

**THE  
JANKI FOUNDATION  
FOR SPIRITUALITY IN HEALTH CARE**

**ANNUAL REPORT  
YEAR ENDED 31 OCTOBER 2022**

**(Charity No. 1063908)**

# THE JANKI FOUNDATION FOR SPIRITUALITY IN HEALTH CARE

(Charity No. 1063908)

## *Annual Report*

**YEAR ENDED 31 OCTOBER 2022**

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**The Janki Foundation for Spirituality in Healthcare**  
**Report of the Trustees**  
**For the year ended 31 October 2022**

The trustees present their report, along with the financial statements of the charity, for the year ended 31 October 2022. The financial statements have been prepared based on the accounting policies set out in note 1 (page 12) to the financial statements and comply with the charity's constitution. The Janki Foundation for Spirituality in Healthcare is a charity registered with the Charity Commission under registration number 1063908.

**Legal and administrative information**

***Chairperson***

Dr Sarah Eagger

***Vice Chairperson***

Vacant

***Honorary Treasurer***

Charoobala Maroo (stepped down 27<sup>th</sup> Oct 2022)

Chandrabala (Charu) Patel (new Honorary Treasurer as of 27<sup>th</sup> October 2022)

***Honorary Secretary***

Viraj Patel

***Trustees***

Dr Sarah Eagger

David Goodman

Charoobala Maroo

Chandrabala Patel

Mahesh Patel

Nayankumar Patel

Ratan Thadani

***Independent Examiner***

Umang Mody

***Business Address***

7 Kenton Court,

Kenton Road

Harrow

HA3 8AQ

**Structure, Governance and Management*****Trustees and organisational structure***

The trustees who held office during the financial year and at the date of this report are set out on page 1.

The constitution allows up to 16 trustees to be appointed. All members of the board of trustees shall retire from office together at the end of five years, after the date on which they came into office. However, they may be re-elected or re-appointed. All existing trustees were re-elected at the AGM on 27<sup>th</sup> October 2022, after a 5-year term and all have experience of being a charity trustee. Some of the trustees have served in this role since the charity was set up. New trustees are nominated by members of the board of trustees. When appointed they are informed about the work of the charity, charity laws and are provided with information to help them fulfil their roles as trustees.

Each trustee takes responsibility for the charity's activities, chairing sub-groups as required for the main areas of work. Each sub-group reports to the board of trustees where key decisions are undertaken.

The charity's honorary secretary together with several volunteers manage the day-to-day operation of the charity on behalf of the trustees.

***Risk management***

Trustees deal with specific areas of the charity, e.g., finance, legal and administrative funding. Individuals chosen for these roles are based on their experience and hence the trustees have mitigated risks via this approach.

All significant activities undertaken are subject to a risk review as part of the initial project assessment and implementation.

Major risks considered are:

- Operational performance, including risks to our personnel and volunteers
- Achievement of our aims and objectives

The trustees review these risks on an ongoing basis and satisfy themselves that adequate systems and procedures are in place to manage the risks identified.

We continue to review our internal controls, management accounting and budget-setting processes to establish a better system of reporting on spending.

**Objectives and Activities**

The Janki Foundation for Spirituality in Healthcare (JF) is a non-governmental, non-political, non-religious organisation established in 1997. The Trust is constituted under a constitution adopted on 15<sup>th</sup> December 1996 and amended by resolutions on 3<sup>rd</sup> August 1997 and 20<sup>th</sup> June 2000. The constitution was further amended by resolution on 19<sup>th</sup> August 2014 (Creation of the post of Vice-Chair) and 14<sup>th</sup> November 2014 (Change in Charity Name approved by the Charity Commission, and change to Clause L (1)), which was registered with the Charity Commission. The constitution defines the charity's objectives as being:

- Relieve sickness and protect and preserve public health in Rajasthan, India, particularly by assisting the work of The J Watumull Global Hospital and Research Centre at Mount Abu.
- Advance education by the provision of health education programmes and by undertaking medical research and disseminating the useful results thereof.



