

FRESH INSPIRATION

England & Wales · Charity number 1117603

Details

Status Registered

Legal form Charitable company

Company number [05614837](#)

Registered 2007-01-16

Register [View on the Charity Commission register](#)

Contact

Address Fresh Inspiration
Margaret Powell House
423 Midsummer Boulevard
Milton Keynes
MK9 3BN

Phone 07880898640

Email Fola@freshinspiration.org

Website www.freshinspiration.org

Activities

Objects: 3. OBJECTS THE CHARITY'S OBJECTS (THE OBJECTS) ARE:3.1 TO PROMOTE, UPHOLD AND ADVANCE THE PRINCIPLES OF THE CHRISTIAN FAITH IN GENERAL AND IN PARTICULAR TO WORK WITH AND STRENGTHEN THE WORK OF CHRISTIANS AND CHURCHES IN ANY PART OF THE WORLD IN RENDERING SERVICES TO THE COMMUNITIES3.2 TO FURTHER CHARITABLE PURPOSES WHICH RELIEVE PERSONS WHO ARE VULNERABLE (INCLUDING CHILDREN / YOUNG PEOPLE, ELDERLY, WIDOWS & SINGLE PARENTS, VICTIMS OF ABUSE) AND IN CONDITIONS OF NEED OR HARDSHIPS THROUGHOUT THE WORLD3.3 TO FURTHER CHARITABLE PURPOSES WHICH RELIEVE POVERTY, DISTRESS AND SUFFERING IN ANY PART OF THE WORLD AND PARTICULARLY WHEN ARISING FROM ANY PUBLIC CALAMITY OR THE LACK OF NATURAL OR ARTIFICIAL RESOURCES OR THE MEANS TO DEVELOP THEM, WHETHER ACTING ALONE OR IN ASSOCIATION WITH OTHERS3.4 TO PROMOTE AND FULFIL SUCH OTHER CHARITABLE PURPOSES BENEFICIAL TO THE COMMUNITY IN DIFFERENT PARTS OF THE UNITED KINGDOM OR THE WORLD.

Activities: Fresh Inspiration is a charity that is focused on activities (including fundraising) that alleviate the root causes of poverty and deprivation around the world. Our aim is to be effective, relevant and responsive; working in the best interest of all our key stakeholders.

Classification

- **How:** Provides Other Finance, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Accommodation/housing, Religious Activities, Arts/culture/heritage/science, Amateur Sport, Economic/community Development/employment, Other Charitable Purposes
- **Who:** Children/young People, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** DIFFERENT PARTS OF THE UNITED KINGDOM OR THE WORLD.
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-11-30	£76,430	£72,039	-	-
2023-11-30	£41,785	£58,710	-	-
2022-11-30	£54,034	£69,955	-	-
2021-11-30	£76,690	£41,419	-	-
2020-11-30	£29,140	£21,795	-	-

Trustees

Name	Role	Appointed
Alexander Pinheiro		2019-09-16
MRS FOLA KOMOLAFE		
Reynold Williams		2019-09-16
Uzochikwa Nwuga		2019-09-16

FRESH INSPIRATION

England & Wales - Charity number 1117603

Accounts

REGISTERED COMPANY NUMBER: 05614837 (England and Wales)
REGISTERED CHARITY NUMBER: 1117603

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 November 2024
for
FRESH INSPIRATION**

FRESH INSPIRATION

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FRESH INSPIRATION

Report of the Trustees for the year ended 30 November 2024

The trustees who is also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statement of the charity for the year ended 30 November 2024. 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)

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05614837 (England and Wales)

Registered Charity number
1117603

Registered office
Margaret Powell House
Midsummer Boulevard
Milton Keynes, England
MK9 3BN

Trustees
F O Komolafe
A Pinherio
Uzo Nwuga
R Williams

Company Secretary
F O Komolafe

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Fresh Inspiration is a charitable company limited by guarantee. It is governed by a Memorandum and Articles of Association and controlled by the Directors for the purpose of company law.

Principal Activity

The principal activity of the company in the year under review was the advancement of the Christian faith.

Risk management

The trustees have addressed the major risks to which the charity is exposed, in particular those relating to specific operational areas of the charity and its finances. The directors believe that by monitoring reserve levels, by ensuring controls exist over key financial systems and by examining the operational and business risks faced by the charity, they have established effective systems to mitigate those risks.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charity has one main objective:

To promote, uphold and advance the principles of the Christian faith.

It pursues this objective through the establishment of services, collaborations with Christian churches and other similar minded organisations in any part of the world rendering support and services to communities and/or persons in need.

Plans for the future

The charity is continually looking for ways of reaching out and spreading the principles of the Christian faith in an effective manner by getting more involved in the local communities in different parts of the United Kingdom and other parts of the world, teaching, providing resources and actively supporting existing and initiating new activities and programmes.

FRESH INSPIRATION

Report of the Trustees for the year ended 30 November 2024

Fresh Inspiration (FI) continues to equip, strengthen and inspire individuals through biblical teaching, leadership development and practical Christian service. We remain committed to being responsive to the needs of people and delivering programmes both online and in-person, expanding our reach through teaching sessions, podcasts, videos, blogs, counselling and seminars.

Teaching and Discipleship

FI continued to teach the gospel through online content. New podcast teachings were published on Apple, Spotify and Buzzsprout. There are teaching videos made available on YouTube and Instagram.

Marriage Courses & Counselling

We had a marriage seminar in June 2024, there were 40 couples and 2 premarital or engaged to be married couples in attendance. We continue delivering the counselling service virtually via Zoom and in person while we had 2 couples in person.

International Missions

We maintained active partnerships in Kenya, Uganda, Nigeria and Sierra Leone. Through donor generosity, we continued helping to provide healthcare, feeding support, education, safe accommodation and pastoral care for beneficiaries overseas.

Fresh Inspiration Bible Institute

FIBI, launched in 2019, continues to teach believers to live by the truth and teach the truth of the bible.

- To date: 102 graduates (Certificate in Biblical Studies) and 26 graduates (Certificate in Ministry Foundation)
- Current enrolment: 14 Certificate in Biblical Studies and 5 Certificate in Ministry Foundation.
- Students organised local and international evangelism and outreach initiatives as part of their training.

Acknowledgement

The Trustees express sincere appreciation to our donors, staff, volunteers and partners. Your continued commitment has made it possible to teach, support and transform lives throughout the year. Thank you for giving your time, gifts and resources to advance the vision of Fresh Inspiration.

