investment gains/(losses)						
	S13	56,211	6,425	-	62,636	11,054
Net gains/(losses) on investments	S14	-	-	-	-	-
Net income/(expenditure)	S15	56,211	6,425	-	62,636	11,054
Extraordinary items	S16	-	-	-	-	-
Transfers between funds	S17	43,836	- 43,836	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
Net movement in funds	S20	100,047	- 37,411	-	62,636	11,054
Reconciliation of funds:						
Total funds brought forward	S21	58,876	43,836	-	102,712	91,658
Total funds carried forward	S22	158,923	6,425	-	165,348	102,712

Section B Balance sheet

		Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets							
Intangible assets	(Note 15)	B01	-	-	-	-	-
Tangible assets	(Note 14)	B02	-	-	-	-	-
Heritage assets	(Note 16)	B03	-	-	-	-	-
Investments	(Note 17)	B04	-	-	-	-	-
Total fixed assets		B05	-	-	-	-	-
Current assets							
Stocks	(Note 18)	B06	-	-	-	-	-
Debtors	(Note 19)	B07	-	-	-	-	-
Investments	(Note 17.4)	B08	-	-	-	-	-
Cash at bank and in hand	(Note 24)	B09	158,923	6,425	-	165,348	102,712
Total current assets		B10	158,923	6,425	-	165,348	102,712
Creditors: amounts falling due within one year	(Note 20)	B11	-	-	-	-	-
Net current assets/(liabilities)		B12	158,923	6,425	-	165,348	102,712
Total assets less current liabilities		B13	158,923	6,425	-	165,348	102,712
Creditors: amounts falling due after one year	(Note 20)	B14	-	-	-	-	-
Provisions for liabilities		B15	-	-	-	-	-
Total net assets or liabilities		B16	158,923	6,425	-	165,348	102,712
Funds of the Charity							
Endowment funds	(Note 27)	B17	-			-	-
Restricted income funds	(Note 27)	B18		-		-	43,836
Unrestricted funds		B19	158,923	6,425	-	165,348	58,876
Revaluation reserve		B20				-	
Total funds		B21	158,923	6,425	-	165,348	102,712

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval dd/mm/yyyy
	Treasurer	29.8.23

Section C **Notes to the accounts**

Note 1 Basis of preparation

This section should be completed by all charities.

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- and with* the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
- and with* the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)
- and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.*

* -Tick as appropriate

1.2 Going concern

If there are material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern, please provide the following details or state "Not applicable", if appropriate:

An explanation as to those factors that support the conclusion that the charity is a going concern;	Not applicable
Disclosure of any uncertainties that make the going concern assumption doubtful;	Not applicable
Where accounts are not prepared on a going concern basis, please disclose this fact together with the basis on which the trustees prepared the accounts and the reason why the charity is not regarded as a going concern.	Not applicable

1.3 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note { }.

Yes*	<input checked="" type="checkbox"/>	* -Tick as appropriate
No*	<input type="checkbox"/>	

Please disclose:

<i>(i) the nature of the change in accounting policy;</i>	Not applicable
<i>(ii) the reasons why applying the new accounting policy provides more reliable and more relevant information; and</i>	Not applicable
<i>(iii) the amount of the adjustment for each line affected in the current period, each prior period presented and the aggregate amount of the adjustment relating to periods before those presented, 3.44 FRS 102 SORP.</i>	Not applicable

1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period (3.46 FRS 102 SORP).

Yes*	<input checked="" type="checkbox"/>	* -Tick as appropriate
No*	<input type="checkbox"/>	

Please disclose:

<i>(i) the nature of any changes;</i>	Not applicable
<i>(ii) the effect of the change on income and expense or assets and liabilities for the current period; and</i>	Not applicable
<i>(iii) where practicable, the effect of the change in one or more future periods.</i>	Not applicable

1.5 Material prior year errors

No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).

