

Adventure Ashram

Charity No. 1122629

Company No. 05952642

Trustees' Report and Unaudited Accounts

31 October 2023

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The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 October 2023.

#### REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 05952642

Charity No. 1122629

Registered Office

86-90  
Paul Street  
London  
EC2A 4NE

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.

The following Directors and Trustees served during the year:

E. Anderson  
K.M. Baldacchino  
R. Clark  
M. Edwards  
C. Jarvis  
U. Naidoo  
M.E. Ring  
F. Taki  
C. Taylor

Company Secretary

S.E.A. Morton

Key Management Personnel

|             |  |
|-------------|--|
| Chair       | C. Taylor                                |
| Secretary   | S.E.A Morton(Appointed on 25 April 2022) |
| Accountants |  |

Solutions Accountancy & Bookkeeping Ltd  
1 The Mews  
Little Brunswick Street  
Huddersfield  
HD1 5JL

#### OBJECTIVES AND ACTIVITIES

## Adventure Ashram Trustees Annual Report

Adventure Ashram's organisational aim remains to help some of the poorest people living on or around the route's adventurers supporting the charity travel. The organisation's mission is to empower and support communities through education, healthcare and refuge from human trafficking.

The trustees have paid due regard to guidance on public benefit issued by the Charity Commission in deciding what activities the charity should undertake.

### Charities Supported:

Grace Charitable Trust: Facilitating access to education for children in the remote Mudumalai Tiger Reserve, Tamil Nadu, India.

Odanadi Seva Trust: Support for women and children affected by human trafficking, Mysore, Karnataka, India

Help without Frontiers: Support for refugees existing on the Thai/Myanmar border, the charity is in Thailand.

### STAFFING

Siobhan McCarthy Morton was CEO throughout the financial year, having been appointed on 25th April 2022. The charity employed Chloe Tucker as a Communications & Campaign Coordinator in a part-time role, 24 hours per week. Chloe went on maternity leave on 27th December 2022, and resigned from Adventure Ashram in August 2023. A part-time bookkeeper is employed in a freelance capacity, approximately 12 hours per month.

Due to ongoing financial challenges, a decision was taken not to hire a maternity cover placement for the Communications & Campaign Coordinator role. This has meant that the CEO has worked as the sole permanent staff member for Adventure Ashram throughout most of this financial year. Ongoing financial challenges meant that it was decided to reduce the CEO post to 10 hours per week from September 2023 onwards. Taking both roles into account, this has meant a reduction in hours from a total of 44 weekly staffing hours to 10 hours per week.

### ACHIEVEMENTS AND PERFORMANCE

Refer to detailed Trustees Annual Report on page 18 to 21.

## FINANCIAL REVIEW

The 2022/23 financial year was better for Adventure Ashram than the previous year. The charity ended the financial year in balance and no longer with a deficit. The charity also increased the income by £17,867, raising £95,144 in total. Whilst the financial situation remains extremely challenging, it is positive that the charity managed to increase its overall income, with a reduced staff team.

The total income of £95,144 was higher than in the previous financial year, of £77,276 for 2021/22 (an increase of 23%). Our organisational expenditure of £49,611 was less than the previous financial year of £57,584 (a reduction of 14%).

Adventure Ashram continues to hold organisational reserves with the aim of holding a minimum of 3 months of operational funds as free reserves. On October 31st, 2023, the charity held £9,340. This meets the requirement of £2,900 per month (or £8,715 quarterly). Adventure Ashram will seek to further replenish the Reserves in the next financial year.

Adventure Ashram enters the new financial year extremely cautiously. As the world continues to slowly recover from the pandemic, and numerous global challenges including the recent Gaza crisis, we expect there to be a continued period of slow financial growth. We have taken this into account in the projections we have made and projects we have planned for the new financial year. We do, however, carry over earmarked funding for several projects we wish to deliver in the new financial year and with this carry-over, annual fundraising activities and balance of reserves the Trustees feel reassured for the organisation's financial stability and future.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

The company is registered as a charitable company limited by guarantee and is governed by its Memorandum and Articles of Association dated 2 October 2006. In the event of the company being wound up, each member is required to contribute an amount not exceeding £10. The company is constituted under a trust deed and is a registered charity number 1122629. The management of the company is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

  
C. Taylor  
Trustee  
25 March 2024

Colin Taylor (Mar 25, 2024 10:55 GMT)

I report to the charity trustees on my examination of the financial statements of Adventure Ashram for the year ended 31 October 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 financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

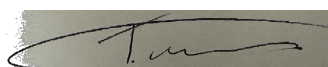
Having satisfied myself that the financial statements of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities 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 can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements 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 financial statements to be reached.