Approved by order of the board of trustees on 24 October 2025 and signed on its behalf by

U. Nwuga - Trustee

FRESH INSPIRATION

Statements of Financial Activities for the year ended 30 November 2024

	Notes	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations, Gifts and legacies	2	43333	32593	75926	41492
Investment Income		504	0	504	293
Total		43837	32593	76430	41785
EXPENDITURE ON					
Charitable activities		8165	29030	37195	45063
General activities		34844	0	34844	13647
Total		43009	29030	72039	58710
NET INCOME/(EXPENDITURE)		828	3563	4391	-16925
RECONCILIATION OF FUNDS					
Total funds brought forward		21998	0	21998	38923
TOTAL FUNDS CARRIED FORWARD		22826	3563	26389	21998

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities

The notes form part of these financial statements

FRESH INSPIRATION

Balance Sheet

At 30 November 2024

	Notes	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	8	3787	-	3787	3745
CURRENT ASSETS					
Debtors		2000	-	2000	-
Cash at bank		21252	0	21252	18703
		<u>27039</u>	<u>0</u>	<u>27039</u>	<u>22448</u>
CREDITORS					
Amounts falling due within one year	9	650	0	650	450
NET CURRENT ASSETS		<u>26389</u>	<u>0</u>	<u>26389</u>	<u>21998</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>26389</u>	<u>0</u>	<u>26389</u>	<u>21998</u>
NET ASSETS					
		<u><u>26389</u></u>	<u><u>0</u></u>	<u><u>26389</u></u>	<u><u>21998</u></u>
FUNDS					
	10				
Unrestricted funds				26389	21998
Restricted funds				0	0
TOTAL FUNDS				<u><u>26389</u></u>	<u><u>21998</u></u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 November 2024

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 November 2024 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Section 386 and 387 of the Companies Act 2006 and
- 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 Section 394 and 395 which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the board of trustees on 24 October 2025 and were signed on its behalf by

U Nwuga - Trustee

The notes form part of these financial statements

FRESH INSPIRATION

Notes to the Financial Statements For the year ended 30 November 2024

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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in 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 cost 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.

Fixtures & equipment	10% on Cost
Computer equipment	25% on Cost

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 director.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restriction 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. ACTIVITIES FOR GENERATING FUNDS

	2024	2023
	£	£
Donations	22969	21591
Other income	34922	19901
Gift Aid Rebate	18035	0
	<u>75926</u>	<u>41492</u>

3. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	<u>504</u>	<u>293</u>

FRESH INSPIRATION

**Notes to the Financial Statements
for the year ended 30 November 2024**

4. NET INCOMING/(OUTGOING) RESOURCES

Net resources are stated after charging/(crediting)

	2024	2023
	£	£
Depreciation - owned assets	950	785
Deficit on disposal of fixed asset	-	-
	<u> </u>	<u> </u>

5. RAISING FUNDS

Raising donations and legacies

	2024	2023
	£	£
Support costs	27476	12627
	<u> </u>	<u> </u>

6. TRUSTEES'S REMUNERATION AND BENEFITS

	2024	2023
	£	£
	-	-
	<u> </u>	<u> </u>

There were no trustees expenses paid for the year ended 30 November 2024 nor for the year ended 30 November 2023

7. STAFF COSTS

The average monthly number of employees during the year was 1. (2023 - Nil)

	2024	2023
	£	£
Administration	5901	0
	<u> </u>	<u> </u>

8. TANGIBLE FIXED ASSETS

	Fixtures & Equipment	Computer	Totals
	£	£	£
Cost			
At 1 December 2023	5532	928	6460
Additions	557	435	992
	<u>6089</u>	<u>1363</u>	<u>7452</u>
Depreciation			
At 1 December 2023	2251	464	2715
Charge for year	609	341	950
	<u>2860</u>	<u>805</u>	<u>3665</u>
NET BOOK VALUE			
At 30 November 2024	<u>3229</u>	<u>558</u>	<u>3787</u>
At 30 November 2023	<u>3281</u>	<u>464</u>	<u>3745</u>

FRESH INSPIRATION

**Notes to the Financial Statements
for the year ended 30 November 2024**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Accruals and deferred income	650	450

10. MOVEMENT IN FUNDS

	At 1.12.23	Net movement in funds	Transfers between funds	At 30.11.24
	£	£	£	£
Unrestricted funds				
General fund	21998	828	-	22826
Restricted fund				
Missions fund	0	3563	-	3563
TOTAL FUNDS	21998	4391	-	26389

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	43837	(43009)	828
Restricted funds			
Missions fund	32593	(29030)	3563
TOTAL FUNDS	76430	(72039)	4391

11. RELATED PARTY DISCLOSURES

There are no related party transactions for the year ended 30 November 2024

FRESH INSPIRATION

**Detailed Statement of Financial Activities
for the year ended 30 November 2024**

	2024	2023
	£	£
INCOME AND ENDOWMENTS		
Donations	22969	21591
Gifts Aid Rebate	18035	0
Other Income	34922	19901
Deposit interest	504	293
	<u>76430</u>	<u>41785</u>
EXPENDITURE		
Charitable activities		
Missions	31030	37668
Seminars	4186	4045
Others	1979	3350
	<u>37195</u>	<u>45063</u>
General activities		
Advert & promotions	1254	338
Telephone	3749	1735
Post, Stationery & IT	5352	2295
Bank charges	110	98
Grants & awards	11102	4520
Insurance	345	250
Rent	5564	3391
	<u>27476</u>	<u>12627</u>
Support costs		
Human Resources		
Wages	5901	0
Social security	0	0
	<u>5901</u>	<u>0</u>
Others		
Travel	0	0
General expenses	137	0
Depreciation	950	785
Refreshments	0	0
	<u>1087</u>	<u>785</u>
Governance costs		
Legal & professional fees	380	235
	<u>380</u>	<u>235</u>
Total Resources expended	<u>72039</u>	<u>58710</u>
Net income/(expenditure)	<u>4391</u>	<u>-16925</u>

FRESH INSPIRATION

Independent Examiner's Report to the Trustees

I report to the Charity Trustees on my examination of the accounts of the company for the year ended 30 November 2024

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 my examination giving me cause to believe

- 1 accounting records are 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 requirements 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 method 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.

Mr O Obidipe

5 November 2025

FRESH INSPIRATION

England & Wales - Charity number 1117603

Accounts

REGISTERED COMPANY NUMBER: 05614837 (England and Wales)
REGISTERED CHARITY NUMBER: 1117603

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 November 2023
for
FRESH INSPIRATION**

FRESH INSPIRATION

**Contents of the Financial Statements
for the year ended 30 November 2023**

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Report of the Trustees for the year ended 30 November 2023

The trustees who is also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statement of the charity for the year ended 30 November 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)

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05614837 (England and Wales)

Registered Charity number

1117603

Registered office

Margaret Powell House
Midsummer Boulevard
Milton Keynes, England
MK9 3BN

Trustees

F O Komolafe
A Pinherio
Uzo Nwuga
R Williams

Company Secretary

F O Komolafe

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Fresh Inspiration is a charitable company limited by guarantee. It is governed by a Memorandum and Articles of Association and controlled by the Directors for the purpose of company law.

Principal Activity

The principal activity of the company in the year under review was the advancement of the Christian faith.

Risk management

The trustees have addressed the major risks to which the charity is exposed, in particular those relating to specific operational areas of the charity and its finances. The directors believe that by monitoring reserve levels, by ensuring controls exist over key financial systems and by examining the operational and business risks faced by the charity, they have established effective systems to mitigate those risks.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charity has one main objective:

To promote, uphold and advance the principles of the Christian faith.

