

**Charity number: 1119260**

**Company number: 05705200**

**(England and Wales)**

**Yogahome**

**Report of the Trustees and Unaudited Financial Statements**

**For the year ended 31 March 2023**

**Yogahome**  
**Contents Page**  
**For the year ended 31 March 2023**

Report of the Trustees	1 to 4
Independent Examiner's Report to the Trustees	5
Statement of Financial Activities	6
Statement of Financial Position	7
Statement of Cashflows	8
Notes to the Financial Statements	8 to 15

**Yogahome**  
**Report of the Trustees**  
**For the year ended 31 March 2023**

The Trustees, who are also directors for the purposes of company law, have pleasure in presenting their report and the financial statements for the charitable company for the year ended 31 March 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

The company is a charity promoting healthy recreation in Hackney through a variety of classes such as yoga and pilates. Yogahome also provides yoga classes and therapeutic massage to a range of schools and community groups in Hackney. These classes are funded entirely by Yogahome and are free to the receiving organisation. Current charitable provision includes:

Yoga and massage for the Elderly:

Ashley Court N16  
Benabo Court E8  
Thirlmere House N16  
Morel Court E2  
Adelaide Court E9  
Limetree Court E5  
Plumpton Lodge E5  
Cohen Lodge E5

Yoga for children with special educational needs:

Evering Road Playgroup E5  
Pearson Street Adventure Playground E2  
Orchard Primary School E9  
Young Hackney E8  
Mossbourne Parkside Acamdey E8  
Shoreditch Park Primary School N1

Yoga and massage for parents and carers of children with autism:

The Garden School N16

Yoga for Turkish, Kurdish and Turkish Cypriot women:

IMECE women's community centre N1  
Day-Mer community centre N16

Massage for elderly and mothers' groups of African Caribbean heritage:

Claudia Jones Organisation N16

Massage for single parent families and hostel families:

Round Chapel Families Project E5

Massage for women experiencing severe disadvantage during pregnancy, birth and early parenting:

Birth companions N5

Massage for women working in the sex industry:

Open Doors Project (Homerton University Hospital) E9

Subsidised parenting course for parents of children under 5:

Yogahome N16

Yoga for schools:

Petchey Academy E8  
Our Lady and St Joseph's RC Primary N1  
Clapton Girls Academy E5  
Baden Powell Primary School E5  
Holmleigh Primary School N16  
Grazebrook Primary School N16  
Woodberry Down Primary School and Nursery N4  
Shacklewell Primary School E8  
William Patten Primary School N16

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

**Yogahome**  
**Report of the Trustees Continued**  
**For the year ended 31 March 2023**

**Social investments**

Yogahome Charity activity report 2022-2023

Yogahome has been a safe haven in Hackney (Hackney Social Prescriber)

**1. Social Prescribing partnership**

We continued to open the doors of our studios to people who wouldn't consider or can't afford attending our regular classes. In the past we have gone to community centres to support harder-to-reach communities, so it has been wonderful to be able to welcome them into our home.

When other doors to services have been closed for some patients, Yogahome has always been open. Some of our most complex patients, who struggle to access services for long-term support, find that Yogahome provides them with a moment to pause and reflect when life around them feels out of control. Social prescriber

This strand targeted people who are dealing with the impact of isolation, mental health conditions, chronic pain and chronic fatigue. We were working in partnership with Social Prescribing Hackney and local Health and Wellbeing Coordinators to refer participants to our 47 weekly 1-hour sessions between April 2022- Mar 2023, creating around 500 attendances in total. Sessions were offered in person in the studio and online on zoom, if coming to the studio was challenging. Sessions were personalised to the small group that attended, taking into consideration the specific needs of each person. Sessions included gentle movement, specialised breathing exercises and guided rest techniques, which, uniquely, were accompanied by cutting edge sound healing. The combination of these modalities was specifically geared to strengthen the body and help handle symptoms with more resilience. The response has been staggering. 100% of participants said they are using the tools introduced in the sessions at home to alleviate a hard moment, and 70% said they were able to reduce visits to their GP as a result of attending the sessions regularly.

A social prescriber said: Yogahome has really helped address a gap I have encountered for patients with long-term conditions like fibromyalgia, chronic fatigue, depression. I also work with people in north Hackney where there are even fewer resources and have really appreciated being able to refer to a local place that is feasible for patients with such conditions to attend.

From the words of our participants:

"I have such trouble sleeping, and one morning I closed my eyes and went to the place you taught us where we are not alone. I did the exercises we did in the class and it really helped shift the feeling I was feeling beforehand and grounded me".

"sessions have made her grow stronger and feel beautiful in a way no other treatment has".