CPAA  
Solutions Accountancy & Bookkeeping Ltd  
1 The Mews  
Little Brunswick Street  
Huddersfield

HD1 5JL  
25 March 2024

Adventure Ashram  
Statement of Financial Activities  
for the year ended 31 October 2023

|  |       | Unrestricted<br>funds<br>2023<br>£ | Restricted<br>funds<br>2023<br>£ | Total funds<br>2023<br>£ | Total funds<br>2022<br>£ |
|--|-------|------------------------------------|----------------------------------|--------------------------|--------------------------|
|  | Notes |                                    |                                  |                          |                          |
| Income and endowments from:                          |       |                                    |                                  |                          |                          |
| Charitable activities                                | 4     | 49,151                             | 39,671                           | 88,822                   | 71,987                   |
| Other  | 5     | 6,322                              | -                                | 6,322                    | 5,289                    |
| Total  |       | 55,473                             | 39,671                           | 95,144                   | 77,276                   |
| Expenditure on:                                      |       |                                    |                                  |                          |                          |
| Charitable activities                                | 6     | 14,985                             | 41,564                           | 56,549                   | 44,665                   |
| Other  | 7     | 36,862                             | -                                | 36,862                   | 50,277                   |
| Total  |       | 51,847                             | 41,564                           | 93,411                   | 94,942                   |
| Net gains on investments                             |       | -                                  | -                                | -                        | -                        |
| Net income/(expenditure)                             | 8     | 3,626                              | (1,893)                          | 1,733                    | (17,666)                 |
| Transfers between funds                              |       | (1,507)                            | 1,507                            | -                        | -                        |
| Net income/(expenditure) before other gains/(losses) |       | 2,119                              | (386)                            | 1,733                    | (17,666)                 |
| Other gains and losses                               |       |                                    |                                  |                          |                          |
| Net movement in funds                                |       | 2,119                              | (386)                            | 1,733                    | (17,666)                 |
| Reconciliation of funds:                             |       |                                    |                                  |                          |                          |
| Total funds brought forward                          |       | 16,825                             | 20,859                           | 37,684                   | 55,350                   |
| Total funds carried forward                          |       | 18,944                             | 20,473                           | 39,417                   | 37,684                   |

Adventure Ashram  
Summary Income and Expenditure Account  
for the year ended 31 October 2023

|   | 2023<br>£           | 2022<br>£              |
|---|---------------------|------------------------|
| Income  | 95,144              | 77,276                 |
| Gross income for the year                           | <u>95,144</u>       | <u>77,276</u>          |
| Expenditure   | 93,411              | 94,942                 |
| Total expenditure for the year                      | <u>93,411</u>       | <u>94,942</u>          |
| Net income/(expenditure) before tax<br>for the year | 1,733               | (17,666)               |
| Net income /(expenditure )for the year              | <u><u>1,733</u></u> | <u><u>(17,666)</u></u> |