It pursues this objective through the establishment of services, collaborations with Christian churches and other similar minded organisations in any part of the world rendering support and services to communities and/or persons in need.

Plans for the future

The charity is continually looking for ways of reaching out and spreading the principles of the Christian faith in an effective manner by getting more involved in the local communities in different parts of the United Kingdom and other parts of the world, teaching, providing resources and actively supporting existing and initiating new activities and programmes.

FRESH INSPIRATION

Report of the Trustees for the year ended 30 November 2023

As an organisation we are determined to be responsive to the needs of people and respectful to all. We have evolved and responded to the needs of our community. We continue to deliver our services through virtual channels and in person to drive the vision and objectives of FI. We continue to grow our reach through the teaching, podcasts, videos, blogs and seminars. We have returned to conventional programmes and are committed to serve using all available channels.

FRESH INSPIRATION TEACHING

Fresh inspiration continued teaching the truth of the gospel making use of both online channels and in person. Attracting new demographic of audience, so the programmes are adapted to get the message through and be relevant to the audiences. In the year we produced 15 teachings on FI podcast in 2023. The podcasts were made available on several platforms including Apple, Spotify and Buzzsprout. Over 150 minutes of video recordings of teachings are on our Youtube channel this year.

Faith Builders Masterclass: A monthly Saturday morning class focused on faith maturity and God's promises. The class continued as online. This masterclass has really helped participant in building their faith with reports of great testimonies from the partakers. There were 3 morning meetings in 2023 with 71 Unique Attendees across all the Faith Builders meetings.

Fresh Insights | Lunch & Learn: is a Wednesday lunchtime platform for network of professional believers to share their experience in the workplace and how their faith has strengthened them through the journey thereby encouraging one another. There were 9 Lunchtime Meetings in 2023 - 132 Unique Attendees Across All Fresh Insight Meetings. The broad range of topics were relevant and enlightening.

Marriage Seminars & Counselling

We held a marriage seminar in the year, April 2023, there were 38 couples and 4 premarital or engaged to be married couples in attendance. We continue delivering the counselling service virtually via Zoom and in person.

INTERNATIONAL PARTNERSHIPS

The International missions work in 5 more countries, Kenya (HOYWIK), Uganda (WIED and Dreams Children's Home), Nigeria (CDLI) Liberia and Sierra Leone continues. We did not have any international trips in the year, but we continue to support our partners and work with them to impact lives and bring glory to God. The needs of our partners' beneficiaries are growing, we are able to continue to support in providing healthcare, education, feeding, safe living environment and training. This was made possible through the sacrificial giving of our donors, coupled with prayers and counselling.

FRESH INSPIRATION BIBLE INSTITUTE

FIBI started in 2019 with 12 students. Today, we have 98 graduates of Certificate in Biblical Studies and 21 graduates of Certificate in Ministry Foundation. We currently have 13 students studying for a Certificate in Biblical Studies and 7 for Certificate in Ministry Foundation. We engage the communities through our missions and evangelism projects both locally and internationally.

Thanks And Appreciation

We are particularly thankful to the charity donors, the team and volunteers who have been so generous in their sacrificial contributions of time, efforts and finances to the ongoing work to see lives touched and changed for the better in the year.

Approved by order of the board of trustees on 29 August 2024 and signed on its behalf by

U. Nwuga - Trustee

FRESH INSPIRATION

Statements of Financial Activities for the year ended 30 November 2023

		Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM	Notes				
Donations, Gifts and legacies	2	23819	17673	41492	53999
Investment Income		293	-	293	35
Total		24112	17673	41785	54034
EXPENDITURE ON					
Charitable activities		27024	18039	45063	20237
General activities		13647	0	13647	49718
Total		40671	18039	58710	69955
NET INCOME/(EXPENDITURE)		-16559	-366	-16925	-15921
RECONCILIATION OF FUNDS					
Total funds brought forward		15291	366	15657	31578
TOTAL FUNDS CARRIED FORWARD		-1268	0	-1268	15657

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities

The notes form part of these financial statements

FRESH INSPIRATION

**Balance Sheet
At 30 November 2023**

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	8	3745	-	3745	4400
CURRENT ASSETS					
Debtors		0	-	0	-
Cash at bank		18703	0	18703	34773
		<u>22448</u>	<u>0</u>	<u>22448</u>	<u>39173</u>
CREDITORS					
Amounts falling due within one year	9	450	0	450	250
NET CURRENT ASSETS		<u>21998</u>	<u>0</u>	<u>21998</u>	<u>38923</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>21998</u>	<u>0</u>	<u>21998</u>	<u>38923</u>
NET ASSETS					
		<u><u>21998</u></u>	<u><u>0</u></u>	<u><u>21998</u></u>	<u><u>38923</u></u>
FUNDS					
Unrestricted funds	10			21998	38557
Restricted funds				0	366
TOTAL FUNDS				<u><u>21998</u></u>	<u><u>38923</u></u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 November 2023

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 November 2023 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Section 386 and 387 of the Companies Act 2006 and
- 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 Section 394 and 395 which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the board of trustees on 29 August 2024 and were signed on its behalf by

U Nwuga - Trustee

The notes form part of these financial statements

FRESH INSPIRATION

Notes to the Financial Statements For the year ended 30 November 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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in 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 cost 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.

Fixtures & equipment	10% on Cost
Computer equipment	25% on Cost

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 director.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restriction 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. ACTIVITIES FOR GENERATING FUNDS

	2023	2022
	£	£
Donations	21591	21037
Other income	19901	32962
Gift	0	0
	<u>41492</u>	<u>53999</u>

3. INVESTMENT INCOME

	2023	2023
	£	£
Deposit account interest	<u>293</u>	<u>35</u>

FRESH INSPIRATION

Notes to the Financial Statements for the year ended 30 November 2023

4. NET INCOMING/(OUTGOING) RESOURCES

Net resources are stated after charging/(crediting)

	2023	2022
	£	£
Depreciation - owned assets	785	772
Deficit on disposal of fixed asset	-	-
	<u> </u>	<u> </u>

5. RAISING FUNDS

Raising donations and legacies

	2023	2022
	£	£
Support costs	12662	48796
	<u> </u>	<u> </u>

6. TRUSTEES'S REMUNERATION AND BENEFITS

	2023	2022
	£	£
	-	-
	<u> </u>	<u> </u>

There were no trustees expenses paid for the year ended 30 November 2023 nor for the year ended 30 November 2022

7. STAFF COSTS

The average monthly number of employees during the year was Nil. (2022 - 4)

	2023	2022
	£	£
Administration	0	33549
	<u> </u>	<u> </u>

8. TANGIBLE FIXED ASSETS

	Fixtures & Equipment	Computer	Totals
	£	£	£
Cost			
At 1 December 2022	5402	928	6330
Additions	130	0	130
	<u>5532</u>	<u>928</u>	<u>6460</u>
Depreciation			
At 1 December 2022	1698	232	1930
Charge for year	553	232	785
	<u>2251</u>	<u>232</u>	<u>2715</u>
NET BOOK VALUE			
At 30 November 2023	<u>3281</u>	<u>696</u>	<u>3745</u>
At 30 November 2022	<u>3704</u>	<u>696</u>	<u>4400</u>

