

A BOLD **ASPIRATION**

For a better tomorrow



MISHON ANNUAL REPORT AND FINANCIAL STATEMENTS 31 MARCH 2022

Charity Registration number: 1149271

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With best wishes for a promising future



OUR mission

→ TO EMPOWER ←

THOSE FACING COMPLEX BARRIERS AND
ADVERSITY TO TURN THEIR LIVES AROUND,
move forward and build a better future.



OUR vision

WE EMPOWER AND ENCOURAGE EACH PERSON TO
OVERCOME THE ADVERSITY THEY FACE. IF THEY STUMBLE,
WE'RE THERE TO PICK THEM BACK UP. WE WANT TO SEE
A SOCIETY WHERE THOSE FACING COMPLEX BARRIERS ARE
GIVEN THE OPPORTUNITY AND ENCOURAGEMENT TO MOVE
THEIR LIVES FORWARD.

WE WANT TO SEE A SOCIETY, WHERE NO PERSON SHOULD
GO HUNGRY OR HAVE TO MAKE THE DIFFICULT DECISION OF
EATING OR HEATING.

FOOD PARCELS

Many households are struggling to feed themselves and their families, let alone maintain healthy diets and many children are going without adequate food and nutrition.

Individuals including the young and old we supported are those at risk of hunger, malnutrition and/or social isolation. This includes families with young children from socio- economically disadvantaged communities and households, those with no recourse to public funds or support and those facing physical and/or mental health challenges.

The charity collected surplus foods from retailers and wholesalers and redistributed to many grateful recipients. Most of this food would otherwise have gone to waste or landfill.

With our mission of 'building backbone', not wanting to take away independence and to encourage autonomy the charity distributed food vouchers as well as food parcels to local needy residents including the elderly.

The food voucher system has multiple advantages:

- * Overall, using food vouchers offers a more dignified option, allowing people to choose the food they want instead of working within the limited parameters of a food parcel
- * Reduces loneliness and isolation, as people still have to go out and 'shop' for their food rather than it just being given to them. They meet friends and socialize at the same time
- * Resources are maximised. The charity pre-arranges with local shops for use of vouchers and are able to secure discounts and best value



HOLIDAY ACTIVITIES

The Challenge

For most families, holidays are a period of time to look forward to. A time of fun, laughter and quality family time. However, for our users' holidays are a nightmare. These vulnerable disadvantaged children have little to look forward to. Holidays tend to be the most stressful and difficult times for them, as resources are limited for them either due to family circumstances or financial restraint. They struggle with boredom which ultimately leads to high stress levels and inability to function normally. They face the risk of experiencing food insecurity, depression, anxiety, and social isolation.

Our Response...

At Mishon, we aim to give these children / young people the very best in life and opportunities they richly deserve so they can anticipate a future that is as productive and fulfilling as possible. The charity were able to support children and young people to access fun filled days with lots of enriching activities during the summer, winter and Easter school holiday. These included a large range of on site activities as well as trips to the coast, parks and farms to embrace and interest all C&YP regardless of age / ability.

The schemes encouraged C&YP to eat more healthy and be more active. Young people also gained a greater knowledge of health and nutrition as a result of all the workshops and hands on activities



● healthy meals

● There are many experiencing food hunger, yet tonnes of surplus fresh food is thrown away every day.

● Mishon aim to bring about change so no-one should have to miss a meal. Our team of volunteers collect and pack surplus food from local caterers and shops, which is then delivered to those who may otherwise go to bed on an empty stomach either due to poverty, disability and/or dysfunction. We get the right food to the right people at the right time.



CRISIS GRANTS



Sometimes an 'emergency item' can make or break a family. Mishon assessed each case and with the trustees' recommendation provided some with furniture, others with clothing whilst some needed emergency emotional therapy to avoid further breakdown

The charity also provided help and support to new mothers, those with disabled children and others going through ill health with respite grants. This enabled them to have much needed respite, and aided recovery



CLOTHING AND HOUSEHOLD HELP

For our beneficiaries a broken fridge is reason for panic. A new one is a dream for 'when I will be rich'. At Mishon, we match up and distribute both new and second-hand furniture, clothes and toys ensuring the disadvantaged amongst us have basic household items.

