



## Trustees' Annual Report for the period

Period start date			Period end date		
From	20th	July	To	19 <sup>th</sup>	July
		2020			2021

### 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 **7 Bell Yard**

**London**

Postcode **WC2A 2JR**

#### 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

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**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 do not have any paid employees; we are solely run by volunteers.

At present, we have 390 volunteers.

Volunteers are still provided travel and lunch expenses



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

Rhythms of Life are a homelessness charity that provides outreach services across London.

Our services include providing food, clothing and support to the homeless.

We do this daily by driving across London and locating homeless people who may need our help.

In addition to this we are still continue our evening food distribution service in Trafalgar Square, where our regular homeless friends meet us to receive food and essentials.

The food we provide the homeless is food that has been donated to us by our charity partners. Our partners include Marks and Spencer, Lidl, Mr Organic, Waitrose, Sainsbury's and Whole Foods amongst others.

Our charity partners also provide toiletries and other essentials that we donate to our homeless friends.

We also continue to work with the Felix Project

**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)**

To provide food, clothing and educational resources, without prejudice, to the homeless and poverty stricken on a daily basis, 356 days of the year.

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

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 continue to rely on our service and us.

#### **Additional details of objectives and activities (Optional information)**

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

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

Our funding this year came mainly through grant making bodies such as the CAF as well as CSR Days. In addition to this Rhythms of Life received small private donations from individuals via donation platforms Just Giving and Enthuse. We also received donations from corporate companies. We continue to raise money via money buckets placed in various locations.



**Summary of the main achievements of the charity during the year**

As always, we continue to serve food to the homeless of London 365 days a year. This year, we managed to serve an average of around 223,000 meals. This includes meals and food parcels. In addition to this we handed out care packages.

As well as serving the homeless, we continue to support those on a low income. We are also continuing to help those who have been affected by Covid-19, especially people who have lost their jobs and now need extra support. We help by providing our service users with food and care packages. We also provide clothes and sleeping bags upon request.

As measures are now slowly easing, many of our regular volunteers have been able to return, which has been a big help.

In addition we have found there has been an increase in people wanting to volunteer with us and help others who are less fortunate.

We feel that this is an outcome of the coronavirus and people wanting to help others now more than ever.

The relaxing of coronavirus restrictions has also meant that we have been able to resume holding CSR (Corporate Social Responsibility) days with corporate companies. Although all CSR days were taken place with the relevant covid precautions/measures in place.

In November, we featured on the ITV evening news, where we were highlighted for providing our services despite the lasting impacts of the coronavirus and how the virus was affecting our homeless friends. Also, in November, were interviewed by BBC London news, who followed us for the afternoon and interviewed our service users.

In December, we held our annual 12 Days of Christmas event. Just like last year, we took the decision to hold a mobile service because of the Coronavirus. Once again we rented a commercial van and handed out pre-prepared hot meals as well as food parcels to take away. We also provided care/toiletries and clothes packages.

Many of our corporate partners provided Christmas gifts for our Homeless friends, which were also handed out. We ran this service for 12 days from 10am to 10pm. The service on New Years Eve ran later as we wanted to make sure everyone was ok and had everything they needed as we welcomed the new year in.

This year again, we had also been chosen as Whole Foods 'Community Giving Partner'. The staff of Whole Foods nominated the charity for an award for our continued commitment to reduce food waste and feeding the Homeless in the local community. This is the 5<sup>th</sup> year we have been selected for this award.

In June 2021, Robert Elms interviewed us from BBC London radio to feature on the 'Make a Difference' segment.

We continue to support our Homeless friends and all our service users and will continue to do so as long as we can.





**Section E****Financial review**

**Brief statement of the charity's policy on reserves**

The charity does not have any reserves policy

**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)**

*Leila Zeeshan*

**Full name(s)**

Leila Zeeshan

**Position (eg Secretary, Chair, etc)**

Treasurer

**Date**

20th May 2022





CHARITY COMMISSION  
FOR ENGLAND AND WALES

CHARITY NAME  
RHYTHMS OF LIFE INTERNATIONAL

CHARITY NO.  
1125016

CC16a

## Receipts and payments accounts

For the period from	Period start date	To	Period end date
	20/07/20		19/07/21

### 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 £
<b>A1 Receipts</b>					
Donations	63,854	-	-	63,854	88,586
Fundraising	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	63,854	-	-	63,854	88,586
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	63,854	-	-	63,854	88,586

<b>A3 Payments</b>					
Training & Staff Expenses		-	-	-	-
Bank Charges	3	-	-	3	31
Utilities	1,422	-	-	1,422	1,242
Giving Charges	557	-	-	557	216
Equipment	3,461	-	-	3,461	5,911
Insurance	2,122	-	-	2,122	1,906
Food Supplies	2,468	-	-	2,468	2,468
Miscellaneous	9	-	-	9	94
Travel & Vehicle Expenses	11,472	-	-	11,472	4,413
Car Purchase	6,494	-	-	6,494	-
Removal Costs	343	-	-	343	895
Property Costs	451	-	-	451	274
Charity Banners & Advertising		-	-	-	667
Office Supplies	1,299	-	-	1,299	1,520
Governance Costs	216	-	-	216	-
Giving To Other Charities	5,641	-	-	5,641	1,711
<b>Sub total</b>	35,958	-	-	35,958	21,338

<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	35,958	-	-	35,958	21,338
<b>Net of receipts/(payments)</b>	27,896	-	-	27,896	67,246
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	185,628	-	-	185,628	118,380
<b>Cash funds this year end</b>	213,524	-	-	213,524	185,628



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

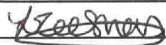
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Current Bank Account	213,524	-	-
			-	-
			-	-
	<b>Total cash funds</b>	<b>213,524</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>		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 Leeshan	20/5/2022





**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
RHYTHMS OF LIFE INTERNATIONAL

**On accounts for the year  
ended**

19<sup>th</sup> July 2021

**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 19/07/2021.

**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:**

23/05/2022

**Name:**

DENNIS EDWARD SCUDDER

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

**Address:**

32 NEWTON ABBOT ROAD

NORTHFLEET

KENT DA11 7DT