FRESH INSPIRATION

**Notes to the Financial Statements
for the year ended 30 November 2023**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Accruals and deferred income	450	250

10. MOVEMENT IN FUNDS

	At 1.12.22	Net movement	Transfers	At
	£	in funds	between	30.11.23
	£	£	funds	£
Unrestricted funds				
General fund	38557	-16559	-	21998
Restricted fund				
Missions fund	366	-366	-	0
TOTAL FUNDS	38923	-16925	-	21998

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	24112	(40671)	-16559
Restricted funds			
Missions fund	17673	(18039)	-366
TOTAL FUNDS	41785	(58710)	-16925

11. RELATED PARTY DISCLOSURES

There are no related party transactions for the year ended 30 November 2023

FRESH INSPIRATION

Detailed Statement of Financial Activities for the year ended 30 November 2023

	2023	2022
	£	£
INCOME AND ENDOWMENTS		
Donations	21591	21037
Gifts	0	0
Other Income	19901	32962
Deposit interest	293	35
	<u>41785</u>	<u>54034</u>
EXPENDITURE		
Charitable activities		
Missions	37668	12232
Seminars	4045	2915
Others	3350	5090
	<u>45063</u>	<u>20237</u>
General activities		
Advert & promotions	338	640
Telephone	1735	1800
Post, Stationery & IT	2295	3461
Bank charges	98	87
Grants & awards	4520	4980
Insurance	250	269
Rent	3391	3759
	<u>12627</u>	<u>14996</u>
Support costs		
Human Resources		
Wages	0	25454
Social security	0	8095
	<u>0</u>	<u>33549</u>
Others		
Travel	0	0
General expenses	0	0
Depreciation	785	772
Refreshments	0	0
	<u>785</u>	<u>772</u>
Governance costs		
Legal & professional fees	235	401
	<u>235</u>	<u>401</u>
Total Resources expended	<u><u>58710</u></u>	<u><u>69955</u></u>
Net income/(expenditure)	<u><u>-16925</u></u>	<u><u>-15921</u></u>

FRESH INSPIRATION

Independent Examiner's Report to the Trustees

I report to the Charity Trustees on my examination of the accounts of the company for the year ended 30 November 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 my examination giving me cause to believe

- 1 accounting records are 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 requirements 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 method 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.

Mr O Obidipe

30 August 2024

FRESH INSPIRATION

England & Wales - Charity number 1117603

Accounts

REGISTERED COMPANY NUMBER: 05614837 (England and Wales)
REGISTERED CHARITY NUMBER: 1117603

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 November 2022
for
FRESH INSPIRATION**

FRESH INSPIRATION

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for the year ended 30 November 2022**

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FRESH INSPIRATION

Report of the Trustees for the year ended 30 November 2022

The trustees who is also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statement of the charity for the year ended 30 November 2022. 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)

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05614837 (England and Wales)

Registered Charity number

1117603

Registered office

Margaret Powell House
Midsummer Boulevard
Milton Keynes, England
MK9 3BN

Trustees

F O Komolafe

A Pinherio

Uzo Nwuga

Celia Kruse

Resigned 31 December 2021

R Williams

Company Secretary

F O Komolafe

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Fresh Inspiration is a charitable company limited by guarantee. It is governed by a Memorandum and Articles of Association and controlled by the Directors for the purpose of company law.

Principal Activity

The principal activity of the company in the year under review was the advancement of the Christian faith.

Risk management

The trustees have addressed the major risks to which the charity is exposed, in particular those relating to specific operational areas of the charity and its finances. The directors believe that by monitoring reserve levels, by ensuring controls exist over key financial systems and by examining the operational and business risks faced by the charity, they have established effective systems to mitigate those risks.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charity has one main objective:

To promote, uphold and advance the principles of the Christian faith.

It pursues this objective through the establishment of services, collaborations with Christian churches and other similar minded organisations in any part of the world rendering support and services to communities and/or persons in need.

Plans for the future

The charity is continually looking for ways of reaching out and spreading the principles of the Christian faith in an effective manner by getting more involved in the local communities in different parts of the United Kingdom and other parts of the world, teaching, providing resources and actively supporting existing and initiating new activities and programmes.

FRESH INSPIRATION

Report of the Trustees for the year ended 30 November 2022

As an organisation we are determined to be responsive to the needs of people and respectful to all. We have evolved and responded to the needs of our community. We continue to deliver our services through virtual channels and in person to drive the vision and objectives of FI. We continue to grow our reach through the teaching, podcasts, videos, blogs and seminars. We returned to conventional programmes and are determined to serve using all available channels.

FRESH INSPIRATION TEACHING

Fresh inspiration continued teaching the truth of the gospel making use of both online channels and in person. Attracting new demographic of audience, so the programmes are adapted to get the message through and be relevant to the audiences. In the year we produced 20 teachings on FI podcast in 2022. The podcasts were made available on several platforms including Apple, Spotify and Buzzsprout. Over 200 minutes of video recordings of teachings are on our Youtube channel this year.

Faith Builders Masterclass: A monthly Saturday morning class focused on faith maturity and God's promises. The class continued as online. This masterclass has really helped participants in building their faith with reports of great testimonies from the partakers. There were 7 enlightening and transformational morning meetings in 2021; 83 Unique Attendees across all the Faith Builders meetings.

Fresh Insights | Lunch & Learn: is a Wednesday lunchtime platform for network of professional believers to share their experience in the workplace and how their faith has strengthened them through the journey thereby encouraging one another. There were 17 exciting and engaging Lunchtime Meetings in 2022- 212 Unique Attendees Across All Fresh Insight Meetings. The broad range of topics were relevant and enlightening.

Marriage Seminars & Counselling

We did not hold a marriage seminar in the year, but we delivered 2 7-week marriage courses in February and November. We also continue delivering the counselling service virtually via Zoom and in person.

INTERNATIONAL PARTNERSHIPS

The International missions work in 5 more countries, Kenya (HOYWIK), Uganda (WIED and Dreams Children's Home), Nigeria (CDLI) Liberia and Sierra Leone continues. We had a mission trip with a team of 12 volunteers to Sierra Leone in November. It was a very productive trip, doors of opportunity to impact lives opened up and God is glorified. The needs of our partners' beneficiaries are growing, but we continued to support by providing healthcare, education, feeding, safe living environment and training. This was made possible through the sacrificial giving of our donors, coupled with prayers and counselling.

FRESH INSPIRATION BIBLE INSTITUTE

FIBI started in 2019 with 12 students. Today, we have 72 graduates of Certificate in Biblical Studies and 16 graduates of Certificate in Ministry Foundation. We currently have 15 students studying for Certificate in Biblical Studies and 9 for Certificate in Ministry Foundation.

We engage the communities through our missions and evangelism projects both locally and internationally. The Year 1 students organised street evangelism projects across their localities in the UK and abroad. Year 2 students carried out evangelism training and street outreach in North London.

Thanks And Appreciation

We are particularly thankful to the charity donors, the team and volunteers who have been so generous in their sacrificial contributions of time, efforts and finances to the ongoing work to see lives touched and changed for the better in the year.

