AMURT UK

ANNUAL REPORT & ACCOUNTS 2022-2023

AMURT
ANANDA MARGA UNIVERSAL RELIEF TEAM

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 service has seen a big increase in demand. AMURT has received funds to increase the number of meals prepared and distributed, which in 2022-23 numbered over 20,000 . 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 *Chair* Pierre Boyde *Treasurer* Jeff Reiter Grace Collins P Elizabeth Driscoll
Senior workers:	Natasha Horn (Fundraising and Programme Manager) Luis Ventura (London Programme Manager)

Welcome from our Chair

2023 has been another challenging year for AMURT and our beneficiaries.

In the UK the on going cost of living crisis is taking a serious toll on those already at the margins of society. Many of our service users had to make the impossible choice of either eating well or being warm in the winter of 2023. Fortunately, we have been working closely with our service users to do our best to meet their ever-increasing needs. This has included increasing the number of meals we produce, from 374 meals/week in January 2023, feeding 156 service users to 502 meals/week in December 2023 feeding 246 service users. That is an increase of almost 74% in volume of meals and 63% in numbers of service users benefitting each week.

The increase in meal production was made possible by securing a wonderful reciprocal partnership with The Salvation Army and moving our production down to their large and well equipped kitchen in Lower Clapton. These new facilities also enabled us to provide a warm space for service users to eat and socialise in which has helped many to feel more part of a supportive community.

We have always worked in partnership with other organisations but 2023 saw us increase our collaborations and partnerships to a new level. Some new collaborations include with the NHS, Turning Point (City and Hackney Recovery Service), Hackney Night Shelter and Casey's Bakery.

On the international arena we have been busy supporting our regular affiliate partners such as AMURT Nigeria, AMURTEL Romania, AMURTEL Greece and the Spirulina Nutrition Project in Kenya. In addition AMURT UK has responded to the increasing number of global disasters by supporting other AMURT/AMURTEL chapters. We have chosen to support those that are embedded in local communities and able to respond to the local context efficiently and effectively.

I am very proud of being a trustee for AMURT UK and so very grateful for all the wonderful staff and volunteers that work with us. We really couldn't do what we do without them.

GOVINDA LOVAGE AMURT UK Chair

Our financial year in numbers

1600 undernourished children had their health positively impacted by spirulina supplementation and homeopathic treatment in Kenya

1,600

3,019 babies were born at AMURT Assisted Health Centres in Nigeria

3,019

These figures include UK and international projects:

Produced and delivered 20,616 nutritious meals to homeless and vulnerable people in London

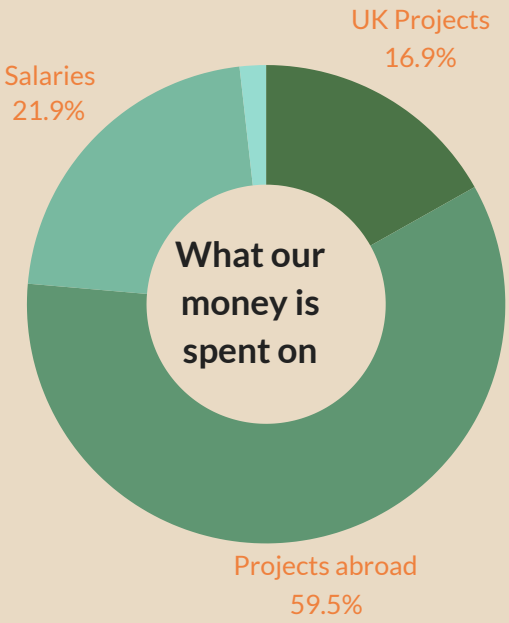
20,616

3742 vulnerable refugee and migrant mothers in Greece visited AMURTEL Greece's Mother and Baby Centre for educational support around health & hygiene, pregnancy & breastfeeding, child development and much more.

3,742

Produced and delivered 1500 nutrient and protein dense energy balls to vulnerable people experiencing food poverty in London.

1500



TOTAL INCOME : £256,529

TOTAL EXPENDITURE : £254,403

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.

2023 was a particularly challenging year for our service users due to the ongoing cost of living crisis. In London, 21% of adults were facing food insecurity and 800,000 children were living in poverty. Large numbers were struggling to heat their homes, often having to decide between 'heating or eating'.

According to official figures rough sleeping also increased by 23% in London in the last quarter of 2023 compared to the last quarter of 2022 and we saw this reflected in our own service.

In 2023 AMURT UK prepared and distributed 20,616 warm nutritious plant-based meals, 1500 nutrition bars and several hundred tonnes of fresh food ingredients serving over 9000 homeless and vulnerable people affected by the poverty crisis in London.

We also distributed warm clothes and bedding and offered a signposting service to those struggling. In total we made the signposting service available at 95 distribution sessions in 2023 and supported 46 service users with requests for support they needed. AMURT UK's activities are almost exclusively run by dedicated volunteers. In 2023, 2100 volunteer shifts by over 150 volunteers were filled, making up over 3500 hours of volunteer time.

Kitchen Upgrade:
2023 saw a big upgrade of our kitchen facilities and distribution points. It became clear from speaking to service users there was a need for a warm place to be able to sit, eat and socialise in when receiving our warm meals. In response, by October 2023 we had secured a reciprocal partnership with The Salvation Army and moved our production to their kitchen in Lower Clapton which has a big open dining room space to distribute food from. This means that we now have 3 distribution points in Lower Clapton, Cazenove Road and Lincolns Inn Fields. We have also continued to provide meals to other community partners in Hackney.

We started having two meal sittings in the cooking hub in Lower Clapton every Thursday. One at lunchtime and the other as an early supper. Many service users come as soon as we open and stay until closing. They love that it is a warm, welcoming space with many friendly faces. They can sit and eat in peace or over a social conversation with other service users or with one of our befriending volunteers.

Having our own warm space to distribute meant that we get to sit and talk with our service users, make them feel valued and build trust which has many benefits.

