



# Trustees' Annual Report for the period

		Period start date			Period end date		
From	Day 20 <sup>th</sup>	Month July	Year 2023	To	Day 19 <sup>th</sup>	Month July	Year 2024

## 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)

112 6016

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		
2	Leila Zeeshan	Treasurer		
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 continue to be supported solely by volunteers.

This year we had 220 volunteers helping us.

We continue to provide our volunteers with lunch and travel expenses.

## Section C Objectives and activities

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

Rhythms of Life is a London based charity that provides essential services to the Homeless community and those on a low income.

We continue to provide food and nourishment to those in need. We do this through our regular food distribution service.

We prepare freshly cooked hot meals as well as providing hot and cold beverages. We also cater to vegetarian/non-vegetarian diets thereby making sure everyone's needs are met.



We still hold our food distribution service outside The Crypt in Trafalgar Square. However, on alternate days we serve in Lincolns Inn Fields next to LSE.

We continue to provide essential supplies to our service users. This includes toiletries, clothing, winter survival packs and shoes.

Recently, we have had an increasing demand for baby supplies from young low-income single mothers. This has meant we have had to expand our supplies to include mother/baby essentials now.

In addition to providing hot meals, we also distribute food parcels to go. These food parcels contain food essentials including sandwiches, fruit and pasta salads.

We still work with our charity partners to provide additional support to the Homeless.

We are continued to be supported by our charity partners, such as the NHS and other charities. They help us provide referrals for health related issues

We are grateful to our charity donators who continue to support us. Mainly, Whole Foods and Marks and Spencer who kindly donate surplus food and supplies to us daily to serve.

This year Rhythms of Life saved 300 Tonnes of food going to landfill.



**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, 365 days a year.

Rhythms of Life continue to advise our service users on shelter solutions, provide food, toiletries and medical care as well as drug and alcohol addiction assistance.



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

Our main source of fundraising this year continued to be through CSR days with corporate companies and via individual donations. Despite our limited fundraising, we have continued to provide the same service we have always done.

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**

Rhythms of Life have now expanded our core project, our food distribution service to help those on a low income as well as the homeless community.

We have had to do this as we have found there has been a huge increase in the amount of people living below the poverty line.

Our service users now include young single mothers, single men, survivors of domestic abuse as well as our regular homeless service users. These service users are very vulnerable and need a lot support. We try to offer as much as we can and where we can.

The number of meals served this year has yet again increased as a result of our new demographic.

We continue to provide surplus food and meals to local men/ women's hostels, housing associations tenants and women's shelters.

This year we have served on average 384,000 meals. This includes hot meals and food parcels.

We have now moved to a kitchen space based in West London. This has allowed us to prepare more meals and expand our services to cater to more service users. We were awarded a 4 star rating for our food preparation and hygiene.

Although we now have a kitchen space, we are still looking for a permanent home where we can run our day-to-day operations. At present, we are renting a warehouse space, but are looking into other council community based rentals, as it would give us long term stability to continue our work.

This year we continued to host CSR days with our regular corporate sponsors.

We also welcomed many volunteers from home and abroad via internships/Erasmus, which provided them with a valuable insight into the third sector and how we work.

Above all once again, we would like to reiterate that Rhythms of Life's greatest achievement is providing sustenance and support to our ever-growing service users. We will continue to do so as long as we can.



## Section E

## Financial review

Brief statement of the charity's policy on reserves

No reserve policy

Details of any funds materially in deficit

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

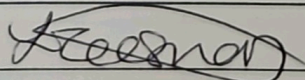
## Section G

## 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

17<sup>th</sup> June 2025





CHARITY COMMISSION  
FOR ENGLAND AND WALES

CHARITY NAME  
RHYTHMS OF LIFE INTERNATIONAL

CHARITY NO.  
1125016

CC16a

## Receipts and payments accounts

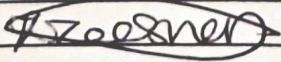
For the period from	20/07/2023	To	19/07/2024
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### Section A Receipts and payments

	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	43,954	-	-	43,954	47,201
Fundraising	-	-	-	-	-
Insurance Claim	500	-	-	500	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	44,454	-	-	44,454	47,201
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	44,454	-	-	44,454	47,201
<b>A3 Payments</b>					
Bank Charges	-	-	-	-	-
Cleaning and Removal Costs	1,578	-	-	1,578	4,272
Computer and IT	1,240	-	-	1,240	3,108
Equipment	1,600	-	-	1,600	1,500
Food Supplies	1,743	-	-	1,743	10,237
Giving Charges	-	-	-	-	-
Giving To Other Charities	2,708	-	-	2,708	-
Governance Costs	-	-	-	-	-
Helping homeless	100	-	-	100	-
Insurance	1,221	-	-	1,221	1,631
Kitchen supplies	4,387	-	-	4,387	-
Legal Fees	514	-	-	514	16,247
Miscellaneous	2	-	-	2	262
Moving costs	-	-	-	-	-
Office Supplies	164	-	-	164	1,407
Professional fees	2,454	-	-	2,454	-
Property Costs	1,155	-	-	1,155	14,481
Set Up Costs New Premises	-	-	-	-	-
Telephone and internet	2,780	-	-	2,780	2,209
Training & Volunteer Expenses	3,050	-	-	3,050	1,339
Travel & Vehicle Expenses	6,884	-	-	6,884	11,187
Warehouse rental	18,390	-	-	18,390	-
Utilities	-	-	-	-	25,084
<b>Sub total</b>	49,970	-	-	49,970	92,964
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	49,970	-	-	49,970	92,964
<b>Net of receipts/(payments)</b>	5,516	-	-	5,516	45,763
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	138,326	-	-	138,326	184,089
<b>Cash funds this year end</b>	132,810	-	-	132,810	138,326



## 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	130,744	-	-
	Cash on hand	2,066	-	-
	<b>Total cash funds</b> (agree balances with receipts and payments account(s))	<b>132,810</b>	-	-
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	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	23/06/2025	





CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

### Section A

### Independent Examiner's Report

#### Report to the trustees

Charity Name  
RHYTHMS OF LIFE INTERNATIONAL

#### On accounts for the year ended

19/07/2024

Charity no  
(if any) 1125016

#### Set out on pages

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 DD / MM / YYYY.

#### Responsibilities and basis of report

As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

#### Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [ ] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

\* Please delete the words in the brackets if they do not apply.

Signed:

Date: 23/06/2025

Name:

Sunil Gandhi

Relevant professional  
qualification(s) or body

**Sunil Gandhi**

B.com, LL.B, FCA, MICB PM. Dip  
ICB Member 455294

**Mamta Services**

43 Cody Close, Harrow HA3 9ES  
Ph: 07840512600  
e: mamta.services@yahoo.com

IER

Oct 2018



(if any):

Address:

43 Cody Close

Harrow

HA£ 9ES

## Section B

### Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

We have been reported small theft at the premises of the charity. £500 is claimed back from Insurance.