The activities currently carried out by the charity to deliver these objectives can be broadly categorised into the following areas:

- **J Watumull Global Hospital and Research Centre (GHRC):** The Foundation was originally set up to support GHRC. The charity's trustees and friends continue to be proactive in providing expertise and guidance on specific projects.
- **Organising educational conferences, dialogues, seminars, lectures, workshops and retreats.**
- **Educational products** - The Foundation continues to look at developing further educational products to support healthcare professionals in their daily challenges.
- **Values in Healthcare: a spiritual approach (VIHASA):** a unique educational programme to support the well-being of healthcare professionals (launched in 2004) - this resource continues to be available online free of charge.
- **Publications and resources – VIHASA pack and three self-help books with CDs/mp3 audio tracks:**
  - *Lifting Your Spirits: Seven Tools for Coping with Illness,*
  - *The Heart of Well-being: Seven Tools for Surviving and Thriving and*
  - *Stillness in the Storm: 7 tools for coping with fear and uncertainty*

The Foundation also produces small booklets to support healing and well-being.

- **Networking and collaborating with other organisations to promote the integration of spirituality in healthcare.**

The charity delivers its charitable objectives entirely through volunteers.

### Activities, Achievements and Performance

Over the last year, the Foundation has been involved in various activities many of which have continued online since the lifting of covid restrictions.

- **JF annual general meeting** was held (virtually via Zoom) on 27th October 2022, where amongst other discussions, the accounts for the year ending October 2021 were discussed and approved.
- **The Values in Healthcare programme**

The Foundation's flagship project is Values in Healthcare: a spiritual approach (VIHASA), a modular personal and team development programme supporting practitioner wellbeing. The programme is delivered via a pack of materials which was first published in 2004. Since then the programme has been translated into more than a dozen languages and is in use in over 50 countries. The VIHASA pack continues to be available online free of charge on the Foundation's website. Up to the end of October 2022, 248 requests have been received for the free downloadable pack. The printed pack is also available to purchase online at a very reasonable price. Advice and guidance (including requests for training) are given to individuals and organisations who wish to use the programme. VIHASA activities continue around the world, notably in India and South Africa.
- **VIHASA Online Project**

As an addition to the success of the programme, VIHASA has now been adapted for online delivery. In this new phase, two trainings of VIHASA online facilitators have taken place in the spring and late summer of 2022. Based on the VIHASA programme, each training comprises of four x 3-hour online sessions, created by Nirmala Ragbir-Day with the assistance of Arnold Desser, Masana De Souza, Elaine Roddam and Raksha Balbadhur. All trained facilitators have been invited to a follow-up online meeting to discuss ways forward and to form regional groups on how to take the project forward. Additionally, another three self-support facilitators' online sessions have been offered to all facilitators. A third training will take place in

January/February 2023. Up to the end of 2022, 38 facilitators from 14 countries have been trained to run the VIHASA programme online.

As part of the JF 25 year's celebration, an online event will be held on Sunday 26 March 2023 for the global launch of the VIHASA Online Project. A planning group for this event has been formed and the project is a work in progress.

A spin-off pilot project at Citizen Bank, USA has been organised by the USA West Coast Regional VIHASA Group. Eight x 1.5 hr online sessions are planned.

- **Care, Share and Inspire – Can we thrive in today's healthcare systems?**

This special event marking the 25<sup>th</sup> Anniversary celebration of the Janki Foundation will be hosted jointly with the Brahma Kumaris World Spiritual University (BKWSU) as a public event on the 10th of December 2022. A working group has been meeting regularly for the last few months to develop the programme. Highlights of the day will include keynote speakers, dialogue, panel discussion, poetry, song, meditation and small-group conversations. New models of good practice will be explored to enable healthcare professionals and organisations to continue to function effectively, and even to thrive within the current constraints.