Vita Bites
2023 saw us develop our corporate offering around Vita Bites production. This has meant that over the last year we have worked with a wide range of teams from corporate organisations to prepare, cut, wrap and label the Vita Bites. These healthy, delicious nutrition bars continue to help our service users boost their health and immune system and can substitute a meal when another cannot be found.

Warm Item Distribution and Signposting
In 2023 we distributed 151 warm coats, 579 thermal hats, gloves and socks and 90 warm and waterproof sleeping bags. We were lucky enough to partner with Team up London to get many donated items such as coats. We also made a regular signposting service available for service users throughout 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 knowledgable 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

In 2023, a total of 48,721 refugees and migrants arrived in Greece according to data published by UNHCR, marking a 159% increase compared to 2022.

Over 42% were women and children

One in every five female refugees experiences sexual violence

91.7% of mothers state that infant feeding improved coming to AMURTEL Greece
93% say that caring for their infant has become easier after coming to AMURTEL
3742 visits by mothers for educational support groups
87% of mothers feel more capable of taking care of their health and their family's healthy from knowledge gained at AMURTEL
70% receive at least 4 antenatal check-ups, an increase from the norm in their native countries
55% become exposed to the use of contraceptives at AMURTEL
24,243 Essential Mother-Infant Items were distributed in 2023, such as nappies, Breasypumps and lactation supplies, baby kits and underwear

AMURTEL Greece

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

The educational support groups became far and away the most well attended facet of AMURTEL Greece's programs in 2023. The level of eagerness to learn and discuss issues in relation to health care and life choices seemed to increase exponentially in the mothers. Some mothers had been going for years to help support newer mothers in the groups.

Their collaboration with Medecins Sans Frontieres (MSF) offering group sessions on gender-based violence awareness and women's rights, continued into its 6th year. Parenting was added to the infant care groups and proved to be an endlessly interesting topic of discussion. Also, art workshops as well as yoga sessions, both for the mothers and for mothers with babies, found them once again curious and focussed on exploring new ideas and concepts.

Social Integration
UNHCR facilitated groups in AMURTEL Greece's day centre offering valuable tips and resources for finding one's way in Greek Society.

Maternal Mental Health
Medical Volunteers International organised groups with the mothers to explore the challenges facing them as refugees or migrants in a new country.

Art Expression
Art creativity sessions were introduced and thoroughly enjoyed by the mothers. For some, it was the first time ever to paint, draw, create macrame bracelets, recycle magazines into artwork, and so on. Some of their art was displayed at the time of the art exhibition held in December.

Yoga for Mothers & Mother-baby yoga Infant Massage
Movements for health and development awareness brought laughter and smiles to the faces of both mothers and babies.

Peer-to-peer training (P2P)
AMURTEL's data indicated that a remarkable 93% of mothers state that they share information and knowledge gained at AMURTEL with other mothers in their communities. Spurred on by this, AMURTEL Greece continued a series of P2P Courses in 2023.

These courses train mothers to become 'peer supporters' for pregnant women and mothers with infants in their communities. Additionally, the course graduates become resources for women requiring information about available services offered in Athens.

Antenatal & Postnatal care, breastfeeding & infant nutrition
The mothers who visit the centre for midwifery and infant feeding appointments appreciate being able to ask questions, discuss their fears, and understand more about their pregnancies and infant care as well as augment the medical check-ups received in the local hospital.

Outreach to camps and urban settings
The outreach program solidified in September 2018 in collaboration with MAMbrella, a Swiss midwives NGO, has powered on since then.

Distribution of essential Mother-Infant Items
Distribution of diapers/nappies, dry food, women's underwear, reusable menstruation pads, condoms, baby kits, and baby carriers continued throughout 2023. Breast pumps, nipples shields & breast pads were also offered when necessary.

Miremba, a 25-year-old African woman, came to Greece to escape menial labour and sexual favour servitude in the home of a rich man. Her parents had sold her at the age of 8 due to their extreme poverty. Miremba remembers long hours of hard work as well as being used as a sexual object for her owner and his friends. She became pregnant as a teenager but never saw her child. He was taken away from her at the moment of birth and she does not know what happened to him. She thinks he was most probably sold.

After years of planning, she was able to escape and found her way to Greece. Due to sexual violence, she encountered on the way, she arrived in Greece pregnant. At first, she was homeless and staying in a park. She recounts how one day she was sitting on a bench in a city square feeling unutterably lost, alone, and despairing, asking herself how she could possibly manage to go through pregnancy and care for her baby. Amid these thoughts, an African woman approached her. After listening to her story, this woman told her about AMURTEL Greece. Miremba came for the first time on that very day. She tells of how she felt welcomed, was spoken to in French, helped to find housing, given referrals for community resources, and cared for by a midwife. She made friends and became part of a community of mothers. Today she is settled in Greece and not only continues to go weekly to the support groups held by AMURTEL Greece, but brings others also. It is her way of paying back and paying forward the care she received from the staff and mothers at AMURTEL.