Treasure chests:

It's always hard in the run up to Chanukah, when the kids are making 'wish lists' of gifts they want from parents and grandparents. Our families are counting pennies to make sure they have food, never mind gifts. Mishon packed up 'treasure chests' filled with toys and games and dropped off to 45 local families, to enjoy over the Chanukah holiday period.



2022 and BEYOND



The cost of living crisis, however, continues. Rising inflation and increases in taxes and energy costs are yet to leave millions worse off. In addition the war in Ukraine has caused uncertainty over oil supply, pushing prices even higher.

The outlook is not great, and we know there will be further increase in demand for services including from the elderly who were on low paid jobs and are now struggling to survive on state pension and are now having to make the choice of heating or eating and from individual who may be seeking asylum due to war in their homeland.

GOALS FOR 2023

- Stabilise the organisation after significant growth during and in response to the pandemic, becoming more efficient
- Explore, evaluate and decide how best to diversify the charity's income streams, to allow the charity to plan with greater certainty, meeting the ever-increasing demand to feed the hungry, deliver holiday programmes amongst others
- To develop further services and programmes to address the root causes of financial crisis, disadvantage and reduce the need for charity and/or food aid
- To expand our holiday provision to include an after school sport programme mainly addressing lack of physical activity within the communities we serve as well as the sedentary lifestyles young people have become accustomed to as a result of the pandemic.

our funders

 Hackney

Haringey
LONDON

The
Respite
Association

The
Henry Smith
Charity
founded in 1628



The
CHARLES S FRENCH
CHARITABLE
TRUST

Arnold Clark
**COMMUNITY
FUND**

Jewish Child's Day
Transforming the lives of children in need

THE ARBIB LUCAS CHARITY
Registered Charity No. 208666

**ANTHONY BOURNE
FOUNDATION**



Board of Trustees

Mrs. Nicha Weiss
Mr. Isaac Honig
Mr. Naftoli Chaim Blau

Independent Examiner

C. Rosen & Co
149a Clapton Common
London E5 9AE

Charity Office

2 Filey Avenue
London N16 6NT

Bankers

TSB
174 Clapton Common
London E5 9AQ

Registered charity name: Mishon
Charity Number: 1149271

Mishon
Report of the Trustees

The Trustees present their annual report with accounts of the Charity for the Year Ended 31 March 2022.

Status and Administration

Mishon is constituted by trust deed, dated 20th September 2012 and is a Registered Charity.

Trustees

The Trustees in office throughout the year were:

Mrs. Nicha Weiss

Mr. Isaac Honig

Mr. Naftoli Chaim Blau

No trustee has any beneficial interest in the Charity and all gave their time voluntarily.

Objectives and Activities

The Aims of the Charity are as follows

- 1) To promote and protect the physical and mental health of families who are in need because of their social or economic circumstances, through the provision of financial assistance, support, therapeutic activities and/or practical advice.
- 2) The promotion of any other exclusively charitable objects and purposes as the trustees see fit, provided that they are regarded as charitable by the law of England and Wales.

The trustees have been delighted with the level of support from the community and are satisfied with progress made.

The trustees confirm their compliance with the duty to have due regard to the public benefit guidance published by the Charity Commission when reviewing the charity's aims and objectives and in planning future activities

Report of the Trustees

Reserves Policy

Free reserves of the charity stand at £30,334 and restricted at £19,252 of which £11,184 was paid out at the beginning of April 2022 for activities which took place in March 2022 . Restricted monies have been received towards the end of the year for particular projects in the following year.

Free reserves stand at lower than the anticipated level of reserves the trustees aim to maintain which is generally a level of at least six months running costs . However, in response to the current economic environment, it was felt sensible to provide support to beneficiaries at such difficult times rather than maintain the expected level of reserves.