**2. Partnership with St. Pauls Church in Hackney.**

Targeting their over 60's communities with a weekly 1-hour session of combined modalities including: a strengthening fall prevention session, followed by a refreshment break and then a short relaxation and breathing techniques session. All geared to reduce isolation and strengthen the body and mind to ensure participants can live independently for longer. So far we have had over 200 attendances and excellent feedback.

**3. Future Provision**

3a) Working with Hestia and Xenia, both female led domestic abuse support organisations in Hackney. In order to deliver yoga sessions for mental health and physical well being.

3b) Developing a relationship with Leaways school in Hackney, which provides services to excluded pupils, in order to provide weekly boxing sessions to engender self confidence and control in their secondary school age pupils.

**FINANCIAL REVIEW**

**Reserves**

The reserves policy is that at least 3 months expenditure is to be retained as reserves at all times which equates to £150,000 approximately. In this financial period the reserves were above this level.



**Yogahome**  
**Report of the Trustees Continued**  
**For the year ended 31 March 2023**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The Charities governing documents are its Memorandum and Articles of Association. There are five trustees for Yogahome, only two of which are directly involved in the day to day management of the charity, Maria Gandy and Billie Chan. The Yogahome constitution is based on the following principles:

- Collective decision making. There is no leader, all decisions affecting the organisation are made collectively at meetings.
- This system requires that all members are to respect the decision making process and the decisions that are made whether they are in agreement or not.
- Tasks, roles and responsibilities are shared out in order to sustain the organisation
- A minimum of two trustees are required to ratify important decisions for the organisation.

Important decisions are made collectively at meetings. Meetings are arranged as required except for the AGM which is held in December each year. In addition to the scheduled meeting any trustee or member of staff can call an extraordinary meeting at any time. If a trustee or member of staff wishes to call an extraordinary meeting, at least two weeks' notice is required. All trustees or members of staff can put forward any agenda item they wish for a meeting. The agenda is circulated two weeks before the meeting. Any trustee or member of staff can add an agenda item at the start of a meeting. Quorum level is 3 people. If no consensus is reached majority voting is used to reach a decision. Minutes of the meeting are circulated to members within two weeks of the date of the meeting.

**REFERENCE AND ADMINISTRATIVE INFORMATION**

<b>Name of Charity</b>	Yogahome
<b>Charity registration number</b>	1119260
<b>Company registration number</b>	05705200
<b>Principal address</b>	11 Allen Road London N16 8SB

**Trustees**

The trustees and officers serving during the year and since the year end were as follows:

Billie Chan  
Maria Gandy  
James Hewson  
(Resigned: 01 September 2023)  
Caroline Bozkurt  
(Resigned: 01 September 2023)  
Lara Hooker  
(Resigned: 01 September 2023)

**Secretary** Ms Billie Chan

**Independent examiner** Andrew M Wells FMAAT  
Counterculture Partnership LLP  
Unit 115 Ducie House  
Ducie Street  
Manchester  
M1 2JW

**Yogahome**  
**Report of the Trustees Continued**  
**For the year ended 31 March 2023**

Approved by the Board of Trustees and signed on its behalf by

  
.....  
Maria Gandy

15 December 2023

**Yogahome**  
**Independent Examiners Report to the Trustees**  
**For the year ended 31 March 2023**

I report to the trustees on my examination of the accounts of the charitable company for the year ended 31 March 2023.

**Responsibilities and basis of report**

As the charity Trustees, who are also directors for the purposes of company law, 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 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 examiners statement**

Since the Charitable company's gross income exceeded £250,000, your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination by virtue of my membership of Association of Accounting Technicians, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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



15th December 2023

Andrew M Wells FMAAT  
Counterculture Partnership LLP  
Unit 115 Ducie House  
Ducie Street  
Manchester  
M1 2JW

**Yogahome**  
**Statement of Financial Activities (including Income and Expenditure Account)**  
**For the year ended 31 March 2023**

	Notes	Unrestricted funds £	2022 £
<b>Income and endowments from:</b>			
Donations and legacies	2	214	74,122
Charitable activities	3	848,511	654,040
<b>Total</b>		<b>848,725</b>	<b>728,162</b>
<b>Expenditure on:</b>			
Raising funds	4	(60)	(1,537)
Charitable activities	5/6	(819,625)	(724,269)
<b>Total</b>		<b>(819,685)</b>	<b>(725,806)</b>
<b>Net income</b>		<b>29,040</b>	<b>2,356</b>
<b>Reconciliation of funds</b>			
Total funds brought forward		210,960	208,604
<b>Total funds carried forward</b>		<b>240,000</b>	<b>210,960</b>