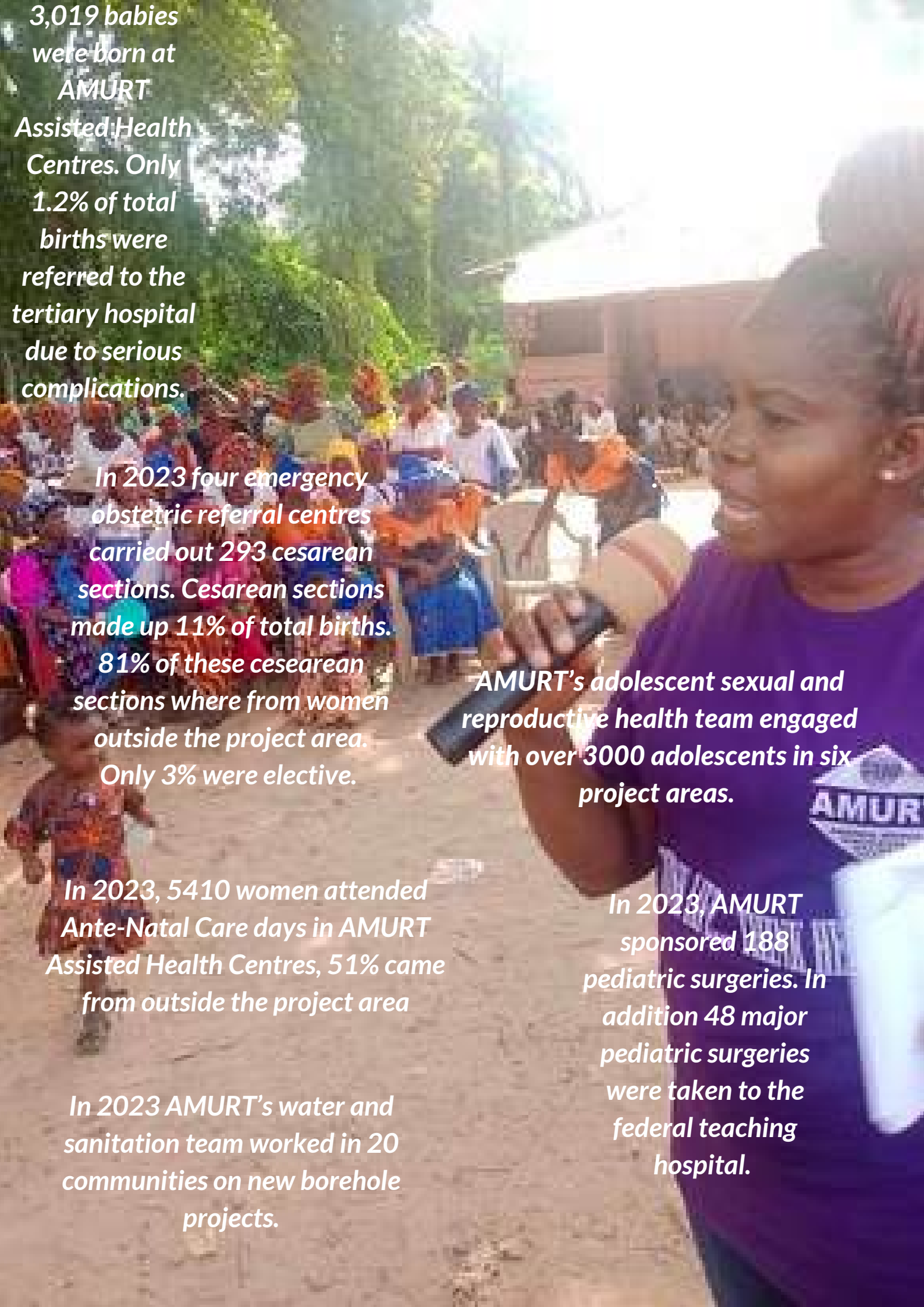
Names have been changed to protect beneficiary identity

The 2023 UN report on Trends in Maternal Mortality from 2000-2020 revealed that nearly 28.5% of global maternal deaths happen in Nigeria.

A woman in Nigeria has a 1 in 19 lifetime risk of dying during pregnancy, childbirth, or postpartum, whereas in the most developed countries, the lifetime risk is 1 in 4900.

EQUAL (Evidence & Impact for mothers & Newborns living in Conflict) Report

International projects we work with: AMURT Nigeria



3,019 babies were born at AMURT Assisted Health Centres. Only 1.2% of total births were referred to the tertiary hospital due to serious complications.

In 2023 four emergency obstetric referral centres carried out 293 cesarean sections. Cesarean sections made up 11% of total births. 81% of these cesearean sections where from women outside the project area. Only 3% were elective.

AMURT's adolescent sexual and reproductive health team engaged with over 3000 adolescents in six project areas.

In 2023, 5410 women attended Ante-Natal Care days in AMURT Assisted Health Centres, 51% came from outside the project area

In 2023, AMURT sponsored 188 pediatric surgeries. In addition 48 major pediatric surgeries were taken to the federal teaching hospital.

In 2023 AMURT's water and sanitation team worked in 20 communities on new borehole projects.

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 in 2010.

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 2023, AMURT Nigeria prioritised strengthening the health centres 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.

Obstetric Emergencies
In 2023 four emergency obstetric referral centres carried out 293 cesarean sections, while AMURT supported 32 at the Federal Teaching Hospital. Cesarean sections made up 11% of total births. AMURT sponsored 188 pediatric surgeries in the 10 AMURT Assisted Health Centers and another 48 major pediatric surgeries were taken to the Federal Teaching Hospital in Abakaliki.

Safe Motherhood
AMURT Nigeria provides a 24 hour primary hour health service every day of the year which is essential for maternal and newborn health. AMURT trains Maternal Health Promoters in villages who play a crucial role in tracking pregnancies and encouraging mothers to attend Anti Natal Care (ANC) and give birth in the Health Centre.
AMURT makes comprehensive ANC accessible in all their project areas. Doctors and ultrasound machines are present and available to identify any danger signs. Early identification of women at high risk of complications is essential. Health workers also make home visits to follow up on high risk cases.

Making emergency obstetric care accessible and affordable
4 of AMURT Assisted Health Centres offer emergency obstetric services and are equipped with operating theatres, blood transfusion facilities, and standby ambulances. These centres also have resident doctors, lab scientists, midwives, and health workers available 24 hours per day.

Pediatric Surgeries
AMURT engages in direct service delivery to save the lives of mothers, newborn and children. In 2023, AMURT Nigeria sponsored 188 pediatric surgeries in the 10 AMURT assisted Health Centres. In addition, 48 major pediatric surgeries were taken to the federal teaching hospital in Abakaliki.