Adventure Ashram  
Balance Sheet  
at 31 October 2023

| Company No. 05952642                            | Notes | 2023<br>£            | 2022<br>£            |
|---|-------|----------------------|----------------------|
| Current assets                                  |       |                      |                      |
| Cash at bank and in hand                        |       | 39,613               | 37,684               |
|   |       | <u>39,613</u>        | <u>37,684</u>        |
| Creditors: Amount falling due within one year   | 10    | (196)                | -                    |
| Net current assets                              |       | <u>39,417</u>        | <u>37,684</u>        |
| Total assets less current liabilities           |       | <u>39,417</u>        | <u>37,684</u>        |
| Net assets excluding pension asset or liability |       | <u>39,417</u>        | <u>37,684</u>        |
| Total net assets                                |       | <u><u>39,417</u></u> | <u><u>37,684</u></u> |
| The funds of the charity                        |       |                      |                      |
| Restricted funds                                | 11    |                      |                      |
| Restricted income funds                         |       | 20,473               | 20,859               |
|   |       | <u>20,473</u>        | <u>20,859</u>        |
| Unrestricted funds                              | 11    |                      |                      |
| General funds                                   |       | 15,530               | 16,825               |
| Designated funds                                |       | 3,414                | -                    |
|   |       | <u>18,944</u>        | <u>16,825</u>        |
| Reserves  | 11    |                      |                      |
| Total funds                                     |       | <u><u>39,417</u></u> | <u><u>37,684</u></u> |

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

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

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 25 March 2024

And signed on its behalf by:

Colin Taylor  
Colin Taylor (Mar 25, 2024 10:55 GMT)

C. Taylor  
Trustee  
25 March 2024

Adventure Ashram  
Statement of Cash flows  
for the year ended 31 October 2023

|  | 2023<br>£      | 2022<br>£       |
|--|----------------|-----------------|
| Cash flows from operating activities                           |                |                 |
| Net income/(expenditure) per Statement of Financial Activities | 1,733          | (17,666)        |
| Adjustments for:   |                |                 |
| Dividends, interest and rents from investments                 | (6,322)        | (5,289)         |
| Other gains/losses   | -              | -               |
| Increase/(Decrease) in trade and other payables                | 196            | (3,688)         |
| Net cash used in operating activities                          | <u>(4,393)</u> | <u>(26,643)</u> |
| Cash flows from investing activities                           |                |                 |
| Dividends, interest and rents from investments                 | 6,322          | 5,289           |
| Net cash from investing activities                             | <u>6,322</u>   | <u>5,289</u>    |
| Net cash from financing activities                             | <u>-</u>       | <u>-</u>        |
| Net increase/(decrease) in cash and cash equivalents           | 1,929          | (21,354)        |
| Cash and cash equivalents at the beginning of the year         | 37,684         | 59,038          |
| Cash and cash equivalents at the end of the year               | <u>39,613</u>  | <u>37,684</u>   |
| Components of cash and cash equivalents                        |                |                 |
| Cash and bank balances   | 39,613         | 37,684          |
|  | <u>39,613</u>  | <u>37,684</u>   |

for the year ended 31 October 2023

## 1 Accounting policies

### Basis of preparation

The financial statements have been prepared in accordance with 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) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

### Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

### Fund accounting

|                    |  |
|--------------------|--|
| Unrestricted funds | These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.                        |
| Designated funds   | These are unrestricted funds earmarked by the trustees for particular purposes.  |
| Revaluation funds  | These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values. |
| Restricted funds   | These are available for use subject to restrictions imposed by the donor or through terms of an appeal.                                    |

### Income

|                       |   |
|-----------------------|---|
| Recognition of income | Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability. |
|-----------------------|---|

|                                 |  |
|---------------------------------|--|
| Income with related expenditure | Where income has related expenditure the income and related expenditure is reported gross in the SoFA. |
|---------------------------------|--|

|                        |  |
|------------------------|--|
| Donations and legacies | Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income. |
|------------------------|--|

|                                     |   |
|-------------------------------------|---|
| Tax reclaims on donations and gifts | Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates. |
|-------------------------------------|---|

|                                 |  |
|---------------------------------|--|
| Donated services and facilities | These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material. |
|---------------------------------|--|

|                |   |
|----------------|---|
| Volunteer help | The value of any volunteer help received is not included in the accounts. |
|----------------|---|

|                   |   |
|-------------------|---|
| Investment income | This is included in the accounts when receivable. |
|-------------------|---|

|   |   |
|---|---|
| Gains/(losses) on revaluation of fixed assets | This includes any gain or loss resulting from revaluing investments to market value at the end of the year. |
|---|---|

|                                     |  |
|-------------------------------------|--|
| Gains/(losses) on investment assets | This includes any gain or loss on the sale of investments. |
|-------------------------------------|--|

