

# ZEST FOR LIFE

England & Wales · Charity number 1126679

## Details

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**Status** Registered

**Legal form** Other

**Registered** 2008-11-12

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 1 Croeswylan Close  
Oswestry  
Shropshire  
SY10 9PS

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**Email** [mail@zfl.org.uk](mailto:mail@zfl.org.uk)

**Website** [www.zfl.org.uk](http://www.zfl.org.uk)

## Activities

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**Objects:** TO ADVANCE THE EDUCATION OF THE PUPILS AT MIRIU SECONDARY SCHOOL AND INNIS SCHOOL AND SUCH OTHER SCHOOLS (THE SCHOOLS) THAT MAY COME INTO PARTNERSHIP WITH THE THOMAS ADAMS SCHOOL AND BUNTINGSDALE INFANTS SCHOOL FROM TIME TO TIME BY PROVIDING (AND ASSISTING IN THE PROVISION OF):-A) FACILITIES AND CONSUMABLE SUPPLIES EMPLOYED IN THE EDUCATION PROVISION AT THE SCHOOLS.B) RELIEF FOR FINANCIAL HARDSHIP, EITHER GENERALLY OR INDIVIDUALLY, OF TEACHERS AND PUPILS ATTENDING THE SCHOOLS, AND THEIR FAMILIES.C) ASSISTANCE IN THE PROFESSIONAL DEVELOPMENT OF TEACHERS WORKING IN THE SCHOOLS.D) ASSISTANCE WITH THE FURTHER AND HIGHER EDUCATION OF FORMER PUPILS OF THE SCHOOLS.

**Activities:** We raise funds in the UK to support the education and well-being of the students (and former students) and teachers attending Miriu Secondary School together with Innis Primary School in the Sondhu area of Western Kenya.

## Classification

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- **How:** Makes Grants To Individuals, Makes Grants To Organisations
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Overseas Aid/famine Relief
- **Who:** Children/young People, People Of A Particular Ethnic Or Racial Origin

## Geography

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- **Area of benefit:** UNDEFINED. IN PRACTICE LOCAL AND OVERSEAS
- Kenya
- Shropshire

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-08-31	£10,951	£14,517	-	-
2024-08-31	£11,159	£10,578	-	-
2023-08-31	£10,960	£16,568	-	-
2022-08-31	£15,656	£21,124	-	-
2021-08-31	£27,641	£12,487	-	-

## Trustees

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Name	Role	Appointed
HAZEL REES		2012-01-10
JANE ELIZABETH SCARLE		2023-03-29
KAREN DENISE JONES		
KEITH WILLIAM EDWARDS		
MARY ESTHER BREEZE		2022-06-29

**ZEST FOR LIFE**

England & Wales - Charity number 1126679

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# Accounts

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## **Zest for Life Annual Report 2021/2**

Our purpose has always been to support the education of the poorest, most vulnerable and needy of children and young people in a small rural community living in Upper Nyakatch, Kenya. In this, our 14<sup>th</sup> year of operation, we continue to do this by:

- Ensuring that 100+ nursery children at Innis Education Centre receive a porridge meal every morning they are at school
- Supporting bright students graduating from Innis by paying the bulk of the fees they incur at national schools and, in most cases, following them into Higher Education on a variety of undergraduate programmes. We also offer support for needy ex-Miriu students struggling to stay in further education
- Supporting the continuing education of vulnerable young women through our teacher training bursaries

This year, three young women have graduated university with two more due to graduate in September. It is important to note that all of these young women graduated from Innis Education Centre and qualified for a bursary due to their excellent exam results. Their family situations meant that without our help they would not have made it to high achieving schools and in all likelihood would not have made it to university. They've all have been with us from our small beginnings; all took porridge in the mornings; all took an active part in and benefitted from our library project and all have since 2012 been sponsored throughout high school and university by Zest for Life.

We currently have nine undergraduates still on the programme, one student on an occupational health Diploma course, one studying nursing and one at technical college training to work in the maritime industry. In addition we are offering further training to former students who have completed their Teacher Training Certificate and now need to upgrade to a Teaching Diploma to secure further employment.

Our Secondary School bursary scheme currently supports four students. We are in good contact with the majority of our sponsored students via the WhatsApp groups we've set up for each student.

With regard to our partnership with Siatok and Jefna Widows and Orphans co-operatives, we are moving ahead with the establishment of new poultry units. A successful two day training session was delivered to 40 women in September 2021 and in February 2022 stage two began with the building of new housing for 150 chicks for each group. On the ground management has been undertaken by Martin Ogondi - Martin has become central to our monitoring and communication system with the groups and we continue to be very grateful for his enthusiasm and diligence. This complex project will be delivered in line with the stipulations set down by the grant funder over the next 18 months. Essentially, we're aiming for a sustainable income generating business that is manageable in size for the women's groups, offers the members chance to improve their animal husbandry skills and generates income to enable them to better support their families.