Engaging with Youth on Reproductive Health:

In 2023, AMURT's adolescent sexual and reproductive health team engaged with over 3000 adolescents in six project areas. They delivered messages on drug substance abuse, sexual abstinence, sexually transmitted diseases, harmful traditional practices (Female Genital Mutilation, child marriage) and sexual abuse. AMURT also trained peer educators in schools and Youth Champions at the village level which reaches youth in 34 villages.

AMURT also runs a teenage mothers program holding regular meetings in the each of the 6 project areas for pregnant teens and those who have recently given birth. They receive special attention, support and guidance, and sessions to boost their self-esteem. AMURT also conducted sensitization sessions on menstural health and hygiene.

Water is life: Reaching every village

Many rural villages in Ebonyi State rely on river and ponds for their drinking water. The water is often contaminated and causes the spread of cholera, gastroenteritis and other water borne diseases. In 2023 AMURT's water and sanitation team worked in 20 communities on new borehole projects. Water, Sanitation and Hygiene Committees were formed and trained on how to maintain the bore holes.

Fighting malnutrition: The silent Killer

In 2023, AMURT observed an increase in child malnutrition in rural areas. While poverty is one contributing factor, ignorance plays an even greater role. To address this AMURT intensified its intervention by organising food demonstration programs which aim to teach local communities about the importance of providing a balanced diet with locally available foods.

AMURT also worked with the government to assist severely malnourished children and admitted the severe cases for specialised care.

Cooperative model for women's economic empowerment

AMURT's Economic Empowerment Program provides support to widows and women who are the sole breadwinners in their families, enabling them to start their own businesses. In 2023 these groups empowered 137 new women members, reaching a total of 763 cooperative members who have benefited.

Health education and cultural pride

In 2023, the AMURT health education team conducted more than 100 village stakeholder meetings, with a focus on demand creation and sensitization regarding key health messages. Additionally, they organised healthy rallies in certain areas that seamlessly blended cultural displays with health talks, dialogue and educational drama.

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

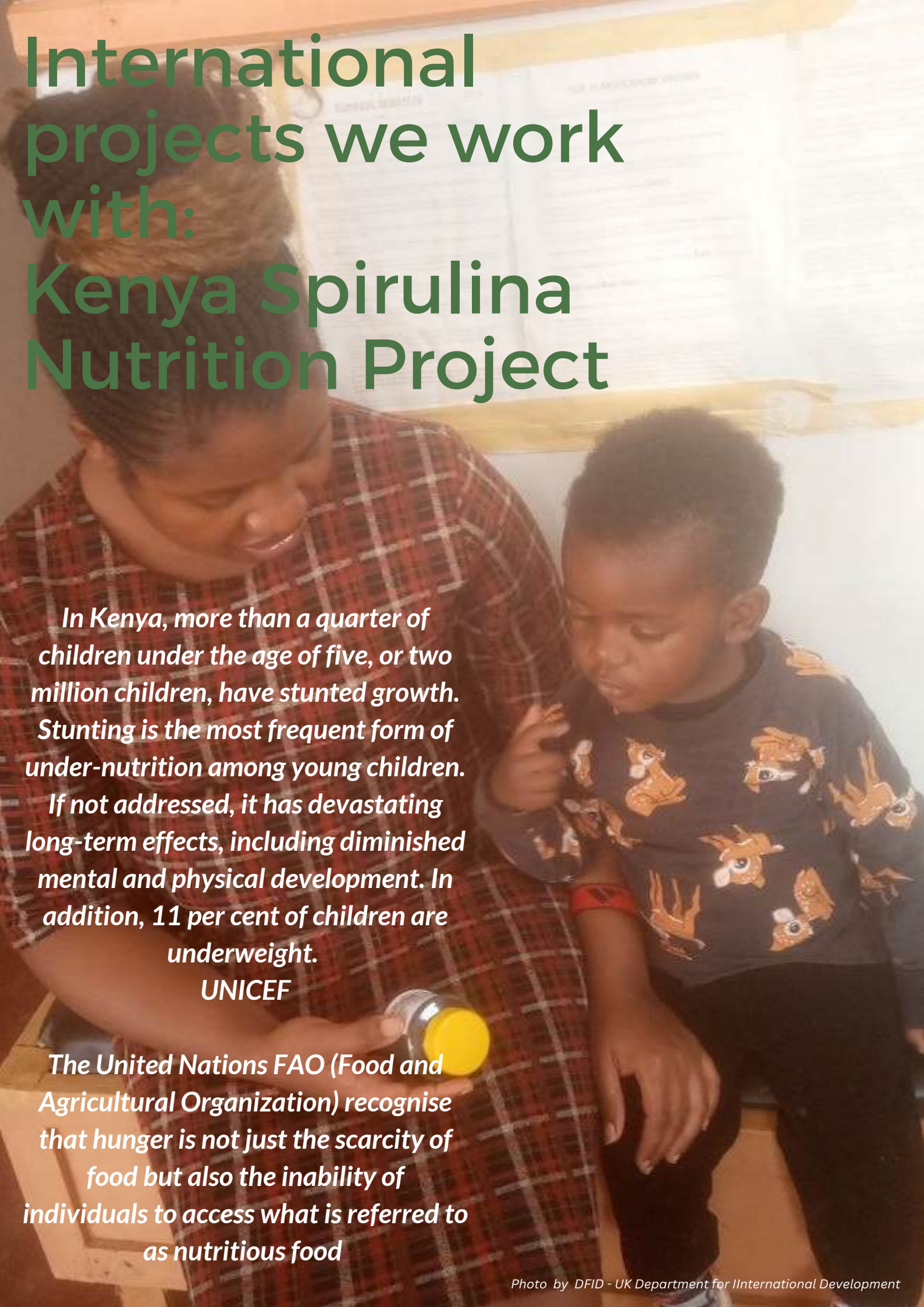


Photo by DFID - UK Department for IInternational Development

Between 2014 and 2023 the Spirulina Nutrition Project has impacted the health of more than 28,700 beneficiaries through distributing spirulina free to children and mothers of young children

In 2023 over 1600 undernourished children and over 100 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 2023 SNP continued to produce very high quality spirulina which has greatly benefited the local community. The monthly average production ranged from 12-14 KG of spirulina. The SNP treated between 120-140 children each month with spirulina and homeopathic remedies between the ages of 1-12 years. The overriding complaints this year were underweight challenges, malnutrition and children's growth and development related conditions.