#### Expenditure

|                                      |   |
|--------------------------------------|---|
| Recognition of expenditure           | Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.   |
| Expenditure on raising funds         | These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.  |
| Expenditure on charitable activities | These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.   |
| Grants payable                       | All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.  |
| Governance costs                     | These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs. |
| Other expenditure                    | These are support costs not allocated to a particular activity.   |

#### Taxation

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

#### Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

#### Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

#### Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

#### Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

## 2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

## 3 Statement of Financial Activities - prior year

|  | Unrestricted<br>funds<br>2022<br>£ | Restricted<br>funds<br>2022<br>£ | Total funds<br>2022<br>£ |
|--|------------------------------------|----------------------------------|--------------------------|
| Income and endowments from:            |                                    |                                  |                          |
| Charitable activities                  | 35,095                             | 36,892                           | 71,987                   |
| Other                                  | 5,289                              | -                                | 5,289                    |
| Total                                  | 40,384                             | 36,892                           | 77,276                   |
| Expenditure on:                        |                                    |                                  |                          |
| Charitable activities                  | 7,307                              | 37,358                           | 44,665                   |
| Other                                  | 50,277                             | -                                | 50,277                   |
| Total                                  | 57,584                             | 37,358                           | 94,942                   |
| Net income                             | (17,200)                           | (466)                            | (17,666)                 |
| Transfers between funds                | (7,082)                            | 7,082                            | -                        |
| Net income before other gains/(losses) | (24,282)                           | 6,616                            | (17,666)                 |
| Other gains and losses:                |                                    |                                  |                          |
| Net movement in funds                  | (24,282)                           | 6,616                            | (17,666)                 |
| Reconciliation of funds:               |                                    |                                  |                          |
| Total funds brought forward            | 41,107                             | 14,243                           | 55,350                   |
| Total funds carried forward            | 16,825                             | 20,859                           | 37,684                   |

## 4 Income from charitable activities

|                                       | Unrestricted<br>£ | Restricted<br>£ | Total<br>2023<br>£ | Total<br>2022<br>£ |
|---------------------------------------|-------------------|-----------------|--------------------|--------------------|
| Donations, Grants and Other<br>Income | 49,151            | 39,671          | 88,822             | 71,987             |
|                                       | 49,151            | 39,671          | 88,822             | 71,987             |

5 Other income

|                          | Unrestricted | Total<br>2023 | Total<br>2022 |
|--------------------------|--------------|---------------|---------------|
|                          | £            | £             | £             |
| Other Incoming Resources | 5,761        | 5,761         | 5,259         |
| Bank Interest Received   | 561          | 561           | 30            |
|                          | <u>6,322</u> | <u>6,322</u>  | <u>5,289</u>  |

6 Expenditure on charitable activities

|   | Unrestricted  | Restricted    | Total<br>2023 | Total<br>2022 |
|---|---------------|---------------|---------------|---------------|
|   | £             | £             | £             | £             |
| <i>Expenditure on charitable activities</i> |               |               |               |               |
| Donations, Grants and Other Income          | 14,985        | 41,564        | 56,549        | 44,665        |
| <i>Governance costs</i>                     |               |               |               |               |
|   | <u>14,985</u> | <u>41,564</u> | <u>56,549</u> | <u>44,665</u> |

7 Other expenditure

|                              | Unrestricted  | Total<br>2023 | Total<br>2022 |
|------------------------------|---------------|---------------|---------------|
|                              | £             | £             | £             |
| Employee costs               | 31,875        | 31,875        | 39,745        |
| Motor and travel costs       | -             | -             | 515           |
| Premises costs               | 298           | 298           | 2,170         |
| General administrative costs | 2,960         | 2,960         | 2,805         |
| Legal and professional costs | 1,729         | 1,729         | 5,042         |
|                              | <u>36,862</u> | <u>36,862</u> | <u>50,277</u> |

8 Net income/(expenditure) before transfers

|                                | 2023  | 2022  |
|--------------------------------|-------|-------|
|                                | £     | £     |
| This is stated after charging: |       |       |
| Independent Examiner's fee     | 1,200 | 1,200 |

9 Staff costs

|                    | 2023          | 2022          |
|--------------------|---------------|---------------|
|                    |               |               |
| Salaries and wages | 30,849        | 37,571        |
| Pension costs      | 1,026         | 2,174         |
|                    | <u>31,875</u> | <u>39,745</u> |

No employee received emoluments in excess of £60,000.

