

REGISTERED COMPANY NUMBER: 03313255 (England and Wales)

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023
FOR
FOUNDATION FOR INTERNATIONAL SPIRITUAL
UNFOLDMENT
FISU**

Thaker & Co.
Chartered Accountants
31 Southwood Gardens
Gants Hill
Ilford
Essex
IG2 6YF

**FOUNDATION FOR INTERNATIONAL SPIRITUAL
UNFOLDMENT (REGISTERED NUMBER: 03313255)
FISU**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Principal activity of the charity is that of providing facilities and instructions to further the humanitarian aims of the charity. The charity's registration number is 1061185.

Significant activities

2023 was a better year for us and showed recovery from the COVID Period. We managed to expand centres in Europe and in particular Spain and Cyprus. Though there is much competition, we are seeing an increase in interest and commitments to take courses.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03313255 (England and Wales)

Registered Charity number

1061185

Registered office

58 Marlborough Road
Chingford
London
E4 9AL

Trustees

R W Ward
P K Antoniou
Ms R J Gould

Company Secretary

Independent Examiner

Thaker & Co.
Chartered Accountants
31 Southwood Gardens
Gants Hill
Ilford
Essex
IG2 6YF

**FOUNDATION FOR INTERNATIONAL SPIRITUAL
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FISU**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023**

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 7 September 2024 and signed on its behalf by:

R W Ward - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
FOUNDATION FOR INTERNATIONAL SPIRITUAL
UNFOLDMENT**

Independent examiner's report to the trustees of Foundation For International Spiritual Unfoldment ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Bipin Thaker

Thaker & Co.
Chartered Accountants
31 Southwood Gardens
Gants Hill
Ilford
Essex
IG2 6YF

7 September 2024

**FOUNDATION FOR INTERNATIONAL SPIRITUAL
UNFOLDMENT
FISU**

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023**

	Notes	31.12.23 Unrestricted fund £	31.12.22 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		7,114	8,469
Other trading activities	2	24,379	13,712
Total		<u>31,493</u>	<u>22,181</u>
 EXPENDITURE ON			
Raising funds	3	35,978	19,537
		<u> </u>	<u> </u>
NET INCOME/(EXPENDITURE)		(4,485)	2,644
 RECONCILIATION OF FUNDS			
Total funds brought forward		(2,628)	(5,272)
		<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD		<u><u>(7,113)</u></u>	<u><u>(2,628)</u></u>

The notes form part of these financial statements

**FOUNDATION FOR INTERNATIONAL SPIRITUAL
UNFOLDMENT (REGISTERED NUMBER: 03313255)
FISU**

**STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2023**

	Notes	31.12.23 Unrestricted fund £	31.12.22 Total funds £
CURRENT ASSETS			
Cash at bank		237	4,722
CREDITORS			
Amounts falling due within one year	6	(400)	(400)
NET CURRENT ASSETS/(LIABILITIES)		<u>(163)</u>	<u>4,322</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		(163)	4,322
CREDITORS			
Amounts falling due after more than one year	7	(6,950)	(6,950)
NET ASSETS		<u>(7,113)</u>	<u>(2,628)</u>
FUNDS	8		
Unrestricted funds		<u>(7,113)</u>	<u>(2,628)</u>
TOTAL FUNDS		<u><u>(7,113)</u></u>	<u><u>(2,628)</u></u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

**FOUNDATION FOR INTERNATIONAL SPIRITUAL
UNFOLDMENT (REGISTERED NUMBER: 03313255)
FISU**

**STATEMENT OF FINANCIAL POSITION - continued
31 DECEMBER 2023**

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 7 September 2024 and were signed on its behalf by:

R W Ward - Trustee

The notes form part of these financial statements

**FOUNDATION FOR INTERNATIONAL SPIRITUAL
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. OTHER TRADING ACTIVITIES

	31.12.23	31.12.22
	£	£
Educational courses	24,379	13,712

**FOUNDATION FOR INTERNATIONAL SPIRITUAL
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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

3. RAISING FUNDS

Raising donations and legacies

	31.12.23	31.12.22
	£	£
Telephone	1,002	999
Postage and stationery	(366)	5,708
Cost of educational courses	19,579	2,713
Travel	1,774	196
Advertising	7,614	3,455
Subscriptions	947	331
Support costs	5,428	6,135
	<u>35,978</u>	<u>19,537</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2023 nor for the year ended 31 December 2022.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	8,469
Other trading activities	13,712
Total	<u>22,181</u>
EXPENDITURE ON	
Raising funds	19,537
	<u> </u>
NET INCOME	2,644
RECONCILIATION OF FUNDS	
Total funds brought forward	(5,272)
	<u> </u>
TOTAL FUNDS CARRIED FORWARD	<u>(2,628)</u>

**FOUNDATION FOR INTERNATIONAL SPIRITUAL
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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.23	31.12.22
	£	£
Accrued expenses	400	400
	<u>400</u>	<u>400</u>

7. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	31.12.23	31.12.22
	£	£
Other creditors	6,950	6,950
	<u>6,950</u>	<u>6,950</u>

8. MOVEMENT IN FUNDS

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	(2,628)	(4,485)	(7,113)
	<u>(2,628)</u>	<u>(4,485)</u>	<u>(7,113)</u>
TOTAL FUNDS	<u>(2,628)</u>	<u>(4,485)</u>	<u>(7,113)</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	31,493	(35,978)	(4,485)
	<u>31,493</u>	<u>(35,978)</u>	<u>(4,485)</u>
TOTAL FUNDS	<u>31,493</u>	<u>(35,978)</u>	<u>(4,485)</u>

Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	(5,272)	2,644	(2,628)
	<u>(5,272)</u>	<u>2,644</u>	<u>(2,628)</u>
TOTAL FUNDS	<u>(5,272)</u>	<u>2,644</u>	<u>(2,628)</u>

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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

8. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	22,181	(19,537)	2,644
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>22,181</u>	<u>(19,537)</u>	<u>2,644</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.22 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	(5,272)	(1,841)	(7,113)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>(5,272)</u>	<u>(1,841)</u>	<u>(7,113)</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	53,674	(55,515)	(1,841)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>53,674</u>	<u>(55,515)</u>	<u>(1,841)</u>

**FOUNDATION FOR INTERNATIONAL SPIRITUAL
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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023.

**FOUNDATION FOR INTERNATIONAL SPIRITUAL
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FOR THE YEAR ENDED 31 DECEMBER 2023**

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