This year, due to climatic changes, they experienced extreme weather conditions including very heavy rainfall. The County, Makueni, where the SNP is based was amongst the worst hit regions. This caused loss of lives and destruction of property and transport routes which were cut off or washed away completely. Fortunately the SNP farm was safe and the green house remained strong.

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.

Mercy and Caroline, aged 12 and 14 years, are two sisters who were born with a bone disorder making their bones soft, thin and brittle. They can't stand alone or walk because the legs have not formed properly and they experience frequent bone fractures,

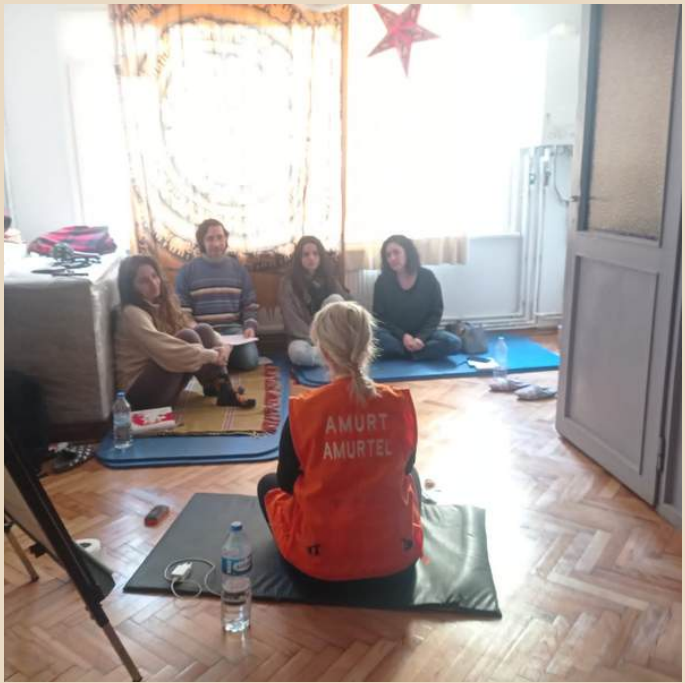
At the end of last year their mother tragically passed on from a short illness so as community members personnel from the Spirulina Nutrition Project (SNP) went to console the family due to their loss. It was decided that the girls would benefit greatly by attending the children's clinic SNP runs.

Since then they have been attending the clinic regularly. They are taking 5 grams of spirulina daily and specific homeopathic remedies and they are doing very well. The time it takes for their bones to heal after a fracture has reduced from 2-3 months to 1-2 months and their bones are gaining density progressively. The girls are very happy for all the support they are receiving and the hope is that with more care their bones will become stronger and they will experience less frequent bone fractures.

Names have been changed to protect beneficiary identity

International Disaster relief

AMURT UK has supported a couple of international disaster relief efforts in 2022-23 including work in India, Morocco and Turkey. 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 SUBSIDARY

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 £57,324 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	**Name:**	Govinda Lovage
Date:	28.08.24	**Date:**	28.08.23
Position:	Treasurer	**Position:**	Chair

CHARITY COMMISSION FOR ENGLAND AND WALES

Charity Name AMURT UK			Charity No (if any)	327216	
Annual accounts for the period					
Period start date	Nov-22	To	Period end date	Oct-23	

Section A Statement of financial activities

Recommended categories by activity	Guidance Notes	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total funds £	Prior year funds £		
Incoming resources (Note 3)		F01	F02	F03	F04	F05		
Income and endowments from:								
Donations and legacies	S01	71,553	184,422	-	255,975	279,093	255,975	
Charitable activities	S02	-	-	-	-	-		
Other trading activities	S03	-	-	-	-	-		
Investments	S04	555	-		555	223		
Separate material item of income	S05	-	-	-	-	-		
Other	S06		-	-	-	-		
Total	S07	72,108	184,422	-	256,530	279,316		
Resources expended (Note 6)								
Expenditure on:								
Raising funds	S08	10,050	844	-	10,894	16,329		
Charitable activities	S09	28,575	209,930	-	238,505	196,971	29,790	208,715
Separate material item of expense	S10	4,531	-	-	4,531	3,380		
Other	S11	474	-	-	474	-		
Total	S12	43,630	210,774	-	254,404	216,680		
Net income/(expenditure) before investment gains/(losses)	S13	28,478	- 26,352	-	2,126	62,635		
Net gains/(losses) on investments	S14	-	-	-	-	-		
Net income/(expenditure)	S15	28,478	- 26,352	-	2,126	62,635		
Extraordinary items	S16	-		-	-	-		
Transfers between funds	S17	- 45,745	45,745	-	-	-		
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	- 17,267	19,393	-	2,126	62,635		
Reconciliation of funds:								
Total funds brought forward	S21	130,829	34,519	-	165,348	102,713		
Total funds carried forward	S22	113,562	53,912	-	167,474	165,348		

Section B Balance sheet

		Guidance Notes	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
Fixed assets			F01	F02	F03	F04	F05
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	113,562	53,912	-	167,474	165,348
Total current assets		B10	113,562	53,912	-	167,474	165,348
Creditors: amounts falling due within one year	**(Note 20)**	B11	-	-	-	-	-
Net current assets/(liabilities)		B12	113,562	53,912	-	167,474	165,348
Total assets less current liabilities		B13	113,562	53,912	-	167,474	165,348
Creditors: amounts falling due after one year	**(Note 20)**	B14	-	-	-	-	-
Provisions for liabilities		B15	-	-	-	-	-
Total net assets or liabilities		B16	113,562	53,912	-	167,474	165,348
Funds of the Charity							
Endowment funds	**(Note 27)**	B17	-			-	-
Restricted income funds	**(Note 27)**	B18		-		-	34,519
Unrestricted funds		B19	113,562	53,912	-	167,474	130,829
Revaluation reserve		B20				-	
Total funds		B21	113,562	53,912	-	167,474	165,348