10 Creditors:  
amounts falling due within one year

|                                 | 2023       | 2022     |
|---------------------------------|------------|----------|
|                                 | £          | £        |
| Other taxes and social security | 33         | -        |
| Other creditors                 | 163        | -        |
|                                 | <u>196</u> | <u>-</u> |

11 Movement in funds

|                          | At 1<br>November<br>2022 | Incoming<br>resources<br>(including<br>other<br>gains/losses)<br>£ | Resources<br>expended<br>£ | Gross<br>transfers<br>£ | At 31<br>October<br>2023<br>£ |
|--------------------------|--------------------------|--|----------------------------|-------------------------|-------------------------------|
| Restricted funds:        |                          |  |                            |                         |                               |
| Restricted income funds: |                          |  |                            |                         |                               |
| Grace Charitable Trust   | 154                      | 17,101   | (17,255)                   | -                       | -                             |
| Odanadi                  | 19,752                   | 22,139   | (22,925)                   | 1,507                   | 20,473                        |
| Ted Jervis               | 953                      | 430  | (1,383)                    | -                       | -                             |
| <i>Total</i>             | <u>20,859</u>            | <u>39,671</u>  | <u>(41,564)</u>            | <u>1,507</u>            | <u>20,473</u>                 |
| Unrestricted funds:      |                          |  |                            |                         |                               |
| General funds            | 16,825                   | 47,959   | (46,372)                   | (2,883)                 | 15,530                        |
| Designated funds:        |                          |  |                            |                         |                               |
| Volunteering             | -                        | -  | (1,900)                    | 2,883                   | 983                           |
| YST sponsorship          | -                        | 2,000  | (1,339)                    | -                       | 661                           |
| Thailand on Road         | -                        | 5,514  | (2,237)                    | (1,507)                 | 1,770                         |
| <i>Total</i>             | <u>-</u>                 | <u>7,514</u>   | <u>(5,476)</u>             | <u>1,376</u>            | <u>3,414</u>                  |
| <br>Total funds          | <br><u>37,684</u>        | <br><u>95,144</u>  | <br><u>(93,411)</u>        | <br><u>-</u>            | <br><u>39,417</u>             |

Purposes and restrictions in relation to the funds:

Restricted funds:  
Grace Charitable Trust  
Odanadi  
Ted Jervis  
  
Designated funds:  
Volunteering  
YST sponsorship  
Thailand on Road

12 Analysis of net assets between funds

|                    | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | Total<br>£    |
|--------------------|----------------------------|--------------------------|---------------|
| Net current assets | 38,836                     | 581                      | 39,417        |
|                    | <u>38,836</u>              | <u>581</u>               | <u>39,417</u> |

13 Reconciliation of net debt

|                           | At 1<br>November<br>2022<br>£ | Cash flows<br>£ | At 31<br>October<br>2023<br>£ |
|---------------------------|-------------------------------|-----------------|-------------------------------|
| Cash and cash equivalents | 37,684                        | 1,929           | 39,613                        |
|                           | <u>37,684</u>                 | <u>1,929</u>    | <u>39,613</u>                 |
| Net debt                  | <u>37,684</u>                 | <u>1,929</u>    | <u>39,613</u>                 |

14 Commitments

*Operating lease commitments*

Annual commitments under non-cancellable operating leases are as follows:

|                                    | 2023<br>Land and<br>buildings<br>£ | 2023<br>Other<br>£ | 2022<br>Land and<br>buildings<br>£ | 2022<br>Other<br>£ |
|------------------------------------|------------------------------------|--------------------|------------------------------------|--------------------|
| Operating leases with expiry date: |                                    |                    |                                    |                    |

*Pension commitments*

|   | 2023<br>£    | 2022<br>£    |
|---|--------------|--------------|
| The pension cost charge to the company amounted to: | <u>1,026</u> | <u>2,174</u> |

15 Related party disclosures

*Controlling party*

The company is limited by guarantee and has no share capital; thus no single party controls the company.