Yes*	<input checked="" type="checkbox"/>	* -Tick as appropriate
No*	<input type="checkbox"/>	

Please disclose:

<i>(i) the nature of the prior period error;</i>	Not applicable
<i>(ii) for each prior period presented in the accounts, the amount of the correction for each account line item affected; and</i>	Not applicable
<i>(iii) the amount of the correction at the beginning of the earliest prior period presented in the accounts.</i>	Not applicable

Note 2 Accounting policies
2.2 INCOME

This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.

Recognition of income	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> the charity becomes entitled to the resources; it is more likely than not that the trustees will receive the resources; and the monetary value can be measured with sufficient reliability. 	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grants and donations	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Legacies	In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP). Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Government grants	The charity has received government grants in the reporting period	Yes	No	N/a
		<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Support costs	The charity has incurred expenditure on support costs.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Membership subscriptions which gives a member the right to buy services or other	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

		✓
--	--	---

Settlement of insurance claims

Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP) and are included as an item of other income in the SoFA.

Yes	No	N/a
		✓

Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

Yes	No	N/a
		✓

2.3 EXPENDITURE AND LIABILITIES

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Yes	No	N/a
		✓

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Yes	No	N/a
		✓

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Yes	No	N/a
		✓

Grants with performance conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

Yes	No	N/a
		✓

Grants payable without performance conditions

Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

Yes	No	N/a
✓		

Redundancy cost

The charity made no redundancy payments during the reporting period.

Yes	No	N/a
✓		

Deferred income

No material item of deferred income has been included in the accounts.

Yes	No	N/a
✓		

Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts

Yes	No	N/a
		✓

Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date

Yes	No	N/a
		✓

Basic financial instruments

The charity accounts for basic financial instruments on initial recognition as per paragraph 11.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.

Yes	No	N/a
✓		

2.4 ASSETS

Tangible fixed assets for use by charity

These are capitalised if they can be used for more than one year, and cost at least

They are valued at cost.

Yes	No	N/a
		✓

The depreciation rates and methods used are disclosed in note 9.2.

Intangible fixed assets

The charity has intangible fixed assets, that is, non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights. The amortisation rates and methods used are disclosed in note 9.5

Yes	No	N/a
	✓	

They are valued at cost.

Yes	No	N/a
		✓

Heritage assets

The charity has heritage assets, that is, non-monetary assets with historic, artistic, scientific, technological, geophysical or environmental qualities that are held and maintained principally for their contribution to knowledge and culture. The depreciation rates and methods used as disclosed in note 9.6.1.4.

Yes	No	N/a
	✓	

They are valued at cost.

Yes	No	N/a
		✓

Investments

Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.

Yes	No	N/a
		✓

Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments

Yes	No	N/a
		✓

Stocks and work in progress

Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.

Yes	No	N/a
		✓

Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.

Yes	No	N/a
		✓

Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.

Yes	No	N/a
		✓

Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Current asset investments

The charity has investments which it holds for resale or pending their sale and cash and cash equivalents with a maturity date less than one year. These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.

Yes	No	N/a
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

They are valued at fair value except where they qualify as basic financial instruments.

Yes	No	N/a
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE

Note 3 Analysis of income

	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Analysis					
Donations and legacies:					
Donations and gifts	265,396	9,971	-	275,367	157,442
Gift Aid	3,726	-	-	3,726	3,331
Legacies	-	-	-	-	-
General grants provided by government/other charities	-	-	-	-	-
Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-
Donated goods, facilities and services	-	-	-	-	-
Other	-	-	-	-	-
Total	269,122	9,971	-	279,093	160,773
Charitable activities:					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Other	-	-	-	-	-
Total	-	-	-	-	-
Other trading activities:					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Other	-	-	-	-	-
Total	-	-	-	-	-
Income from investments:					
Interest income	42	-	-	42	37
Dividend income	-	-	-	-	-
Rental and leasing income	-	-	-	-	-
Other	181	-	-	181	133
Total	223	-	-	223	170
Separate material item of income:					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Total	-	-	-	-	-
Other:					
Conversion of endowment funds into income	-	-	-	-	-
Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-	-
Gain on disposal of a programme related investment	-	-	-	-	-
Royalties from the exploitation of intellectual property rights	-	-	-	-	-
Other	-	-	-	-	-
Total	-	-	-	-	-
TOTAL INCOME	269,345	9,971	-	279,316	160,943