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

Signature	Print Name	Date of approval dd/mm/yyyy
	Treasurer	8/31/2024

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*	✓	* -Tick as appropriate
No*		

Please disclose:

(i) the nature of the change in accounting policy;	***Not applicable***
(ii) the reasons why applying the new accounting policy provides more reliable and more relevant information; and	***Not applicable***
(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.	***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*	✓	* -Tick as appropriate
No*		

Please disclose:

(i) the nature of any changes;	***Not applicable***
(ii) the effect of the change on income and expense or assets and liabilities for the current period; and	***Not applicable***
(iii) where practicable, the effect of the change in one or more future periods.	***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*	✓	* -Tick as appropriate
No*		

Please disclose:

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

Note 2 Accounting policies

Please complete this note when first reporting under FRS2102. Section 35 of FRS102, requires 3 reconciliations to be presented, if all are applicable.

2.1 RECONCILIATION WITH PREVIOUS GENERALLY ACCEPTED ACCOUNTING PRACTICE

Please provide a description of the nature of each change in accounting policy	

Reconcilation of funds per previous GAAP to funds determined under FRS 102

	Start of period	End of period
	£	£
Fund balances as previously stated		
Adjustments:		
Fund balance as restated		

Reconcilation of net income/(net expenditure) per previous GAAP to net income/(net expenditure) under FRS 102

	End of period
	£
Net income/(expenditure) as previously stated	
Adjustments:	
Previous period net income/(expenditure) as restated	

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.

		Yes	No	N/a
Recognition of income	These are included in the Statement of Financial Activities (SoFA) when: • 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.	✓		
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.	✓		
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).	✓		
	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	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.			✓
Government grants	The charity has received government grants in the reporting period		✓	✓
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.	✓		
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.			✓
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.			✓
	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.			✓
	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'.			✓
	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.			✓
	Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.			✓
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.			✓
	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.			✓
Support costs	The charity has incurred expenditure on support costs.	✓		
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	✓		
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.	✓		
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.			✓
	Membership subscriptions which gives a member the right to buy services or other			

		Yes	No	N/a
	Membership subscriptions which gives a member the right to buy services or other 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.			✓
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.			✓

2.3 EXPENDITURE AND LIABILITIES

		Yes	No	N/a
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.			✓
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.			✓
	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.			✓
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.			✓
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.	✓		
Redundancy cost	The charity made no redundancy payments during the reporting period.	✓		
Deferred income	No material item of deferred income has been included in the accounts.	✓		
Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts			✓
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			✓
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.	✓		

2.4 ASSETS

			Yes	No	N/a
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.				✓
	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			✓	
	They are valued at cost.				✓
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.			✓	
	They are valued at cost.				✓
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.				✓
	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				✓
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.				✓
	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.				✓

	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
Current asset investments	The charity has 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
	They are valued at fair value except where they qualify as basic financial instruments.	✓		

POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE	

Note 3 Analysis of income

	Analysis	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Donations and legacies:	Donations and gifts	62,447	184,422	-	246,869	275,367
	Gift Aid	9,106	-	-	9,106	3,726
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	-	-	-	-	-
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	
	Donated goods, facilities and services	-	-	-	-	-
	Other	-	-	-	-	
	Total	71,553	184,422	-	255,975	279,093
Charitable activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
Other trading activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
Income from investments:	Interest income	555	-	-	555	42
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Other		-	-	-	181
	Total	555	-	-	555	223
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		72,108	184,422	-	256,530	279,316

Other information:

All income in the prior year was unrestricted except for: (please provide description and amounts)	£9971 restricted income in 2022 for the London Feeding Program.
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

Section C Notes to the accounts (cont)

Note 5 Donated goods, facilities and services

	This year £	Last year £
Seconded staff	-	-
Use of property	-	-
Other	-	-
	-	-

	This year	Last year
Please provide details of the accounting policy for the recognition and valuation of donated goods, facilities and services.		
Please provide details of any unfulfilled conditions and other contingencies attaching to resources from donated goods and services not recognised in income.		
Please give details of other forms of other donated goods and services not recognised in the accounts, eg contribution of unpaid volunteers.		

Note 6 Analysis of expenditure

Analysis	This year Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Last year Unrestricted funds	Restricted income funds	Endowment funds	Total funds
Expenditure on raising funds:				£				£
Incurred seeking donations	10,050	-	-	10,050	10,978	-	-	10,978
Incurred seeking legacies	-	-	-	-	-	-	-	-
Incurred seeking grants	-	-	-	-				-
Operating membership schemes and social lotteries	-	-	-	-				-
Staging fundraising events	-	-	-	-				-
Fudraising agents	-	-	-	-				-
Operating charity shops	-	-	-	-				-
Operating a trading company undertaking non-charitable trading activity	-	-	-	-				-
Advertising, marketing, direct mail and publicity	-	-	-	-	840	-	-	840
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	-	844	-	844		1,511	-	1,511
	-	-	-	-	-	-	-	-
Total expenditure on raising funds	10,050	844	-	10,894	14,818	1,511	-	16,329
Expenditure on charitable activities:								
	-	-	-	-	-	-	-	-
Total expenditure	27,360	211,145	-	238,505	193,425	3,546	-	196,971
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total expenditure on charitable activities	27,360	211,145	-	238,505	193,425	3,546	-	196,971
Separate material item of expense								
Bank Charges & Insurance & Council	4,531	-	-	4,531	3,380	-	-	3,380
Volunteer Expenses		-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total	4,531	-	-	4,531	3,380	-	-	3,380
Other								
Volunteer Expenses	474	-	-	474	-	-	-	-
	-	-	-	-		-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total other expenditure	474	-	-	474	-	-	-	-
TOTAL EXPENDITURE	42,415	211,989	-	254,404	211,623	5,057	-	216,680