Adventure Ashram  
Detailed Statement of Financial Activities  
for the year ended 31 October 2023

|   | Unrestricted<br>funds<br>2023<br>£ | Restricted<br>funds<br>2023<br>£ | Total funds<br>2023<br>£ | Total funds<br>2022<br>£ |
|---|------------------------------------|----------------------------------|--------------------------|--------------------------|
| Income and endowments from:   |                                    |                                  |                          |                          |
| Charitable activities   |                                    |                                  |                          |                          |
| Donations, Grants and Other<br>Income                                       | 49,151                             | 39,671                           | 88,822                   | 71,987                   |
|   | <u>49,151</u>                      | <u>39,671</u>                    | <u>88,822</u>            | <u>71,987</u>            |
| Other   |                                    |                                  |                          |                          |
| Other Incoming Resources  | 5,761                              | -                                | 5,761                    | 5,259                    |
| Bank Interest Received  | 561                                | -                                | 561                      | 30                       |
|   | <u>6,322</u>                       | <u>-</u>                         | <u>6,322</u>             | <u>5,289</u>             |
| Total income and endowments   | 55,473                             | 39,671                           | 95,144                   | 77,276                   |
| Expenditure on:   |                                    |                                  |                          |                          |
| Charitable activities   |                                    |                                  |                          |                          |
| Donations, Grants and Other<br>Income                                       | 14,985                             | 41,564                           | 56,549                   | 44,665                   |
|   | <u>14,985</u>                      | <u>41,564</u>                    | <u>56,549</u>            | <u>44,665</u>            |
| Total of expenditure on charitable<br>activities                            | 14,985                             | 41,564                           | 56,549                   | 44,665                   |
| Employee costs  |                                    |                                  |                          |                          |
| Salaries/wages  | 30,849                             | -                                | 30,849                   | 37,571                   |
| Pension costs   | 1,026                              | -                                | 1,026                    | 2,174                    |
|   | <u>31,875</u>                      | <u>-</u>                         | <u>31,875</u>            | <u>39,745</u>            |
| Travel and subsistence  | -                                  | -                                | -                        | 515                      |
|   | <u>-</u>                           | <u>-</u>                         | <u>-</u>                 | <u>515</u>               |
| Premises costs  |                                    |                                  |                          |                          |
| Rent  | 298                                | -                                | 298                      | 2,170                    |
|   | <u>298</u>                         | <u>-</u>                         | <u>298</u>               | <u>2,170</u>             |
| General administrative costs,<br>including depreciation and<br>amortisation |                                    |                                  |                          |                          |
| Bank charges  | 1,264                              | -                                | 1,264                    | 817                      |
| General insurances  | 777                                | -                                | 777                      | 720                      |
| Postage and couriers  | -                                  | -                                | -                        | 30                       |
| Software, IT support and related<br>costs                                   | 796                                | -                                | 796                      | 1,144                    |
| Stationery and printing   | 30                                 | -                                | 30                       | 76                       |
| Telephone, fax and broadband  | 93                                 | -                                | 93                       | 18                       |
|   | <u>2,960</u>                       | <u>-</u>                         | <u>2,960</u>             | <u>2,805</u>             |
| Legal and professional costs  |                                    |                                  |                          |                          |
| Accountancy and bookkeeping   | 1,200                              | -                                | 1,200                    | 1,200                    |
| Consultancy fees  | -                                  | -                                | -                        | 3,300                    |