Other information:

All income in the prior year was unrestricted except for: (please provide description and amounts)

£105,637 was stated as restricted income in 2021 accounts. Note this amount was reviewed during 2022 as unrestricted income.

Where any endowment fund is converted into income in the reporting period, please give the reason for the conversion.

N/A

Where any endowment fund is converted into income in the prior period, please give the reason for the conversion.

N/A

Within the income items above the following items are material: (please disclose the nature, amount and any prior year amounts)

N/A

Note 6

Analysis of expenditure

This year

Last year

Analysis	This year				Last year			
	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £
Expenditure on raising funds:								
Incurring seeking donations	10,978	-	-	10,978	22,428	-	-	22,428
Incurring seeking legacies	-	-	-	-	-	-	-	-
Incurring seeking grants	-	-	-	-	-	-	-	-
Operating membership schemes and social lotteries	-	-	-	-	-	-	-	-
Staging fundraising events	-	-	-	-	-	-	-	-
Fundraising agents	-	-	-	-	-	-	-	-
Operating charity shops	-	-	-	-	-	-	-	-
Operating a trading company undertaking non-charitable trading activity	-	-	-	-	-	-	-	-
Advertising, marketing, direct mail and publicity	840	-	-	840	527	-	-	527
Start up costs incurred in generating new source of future income	-	-	-	-	-	-	-	-
Database development costs	-	-	-	-	-	-	-	-
Other trading activities	-	-	-	-	-	-	-	-
Investment management costs:	-	-	-	-	-	-	-	-
Portfolio management costs	-	-	-	-	-	-	-	-
Cost of obtaining investment advice	3,000	-	-	3,000	-	-	-	-
Investment administration costs	-	-	-	-	-	-	-	-
Intellectual property licencing costs	-	-	-	-	-	-	-	-
Rent collection, property repairs and maintenance charges	1,511	-	-	1,511	-	1,023	-	1,023
	-	-	-	-	-	-	-	-
Total expenditure on raising funds	16,329	-	-	16,329	22,955	1,023	-	23,978
Expenditure on charitable activities:								
	-	-	-	-	-	-	-	-
Total expenditure	196,805	3,546	-	200,351	2,778	105,133	-	107,911
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total expenditure on charitable activities	196,805	3,546	-	200,351	2,778	105,133	-	107,911
Separate material item of expense								
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total	-	-	-	-	-	-	-	-
Other								
	-	-	-	-	-	-	-	-
Purchase of Van (**not held on Balance Sheet)	-	-	-	-	18,000	-	-	18,000
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total other expenditure	-	-	-	-	18,000	-	-	18,000
TOTAL EXPENDITURE	213,134	3,546	-	216,680	43,733	106,156	-	149,889

Other information:

Analysis of expenditure on charitable activities

Activity or programme	This year				Last year			
	Activities undertaken directly	Grant funding of activities	Support Costs	Total this year	Activities undertaken directly	Grant funding of activities	Support Costs	Total last year
	£	£	£	£	£	£	£	£
London Feeding Program	50,923	-	-	50,923	-	-	-	-
See N13	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total	50,923	-	-	50,923	-	-	-	-

Note 7 Extraordinary items

Please explain the nature of each extraordinary item occurring in the period.

	Description	This year £	Last year £
Extraordinary item 1	Purchase of Van (value written down to zero in 2022)	-	18,000
Extraordinary item 2		-	-
Extraordinary item 3		-	-
Extraordinary item 4		-	-
Total extraordinary items		-	18,000

Section C**Notes to the accounts****Note 10** Details of certain items of expenditure**10.1 Fees for examination of the accounts**

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).

