



Trustees' Annual Report for the period

	Period start date	Period end date
From	20 July 2019	To 19 July 2020

Section A

Reference and administration details

Charity name	Rhythms of Life International
Other names charity is known by	Rhythms of Life
Registered charity number (if any)	1125016
Charity's principal address	158-160 Pentonville Road
	London
Postcode	N1 9JL

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Azhar Sheikh	CEO		Andrew Faris
2	Leila Zeeshan	Treasurer		Andrew Faris
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
N/A		

Name of chief executive or names of senior staff members (Optional information)

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Section B

Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

Trust

Trustee selection methods
(eg. appointed by, elected by)

Andrew Faris

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Rhythms of Life still do not have any paid employees.

We continue to rely on our volunteers to help us run our charity. Currently, we have 200 volunteers.

However, due to Covid-19; many of our volunteers were forced to self-isolate during the start of the pandemic.

We therefore had to rely on a handful of volunteers to help us through this unprecedented time.

We continue to pay our office volunteers travel and lunch expenses.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

Rhythms of Life are a food and Clothing centre for the homeless of London.

We serve hot food and food parcels to over 300 homeless people daily.

We still serve London's Homeless community 365 days a year.

We are solely run by volunteers and rely on food donations from local supermarkets.

We continue to work with our local supermarkets, Whole Foods and Marks and Spencer's; who have now given us more branches to collect surplus food supplies.

We also started working with Lidl and The Felix Project. Which has helped us to receive more food and toiletry supplies for our Homeless friends.

To provide food, clothing and educational resources, without prejudice, to the homeless and poverty stricken on a daily basis, 365 days of the year.

Rhythms of Life still offer shelter solutions, food, toiletries, medical care and drug and alcohol addiction assistance/ referrals.

Unfortunately because of the Covid-19 pandemic our life-skill and CV classes have had to be paused. The classes have been very popular with our Homeless friends especially as they offer them a hope and a prospect of a better future. We are hoping to restart the classes soon.

Rhythms of Life do everything we can for the benefit of our Homeless friends and will continue to do so until we can eradicate homelessness for good. Our Homeless friends rely on our service and us.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

The majority of our funding this year has come from grant making bodies, fundraising, corporate donations and through Just Giving. We also received Covid-19 grants from the government, to help us through this tough time.

We still also continue to receive regular donations from our charity buckets, which are placed in our charity partner's supermarkets.

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

So far this year, Rhythms of Life have served 181, 250 hot meals and 9000 food parcels to our Homeless friends.

We still continue to serve people on a low income and have now extended our services to those who have been affected by COVID-19 in some way or another including those who have lost their jobs.

During the peak of the COVID-19 Pandemic, we were one of the few charities who remained opened and continued to serve the Homeless of London. Our Homeless Friends needed us now more than ever.

As mentioned above, before the pandemic started we had a lot of active volunteers, however, at the peak of the pandemic we had to rely on a handful, as many were self-isolating. This was a very difficult and stressful time for us as we saw covid cases were rising, but we also had a duty to serve the Homeless. We made the decision to continue serving whilst taking safety precautions.

Rhythms of Life received a lot of press coverage for our work during the pandemic. We were featured in the Evening Standard, BBC News, ITV News, Independent and Daily Express newspaper amongst others.

We were also fortunate enough to be part of the Evening Standard's Homeless Fund. A campaign that was set up by the Evening Standard to end Homelessness. Please see the attached link.

<https://www.standard.co.uk/news/foodforlondon/food-for-london-now-faces-homelessness-rhythms-of-life-a4454946.html>

We have not been able to have as many corporate social responsibility days because of the virus this year. However, many have still chosen to donate to the charity.

Despite the pandemic, we still managed to continue our annual 12 days of Christmas event. We did so in a socially distanced way and only served via a commercial van. We drove around the streets of London and served as many Homeless friends as we could, starting from 10am to 10pm. We handed out food, clothing, toiletries and Christmas gifts. All in all it was a successful event and our Homeless friends were grateful as always for the hot food and concern, especially at such a time of the year when they are the loneliest.