Other information:

Analysis of expenditure on charitable activities

	This year				Last year			
Activity or programme	**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	59,722	-	-	59,722	50,923	-	-	50,923
Grants to Overseas Projects and emergency relief (see tab N13)	-	151,423	-	151,423	-	145,448	-	145,448
Grants to other UK projects (see tab N13)	-	27,360	-	27,360	-	600	-	600
Total	59,722	178,783	-	238,505	50,923	146,048	-	196,971

178,783

-

Section C Notes to the accounts (cont)

Note 7 Extraordinary items

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

	Description	This year £	Last year £
Extraordinary item 1		-	
Extraordinary item 2		-	-
		-	-
Extraordinary item 3		-	-
Extraordinary item 4		-	-
Total extrordinary items		-	-

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).

	This year £	Last year £
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	-	-

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

£ 10,050 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

£10,978 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	-	-

	This year	Last year
	£	£
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.	-	-

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.

	This year	Last year
	£	£
Total amount of payment	-	-

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

	This year	Last year
	£	£
The extent of redundancy funding at the balance sheet date	-	-

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	

Section C Notes to the accounts (cont)

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 Turkey	15,000.00	-	Nil	15,000.00
AMURT India	43,100.00	-	Nil	43,100.00
AMURT Nigeria	3,017.00	-	Nil	3,017.00
AMURT Kenya	6,000.00		Nil	6,000.00
Tonrak School Thailand	15,360.00		Nil	15,360.00
AMURT Greece	9,000.00		Nil	9,000.00
AMURT Romania	4,743.00		Nil	4,743.00
AMURT Laos	1,372.00		Nil	1,372.00
AMURT Ukraine	53,831.00		Nil	53,831.00
AM London	22,000.00		Nil	22,000.00
Sunrise School	5,360.00		Nil	5,360.00
	-	-	Nil	-
Total	**178,783**	**-**	**-**	**178,783**

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

13.2 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.	***Yes***	***Please provide details of charity's URL.***
	No	***Provide details below***

Names of institution		Purpose	Total amount of grants paid £
AMURT Turkey		Earthquake Relief	15,000
AMURT India		Poverty Relief	43,100
AMURT Nigeria		Emergency maternity care in remote rural areas	3,017
AMURT Kenya		Feeding Programs and poverty relief	6,000
Tonrak School Thailand		Schooling and homes for Burmese Orhpans and child refugees	15,360
AMURT Greece		Maternity care for refugees	9,000
AMURT Romania		Children's Home Support	4,743
AMURT Laos		Schooling for low income children	1,372

AMURT Ukraine		Building of therapy centre for civilians and others affected by PTSD following Russian Invasion	53,831
AM London		Teaching Meditation and Yoga in deprived areas	22,000
Sunrise School		Holistic Primary Education in deprived areas	5,360
			-
Total grants to institutions in reporting period			**178,783**
Other unanalysed grants			-
TOTAL GRANTS PAID			178,783

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	44,285.00	-	-	**44,285.00**
AMURT Greece	4,443.00			**4,443.00**
AMURT Haiti	820.00			**820.00**
AMURT Ukraine	39,930.00			**39,930.00**
Tonrak School Thailand	17,844.00			**17,844.00**
AMURT India	21,000.00			**21,000.00**
AMURT Kenya	11,710.00	-	-	**11,710.00**
AMURT Philiipines	3,705.00	-	-	**3,705.00**
Other Misc.	1,711.00			**1,711.00**
	-	-	-	**-**
Total	**145,448**	**-**	**-**	**145,448**

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.		***Please provide details of charity's URL.***
	No	***Provide details below***

Names of institution		Purpose	Total amount of grants paid £
AMURT Nigeria		Emergency maternity care in remote rural areas	44,285
AMURT Greece		Maternity care for refugees	4,443
AMURT Haiti		Emergency Relief	820
AMURT Ukraine		Emergency Relief following Russian invasion	39,930
Tonrak School Thailand		Schooling and homes for Burmese Orhpans and child refugees	17,844
AMURT India		Poverty Relief	21,000
AMURT Kenya		Feeding Programs and poverty relief	11,710
AMURT Philiipines		Emergency Relief	3,705
Other Misc		Feeding Programs and poverty relief	1,711
			-
Total grants to institutions in reporting period			**145,448**
Other unanalysed grants			-
TOTAL GRANTS PAID			145,448

-

Note 17 Investment assets

Please complete this note if the charity has any investment assets.

17.1 Fixed assets investments (please provide for each class of investment)

	Cash & cash equivalents	Listed investments	Investment properties	Social investments	Other	Total
Carrying (fair) value at beginning of period	-	-	-	-	-	-
Add: additions to investments during period*	-	-	-	-	-	-
Less: disposals at carrying value	-	-	-	-	-	-
Less: impairments	-	-	-	-	-	-
Add: Reversal of impairments	-	-	-	-	-	-
Add/(deduct): transfer in/(out) in the period	-	-	-	-	-	-
Add/(deduct): net gain/(loss) on revaluation	-	-	-	-	-	-
Carrying (fair) value at end of year	-	-	-	-	-	-

***Please specify additions resulting from acquisitions through business combinations, if any.**	

Please note that Fair Value in this context is the amount for which an asset could be exchanged between knowlegable and willing parties in an arm's length transaction. For traded securities, the fair value is the value of the security quoted on the London Stock Exchange Daily Official List or equivalent. For other assets where there is no market price on a traded market, it is the trustees' or valuers' best estimate of fair value.

17.2 Please provide a breakdown of investments shown above agreeing with the balance sheet row B04 differentiating between those held at fair value and those held at cost less impairment.