Independent examiner's fees**Assurance services other than audit or independent examination****Tax advisory fees****Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner**

This year £	Last year £
-	-
-	-
-	-
-	-

Section C **Notes to the accounts** **(cont)**

Note 11 **Paid employees**
 Please complete this note if the charity has any employees.

11.1 Staff Costs (NB all workers are consultants / not staff)

	This year £	Last year £
Salaries and wages	-	-
Social security costs	-	-
Pension costs (defined contribution scheme)		
Other employee benefits	-	-
Total staff costs	-	-

This year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

£ 10,978 to 1 contractor of Food for All Ltd.

Last year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

£10,000 to 1 contractor of Food for all Ltd.

Please give details of the number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards. If there are no such transactions, please enter 'true' in the box provided.

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

Nil

Band	Number of employees	
	This year	Last year
£60,000 to £69,999	-	-
£70,000 to £79,999	-	-
£80,000 to £89,999	-	-
£90,000 to £99,999	-	-
£100,000 to £109,999	-	-

Please provide the total amount paid to key management personnel (includes trustees and senior management) for their services to the charity. For specific amounts paid to trustees, see Note 28.

This year £	Last year £
-	-

11.2 Average head count in the year

The parts of the charity in which the employees work

	This year Number	Last year Number
Fundraising	-	-
Charitable Activities	-	-
Governance	-	-
Other	-	-
Total	-	-

11.3 Ex-gratia payments to employees and others (excluding trustees)

Please complete if an ex-gratia payment is made.

Please explain the nature of the payment

This year	
Last year	

Please state the legal authority or reason for making the payment

This year	
Last year	

Please state the amount of the payment (or value of any waiver of a right to an asset)

This year	Last year
£	£
-	-

11.4 Redundancy payments

Please complete if any redundancy or termination payment is made in the period.

Total amount of payment

This year	Last year
£ -	£ -

The nature of the payment (cash, asset etc.)

--	--

The extent of redundancy funding at the balance sheet date

This year	Last year
£ -	£ -

Please state the accounting policy for any redundancy or termination payments

--	--

Note 12 Defined contribution pension scheme or defined benefit scheme accounted for as a defined contribution scheme.

12.1 Please complete this note if a defined contribution pension scheme is operated.

	This year	Last year
	£	£
Amount of contributions recognised in the SOFA as an expense	-	-

Please explain the basis for allocating the liability and expense of defined contribution pension scheme between activities and between restricted and unrestricted funds.

--	--

12.2 Please complete this section where the charity participates in a defined benefit pension plan but is unable to ascertain its share of the underlying assets and liabilities.

Please confirm that although the scheme is accounted for as a defined contribution plan, it is a defined benefit plan.

Please provide such information as is available about the plan's surplus or deficit and the implications, if any, for the reporting charity for this year and last year, if different

12.3 Please complete this section where the charity participates in a multi-employer defined benefit pension plan that is accounted for as a defined contribution plan.

Describe the extent to which the charity can be liable to the plan for other entities' obligations under the terms and conditions of the multi-employer plan. If this is different for last year, provide details

Provide an explanation of how any liability arising from an agreement with a multi-employer plan to fund a deficit has been determined. If this is different for last year, provide details

Note 13 Grantmaking

Please complete this note if the charity made any grants or donations which in aggregate form a material part of the charitable activities undertaken.