In terms of income generation for our work, we are still building back our face to face fundraising but we are hoping to be able to organise some events in the next 12 months. We're hoping to be able to invite you to a few events, outdoor coffee mornings or guided walks for example, in 2022 to enable us to put names to faces!

In the meantime, alternative income generating activity e.g. recycling printer ink cartridges and online shopping initiatives continues to generate small but valuable donations.

Encouraging donors to register for Gift Aid continues to make a significant contribution to our income and in this respect we continue to be grateful for the diligent oversight of the Treasurer for making regular claims as well as keeping a close eye on our income and expenditure.

Our heartfelt thanks go to all those who support us on a regular basis through monthly or annual donations and to our friends and neighbours who contribute to our appeals. I also want to take this opportunity to thank my fellow Trustees for their hard work and dedication.

Karen Jones

Chairman, 5th April 2022

ZEST FOR LIFE  
STATEMENT OF FINANCIAL ACTIVITIES  
YEAR ENDED 31ST AUGUST 2021

	Restricted	Unrestricted	2021	2020	2019	2018
<b>INCOMING RESOURCES</b>						
General donations		£10,680.24	£10,680.24	£8,982.47	£10,428.21	£7,559.03
Other grants received	£10,000.00	£3,000.00	£13,000.00	£0.00	£0.00	£12,272.00
Walk The Wight Fundraiser			£0.00	£0.00	£0.00	£0.00
Quiz Night			£0.00	£0.00	£199.00	£267.00
Afternoon Tea			£0.00	£0.00	£668.00	£140.00
Curry Night			£0.00	£0.00	£283.00	£0.00
Market Drayton Walk			£0.00	£0.00	£450.00	£0.00
Christmas Fairs and Crafts		£838.31	£838.31	£1,154.34	£0.00	£574.70
Coffee Morning, Table Top Sale, Garden Party			£0.00	£0.00	£161.00	£0.00
Christmas Cards		£387.82	£387.82	£0.00	£608.17	£659.64
Rose sales & commissions			£0.00	£140.96	£0.00	£20.00
T shirt, USB stick, card & sundry sales		£119.68	£119.68	£58.89	£54.75	£31.00
Gift Aid scheme claim		£2,614.58	£2,614.58	£0.00	£3,124.60	£1,100.00
<b>TOTAL INCOMING RESOURCES</b>	<b>£10,000.00</b>	<b>£17,640.63</b>	<b>£27,640.63</b>	<b>£10,336.66</b>	<b>£15,976.73</b>	<b>£22,623.37</b>
<b>RESOURCES EXPENDED</b>						
<b>Fundraising Costs</b>						
Christmas cards		£234.00	£234.00	£0.00	£330.00	£870.00
Roses, tea towels, bags, USB sticks & craft materials		£96.56	£96.56	£69.99	£0.00	£0.00
Other fundraising costs			£0.00	£0.00	£40.00	£39.50
<b>Charitable Expenditure</b>						
Miriu School students partnership programme			£0.00	£0.00	£144.26	£911.52
Miriu students further education		£1,285.05	£1,285.05	£1,133.57	£927.22	£2,052.72
Miriu School latrines project			£0.00	£0.00	£0.00	£2,210.14
Innis School library project			£0.00	£0.00	£607.29	£0.00
Innis School building programme Girls' Latrines & Nursery Classroom			£0.00	£0.00	£9,488.79	£0.00
Innis School porridge project		£463.23	£463.23	£955.58	£1,455.08	£1,185.06
Innis School water harvesting project			£0.00	£0.00	£0.00	£0.00
Innis students secondary education		£1,288.77	£1,288.77	£1,243.83	£1,098.42	£1,871.56
Innis students further education		£5,613.03	£5,613.03	£2,549.32	£4,015.50	£835.84
Other students further education (see note 3)		£2,008.52	£2,008.52	£791.74	£400.54	£0.00
Further Education Students - Laptops		£520.50	£520.50	£635.23	£0.00	£0.00
Miriu & Innis Schools sundry expenses			£0.00	£0.00	£194.26	£0.00
Agoro Lieye School Library Stocking			£0.00	£74.67	£204.92	£0.00
Siatok Widows and Orphans Community project			£0.00	£0.00	£0.00	£0.00
Siatok & Jefna Widows Groups - Catering Enterprise Training & Seed Corn Funding			£0.00	£0.00	£1,021.76	£1,388.72
Siatok & Jefna Widows Groups - Poultry Enterprise Training			£0.00	£0.00	£0.00	£588.79
Phenny Awuor - Beekeeping enterprise			£0.00	£209.10	£0.00	£0.00
COVID 19 Support Payments						
Widows Groups		£361.78	£361.78	£566.96	£0.00	£0.00
Students/Former Students etc		£67.83	£67.83	£147.38	£0.00	£0.00
Expenses		£67.85	£67.85	£56.39	£0.00	£0.00
Project management & training		£179.83	£179.83	£127.83	£840.64	£116.66
Travel to Kenya			£0.00	£0.00	£749.99	£1,425.62
<b>Administration Costs</b>						
Website hosting etc			£0.00	£32.00	£500.00	£112.00
Monthly subscription - JustGiving .Com		£126.00	£126.00	£216.00	£216.00	£216.00
Postage, stationery & sundry expenses		£105.01	£105.01	£0.00	£0.00	£107.00
Bank charges		£69.44	£69.44	£64.66	£28.89	£8.60
<b>TOTAL RESOURCES EXPENDED</b>	<b>£0.00</b>	<b>£12,487.40</b>	<b>£12,487.40</b>	<b>£8,874.25</b>	<b>£22,773.56</b>	<b>£13,939.73</b>
<b>NET INCOMING RESOURCES</b>	<b>£10,000.00</b>	<b>£5,153.23</b>	<b>£15,153.23</b>	<b>£1,462.41</b>	<b>-£6,796.83</b>	<b>£8,683.64</b>
<b>TRANSFER OF FUNDS</b>	<b>£0.00</b>	<b>£0.00</b>	<b>£0.00</b>	<b>£0.00</b>	<b>£0.00</b>	<b>£0.00</b>
<b>TOTAL FUNDS BROUGHT FORWARD</b>	<b>£1,464.78</b>	<b>£15,567.58</b>	<b>£17,032.36</b>	<b>£15,569.95</b>	<b>£22,366.78</b>	<b>£13,571.40</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>£11,464.78</b>	<b>£20,720.81</b>	<b>£32,185.59</b>	<b>£17,032.36</b>	<b>£15,569.95</b>	<b>£22,366.78</b>