- **Courage and Compassion in a Time of Crisis**

This was the first live public event after the covid pandemic restrictions. It was held on 31st July 2022 in collaboration with the Brahma Kumaris at the Global Cooperation House, London. Dr Sarah Eagger, Chair of JF, was in conversation with Dr Partap Midha, Medical Director of J.Watumull Global Hospital and Research Centre, Rajasthan, India. Sarah explored how the pandemic affected Dr Midha and his colleagues, how he managed the initial confusion. How his daily spiritual practices enabled him to cope as the scale of the pandemic and demands on scarce resources escalated in the following months.

- **Silence Retreats at Quiet View in Kent**

These silence retreats are being offered again as face-to-face day retreats. Led by Dr Julia Ronder (Child and Adolescent Psychiatrist, Certified Mindful Self-Compassion Teacher, Janki Foundation Coordinator, Kent) and Rev Lizzie Hopthrow (Director of Quiet View), along with others, these retreats continue to successfully attract participants.

Lorraine Millard, Psychotherapist, Supervisor, and Mindfulness Instructor led the retreat called ***Spiritual Warriors Abide; How can we Play Our Part?*** (Apr 22)

Rev Lizzie Hopthrow, led the Silent Retreat, ***Hope*** (July 22)

Dr Julia Ronder, led the retreat called ***Taking Care of Oneself*** (Oct 22)

- **Selfcare Days**

These online one-day self-care retreats continue to provide an online presence to guide people through self-care practices and a reflective pause in their busy lives. They are led by Nirmala Ragbir-Day and held every month on a Monday. Twelve retreats have taken place between October 2021 and October 2022.

Topics covered include ***Nurturing Self Compassion, Igniting and Sustaining the Light Within, Giving the Gifts of Peace Love Hope, Silence Heals, Love Connects, Truth Guides, Happiness Nourishes, Purity Reveals, Compassion Understands, Kindness Touches, Forgiveness Releases, Patience Waits and Faith Trust.***

- **Honouring Life**

These successful monthly online panel discussions continued through March 2022. They were run in collaboration with Brahma Kumaris UK and were led by Nirmala Ragbir-Day. Topics covered included:

***The Gift of Life*** - December 2021; ***Losing Hope*** – January 2022; ***Hope, Purpose and Newness*** - March 22.

In April 22, an in-person get-together was held in Leicester for all the speakers, planning team members and the Janki Foundation steering group members, to meet each other and reflect on the journey throughout the Honouring Life series.

- **Podcast: Why We Aren't Good at Looking After Ourselves**

This year the Foundation produced its first podcast in which Dr Julia Ronder interviewed Sarah Kuipers (Stress Management Coach, Trainer and Author of The Thriving Giver) and Sarah Eagger. Rather than addressing the organisational side of burnout, this podcast explored the more personal internal aspects



of burnout. This is the first of many podcasts that the steering group hope to develop, exploring with healthcare professionals how they use spirituality to support them in their work

- **Stillness in the Storm**

This book was co-authored by Jan Alcoe and Dr Sarah Eagger during and in response to the pandemic. It is available as an e-book and in print form. Jan has recorded it as an audiobook. Sarah and Jan are developing an online course.

- **Leading from the Heart**

Two of these online retreats took place in the autumn of 2021. Each was a three-hour guided retreat taking place on a Saturday morning, focusing on enhancing self-care and well-being. The retreats provided an exploration into ways to effectively deal with the personal and professional pressures of life, by building spiritual skills into one's own self-care and personal development programme. Participants had an opportunity to discover or further develop skills including mindfulness, resilience, self-compassion, meditation and relaxation.

- **International Compassion Community**

JF continues to collaborate with an independent Dutch foundation (BFC Compassionate Care & Mindful Medicine) in providing facilitators to lead the three-times-a-week meditation for English-speaking healthcare workers. This also includes contributions to online webinar sessions.