Approved by order of the board of trustees on 29 August 2023 and signed on its behalf by

FRESH INSPIRATION

Statements of Financial Activities for the year ended 30 November 2022

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	25346	28653	53999	76688
Investment Income		35	-	35	2
Total		25381	28653	54034	76690
EXPENDITURE ON					
Raising funds		8005	12232	20237	14233
Charitable activities					
Charitable activities		16169	33549	49718	27186
Total		24174	45781	69955	41419
NET INCOME/(EXPENDITURE)		1207	-17128	-15921	35271
RECONCILIATION OF FUNDS					
Total funds brought forward		65276	17494	82770	47499
TOTAL FUNDS CARRIED FORWARD		66483	366	66849	82770

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities

The notes form part of these financial statements

FRESH INSPIRATION

Balance Sheet

At 30 November 2021

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	8	4400	-	4400	1917
CURRENT ASSETS					
Debtors		0	-	0	-
Cash at bank		23837	10936	34773	53127
		<u>28237</u>	<u>10936</u>	<u>39173</u>	<u>55044</u>
CREDITORS					
Amounts falling due within one year	9	250	0	250	200
NET CURRENT ASSETS		<u>27987</u>	<u>10936</u>	<u>38923</u>	<u>54844</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>27987</u>	<u>10936</u>	<u>38923</u>	<u>54844</u>
NET ASSETS					
		<u>27987</u>	<u>10936</u>	<u>38923</u>	<u>54844</u>
FUNDS					
Unrestricted funds	10			38557	37350
Restricted funds				366	17494
TOTAL FUNDS				<u>38923</u>	<u>54844</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 November 2022

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 November 2022 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Section 386 and 387 of the Companies Act 2006 and
- 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 Section 394 and 395 which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the board of trustees on 29 August 2023 and were signed on its behalf by

U Nwuga - Trustee

The notes form part of these financial statements

FRESH INSPIRATION

Notes to the Financial Statements For the year ended 30 November 2022

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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in 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 cost 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.

Fixtures & equipment	10% on Cost
Computer equipment	25% on Cost

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 director.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restriction 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. ACTIVITIES FOR GENERATING FUNDS

	2022	2021
	£	£
Donations	21037	19324
Other income	32962	46621
Gift	0	10743
	<u>53999</u>	<u>76688</u>

3. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	<u>35</u>	<u>2</u>

FRESH INSPIRATION

Notes to the Financial Statements for the year ended 30 November 2022

4. NET INCOMING/(OUTGOING) RESOURCES

Net resources are stated after charging/(crediting)

	2022	2021
	£	£
Depreciation - owned assets	772	307
Deficit on disposal of fixed asset	-	-
	<u>772</u>	<u>307</u>

5. RAISING FUNDS

Raising donations and legacies

	2022	2021
	£	£
Support costs	48796	26779
	<u>48796</u>	<u>26779</u>

6. TRUSTEES'S REMUNERATION AND BENEFITS

	2022	2021
	£	£
	-	-
	<u>-</u>	<u>-</u>

There were no trustees expenses paid for the year ended 30 November 2022 nor for the year ended 30 November 2021

7. STAFF COSTS

The average monthly number of employees during the year was 4. (2021 - 1)

	2022	2021
	£	£
Administration	33549	18726
	<u>33549</u>	<u>18726</u>

8. TANGIBLE FIXED ASSETS

	Fixtures & Equipment	Computer	Totals
	£	£	£
Cost			
At 1 December 2021	3075	0	3075
Additions	2327	928	3255
	<u>5402</u>	<u>928</u>	<u>6330</u>
Depreciation			
At 1 December 2021	1158	-	1158
Charge for year	540	232	772
	<u>1698</u>	<u>232</u>	<u>1930</u>
NET BOOK VALUE			
At 30 November 2022	<u>3704</u>	<u>696</u>	<u>4400</u>
At 30 November 2021	<u>1917</u>	<u>-</u>	<u>1917</u>

FRESH INSPIRATION

**Notes to the Financial Statements
for the year ended 30 November 2022**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Accruals and deferred income	250	200

10. MOVEMENT IN FUNDS

	At 1.12.21	Net movement in funds	Transfers between funds	At 30.11.22
	£	£	£	£
Unrestricted funds				
General fund	37350	1207	-	38557
Restricted fund				
Missions fund	17494	-17128	-	366
TOTAL FUNDS	54844	-15921	-	38923

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	25381	(24174)	1207
Restricted funds			
Missions fund	28653	(45781)	-17128
TOTAL FUNDS	54034	(69955)	-15921

11. RELATED PARTY DISCLOSURES

There are no related party transactions for the year ended 30 November 2022

FRESH INSPIRATION

Detailed Statement of Financial Activities for the year ended 30 November 2022

	2022	2021
	£	£
INCOME AND ENDOWMENTS		
Donations	21037	19324
Gifts	-	10743
Other Income	32962	46621
Deposit interest	35	2
	<u>54034</u>	<u>76690</u>
EXPENDITURE		
Raising donations and legacies		
Missions	12232	10631
Seminars	2915	1556
Others	5090	2046
	<u>20237</u>	<u>14233</u>
Charitable activities		
Advert & promotions	640	6
Telephone	1800	293
Post, Stationery & IT	3461	2932
Bank charges	87	30
Grants & awards	4980	450
Insurance	269	285
Rent	3759	3104
	<u>14996</u>	<u>7100</u>
Support costs		
Human Resources		
Wages	25454	15913
Social security	8095	2813
	<u>33549</u>	<u>18726</u>
Others		
Travel	0	0
General expenses	0	450
Depreciation	772	307
Refreshments	0	195
	<u>772</u>	<u>952</u>
Governance costs		
Legal & professional fees	401	408
	<u>401</u>	<u>408</u>
Total Resources expended	<u>69955</u>	<u>41419</u>
Net income/(expenditure)	<u>-15921</u>	<u>35271</u>

FRESH INSPIRATION

Independent Examiner's Report to the Trustees

I report to the Charity Trustees on my examination of the accounts of the company for the year ended 30 November 2022

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 my examination giving me cause to believe

- 1 accounting records are 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 requirements 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 method 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.

Mr O Obidipe

30 August 2023

FRESH INSPIRATION

England & Wales - Charity number 1117603

Accounts

REGISTERED COMPANY NUMBER: 05614837 (England and Wales)
REGISTERED CHARITY NUMBER: 1117603

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 November 2021
for
FRESH INSPIRATION**

FRESH INSPIRATION

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FRESH INSPIRATION

Report of the Trustees for the year ended 30 November 2021

The trustees who is also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statement of the charity for the year ended 30 November 2021. 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)

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05614837 (England and Wales)

Registered Charity number
1117603

Registered office
8 Drovers Way
Newton Longville
Buckinghamshire
MK17 0HR

Trustees

A O Komolafe Resigned 31 March 2021
F O Komolafe
A Pinherio
Uzo Nwuga
Celia Kruse
R Williams

Company Secretary
F O Komolafe

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Fresh Inspiration is a charitable company limited by guarantee. It is governed by a Memorandum and Articles of Association and controlled by the Directors for the purpose of company law.