**Yogahome**  
**Statement of Financial Position**  
**As at 31 March 2023**

	Notes	2023 £	2022 £
<b>Fixed assets</b>			
Tangible assets	13	53,804	78,445
		<b>53,804</b>	<b>78,445</b>
<b>Current assets</b>			
Debtors	14	12,990	30,729
Cash at bank and in hand		220,020	201,303
		<b>233,010</b>	<b>232,032</b>
<b>Creditors: amounts falling due within one year</b>	15	(46,814)	(60,350)
<b>Net current assets</b>		<b>186,196</b>	<b>171,682</b>
<b>Total assets less current liabilities</b>		<b>240,000</b>	<b>250,127</b>
<b>Creditors: amounts falling due after more than one year</b>	16	-	(39,167)
<b>Net assets</b>		<b>240,000</b>	<b>210,960</b>
<b>The funds of the charity</b>			
Unrestricted income funds	17	240,000	210,960
<b>Total funds</b>		<b>240,000</b>	<b>210,960</b>

For the year ended 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved and authorised for issue by the Board and signed on its behalf by:

.....  
 Maria Gandy  
 Trustee

15 December 2023

**Yogahome**  
**Cashflow Statement**  
**For the year ended 31 March 2023**

	2023	2022
<b>Cash flow from operating activities</b>		
Cash generated from operations	18,717	51,569
Dividends, interest and rent from investments	-	
Purchase of tangible assets	-	
	<u>-</u>	<u>-</u>
	18,717	51,569
Cash and cash equivalents at beginning of year	<u>201,303</u>	<u>149,734</u>
Cash and cash equivalents at end of year	<u>220,020</u>	<u>201,303</u>
 <b>Cash generated from operations</b>		
Net movement in funds	29,040	2,356
Adjustments for:		
Depreciation and amortisation of fixed assets	24,641	31,867
Dividends, interest and rent from investments	-	
Movement in working capital		
(Increase)/decrease in stocks	-	-
(Increase)/decrease in debtors	17,739	(8,078)
Increase/(Decrease) in creditors	<u>(52,703)</u>	<u>25,424</u>
 <b>Cash generated from operations</b>	<u>18,717</u>	<u>51,569</u>

**Yogahome**  
**Notes to the Financial Statements**  
**For the year ended 31 March 2023**

**1. Accounting Policies**

**Basis of accounting**

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

Yogahome meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

**Going concern**

The financial statements are prepared, on a going concern basis, under the historical cost convention.

**Funds**

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Designated funds comprise of unrestricted funds that have been set aside by the Trustees for particular purposes.

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

There is no formal policy of transfer between funds or on the allocation of funds to designated funds, other than that described above

**Incoming resources**

All incoming resources are included in the statement of financial activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy.

**Resources expended**

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to the expenditure.

**Goodwill**

Goodwill is being written off over six years.

**Tangible fixed assets**

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Land and buildings	15% Straight line
Plant and machinery	15% Reducing balance

**Irrecoverable VAT**

Irrecoverable VAT is included in the Statement of Financial Activities, and is reported as part of the expenditure to which it relates.

**Yogahome**  
**Notes to the Financial Statements Continued**  
**For the year ended 31 March 2023**

**2. Income from donations and legacies**

	2023	2022
	£	£
<b>Unrestricted funds</b>		
Grants received	214	74,122
	<u>214</u>	<u>74,122</u>

**3. Income from charitable activities**

	2023	2022
	£	£
<b>Unrestricted funds</b>		
<i>Healthy recreation</i>		
Provision of yoga and workshop sessions	848,511	654,040

**4. Expenditure on generating donations and legacies**

	2023	2022
	£	£
<b>Unrestricted funds</b>		
Donations	60	1,537
	<u>60</u>	<u>1,537</u>

**5. Costs of charitable activities by fund type**

	2023	2022
	£	£
<b>Unrestricted funds</b>		
Healthy recreation	379,493	271,554
Support costs	440,132	452,715
	<u>819,625</u>	<u>724,269</u>

**6. Costs of charitable activities by activity type**

	Activities undertaken directly	Support costs	2023	2022
	£	£	£	£
<b>Support costs</b>				
Healthy recreation	379,493	440,132	819,625	724,269



**Yogahome**  
**Notes to the Financial Statements Continued**  
**For the year ended 31 March 2023**

**7. Analysis of support costs**

	2023	2022
	£	£
<b>Healthy recreation</b>		
Management	438,423	451,218
Finance	796	96
Governance costs	913	1,401
	<u>440,132</u>	<u>452,715</u>

**8. Net income/(expenditure) for the year**

This is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation of owned fixed assets	24,641	31,868
Amortisation of intangible fixed assets		
Intangible asset 3	-	6,665
Accountancy fees	900	900
Staff pension contributions	10,490	9,433
	<u>36,031</u>	<u>48,866</u>

**9. Staff costs and emoluments**

Total staff costs for the year ended 31 March 2023 were:

	2023	2022
	£	£
Salaries and wages	191,576	193,463
Social security costs	47,502	46,306
Pension costs	10,490	9,433
	<u>249,568</u>	<u>249,202</u>

	2023	2022
	£	£
Charitable activities	9	9
	<u>9</u>	<u>9</u>

**Yogahome**  
**Notes to the Financial Statements Continued**  
**For the year ended 31 March 2023**

**10. Trustee remuneration and related party transactions**

Two trustees, Maria Gandy and Billie Chan, were paid salaries during the year. No salary was paid in respect of services as a trustee.