#### **Other events and retreats**

- **Meditation sessions in London hospitals**

An initiative to enable healthcare workers to experience how spirituality can be integrated into their current working practice. The meditation sessions offered to healthcare staff at St Mary's and Queen Charlotte Hospital paediatric intensive care units continue in a smaller form online for the time being.

- **The Northern Group**

Also support meditation sessions at Bangor Hospital, in North Wales where they promote the Happidote App.

- **Publications**

The Foundation continues to work with Brahma Kumaris Information Services (BKIS) to market and distribute all JF publications. These publications are available on the Foundation's website, as well as on Inspired Stillness, the BKIS website. Sales orders received on the JF website are redirected to Inspired Stillness for processing and distribution. Lifting Your Spirits & Heart of Wellbeing ebooks have been created and work has begun on an audiobook of Stillness in the Storm.

- **Booklets supporting healing and well-being**

These are available online, printed copies are also available on request. A brief information flyer about the work of the Foundation is also available online.

- **Some health trusts in the UK continue to use or integrate JF materials** in their training, study days and retreats, particularly South West Yorkshire Partnership NHS Trust.

- **Ad-hoc presentations and workshops continue** online at conferences, exhibitions and networking with organisations dealing with mental health, etc.

- **Northern Group**

The Northern group supports health and social care practitioners in their local area and continues to promote the Happidote app. The group planned and hosted an online JF community meeting on 27<sup>th</sup> Feb 2022 and a JF retreat at Lighthouse Retreat Centre, Worthing 20-22 May 2022.

- **Happidote**

This free mobile phone meditation app for health and social care professionals and caregivers was launched in November 2019. The app offers an easy way to access practical advice through simple guided meditations to help calm the mind and soothe the stress of work. Ten common scenarios faced in healthcare settings have been identified; for each scenario, a short commentary has been prepared as an antidote.

Currently, there are 650 monthly users & 74 daily users on both Android and iOS platforms, which is a drop from 1000 monthly users in the previous year. The average number of users per month on Android has dropped from 501 (October 2021) to 431, with an average of 41 daily users. iOS average users per month have increased from 174/month last year to 223/month this year, with an average of 33 daily users. There was a spike during April, May, June and July when the average users went up to 335/month.

To increase the number of users of the app new features need to be introduced and the app needs to be promoted regularly.

A request has been received from Israel for the translation of the meditations into Hebrew.

- **Foundation's website**

This is running well and most of the updates are being managed in-house. Additional ongoing paid support is being provided by Health Hosts. Details of forthcoming events, news, videos of past lectures, updates on publications and other resources are all available on the website.

- **Social media**

The Foundation continues to build its social media presence on Instagram and Facebook. It uses these platforms to share details about any upcoming events and activities, JF resources and other information.

- **GDPR**

Priority areas were implemented from 25<sup>th</sup> May 2018. A data management system is in place in line with GDPR. Our systems and processes are reviewed on a periodic basis.

- **Administration**

The small administration team (volunteers) continues to provide administrative support virtually for managing the day-to-day running of the office and provides support for the Foundation's events and activities. Most meetings take place online.

## **Financial Review**

During the year, the charity raised £113,676 (2021: £124,747) from donations, legacies and similar incoming resources. We are pleased to report that our financial support commitment to Global Hospital and Research Centre was fulfilled. Income from information and education programmes totalled £4,596 (2021: £1,409) in the year.

The charity has £254,435 (2021: £211,047) of total cash funds carried forward at the end of the year.

## **Reserves Policy**

In accordance with the guidelines of the Charity Commission, we have a reserves policy in place.

## **Plans for the Future**

- **J Watumull Global Hospital & Research Centre**

The charity is to continue providing financial support for the existing projects carried out by the hospital and endorse the overall holistic approach taken to healthcare since the hospital was set up.