This year:

13.1 Analysis of grants paid (included in cost of charitable activities)

Analysis	Grants to institutions	Grants to individuals	Support costs	Total
			£	£
AMURT Nigeria	44,285.00	-	Nil	44,285.00
AMURT Greece	4,443.00	-	Nil	4,443.00
AMURT Haiti	820.00	-	Nil	820.00
AMURT Ukraine	31,930.00		Nil	31,930.00
Tonrak School Thailand	17,844.00		Nil	17,844.00
AMURT India	21,000.00		Nil	21,000.00
AMURT Kenya	11,710.00		Nil	11,710.00
AMURT Philippines	3,705.00		Nil	3,705.00
	-	-	Nil	-
Total	135,737	-	-	135,737

Please enter "Nil" if the charity does not identify and/or allocate support costs.

13.2 Grants made to institutions

<p><i>My charity has made grants to particular institutions that are material in the context of its grantmaking. Details of the institution supported, purpose of the grant and total paid to each institution is available on the charity's web site.</i></p>	Yes	<i>Please provide details of charity's URL.</i>
	No	<i>Provide details below</i>

Names of institution	Purpose	Total amount of grants paid £
AMURT Nigeria	Emergency maternity care in remote rural	44,285
AMURT Greece	Maternity care for refugees	4,443
AMURT Haiti	Emergency Relief	820
AMURT Ukraine	Emergency Relief following Russian Invasion	31,930
Tonrak School Thailand	Schooling and homes for Burmese Orphans and child refugees	17,844
AMURT India	Poverty Relief	21,000
AMURT Kenya	Feeding Programs and poverty relief	11,710
AMURT Philippines	Emergency Relief	3,705
		-
		-
Total grants to institutions in reporting period		135,737
Other unanalysed grants		-
TOTAL GRANTS PAID		135,737

Last year:

13.3 Analysis of grants paid (included in cost of charitable activities)

Analysis	Grants to institutions	Grants to individuals	Support costs £	Total £
AMURT Nigeria	3,500.00	-	-	3,500.00
AMURT Greece	4,552.00			4,552.00
AMURT Haiti	2,000.00			2,000.00
AMURT lebanon	4,135.00			4,135.00
Tonrak School Thailand and Baan Unrak Thailand	12,666.00			12,666.00
AMURT India	5,591.00			5,591.00
AMURT Kenya	3,500.00	-	-	3,500.00
AMURT Ghana	2,000.00	-	-	2,000.00
	-	-	-	-
Total	37,944	-	-	37,944

Please enter "Nil" if the charity does not identify and/or allocate support costs.

13.4 Grants made to institutions

My charity has made grants to particular institutions that are material in the context of its grantmaking. Details of the institution supported, purpose of the grant and total paid to each institution is available on the charity's web site.

	<i>Please provide details of charity's URL.</i>
No	<i>Provide details below</i>

Names of institution		Purpose	Total amount of grants paid £
AMURT Nigeria	AMURT Nigeria	Emergency maternity care in remote rural	3,500.00
AMURT Greece	AMURT Greece	Maternity care for refugees	4,552.00
AMURT Haiti	AMURT Haiti	Emergency Relief	2,000.00
AMURT lebanon	AMURT lebanon	Emergency Relief following port explosion	4,135.00
Tonrak School Thailand and Baan Unrak Thailand	and Baan Unrak Thailand	Schooling and homes for Burmese Orphans and child refugees	12,666.00
AMURT India	AMURT India	Poverty Relief	5,591.00
AMURT Kenya	AMURT Kenya	Feeding Programs and poverty relief	3,500.00
AMURT Philipines	AMURT Ghana	Emergency Relief	2,000.00
			-
			-
Total grants to institutions in reporting period			37,944
Other unanalysed grants			-
TOTAL GRANTS PAID			37,944

Section C **Notes to the accounts** **(cont)**

Note 24 **Cash at bank and in hand**

Short term cash investments (less than 3 months maturity date)
Short term deposits
Cash at bank and on hand
Other
Total

This year £	Last year £
-	-
-	-
165,348	102,712
-	-
165,348	102,712

Note 27 Charity funds

27.1 Details of material funds held and movements during the CURRENT reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.

* Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Hackney Borough	U	London Feeding Program for homeless persons	10,000	15,000	- 15,000	-	-	10,000
Brunswick	U	London Feeding Program for homeless persons	-	10,000	- 15,000	-	-	5,000
East End Community	U	London Feeding Program for homeless persons	4,160	-	- 4,160	-	-	-
Awards for All (Big Lottery)	R			9,971	- 3,546			6,425
General Unrestricted Funds	U		88,552	244,345	- 178,974	-	-	153,923
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
		Total Funds	102,712	279,316	- 216,680	-	-	165,348

Section C **Notes to the accounts** **(cont)**

Note 27 **Charity funds (cont)**

27.2 Details of material funds held and movements during the PREVIOUS reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.

* Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Martin Lewis	U	London Feeding Program for homeless persons	5,000	-	5,000	-	-	-
Crisis UK	U	London Feeding Program for homeless persons	1,000	-	1,000	-	-	-
City Bridge Trust	U	London Feeding Program for homeless persons	2,000	-	2,000	-	-	-
Brunswick	U	London Feeding Program for homeless persons	10,000	-	10,000	-	-	-
East End community	U	London Feeding Program for homeless persons	5,000	9,997	10,837	-	-	4,160
Hackney Borough	U	London Feeding Program for homeless persons	-	39,978	29,978	-	-	10,000
General Other	U		68,657	110,968	91,073	-	-	88,552
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
Total Funds			91,657	160,943	149,888	-	-	102,712

Note 27

Charity funds (cont)

27.3 Transfers between funds

This year

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds	Clarification with management that all restricted funds in 2021 were previously associated with Covid relief. With pandemic over it has been agreed these now held have a generally unrestricted purpose	43,836
Between endowment and restricted funds		
Between endowment and unrestricted funds		

Last year

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds	End Year Reconciliation	16,987
Between endowment and restricted funds		
Between endowment and unrestricted funds		

27.4 Designated funds

This year

Planned use	Purpose of the designation	Amount

Last year

Planned use	Purpose of the designation	Amount

Note 28 **Transactions with trustees and related parties**

If the charity has any transactions with related parties (other than the trustee expenses explained in guidance notes) details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box or "False" if there are transactions to report.

28.1 Trustee remuneration and benefits

This year

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False) TRUE

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£	£	£	£
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid.

Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.

Last year

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False) TRUE

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£		£	£
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid.

Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.

28.2 Trustees' expenses

If the charity has paid trustees expenses for fulfilling their duties, details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box below. If there are transactions to report, please enter "False".

No trustee expenses have been incurred (True or False)

FALSE

Type of expenses reimbursed	This year	Last year
	£	£
Travel	1,511	1,022
Subsistence	-	-
Accommodation	-	-
Other (please specify):	-	-
	-	-
TOTAL	1,511	1,022

Please provide the number of trustees reimbursed for expenses or who had expenses paid by the charity

	1 (ONE)
--	---------

28.3 Transaction(s) with related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a related party has a material interest, including where funds have been held as agent for related parties. If there are no such transactions, please enter 'true' in the box provided.

This year

There have been no related party transactions in the reporting period (True or False)

TRUE

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

--

For any related party, please provide details of any guarantees given or received.

--

Last year

There have been no related party transactions in the reporting period (True or False)

TRUE

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

For any related party, please provide details of any guarantees given or received.

Note 29**Additional Disclosures**

The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

AMURT UK

On accounts for the year ended

31 October 2022

Charity no
(if any)

327216

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/10/2022.

Responsibilities and basis of report

As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Institute of Chartered Accountants in England and Wales (ICAEW).


I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report 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:

28/08/2023

Name:

Elizabeth Helen Thomson

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

FCA, CTA
ICAEW – Membership No. 2235079 inc. Practising Certificate.

Address: 63 Harvey Avenue

Durham

DH1 5ZB

Section B

Disclosure

Only complete if the examiner needs to highlight material 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.

Not applicable.