

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

**ANNUAL REPORT
YEAR ENDED 31 OCTOBER 2023**

(Charity No. 1063908)

THE JANKI FOUNDATION FOR SPIRITUALITY IN HEALTH CARE

(Charity No. 1063908)

Annual Report

YEAR ENDED 31 OCTOBER 2023

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**The Janki Foundation for Spirituality in Healthcare
Report of the Trustees
For the year ended 31 October 2023**

Tribute to Arnold Desser, a Scientific and Medical Advisor to the Janki Foundation who passed peacefully on 23rd October 2023.

Arnold Desser contributed huge time, attention, enthusiasm and commitment to the Janki Foundation. He was a member of the core team that produced the training programme for healthcare workers, *Values in Healthcare: A Spiritual Approach* (2004). As part of the Janki Foundation team, he facilitated trainings all over the world.

Arnold also served on the Janki Foundation Steering Group, and he was the trusted editor on many written materials for the Janki Foundation, as well as being one of the Foundation's Scientific and Medical advisors. He was part of a team running regular meditation sessions - initially in person and later online - for staff and patients in two major London hospitals. Arnold will be sorely missed. As we continue the work of the Janki Foundation we carry with us his humour, love, curiosity, compassion and friendship.

The trustees present their report, along with the financial statements of the charity, for the year ended 31 October 2023. 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

Suja Chandran (appointed 25th May 2023)

Honorary Treasurer

Chandrabala (Charu) Patel

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 27th 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 15th December 1996 and amended by resolutions on 3rd August 1997 and 20th June 2000. The constitution was further amended by resolution on 19th August 2014 (Creation of the post of Vice-Chair) and 14th 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.

- **JF annual general meeting**

This was to be held virtually via Zoom on 26th October 2023, but was postponed to 7th December 2023, as a mark of respect for the passing of Arnold Desser.
- **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 2023, 308 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. Raksha Balbadhur, from South Africa, is planning to run the VIHASA programme online nationally every month for palliative care teams.

- **VIHASA Global**

This project was initially called VIHASA Online and is an online version of the well-established Values in Healthcare: a spiritual approach (VIHASA) modular programme, with an emphasis on the spiritual tools. They have been co-created and enabled by Nirmala Ragbir-Day, Masana De Souza, Elaine Roddam and Raksha Balbadhur. The global launch of the programme took place online on 26th March 2023, with several online facilitator training programmes running throughout the year.

As of October 2023, a total of 122 facilitators from 31 countries have been trained and supported online. They are grouped under 9 regions to enable cross learning from the pilot phase. While JF's emphasis has been on training the trainers, there are ongoing discussions on the how the expansion of the project can be further supported.

- ❖ **VIHASA Online Regional Coordinator Retreat 22-26th June 2023 Worthing**

An in-person retreat 'Caring, Sharing and Inspiring Values' was organised for regional core group members of VIHASA Global to meet up and to discuss the way forward for VIHASA. The retreat was attended by 16 facilitators from 5 regions including Africa, Canada, Caribbean, UK/Europe and the USA. It was held from Friday 23th – Monday 26th June 2023 at Lighthouse Retreat Centre in Worthing.

- ❖ **VIHASA Facilitators Retreat – Anubhuti Retreat Centre, USA**

The North America online VIHASA core team organised the first, in-person VIHASA retreat at Anubhuti Retreat Centre, USA from 26th - 28th October, followed by a public program on 'Self-compassion' on 29th October. 25 participants took part in the two and half day retreat, including 15 online-trained facilitators from USA and Canada.

The retreat was an opportunity to prepare, facilitate and experience a variety of exercises from the VIHASA modules.

Nirmala Ragbir-Day and Robert Day from the UK joined the retreat and gave feedback on where and how to improve facilitation skills and session planning.