- **Organising educational conferences, seminars, lectures, workshops and retreats: 2022 and ongoing**
  - The special event, '**Care, Share and Inspire – Can we thrive in today's healthcare systems?**' marking the 25<sup>th</sup> anniversary celebration of the Janki Foundation will take place on 10th December 2022. It will be an all-day conference in collaboration with BKWSU. Further discussions will take place after the event for possible ways to review feedback received and build on the themes. A possible second event may take place in the summer of 2023 with the Brahma Kumaris at Harmony House Leicester, as part of the JF 25-year celebration.
  - **Values for Self-care** – half-day in-person retreats to take place in Newcastle upon Tyne in February, April, July & October 2023 led by Nirmala Ragbir-Day.
  - **Selfcare Days** – continue providing an online presence where people can take time out to spend the day in silence, recharging and nurturing, with an opportunity to share in a safe space.
  - Creation of a workshop around coping with fear and uncertainty based on '**Stillness in the Storm**'.
  - **Northern group** – to continue supporting meditation sessions at Bangor Hospital, North Wales and promoting Happidote.
  - Further the Foundation's work by collaborating with a Dutch foundation in providing daily meditations for healthcare workers and expanding this to the English-speaking world.
- **Values in Healthcare:**
  - Launch of the VIHASA Online Project will take place on Sunday 26th March 2023.
  - VIHASA global online rollout programme will go ahead after the global launch. The plan is for the 8 regions to hold their own facilitator support sessions.
  - A VIHASA regional coordinators in-person retreat will be organised for 23-26th June 2023.
  - Thousands of people have benefited from the programme around the world since it was launched in 2004. VIHASA is offered online on the Foundation's website as a free resource for anyone to use as they wish. The printed pack continues to be offered at a reduced price.
  - The charity continues to be open to opportunities and discussions for the programme to be used by individuals or organisations as part of an overall strategy for integrating spirituality in their organisation, as well as exploring how it could be integrated into healthcare professionals' education.
  - The Foundation is also looking into producing a platform with online resource materials for those using the VIHASA programme, and other products to support healthcare workers. The resources for these need to be agreed.
  - Creation of a new module for the VIHASA pack.
- **Social media**

Build on this presence to inform people of our resources and activities, as well as posting blogs on health-related topics. Send a social media survey to all those on the JF database.
- **Silence Retreats at Quiet View in Kent**

The three-monthly silence retreats in the Kent area will continue.
- Continue with **collaborative activities** as opportunities arise.
- **Hospital meditations.**

The meditations being offered to healthcare staff at St Mary's and Queen Charlotte Hospital are also to continue online for the time being.
- **Happidote**

Further promotion of this free meditation and stress reduction mobile phone application, and consider developing new features.
- **Podcast**

Develop further podcasts exploring with healthcare professionals how they use spirituality to support them in their work.

- **Publications**

The Foundation continues to work with BKIS to promote all JF publications. The charity is still planning on creating audiobooks for the books in the '7 Tools' series. Also working with BKIS and m-y books for distribution of JF ebooks on Amazon and audiobooks on Google Play

- **The Steering Group** helps plan activities, propose changes and makes recommendations on the way forward with the changing climate in the health sector. Any new projects and recommendations are put forward for decisions and approval by the Trustees (who meet twice a year). The steering group continues to meet online on a monthly basis; this will be reduced to every two months from 2023, with the occasional face-to-face meeting.

- **The wider Community Group**, which at present consists of 71 members from all over the UK, continues to meet twice a year. These meetings empower those interested in initiating local activities in line with the Foundation's aims and objectives, as well as allowing them to explore and develop educational materials to support the healthcare community. The meetings continue online with face-to-face meetings being considered where feasible, along with possible in-person retreats.

- **Northern Group** continue to support JF by promoting the Happidote app and holding events.

- The next **AGM** is likely to be scheduled for October 2023. The exact date is to be confirmed.

**Declaration**

The trustees declare that they have approved the trustees' report.