Section E**Financial review**

Brief statement of the charity's policy on reserves

The charity does not have a policy on reserves

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

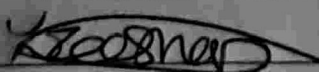
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F**Other optional information****Section G****Declaration**

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Leila Zeeshan

Position (eg Secretary, Chair, etc)

Treasurer

Date

28th July 2021



CHARITY COMMISSION
FOR ENGLAND AND WALES

CHARITY NAME
RHYTHMS OF LIFE INTERNATIONAL

CHARITY NO.
1125016

Receipts and payments accounts

CC16a

For the period
from

20/07/2019

To

19/07/2020

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	88,586	-	-	88,586	54,326
Fundraising	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	88,586	-	-	88,586	54,326
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	88,586	-	-	88,586	54,326
A3 Payments					
Training & Staff Expenses	-	-	-	-	632
Bank Charges	31	-	-	31	32
Utilities	1,242	-	-	1,242	2,041
Giving Charges	216	-	-	216	216
Equipment	5,911	-	-	5,911	713
Insurance	1,906	-	-	1,906	942
Food Supplies	2,458	-	-	2,458	3,461
Miscellaneous	94	-	-	94	1,034
Travel & Vehicle Expenses	4,413	-	-	4,413	3,130
Car Purchase	-	-	-	-	6,600
Removal Costs	895	-	-	895	1,265
Property Costs	274	-	-	274	64
Charity Banners & Advertising	667	-	-	667	76
Office Supplies	1,520	-	-	1,520	2,048
Governance Costs	-	-	-	-	408
Giving To Other Charities	1,711	-	-	1,711	-
Sub total	21,338	-	-	21,338	22,662
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	21,338	-	-	21,338	22,662
Net of receipts/(payments)	67,248	-	-	67,248	31,664
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	118,380	-	-	118,380	86,716
Cash funds this year end	185,628	-	-	185,628	118,380

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

Categories

Details

Unrestricted
funds
to nearest £

Restricted
funds
to nearest £

Endowment
funds
to nearest £

B1 Cash funds

Current Bank Account

185,628
185,628

-
-
-
-

-
-
-
-

Total cash funds

(agree balances with receipts and payments account(s))

B2 Other monetary assets

Details

Unrestricted
funds
to nearest £

Restricted
funds
to nearest £

Endowment
funds
to nearest £

-
-
-
-
-
-
-

-
-
-
-
-
-
-

-
-
-
-
-
-
-

B3 Investment assets

Details

Fund to which
asset belongs

Cost (optional)

Current value
(optional)

-
-
-
-
-
-
-

-
-
-
-
-
-
-

B4 Assets retained for the charity's own use

Details

Fund to which
asset belongs

Cost (optional)

Current value
(optional)

-
-
-
-
-
-
-
-
-

-
-
-
-
-
-
-
-
-

B5 Liabilities

Details

Fund to which
liability relates

Amount due
(optional)

When due
(optional)

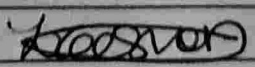
-
-
-
-
-
-
-
-

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

Date of
approval



LEILA ZEESHAN

29/7/2021

**Report to the trustees/
members of**

Charity Name
RHYTHMS OF LIFE INTERNATIONAL

**On accounts for the year
ended**

19th July 2020

**Charity no
(if any)**

1125016

Set out on pages

1 to 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 19/07/2020.

**Responsibilities and
basis of report**

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

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

**Independent
examiner's statement**

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

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

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

Signed:



Date:

29/07/2021

Name:

DENNIS EDWARD SCUDDER

**Relevant professional
qualification(s) or body
(if any):**

Address:

32 NEWTON ABBOT ROAD

NORTHFLEET

KENT DA11 7DT