## Detailed Statement of Financial Activities

|  |               |                |               |                 |
|--|---------------|----------------|---------------|-----------------|
| Other legal and professional costs                   | 529           | -              | 529           | 542             |
|  | <u>1,729</u>  | <u>-</u>       | <u>1,729</u>  | <u>5,042</u>    |
| Total of expenditure of other costs                  | <u>36,862</u> | <u>-</u>       | <u>36,862</u> | <u>50,277</u>   |
| Total expenditure                                    | 51,847        | 41,564         | 93,411        | 94,942          |
| Net gains on investments                             | -             | -              | -             | -               |
|  | <u>3,626</u>  | <u>(1,893)</u> | <u>1,733</u>  | <u>(17,666)</u> |
| Net income/(expenditure)                             |               |                |               |                 |
| Transfers between funds                              | (1,507)       | 1,507          | -             | -               |
| Net income/(expenditure) before other gains/(losses) | <u>2,119</u>  | <u>(386)</u>   | <u>1,733</u>  | <u>(17,666)</u> |
| Other Gains  | -             | -              | -             | -               |
|  | <u>2,119</u>  | <u>(386)</u>   | <u>1,733</u>  | <u>(17,666)</u> |
| Net movement in funds                                |               |                |               |                 |
| Reconciliation of funds:                             |               |                |               |                 |
| Total funds brought forward                          | 16,825        | 20,859         | 37,684        | 55,350          |
| Total funds carried forward                          | <u>18,944</u> | <u>20,473</u>  | <u>39,417</u> | <u>37,684</u>   |

**Adventure Ashram**  
**Trustees Annual Report for the Year Ended 31 October 2023(Detailed)**

**KEY ACTIVITIES AND ACHIEVEMENTS**

**CHARITABLE ACTIVITIES**

The 2022/2023 financial year continued to be difficult for many small charities and their beneficiaries across the globe, and Adventure Ashram was no exception. Following the COVID:19 Pandemic, there have been additional global challenges such as ongoing wars, the cost-of-living crisis and the energy crisis, all of which have had an adverse impact on fundraising. Adventure Ashram has continued to face challenges raising its income as a result of these ongoing external factors.

A great deal of commitment and passion goes into delivering Adventure Ashram's offerings and programmes over the course of a year. The projects and campaigns are delivered by a small part time staff team and a small number of volunteers.

**During this financial year Adventure Ashram was able to provide support to our partner charities in India to help with the following:**

**GRACE CHARITABLE TRUST**

**Total Grants given £17.7K**

- Providing educational opportunities for 250 children living in the Mudumalai region of South India. This included funding uniforms and books, transport to and from school using four buses, tuition centre running costs and tuition centre teacher salaries.
- Arts & crafts and sports equipment for children at six tuition centres
- Refurbishment and repairs at rural tuition centres

**ODANADI SEVA TRUST**

**Total Grants given £23.6K**

- Support the running costs of two refuges, a home for women and children which can house up to 100 people plus, a second home for boys, which can house up to 30 people. This includes paying towards the running costs, such as salaries of house staff, clothing and uniforms, education costs and wellbeing activities, including yoga, karate and other activities.

**HELP WITHOUT FRONTIERS**

**Total Grants given £2.2K**

- Sanitation packs to be distributed to refugee families supported by Help without Frontiers.

## **FINANCIAL YEAR 2022/23 ACHIEVEMENTS**

Despite the ongoing difficult global and national circumstances, Adventure Ashram delivered some successful fundraisers in 2022/2023:

**Karma Curry:** During November, we promoted our Karma Curry campaign reaching out to Indian restaurants and food businesses. We were successful in securing donations from the following restaurants and companies: Spice Kitchen, P & B Foods, Karma Bites, East at Home, Ganapati, Chook Chook, VEL Brighton, and VEL Reading. In February 2023 we also held a curry night in Brick Lane, which raised £1,000. Home Thank you to everyone who donated prizes for the raffle. In total, Karma Curry activities raised £2,250.

**Festive Fundraiser:** We ran a festive fundraiser which raised £3,000. Thank you to several donors who gave large donations for this cause.

**Yoga Stops Traffick:** The 5th global Yoga Stops Traffick campaign managed by Adventure Ashram took place on Sat 11<sup>th</sup> March 2023. Over 60 yoga studios across the globe took part in this campaign raising funds to support the Odanadi safe houses and survivors of human trafficking in India. Just over £14,000 was raised via Adventure Ashram. We are very grateful to the global yoga community for adopting this campaign as their own, and for the corporate partners helping us raise funds for the campaign. This £14,000 represents hundreds of different people joining together through the passion of yoga to raise awareness and funds for survivors of human trafficking. We know that it continues to be a challenging time for lots of people, including those in the yoga community, so we are pleased to have been able to raise this amount.