Principal Activity

The principal activity of the company in the year under review was the advancement of the Christian faith.

Risk management

The trustees have addressed the major risks to which the charity is exposed, in particular those relating to specific operational areas of the charity and its finances. The directors believe that by monitoring reserve levels, by ensuring controls exist over key financial systems and by examining the operational and business risks faced by the charity, they have established effective systems to mitigate those risks.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charity has one main objective:

To promote, uphold and advance the principles of the Christian faith.

It pursues this objective through the establishment of services, collaborations with Christian churches and other similar minded organisations in any part of the world rendering support and services to communities and/or persons in need.

Plans for the future

The charity is continually looking for ways of reaching out and spreading the principles of the Christian faith in an effective manner by getting more involved in the local communities in different parts of the United Kingdom and other parts of the world, teaching, providing resources and actively supporting existing and initiating new activities and programmes.

FRESH INSPIRATION

Report of the Trustees for the year ended 30 November 2021

As an organisation we are determined to be responsive to the needs of people and respectful to all. We have evolved and responded to the needs of our community. Despite the pandemic, our services were delivered. We introduced virtual channels to drive the vision and objectives of FI. We continue to grow our reach through the teaching, podcasts, videos and blogs. The COVID-19 lockdown was eased and there was slight improvement in our services to the communities around us and overseas. We did not fully return to conventional programmes due to level of restrictions and people's cautiousness in their approach to return to normality, we are determined to serve and we continued in virtual format using various online channels.

FRESH INSPIRATION TEACHING

Fresh inspiration continued teaching the truth of the gospel making use of online channels during the pandemic and adapted the programmes to different audiences. In the year we produced 31 teachings on FI podcast started in 2021. The daily declaration are very well received with messages of thanks and appreciation including words like "I really needed that". In 2021 we celebrated our 365th daily declaration. Over 600 minutes of video recordings of teachings this year are on our Youtube channel.

Faith Builders Masterclass: A monthly Saturday morning kickstart class focused on faith maturity and God's promises. The class continued as online. This masterclass has really helped participant in building their faith with reports of great testimonies from the participants. There were 7 enlightening and transformational morning meetings in 2021; 83 Unique Attendees across all the Faith Builders meetings.

Fresh Insights | Lunch & Learn: is a Wednesday lunchtime platform for network of professional believers to share their experience in workplace and how their faith has strengthened them through the journey thereby encouraging one another. There were 12 exciting and engaging Lunchtime Meetings in 2021- 185 Unique Attendees Across All Fresh Insight Meetings. The range of topics were incredible.

Marriage Seminars & Counselling

We did not hold a marriage seminar in the year, but we continue delivering the counselling service virtually via Zoom and in person.

INTERNATIONAL PARTNERSHIPS

The International missions work in 5 more countries, Kenya (HOYWIK), Uganda (WIED and Dreams Children's Home), Nigeria (CDLI) Liberia and Sierra Leone. There are various unprecedented challenges that our partners' beneficiaries face, but we are able to continue to support in providing healthcare, education, feeding, safe living environment, and training. This was made possible through the sacrificial giving of our donors, coupled with prayers and counselling. We have not been able to travel for international missions trip to work with our partners on the ground, but we continue to provide prayer and support as needed.

FRESH INSPIRATION BIBLE INSTITUTE

FIBI started in 2019 with 12 students. Today, we have 27 graduates of Certificate in Biblical Studies and 3 graduates of Certificate in Ministry Foundation. We currently have 27 students studying for Certificate in Biblical Studies and 7 for Certificate in Ministry Foundation.

We engage the communities through our missions and evangelism projects both locally and internationally. The Year 1 students ran a virtual F.A.I.T.H concert during the lockdown as part of their learning. This practical evangelism witnessed to over 200 online live viewers. The Year 2 students undertook a missions project reaching out to spouses who had lost loved ones through generosity, hospitality and acts of kindness.

FRESH YOUTH MILTON KEYNES (FYMK)

Youth development is one of the key pillars of FI, developing the next generation of leaders. FYMK started through timely revelation and conviction of a need for development and support for young people in our local community of Milton Keynes and throughout our spheres of engagement. We work in partnership with businesses, community groups, local authorities, and education providers to significantly improve employability and educational outcomes of young people age 16-25 through one to one Mentoring, Empowerment Workshops and Business Exposure.

Thanks And Appreciation

We are particularly thankful to the charity donors, the team and volunteers who have been so generous in their sacrificial contributions of time, efforts and finances to the ongoing work to see lives touched and changed for the better in the year.

Approved by order of the board of trustees on 29 August 2022 and signed on its behalf by

A. Pinheiro - Trustee

FRESH INSPIRATION

Statements of Financial Activities for the year ended 30 November 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	35837	40851	<u>76688</u>	29136
Investment Income		2	-	2	4
Total		35839	40851	76690	29140
EXPENDITURE ON					
Raising funds		3602	10631	14233	12393
Charitable activities					
Charitable activities		8460	18726	27186	9402
Total		12062	29357	41419	21795
NET INCOME/(EXPENDITURE)		23777	11494	35271	7345
RECONCILIATION OF FUNDS					
Total funds brought forward		13573	6000	19573	12228
TOTAL FUNDS CARRIED FORWARD		37350	17494	54844	19573

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities

The notes form part of these financial statements

FRESH INSPIRATION

Balance Sheet

At 30 November 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	8	1917	-	1917	2224
CURRENT ASSETS					
Debtors		0	-	0	-
Cash at bank		34527	18600	53127	17649
		<u>36444</u>	<u>18600</u>	<u>55044</u>	<u>19873</u>
CREDITORS					
Amounts falling due within one year	9	200	0	200	300
NET CURRENT ASSETS					
		<u>36244</u>	<u>18600</u>	<u>54844</u>	<u>19573</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>36244</u>	<u>18600</u>	<u>54844</u>	<u>19573</u>
NET ASSETS					
		<u>36244</u>	<u>18600</u>	<u>54844</u>	<u>19573</u>
FUNDS					
Unrestricted funds	10			37350	13573
Restricted funds				17494	6000
TOTAL FUNDS					
				<u>54844</u>	<u>19573</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 November 2021.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 November 2021 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Section 386 and 387 of the Companies Act 2006 and
- 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 Section 394 and 395 which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the board of trustees on 29 August 2022 and were signed on its behalf by

A Pinheiro - Trustee

The notes form part of these financial statements

FRESH INSPIRATION

Notes to the Financial Statements For the year ended 30 November 2021

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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in 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 cost 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.