Signed on behalf of the charity's trustees.

Signature



Full name

DR SARAH EAGER

Position

CHAIR

Date

11/08/2023

## Independent Examiner's Report to the Trustees of The Janki Foundation for Spirituality in Health Care

### Independent Examiner's Report to the Trustees of The Janki Foundation for Spirituality in Health Care

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31<sup>st</sup> October 2022 as set out on pages 10 to 14.

#### Responsibilities and basis of the report

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

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

#### Independent examiner's statement

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

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

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

Signature Umang B Mody

Date: 17-08-2023

Name: Umang B Mody


Relevant professional qualifications:

Chartered Accountant (The Institute of Chartered Accountants of India)

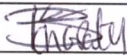
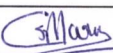
Certified Internal Auditor (The Institute of Internal Auditors, USA)

Address: Flat 24, Dao Court, Dacre Road, London, E13 OPG



		Name : The Janki Foundation for Spirituality in Health Care		No: 1063908		CC16a	
		Receipts and payments accounts					
		For the period from	01/11/2021	To	31/10/2022		
Section A Receipts and payments							
	Note	Unrestricted funds		Restricted funds	Endowment funds	Total funds	Last year
		to the nearest £		to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts							
Donations, legaices and incoing resources	2	103,676		10,000	-	113,676	124,747
Investment Income	3	591		-	-	591	515
Information and Education Programme	4	4,596		-	-	4,596	1,409
		-		-	-	-	-
		-		-	-	-	-
		-		-	-	-	-
		-		-	-	-	-
		-		-	-	-	-
Sub total (Gross income for AR)		108,863		10,000	-	118,863	126,671
A2 Asset and investment sales, (see table).							
				-	-	-	
		-		-	-	-	-
Sub total		-		-	-	-	-
Total receipts		108,863		10,000	-	118,863	126,671
A3 Payments							
Grants and Donations Paid	5	61,659		10,000	-	71,659	92,945
Values in Health Care programme	5	164		-	-	164	195
Lifting Your Spirits	5	543		-	-	543	312
Well Being	5	575		-	-	575	273
Stillness in the Storm	5	1,645		-	-	1,645	2,018
General administration	6	1,315		-	-	1,315	1,558
Rent deposit refund	8	- 427		-	-	- 427	-
		-		-	-	-	-
		-		-	-	-	-
Sub total		65,474		10,000	-	75,474	97,300
A4 Asset and investment purchases, (see table)							
Capital Work In Progres				-	-	-	
		-		-	-	-	-
Sub total		-		-	-	-	-
Total payments		65,474		10,000	-	75,474	97,300
Net of receipts/(payments)		43,389		-	-	43,389	29,371
A5 Transfers between funds		-		-	-	-	-
A6 Cash funds last year end		211,047		-	-	211,047	181,676
Cash funds this year end		254,435		-	-	254,435	211,047

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank and Petty Cash- Refer Note 7	254,435	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>254,435</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>	Details			
	Rent deposit - Refer Note 8	-	-	-
	Capital Work in Progress	-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Fixed Assets - Note 9	0	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		0	-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		CHANDRABALA PATEL	17/8/2023	
		CHARUBALA MAROO	17/8/2023	

## Notes to the Accounts

### Note 1: Accounting policies

The principal accounting policies, all of which have been applied consistently throughout the year, are set out below. Where a change of accounting policy or treatment has occurred, the prior year's figures have been adjusted to reflect the new treatment.

#### (a) Basis of preparation

These accounts have been prepared on a receipts and payment basis.

#### (b) Fund Accounting

Unrestricted funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted funds are those donated for use in a particular area for specific purposes, the use of which is restricted to that area or purpose.

#### (c) Foreign currencies

Transaction in foreign currency is recognised at the exchange rate at the date of the transaction.