**11. Comparative for the Statement of Financial Activities**

The comparative year values on the Statement of Financial Activities are for unrestricted funds.

**12. Intangible fixed assets**

	Intangible asset 3
Cost or valuation	£
At 01 April 2022	40,000
At 31 March 2023	<u>40,000</u>
<b>Amortisation</b>	
At 01 April 2022	40,000
At 31 March 2023	<u>40,000</u>
<b>Net book values</b>	
At 31 March 2023	<u>-</u>
At 31 March 2022	<u>-</u>

**13. Tangible fixed assets**

	Land and buildings £	Plant and machinery £	Total £
Cost or valuation			
At 01 April 2022	143,048	77,497	220,545
At 31 March 2023	<u>143,048</u>	<u>77,497</u>	<u>220,545</u>
<b>Depreciation</b>			
At 01 April 2022	85,828	56,272	142,100
Charge for year	21,457	3,184	24,641
At 31 March 2023	<u>107,285</u>	<u>59,456</u>	<u>166,741</u>
<b>Net book values</b>			
At 31 March 2023	<u>35,763</u>	<u>18,041</u>	<u>53,804</u>
At 31 March 2022	<u>57,220</u>	<u>21,225</u>	<u>78,445</u>

**Yogahome**  
**Notes to the Financial Statements Continued**  
**For the year ended 31 March 2023**

**14. Debtors**

	2023	2022
	£	£
<b>Amounts due within one year:</b>		
Trade debtors	9,296	4,864
Other debtors	3,694	25,865
	<u>12,990</u>	<u>30,729</u>

**15. Creditors: amounts falling due within one year**

	2023	2022
	£	£
Loans and overdrafts	-	10,000
Trade creditors	45,744	48,970
Other creditors	170	480
Accruals and deferred income	900	900
	<u>46,814</u>	<u>60,350</u>

The following liabilities disclosed under creditors falling due within one year are secured by the charity:

Bank loans and overdrafts	-	10,000
	<u>-</u>	<u>10,000</u>

**16. Creditors: amounts falling due after more than one year**

	2023	2022
	£	£
Loans and overdrafts	-	39,167
	<u>-</u>	<u>39,167</u>

The following liabilities disclosed under creditors falling due after more than one year are secured by the charity:

Bank loans and overdrafts	-	39,167
	<u>-</u>	<u>39,167</u>

**Yogahome**  
**Notes to the Financial Statements Continued**  
**For the year ended 31 March 2023**

**17. Movement in funds**

**Unrestricted Funds**

	Balance at 01/04/2022 £	Incoming resources £	Outgoing resources £	Balance at 31/03/2023 £
<i>General</i>				
General	210,960	848,725	(819,685)	240,000
	<b>210,960</b>	<b>848,725</b>	<b>(819,685)</b>	<b>240,000</b>

**Unrestricted Funds - Previous year**

	Balance at 01/04/2021 £	Incoming resources £	Outgoing resources £	Balance at 31/03/2022 £
<i>General</i>				
General	208,604	728,162	(725,806)	210,960
	<b>208,604</b>	<b>728,162</b>	<b>(725,806)</b>	<b>210,960</b>

**Purpose of unrestricted Funds**

**General**

The purpose of the general fund is to promote healthy recreation

**18. Analysis of net assets between funds**

	Intangible fixed assets £	Tangible fixed assets £	Net current assets / (liabilities) £	Creditors > one year £	Net Assets £
<b>Unrestricted funds</b>					
<i>General</i>					
General	-	53,804	186,196	-	240,000
	<b>-</b>	<b>53,804</b>	<b>186,196</b>	<b>-</b>	<b>240,000</b>



**Yogahome**  
**Notes to the Financial Statements Continued**  
**For the year ended 31 March 2023**

**Previous year**

	Intangible fixed assets	Tangible fixed assets	Net current assets / (liabilities)	Creditors > one year	Net Assets
	£	£	£	£	£
<b>Unrestricted funds</b>					
<i>General</i>					
General	-	78,445	171,682	(39,167)	210,960
	-	78,445	171,682	(39,167)	210,960