Fixtures & equipment	10% on Cost
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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 director.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restriction 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. ACTIVITIES FOR GENERATING FUNDS

	2021	2020
	£	£
Donations	19324	18010
Other income	46621	11126
Gift	10743	-
	<u>76688</u>	<u>29136</u>

3. INVESTMENT INCOME

	2021	2020
	£	£
Deposit account interest	<u>2</u>	<u>4</u>

FRESH INSPIRATION

Notes to the Financial Statements for the year ended 30 November 2021

4. NET INCOMING/(OUTGOING) RESOURCES

Net resources are stated after charging/(crediting)

	2021	2020
	£	£
Depreciation - owned assets	307	307
Deficit on disposal of fixed asset	-	-
	<u>-</u>	<u>-</u>

5. RAISING FUNDS

Raising donations and legacies

	2021	2020
	£	£
Support costs	26779	9402
	<u>26779</u>	<u>9402</u>

6. TRUSTEES'S REMUNERATION AND BENEFITS

	2021	2020
	£	£
	-	-
	<u>-</u>	<u>-</u>

There were no trustees expenses paid for the year ended 30 November 2021 nor for the year ended 30 November 2020

7. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2021	2020
Administration	18726	-
	<u>18726</u>	<u>-</u>

8. TANGIBLE FIXED ASSETS

	Fixtures & Equipment	Computer	Totals
	£	£	£
Cost			
At 1 December 2020	3075	0	3075
Additions	0	0	0
	<u>3075</u>	<u>0</u>	<u>3075</u>
Depreciation			
At 1 December 2020	851	-	851
Charge for year	307	-	307
	<u>1158</u>	<u>-</u>	<u>1158</u>
NET BOOK VALUE			
At 30 November 2021	<u>1917</u>	<u>-</u>	<u>1917</u>
At 30 November 2020	<u>2224</u>	<u>-</u>	<u>2224</u>

FRESH INSPIRATION

Notes to the Financial Statements for the year ended 30 November 2021

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Accruals and deferred income	200	300

10. MOVEMENT IN FUNDS

	At 1.12.20	Net movement in funds	Transfers between funds	At 30.11.21
	£	£	£	£
Unrestricted funds				
General fund	13573	23777	-	37350
Restricted fund				
Missions fund	6000	11494	-	17494
TOTAL FUNDS	19573	35271	-	54844

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	35839	(12062)	23777
Restricted funds			
Missions fund	40851	(29357)	11494
TOTAL FUNDS	76690	(41419)	35271

11. RELATED PARTY DISCLOSURES

There are no related party transactions for the year ended 30 November 2021

FRESH INSPIRATION

Detailed Statement of Financial Activities for the year ended 30 November 2021

	2021	2020
	£	£
INCOME AND ENDOWMENTS		
Donations	19324	18010
Gifts	10743	-
Other Income	46621	11126
Deposit interest	2	4
	<u>76690</u>	<u>29140</u>
EXPENDITURE		
Raising donations and legacies		
Missions	10631	7808
Seminars	1556	4132
Others	2046	453
	<u>14233</u>	<u>12393</u>
Charitable activities		
Advert & promotions	6	1339
Telephone	293	499
Post & stationery	2932	928
Bank charges	30	30
Grants & awards	450	1905
Insurance	285	285
Rent	3104	3734
	<u>7100</u>	<u>8720</u>
Support costs		
Human Resources		
Wages	15913	0
Social security	2813	0
	<u>18726</u>	<u>0</u>
Others		
Travel	0	0
General expenses	450	0
Depreciation	307	307
Refreshments	195	0
	<u>952</u>	<u>307</u>
Governance costs		
Legal & professional fees	408	375
	<u>408</u>	<u>375</u>
Total Resources expended	<u><u>41419</u></u>	<u><u>21795</u></u>
Net income/(expenditure)	<u><u>35271</u></u>	<u><u>7345</u></u>

FRESH INSPIRATION

Independent Examiner's Report to the Trustees

I report to the Charity Trustees on my examination of the accounts of the company for the year ended 30 November 2021

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 my examination giving me cause to believe

- 1 accounting records are 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 requirements 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 method 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.

Mr O Obidipe

30 August 2022

FRESH INSPIRATION

England & Wales - Charity number 1117603

Accounts

REGISTERED COMPANY NUMBER: 05614837 (England and Wales)
REGISTERED CHARITY NUMBER: 1117603

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 November 2020
for
FRESH INSPIRATION**

FRESH INSPIRATION

Contents of the Financial Statements for the year ended 30 November 2020

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FRESH INSPIRATION

Report of the Trustees for the year ended 30 November 2020

The trustees who is also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statement of the charity for the year ended 30 November 2020. 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)

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05614837 (England and Wales)

Registered Charity number
1117603

Registered office
8 Drovers Way
Newton Longville
Buckinghamshire
MK17 0HR

Trustees
A O Komolafe
F O Komolafe
A Pinherio
Uzo Nwuga
Celia Kruse
R Williams

Company Secretary
F O Komolafe

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Fresh Inspiration is a charitable company limited by guarantee. It is governed by a Memorandum and Articles of Association and controlled by the Directors for the purpose of company law.

Principal Activity

The principal activity of the company in the year under review was the advancement of the Christian faith.

Risk management

The trustees have addressed the major risks to which the charity is exposed, in particular those relating to specific operational areas of the charity and its finances. The directors believe that by monitoring reserve levels, by ensuring controls exist over key financial systems and by examining the operational and business risks faced by the charity, they have established effective systems to mitigate those risks.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charity has one main objective:

To promote, uphold and advance the principles of the Christian faith.

It pursues this objective through the establishment of services, collaborations with Christian churches and other similar minded organisations in any part of the world rendering support and services to communities and/or persons in need.

Plans for the future

The charity is continually looking for ways of reaching out and spreading the principles of the Christian faith in an effective manner by getting more involved in the local communities in different parts of the United Kingdom and other parts of the world, teaching, providing resources and actively supporting existing and initiating new activities and programmes.

FRESH INSPIRATION

Report of the Trustees for the year ended 30 November 2020

The year was challenging due to the COVID pandemic and the lockdown. Most of our conventional programmes were cancelled, but we reinvented engagement through online channels, videos and podcasts.

FRESH INSPIRATION TEACHING

Fresh inspiration continued teaching the truth of the gospel making use of online channels during the pandemic and adapted the programmes to different audiences. The programmes started during the year are:

Faith Builders Masterclass: A Saturday morning class focused on faith maturity and God's promises.

Fresh Insights | Lunch & Learn: is a Wednesday lunchtime platform for believers to share their experiences in workplace and how their faith has strengthened them through the journey thereby encouraging one another.

Marriage Seminars & Counselling

Due to the lockdown, we could only hold one marriage seminar in March 2020. The seminar was themed 'Beyond 2 of us' to enlighten couples that what happens in marriages have impact on other people outside the marriage, it impacts the couples and the children and possibly the generations after. We continue delivering the counselling service via Zoom.

COMMUNITY ENGAGEMENT

The year was challenging due to the COVID pandemic and the lockdown. Most of our conventional programmes were cancelled, but we reinvented community engagement through our online events.

On the Couch: We introduced "On the Couch" a conversation programme on topical issues. We held four of these in the year. The topics covered include, Race issues and the next generations, Vaccination questions answered, Education system impact on the minority ethnics and Mental health.

Fresh Youth Mk: As part of the outcome of "On the Couch", Fresh Youth MK was started to address the issues of Youth unemployment, education attainment and business opportunities.