#### (d) Depreciation policy

Depreciation is provided on all tangible fixed assets at rates calculated to write off the following asset over its expected useful life as follows:-

Office equipment, Furniture and Fittings - 25% Straight Line

### Note 2: Donations, legacies and similar incoming resources

	Restricted funds	Unrestricted funds	Total	Total
	2022	2022	2022	2021
	£	£	£	£
Donations - gift aid	2,035	40,825	42,860	47,814
Donations – non-gift aid	7,965	50,150	58,115	66,156
Tax reclaimed on gift aid donations	-	12,701	12,701	10,778
Total	10,000	103,676	113,676	124,747

### Note 3: Investment income

	2022	2021
	£	£
Bank Interest	591	515

### Note 4: Information & Education Programmes

	2022	2021
	£	£
Value in Healthcare	-	130
Lifting your spirits	2,645	238
Heart of Well-being	324	92
Stillness in the Storm	1,627	949
Total	4,596	1,409



**Note 5: Grants and donations paid**

	Restricted funds	Unrestricted funds	Total	Total
	2022	2022	2022	2021
	£	£	£	£
General	-	61,330	61,330	70,555
General - Dr Pratap Visit	10,000	-	10,000	-
Covid Care				22,000
Management & administration expenditure (share as shown on Note 6 below)	-	329	329	390
Total	10,000	61,659	71,659	92,945

	Direct	Administration expenditure share shown on Note 6 below	Total	Total
	2022	2022	2022	2021
	£	£	£	£
Values in Healthcare programme	-	164	164	195
Lifting Your Spirits	280	263	543	312
Heart of Well-being	345	230	575	273
Stillness in the Storm	659	986	1,645	2,018
Total	1,284	1,644	2,927	2,797

**Note 6: Management and administration expenditure**

	2022	2021
	£	£
Rent	(840)	-
Telephone	78	487
Insurance	489	399
Postage, Printing and Stationery	-	79
Licences	1,500	900
Refreshments & Office Supplies	-	42
Computer Hardware/Software	1,670	1,794
Sundry Expenses	35	35
Happidote costs	79	70
Bank and Credit card Charges	277	91
Total	3,288	3,896

The **management and administration expenditure** has been split between the main objectives of the charity based on the income received for these activities. The basis agreed upon by the Trustees was to split administrative expenditure in the ratio of 10:5:8:7:30:40 for Grants & Donations, Values in Healthcare, Lifting Your Spirits, Well Being, Stillness in Storm and General Administration respectively.

	£	£
Grants & Donations	329	390
Value in Healthcare; A Spiritual Approach	164	195
Lifting Your Spirits	263	312
Heart of Well Being	230	273
Stillness in the Storm	986	1,169
General Administration	1,315	1,558
Total	3,288	3,896

<b>Note 7: Cash Funds</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Caf Gold A/c 89443	-	7,300
Caf Cash A/c 5954	3,742	3,000
Caf Cash Gold A/c 81745	45,710	34,961
Bank of India - Current A/c	383	383
Bank of India - Savings A/c	33,915	5,238
Bank of India - fixed deposit a/c	66,081	65,621
HSBC A/c 51706535	53,640	43,613
HSBC A/c 51706543	50,848	50,815
Petty cash	116	116
	<u>254,435</u>	<u>211,047</u>
<b>Note 8: Debtors</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Rent Deposit	-	427
	<u>427</u>	<u>427</u>
<b>Note 9: TANGIBLE FIXED ASSETS</b>	<b>2022</b>	<b>2021</b>
<b>COSTS</b>	<b>£</b>	<b>£</b>
Costs bought forward	26,459	26,459
Additions	-	-
Costs at the year end	<u>26,459</u>	<u>26,459</u>
<b>Accumulated Depreciation</b>		
Depreciation bought forward	26,135	25,811
Charge for the year	324	324
Depreciation carried forward	<u>26,459</u>	<u>26,135</u>
<b>NET BOOK VALUE</b>	<u>-</u>	<u>324</u>