This year:

Analysis of investments

	Fair value at year end	Cost less impairment
	£	£
Cash or cash equivalents	-	-
Listed investments	-	-
Investment properties	-	-
Social investments	-	-
Other investments	-	-
Total	-	-
Grand total (Fair value at year end+Cost less impairment)		-

Last year:

Analysis of investments

	Fair value at year end	Cost less impairment
	£	£
Cash or cash equivalents	-	-
Listed investments	-	-
Investment properties	-	-
Social investments	-	-
Other investments	-	-
Total	-	-
Grand total (Fair value at year end+Cost less impairment)		-

17.3 If your charity holds investment properties, please complete the following note:

	This year	Last year
(i) Explain the methods and significant assumptions in determining the fair value of investment property held by the charity		
(ii) Name or independent valuer, if applicable, and relevant qualifications		
(iii) Provide details of any restrictions on the ability to realise investment property or on the remittance of income or disposal proceeds		
(iv) Explain any contractual obligations for the purchase, construction or development of investment property or for repairs, maintenance or enhancements		

17.4 Please provide a breakdown of current asset investments, if applicable, agreeing with the balance sheet.

Analysis of current asset investments	This year	Last year
	£	£
Cash or cash equivalents	-	-
Listed investments	-	-
Investment properties	-	-
Social investments	-	-
Other investments	-	-
Total	-	-

17.5 Guarantees

	This year	Last year
Please provide details and amount of any guarantee made to or on behalf of a third party		
Name of the entity or entities benefitting from those guarantees		
Please explain how the guarantee furthers the charity's aims		

17.6 Concessionary loans

Amount of concessionary loans made (*Multiple loans made may be disclosed in aggregate provided that such aggregation does not obsure significant information*).

Description	This year £	Last year £
	-	-
	-	-
	-	-
	-	-
Total	-	-

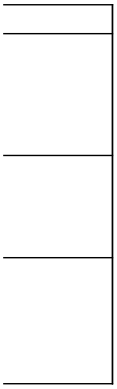
Amount of concessionary loans received *(Multiple loans received may be disclosed in aggregate provided that such aggregation does not obsure significant information).*

Description	This year £	Last year £
	-	-
	-	-
	-	-
Total	-	-

	This year	Last year
Terms and conditions eg interest rate, security provided		
Value of any concessionary loans which have been committed but not taken up at the reporting date		
Amounts payable within 1 year		
Amounts payable after more than 1 year		
Amounts receivable within 1 year		
Amounts receivable after more than 1 year		

17.7 Additional information

	This year	Last year
Please provide information about the significance of investments to the charity's financial position or performance eg. terms and conditions of loans or the use of hedging to manage financial risk.		
For all investments measured at fair value, the basis for determining the value, including any assumptions applied when using a valuation technique.		
Where a charity has provided financial assets as a form of security, the carrying amount of the financial asset pledged as security and the terms and conditions relating to its pledge.		



Note 24 Cash at bank and in hand

	This year £	Last year £
Short term cash investments (less than 3 months maturity date)	-	-
Short term deposits	-	-
Cash at bank and on hand	167,474	165,348
Other	-	-
Total	167,474	165,348

Section C Notes to the accounts (cont)

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 blanace 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	R	London Feeding Program for homeless persons	12,210	28,764	- 24,637	-	-	16,337
Brunswick	U	London Feeding Program for homeless persons	8,599	-	- 1,215	-	-	7,384
East End Community	R	London Feeding Program for homeless persons	544	706	- 710	-	-	540
Awards for All (Big Lottery)	R	London Feeding Program for homeless persons	6,425	-	- 6,460			- 35
London Community Foundation	R	London Feeding Program for homeless persons	-	9,990	- 9,151			839
Aviva Community Fund	R	London Feeding Program for homeless persons	-	2,673	- 1,884	-	-	789
Southall Trust	R	London Feeding Program for homeless persons	-	3,000	-	-	-	3,000
AMURT Fund for overseas projects	R	Funds specifically overseas projects	15,340	139,289	- 167,932	45,745	-	32,442
General unrestricted funds	U		122,230	72,108	- 42,415	- 45,745	-	106,178
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	**N/a**	**N/a**	-	-	-	-	-	-

Total Funds	165,348	256,530	- 254,404	-	-	167,474

9,151

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 blanace 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	R	London Feeding Program for homeless persons	10,000	15,000	- 12,790	-	-	12,210
Brunswick	U	London Feeding Program for homeless persons	-	10,000	- 1,401	-	-	8,599
East End Community Foundation	R	London Feeding Program for homeless persons	4,160	-	- 3,616	-	-	544
Awards for all (big lottery)	R	London Feeding Program for homeless persons	-	9,971	- 3,546	-	-	6,425
Other Restricted Funds	R		29,676	217,645	- 177,931	- 54,050		15,340
Other Unrestricted funds funds	U		58,876	26,700	- 17,396	54,050		122,230
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	**N/a**	**N/a**	-	-	-	-	-	-
		Total Funds	102,712	279,316	- 216,680	-	-	165,348

total R	34,519
Total U	130,829

0

- 1,401

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	£45745 has been transfererd from unrestricted funds to restricted funds to correct a management misunderstanding in 2022 with regard to fund allocation. In particular funding from Hackney Council has now been recognised as restricted whereas it had been previously recognised as restricted.	45,745
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)	**1**

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)	**1**

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)	***0***

Type of expenses reimbursed	This year	Last year
	£	£
Travel	844	1,511
Subsistence	-	-
Accommodation	-	-
Other (please specify):	-	-
	-	-
TOTAL	844	1,511

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)	***1***

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) *1*

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.

Section C	Notes to the accounts	(cont)

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 2023	**Charity no (if any)**	327216
Set out on pages	(remember to include the page numbers of additional sheets)		

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/10/2023.

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:**	30/08/2024
Name:	Elizabeth Helen Thomson		
Relevant professional qualification(s) or body (if any):	FCA, CTA ICAEW – Membership No. 2235079		

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.