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

This special event marking the 25th Anniversary celebration of The Janki Foundation was hosted jointly with the Brahma Kumaris World Spiritual University (BKWSU) as a public event on 10th December 2022. Highlights of the day included keynote speakers, dialogue, panel discussion, poetry, song, meditation and small-group conversations. The main topics were:

- Inspiring through Compassionate Leadership, Prof Michael West.
- Creating a Conscious Caring Culture, Dr Mary Prendergast & Prof Wilfred McSherry in conversation with Chrissie McGinn.
- Thriving in Health care- Julia Ronder's film of inspiring interviews.
- Courage to Follow your Heart- Rev Lizzie Hopthrow, Dr Rachna Chowla, Nirmala Ragbir-Day. Panel discussion moderated by Dr Julia Ronder.
- Sharing and Inspiring the Self- Sister Jayanti interviewed by Suja Chandran.

The JF working group that put together this event was Chrissie McGinn, Richard Hewitt, Sarah Eagger, Julia Ronder, Viraj Patel, Suja Chandran.

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

These face to face silence retreats continue to successfully attract participants. They are led by Dr Julia Ronder (Child and Adolescent Psychiatrist, Certified Mindful Self-Compassion Teacher, Janki Foundation Coordinator, Kent), Rev Lizzie Hopthrow (Director of Quiet View) and Lorraine Millard (Psychotherapist, Supervisor, and Mindfulness Instructor). Two retreats have taken place in April & October 2023, with the topics 'Micro-dosing Joy & Nurturing Inner Happiness' and Gathering in the Lights of Autumn to Help us Keep Rested, Our Hearts Warm and Our Minds Clear as we Prepare for Winter'.

- **Selfcare Days**

These online one-day self-care retreats have been running for two years, and 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, with sessions such as *Peace is, Patience waits, Forgiveness releases, Kindness touches, Reliable, Respect, Remarkable, Radiant, Resilient, Real*.

- **Values for Selfcare**

Nirmala Ragbir-Day has run four half day in-person selfcare retreats in Newcastle.

- **Stillness in the Storm**

This book was co-authored by Jan Alcoe and Dr Sarah Eagger during and in response to the pandemic. In addition to the e-book and print version, the book has been available as an audiobook since February 2023. Sarah and Jan will be working on an online workshop or course for 2024.

- **International Compassion Community**

JF continues to collaborate with an independent Dutch foundation (BFC Compassionate Care & Mindful Medicine) in providing facilitators to lead meditation sessions 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 are currently on hold and may be reintroduced in 2024.

- **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. The three books in the 7 Tools series: *Lifting Your Spirits*, *Heart of Wellbeing* & *Stillness in the Storm* are all available as eBooks and print format. *Stillness in the Storm* has also been available as an audiobook since February 2023, and work has begun on the audiobook for *Lifting Your Spirits*. The print version of *Lifting Your Spirits* can also be purchased on Amazon.

- **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 meets regularly to discuss service projects, and continues to support health and social care practitioners in their local area. The group planned a JF retreat at Lighthouse Retreat Centre, Worthing 11th-13th November 2022 with the theme 'Care, Share and Inspire - 25 years of JF – Sustaining my needs and way forward'.

- **Happidote**

This free mobile phone meditation app for health and social care professionals and caregivers was launched in November 2019. The app is an important resource that continues to be valued by healthcare workers all over the world. It 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.

The app is currently undergoing an upgrade and redevelopment to enable new features to be added on. Once completed, a relaunch is planned in 2024 to promote the app and increase the number of users.

- **Foundation's website**

This is running well and most of the updates are being managed in-house by Preety Bhudia. 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. There are progressive in-house discussions to re purpose the website content. This will enable more user friendly and byte size information presentation.

- **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. A social media review was undertaken in September 2023 for a better understanding of how spirituality related information is accessed by healthcare professionals. A survey link was sent to those on the JF database and themes received from the survey are being considered when planning for future events, messages and outreach programmes.

- **GDPR**

Priority areas were implemented from 25th 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 £115,827 (2022: £113,676) 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 £1,508 (2022: £4,596) in the year.