**The UK Car & Motorbike Rally:** Our flagship annual fundraising event was held in Wiltshire in May 2023. Several supporters sponsored the event and funds were raised through a percentage of ticket sales, raffle tickets, auction prizes and event sponsorship. We give a special thanks to the Mason family who donated for the second year £1500 in memory of their son Paul. This donation was split between the Odanadi Seva Trust and Grace Charitable Trust. A total of £10,700 was raised and we thank all the supporters who came and joined us for a day of adventurous riding and significant fundraising.

**Challenge events:** Several fundraising challenges took place during the year, including RideLondon, Swim Serpentine, Royal Parks Half Marathon, and a charity Sky dive.

- We thank Dee, Debbie, and Jo for taking part in Ride London and raising just over £1,500 in total.
- We thank Zoe Price for taking on the Swim Serpentine challenge and raising £250.
- We thank Akhil, Sukrti, and Elizabeth for taking part in the Royal Park's Half Marathon and raising a combined total of £1500.
- And a special thanks to our trustee, Udes Naidoo, for bravely taking on a charity Sky Dive and raising over £2,000 for Adventure Ashram.

## **Adventure Ashram**

### **Trustees Annual Report for the Year Ended 31 October 2023(Detailed**

**Om & Bass Festival:** We were invited to host a stall at the Om & Bass festival in Sep 2023, this was a great opportunity to meet with many likeminded yoga enthusiasts and businesses and we give a big thanks to the Om & Bass team for their ongoing support for Yoga Stops Traffick. We raised just over £2,000 at the festival, which took place over three days over the hottest weekend of the year! Thanks also to everyone who volunteered all weekend at the event.

**Om Yoga Show:** We were fortunate to attend the OM Yoga Show at Alexandra Palace, London in Oct 2023, thanks to the help of two supporters who covered the cost of our stall. We spent three days at the show, which provided an excellent opportunity to meet lots of potential YST supporters and raise donations. We partnered with the team at Om & Bass who hosted 3 classes for Yoga Stops Traffick at the event, one every day of the show. We had also been delighted to be nominated for a charity award at the Om Yoga Show, winners were announced at the show and whilst we did not win, we were delighted that Yoga Stops Traffick was acknowledged through the nomination.

**Thailand on Road:** In October 2023 our first international trip to take place for several years happened with a group trip to Thailand. Our trustee, Udes, led the trip, with 11 Adventure Ashram supporters signing up. The trip was managed by TBB Tours. Attendees donated £500 each, raising a total of £5,500. This money was used to fund a new charity partner, Help without Frontiers, an organisation that supports displaced people along the Thai Myanmar border – and also the Odanadi Boy's Home, in Mysore, India. The trip was a success, and we extend a big thank you to Udes for taking the lead in organising and attending this trip, at his own cost.

**Direct Debits:** We are incredibly fortunate to have dedicated supporters who provide regular donations for Grace Charitable Trust and the Odanadi Seva Trust through direct debits. We give a huge thank you to everyone who has continued to support Adventure Ashram with direct debits and regular donations – these donations really are a lifeline for our partners in India who receive these funds directly.

Adventure Ashram is fortunate to have the support of some major donors and key supporters, and we would like to thank those individuals who have supported the charity with significant donations during this financial year.

## **VOLUNTEERING**

We were excited to welcome new volunteers to Adventure Ashram, including a team of 6 university volunteers from City University London and the CAPA volunteering programme, who assisted us during the summer of 2023. We also had the support of several volunteers who assisted with Yoga Stops Traffick and a variety of activities across the year – thank you to everyone who offered their time to support the charity this year.

## **COMMUNICATIONS**

Our CEO, Siobhan, was interviewed for two podcasts during the year, helping to raise the profile of the charity. The first interview was for 'The Charity CEO Podcast' released on 1<sup>st</sup> February 2023, the second was 'Yoga and Human Rights' released in May 2023. The charity was also publicised in a one-page article in Om Yoga Magazine in October 2023.

**Adventure Ashram****Trustees Annual Report for the Year Ended 31 October 2023(Detailed**

After making appropriate enquires, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future.

Adventure Ashram continues to follow up the progress of and impact on supported projects with regular visits by trustees and staff teams.