There were no recognised gains or losses during this period, other than those included in the Statement of Financial Activities.

ZEST FOR LIFE  
BALANCE SHEET  
31ST AUGUST 2021

	<u>2021</u>	<u>2020</u>	<u>2019</u>	<u>2018</u>
<b>CURRENT ASSETS</b>				
Gift Aid claim	£0.00	£0.00	£0.00	£1,100.00
Float - James Holyoak & Parker	£0.00	£500.00	£500.00	£500.00
Cash at bank	£32,100.35	£16,532.36	£15,069.95	£20,766.78
Petty cash	£85.24	£0.00	£0.00	£0.00
<b>NET ASSETS</b>	<u>£32,185.59</u>	<u>£17,032.36</u>	<u>£15,569.95</u>	<u>£22,366.78</u>
<b>REPRESENTED BY</b>				
Unrestricted fund	£20,720.81	£15,567.58	£14,105.17	£8,193.53
Restricted funds - (note 2)	£11,464.78	£1,464.78	£1,464.78	£14,173.25
	<u>£32,185.59</u>	<u>£17,032.36</u>	<u>£15,569.95</u>	<u>£22,366.78</u>
	£0.00			

Approved by the trustees on 24 March 2021

Karen Jones - Chair of Trustees

Keith - Edwards - Treasurer

NOTES TO THE ACCOUNTS

1 Accounting policies

The accounts are prepared under the historic cost convention and in accordance with the Statement of Recommended Practice : Accounting and Reporting by Charities (SORP 2005) issued in March 2005.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the charities objectives.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

2 Summary of movements on restricted funds

	Brought Forward	Income	Expenditure	Carried Forward
Oboch Community Centre Fund	£1,464.78	£0.00	£0.00	£1,464.78
Waterloo Foundaton	£0.00	£10,000.00	£0.00	£10,000.00
	<u>£1,464.78</u>	<u>£0.00</u>	<u>£0.00</u>	<u>£11,464.78</u>

3 Other students further education

These costs include contributions to the medical fees of a sponsored student who contracted Covid.

## **Independent examiner's report to the Trustees of ZEST FOR LIFE**

We report to the trustees on our examination of the charity's accounts for the year ended 31 August 2021 laid out on pages 3 and 4.

### **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').

We report in respect of our examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out our examination we have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### **Independent examiner's statement**

We have completed our examination. We confirm that no material matters have come to our attention in connection with the examination giving us cause to believe that in any material respect:-

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 2 the accounts do not accord with those records; or
- 3 the accounts do 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.

We 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.

### **James Holyoak & Parker Limited**

Chartered Accountants  
Shrewsbury SY1 3GA

Dated 31 March 2022