The charity has £275,030 (2022: £254,435) 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: 2023 and ongoing**
 - In-person Retreat for Healthcare professionals at Global Retreat Centre, Oxford. Title - *Rest & Restore* JF Retreat 20 – 22nd September 2024
 - JF Annual Event. Title – *Restoring Human Values, Reclaiming the Soul in Healthcare*. Global Cooperation House, London. 2.30pm – 5.30pm, Saturday 30th November 2024.
 - Creation of an online workshop around coping with fear and uncertainty based on ‘**Stillness in the Storm**’.
 - 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:**
 - 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 looking into producing an online platform with resource materials for facilitators who will be using the VIHASA-Global training content. New module content development for online delivery is in progress.
 - Creation of a new module for the VIHASA pack.
- **Social media**
The themes from the survey will be further consulted with the working group. Based on this, an action plan will be developed to build on the current social media presence to inform people of JF resources, activities and key messages.
- **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 maybe reintroduced again in 2024.
- **Happidote**
Relaunch of the app to promote and increase usage, 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 Lifting Your Spirits & Heart of Wellbeing. It is also working with BKIS and m-y books for distribution of JF e-books 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 every two months, with the occasional face-to-face meeting.

- **The wider Community Group** consists of 76 members from all over the UK. 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 as face-to-face meetings, along with possible in-person retreats. The next meeting is to be held on Saturday 2nd Dec 2023, 10-2pm after a gap of 3 years. It will be an opportunity for the community to meet face to face and connect. The main themes that will be explored are Gratitude from JF, social media survey results and actions to take forward. The community will continue to meet twice a year.

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

- The next **AGM** is likely to be scheduled for October 2024. 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

SARAH A EAGGER

Position

CHAIR

Date

19/08/2024

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 31st October 2023 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.

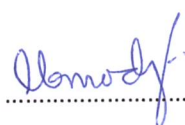
Independent examiner's statement

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



Date:

19/08/2024

Name: Umang B Mody

Relevant professional qualifications:

Chartered Accountant (The Institute of Chartered Accountants of India)

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

Address: Flat 24, Dao Court, Dacre Road, London, E13 0PG



CHARITY COMMISSION
FOR ENGLAND AND WALES

Name : The Janki Foundation for Spirituality in Health Care

No: 1063908

CC16a

Receipts and payments accounts

For the period from

01/11/2022

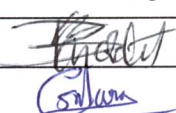

To

31/10/2023

Section A Receipts and payments

	Note	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts						
Donations, legacies and incoming resources	2	89,827	26,000	-	115,827	113,676
Investment Income	3	3,944	-	-	3,944	591
Information and Education Programme	4	1,508	-	-	1,508	4,596
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
Sub total (Gross income for AR)		95,279	26,000	-	121,279	118,863
A2 Asset and investment sales, (see table).						
		-	-	-	-	-
Sub total		-	-	-	-	-
Total receipts		95,279	26,000	-	121,279	118,863
A3 Payments						
Grants and Donations Paid	5	69,854	24,000	-	93,854	71,659
Values in Health Care programme	5	293	-	-	293	164
Lifting Your Spirits	5	530	-	-	530	543
Well Being	5	471	-	-	471	575
Stillness in the Storm	5	3,190	-	-	3,190	1,645
General administration	6	2,348	-	-	2,348	1,315
Rent deposit refund	8	-	-	-	-	427
		-	-	-	-	-
Sub total		76,685	24,000	-	100,685	75,474
A4 Asset and investment purchases, (see table)						
Capital Work In Progress		-	-	-	-	-
Sub total		-	-	-	-	-
Total payments		76,685	24,000	-	100,685	75,474
Net of receipts/(payments)		18,594	2,000	-	20,594	43,389
A5 Transfers between funds		-	-	-	-	-
A6 Cash funds last year end		254,435	-	-	254,435	211,047
Cash funds this year end		273,030	2,000	-	275,030	254,435

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 £
B1 Cash funds	Bank and Petty Cash- Refer Note 7	273,030	2,000	-
		-	-	-
		-	-	-
	Total cash funds	273,030	2,000	-
(agree balances with receipts and payments account(s))		OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Rent deposit - Refer Note 8	-	-	-
	Capital Work in Progress	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
	Fixed Assets - Note 9	0	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		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	19/8/24	
		CHANDRABALA MARU	19/8/24	

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.