INTERNATIONAL PARTNERSHIPS

The International missions work expanded into 3 more countries, Liberia, Sierra Leone and Nigeria. With the pandemic hitting very hard on the resources and health of some beneficiaries of our partners

With prayers and counselling for all our partners and through the sacrificial giving of our charity donors, we were able to provide support to our international partners

FRESH INSPIRATION BIBLE INSTITUTE

FI Bible Institute started in May 2019 as a modular flexible curriculum. The Bible Institute continues into the second year and the first set graduated with certificate in Biblical Studies. The number of students doubled in the second academic year.

During lockdown, the programme continued online via Live Zoom distance learning rather than in person.

Thanks And Appreciation

We are particularly thankful to the charity donors, the team and volunteers who have been so generous in their sacrificial contributions of time, efforts and finances to the ongoing work to see lives touched and changed for the better in the year.

Approved by order of the board of trustees on 29 August 2021 and signed on its behalf by

A O Komolafe - Trustee

FRESH INSPIRATION

Statements of Financial Activities for the year ended 30 November 2020

	Notes	Unrestricted fund £	Restricted fund £	2020 Total funds £	2019 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	23136	6000	29136	23926
Investment Income		4	-	4	2
Total		23140	6000	29140	23928
EXPENDITURE ON					
Raising funds		12393	0	12393	13560
Charitable activities					
Charitable activities		9402	-	9402	8254
Total		21795	0	21795	21814
NET INCOME/(EXPENDITURE)		1345	6000	7345	2114
RECONCILIATION OF FUNDS					
Total funds brought forward		12228	-	12228	10114
TOTAL FUNDS CARRIED FORWARD		13573	6000	19573	12228

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities

The notes form part of these financial statements

FRESH INSPIRATION

Balance Sheet At 30 November 2020

	Notes	Unrestricted fund £	Restricted fund £	2020 Total funds £	2019 Total funds £
FIXED ASSETS					
Tangible assets	8	2224	-	2224	2181
CURRENT ASSETS					
Debtors		0	-	0	-
Cash at bank		11649	6000	17649	10047
		<u>13873</u>	<u>6000</u>	<u>19873</u>	<u>12228</u>
CREDITORS					
Amounts falling due within one year	9	300	-	300	0
NET CURRENT ASSETS		<u>13573</u>	<u>6000</u>	<u>19573</u>	<u>12228</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>13573</u>	<u>6000</u>	<u>19573</u>	<u>12228</u>
NET ASSETS		<u>13573</u>	<u>6000</u>	<u>19573</u>	<u>12228</u>
FUNDS	10				
Unrestricted funds				13573	12228
Restricted funds				6000	-
TOTAL FUNDS				<u>19573</u>	<u>12228</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 November 2020

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 November 2020 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Section 386 and 387 of the Companies Act 2006 and
- 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 Section 394 and 395 which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the board of trustees on 29 August 2021 and were signed on its behalf by

A O Komolafe - Trustee

The notes form part of these financial statements

FRESH INSPIRATION

Notes to the Financial Statements For the year ended 30 November 2020

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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in 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 cost 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.

Fixtures & equipment 10% on Cost

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 director.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restriction 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. ACTIVITIES FOR GENERATING FUNDS

	2020	2019
	£	£
Donations	18010	14803
Other income	11126	9123
Gift	-	-
	<u>29136</u>	<u>23926</u>

3. INVESTMENT INCOME

	2020	2019
	£	£
Deposit account interest	4	2

FRESH INSPIRATION

**Notes to the Financial Statements
for the year ended 30 November 2020**

4. NET INCOMING/(OUTGOING) RESOURCES

Net resources are stated after charging/(crediting)

	2020	2019
	£	£
Depreciation - owned assets	307	272
Deficit on disposal of fixed asset	-	-
	<u> </u>	<u> </u>

5. RAISING FUNDS

Raising donations and legacies

	2020	2019
	£	£
Support costs	9402	8256
	<u> </u>	<u> </u>

6. TRUSTEES'S REMUNERATION AND BENEFITS

	2020	2019
	£	£
	-	-
	<u> </u>	<u> </u>

There were no trustees expenses paid for the year ended 30 November 2020 nor for the year ended 30 November 2019

7. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2020	2019
Administration	-	-
	<u> </u>	<u> </u>

8. TANGIBLE FIXED ASSETS

	Fixtures & Equipment	Computer	Totals
	£	£	£
Cost			
At 1 December 2019	2725	0	2725
Additions	350	0	350
	<u>3075</u>	<u>0</u>	<u>3075</u>
Depreciation			
At 1 December 2019	544	-	544
Charge for year	307	-	307
	<u>851</u>	<u>-</u>	<u>851</u>
NET BOOK VALUE			
At 30 November 2020	<u>2224</u>	<u>-</u>	<u>2224</u>
At 30 November 2019	<u>2181</u>	<u>-</u>	<u>2181</u>

FRESH INSPIRATION

**Notes to the Financial Statements
for the year ended 30 November 2020**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020	2019
	£	£
Accruals and deferred income	300	-

10. MOVEMENT IN FUNDS

	At 1.12.19	Net movement in funds	Transfers between funds	At 30.11.20
	£	£	£	£
Unrestricted funds				
General fund	12228	1345	-	13573
Restricted fund				
Building fund	-	6000	-	6000
TOTAL FUNDS	12228	7345	-	19573

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	23140	(21795)	1345
Restricted funds			
Building fund	6000	0	6000
TOTAL FUNDS	29140	(21795)	7345

11. RELATED PARTY DISCLOSURES

There are no related party transactions for the year ended 30 November 2020

FRESH INSPIRATION

Detailed Statement of Financial Activities for the year ended 30 November 2020

	2020	2019
	£	£
INCOME AND ENDOWMENTS		
Donations	18010	14803
Gifts	0	-
Other Income	11126	9123
Deposit interest	4	2
	<u>29140</u>	<u>23928</u>
EXPENDITURE		
Raising donations and legacies		
Missions	7808	4137
Seminars	4132	4537
Others	453	4886
	<u>12393</u>	<u>13560</u>
Charitable activities		
Advert & promotions	1339	686
Telephone	499	244
Post & stationery	928	382
Bank charges	30	30
Grants & awards	1905	1905
Insurance	285	161
Rent	3734	4498
	<u>8720</u>	<u>7906</u>
Support costs		
Human Resources		
Wages	0	0
Social security	0	0
	<u>0</u>	<u>0</u>
Others		
Travel	0	76
Depreciation	307	272
Refreshments	0	0
	<u>307</u>	<u>348</u>
Governance costs		
Legal & professional fees	375	0
	<u>375</u>	<u>0</u>
Total Resources expended	<u>21795</u>	<u>21814</u>
Net income/(expenditure)	<u>7345</u>	<u>2114</u>

FRESH INSPIRATION

Independent Examiner's Report to the Trustees

I report to the Charity Trustees on my examination of the accounts of the company for the year ended 30 November 2020

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 my examination giving me cause to believe

- 1 accounting records are 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 requirements 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 method 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.

Mr O Obidipe

30 August 2021