Note 2: Donations, legacies and similar incoming resources

	Restricted funds	Unrestricted funds	Total	Total
	2023	2023	2023	2022
	£	£	£	£
Donations - gift aid	9,000	39,795	48,795	42,860
Donations – non-gift aid	17,000	37,552	54,552	58,115
Tax reclaimed on gift aid donations	-	12,481	12,481	12,701
Total	26,000	89,827	115,827	113,676

Note 3: Investment income

	2023	2022
	£	£
Bank Interest	3,944	591

Note 4: Information & Education Programmes

	2023	2022
	£	£
Value in Healthcare	45	-
Lifting your spirits	791	2,645
Heart of Well-being	-	324
Stillness in the Storm	672	1,627
Total	1,508	4,596

Note 5: Grants and donations paid

	Restricted funds	Unrestricted funds	Total	Total
	2023	2023	2023	2022
	£	£	£	£
General	-	69,267	69,267	61,330
GHRC - MRI & Thalassemia	24,000	-	24,000	10,000
Management & administration expenditure (share as shown on Note 6 below)	-	587	587	329
Total	24,000	69,854	93,854	71,659

	Direct	Administration expenditure share shown on Note 6 below	Total	Total
	2023	2023	2023	2022
	£	£	£	£
Programmes Expenditure:				
Values in Healthcare programme	-	293	293	164
Lifting Your Spirits	60	470	530	543
Heart of Well-being	60	411	471	575
Stillness in the Storm	1,429	1,761	3,190	1,645
Total	1,549	2,935	4,484	2,927

Note 6: Management and administration expenditure

	2023	2022
	£	£
Rent	-	-840
Telephone	60	78
Insurance	-	489
Furniture/ Fittings	245	-
Gifts	27	-
Licences	900	1,500
Travelling	113	-
Computer Hardware/Software (Comment 1)	4,166	1,670
Sundry Expenses	35	35
Happidote costs	82	79
Bank and Credit card Charges	241	277
Total	5,869	3,288

Comment 1: £2712 Software cost relates to payments that did not go through due to insufficient information from the company, the bank has now refunded £2646.75 in FY24

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.

	2023	2022
	£	£
Grants & Donations	587	329
Value in Healthcare; A Spiritual Approach	293	164
Lifting Your Spirits	470	263
Heart of Well Being	411	230
Stillness in the Storm	1,761	986
General Administration	2,348	1,315
Total	<u>5,869</u>	<u>3,288</u>

Note 7: Cash Funds

	2023	2022
	£	£
Caf Gold A/c 89443	-	-
Caf Cash A/c 5954	3,462	3,742
Caf Cash Gold A/c 81745	92,541	45,710
Bank of India - Current A/c	1,783	383
Bank of India - Savings A/c	2,797	33,915
Bank of India - fixed deposit a/c	68,069	66,081
HSBC A/c 51706535	4,576	53,640
HSBC A/c 51706543	101,686	50,848
Petty cash	116	116
Total	<u>275,030</u>	<u>254,435</u>

Note 9: TANGIBLE FIXED ASSETS
COSTS

	2023	2022
	£	£
Costs bought forward	26,459	26,459
Additions	-	-
Costs at the year end	<u>26,459</u>	<u>26,459</u>

Accumulated Depreciation

	2023	2022
	£	£
Depreciation bought forward	26,459	26,135
Charge for the year	-	324
Depreciation carried forward	<u>26,459</u>	<u>26,459</u>

NET BOOK VALUE

	2023	2022
	£	£
	-	-