Status and Administration

Mishon is constituted under a trust deed, dated 20th September 2012 and is a Registered Charity with a registered number 1149271. Recruitment and appointment of new trustees would be in line with the Trust Deed and with the consent of the trustees. The criteria set for the suitable candidate would be someone who is sensitive to the needs and demands of the organisation as well as those with lived experience of the challenges which our beneficiaries face. There is no chief executive officer. The day-to-day affairs are undertaken by a devoted team of individuals on a voluntary basis on behalf of the trustees. All major decisions are taken collectively by the trustees and all the trustees give of their time freely. The trustees are unpaid and details of any related party transactions are disclosed as applicable in the notes to the accounts. The arrangements for setting the pay of the charity's employees is the sole domain of the trustees.

Public Benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities and setting grant making policy for the year.

Grant Making Policy

The charity is funded by donations and grants. The charity gives out crisis grants in line with the above objects. The charity paid out a total of £4,407 in grants to individuals falling in line with the charity's objects.

Responsibilities of the Trustees

Charity Law requires the Trustees to prepare financial statements for each financial year which which give a true and fair view of the state of affairs of the charity as at the Balance Sheet date, and of its incoming resources, including income and expenditure for the financial year.

In preparing those financial statements, the Trustees should follow best practice and:

- a) Select suitable accounting policies and the apply them consistently.
- b) Make judgements and estimates that are reasonable and prudent.
- c) Follow applicable accounting standards and the Charities SORP 2015, updated May 2008 disclosing and explaining any departures in the financial statements.
- d) Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue in operation.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them as Trustees to ensure that the financial statements comply with the Charity Law. The Trustees are also responsible for safeguarding the charity's assets and hence for taking reasonable steps for the prevention and detection of fraud and other regularities.

Board Of Trustees

The members of the Board Of Trustees are set out on Page 1.
Approved by The Trustees on 9 January 2023
and signed on behalf of them all.

Trustee
Mrs. Nicha Weiss

Mishon					
Statement Of Financial Activities					
For The Year Ended 31 March 2022					
	Notes	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £	2021 Total Funds £
INCOMING RESOURCES					
Activities to further the Charitable Activities	2	<u>14,251</u>	<u>155,179</u>	<u>169,430</u>	<u>136,671</u>
Total Incoming Resources		14,251	155,179	169,430	136,671
RESOURCES EXPENDED					
Cost of Generating Funds		<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>
Net Incoming Resources Available For Charitable Application		14,251	155,179	169,430	136,671
Cost of Activities In Furtherance of the Charitable Activities	3	5,663	163,170	168,833	105,541
Governance Costs	5	<u>340</u>	<u>0</u>	<u>340</u>	<u>606</u>
Total Charitable Expenditure		6,003	163,170	169,173	106,147
Total Resources Expended	3	<u>6,003</u>	<u>163,170</u>	<u>169,173</u>	<u>106,147</u>
Net Movement In Funds		8,248	(7,991)	257	30,524
Transfer To / (From) Reserves		<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>
Net Reserves for the Year		<u>8,248</u>	<u>(7,991)</u>	<u>257</u>	<u>30,524</u>
Total Funds Brought Forward		21,786	27,243	49,029	18,505
Total Funds Carried Forward	10	<u>£ 30,034</u>	<u>£ 19,252</u>	<u>£ 49,286</u>	<u>£ 49,029</u>

Mishon			
Balance Sheet at 31 March 2022			
	Notes	2022 £	2021 £
Current Assets			
Cash at Bank and in Hand		<u>49,626</u>	<u>49,529</u>
Creditors : Amounts falling due within one year	8	<u>(340)</u>	<u>(500)</u>
Net Current Assets		<u>49,286</u>	<u>49,029</u>
Total Assets less Current Liabilities		<u>49,286</u>	<u>49,029</u>
Net Assets	9	<u>£ 49,286</u>	<u>£ 49,029</u>
Restricted Funds	10	19,252	27,243
Unrestricted Funds	11	<u>30,034</u>	<u>21,786</u>
Total Funds		<u>£ 49,286</u>	<u>£ 49,029</u>

Approved by the Trustees on 9 January 2023, and signed on behalf of them all.

Mrs. Nicha Weiss
Trustee

The notes on pages 6 to 8 form part of these accounts.

Notes To The Accounts - 31 March 2022

1) Principal Accounting Policies

Basis of Accounting

The Accounts have been prepared under the historical cost convention in accordance with the Charities Act (Accounts and Reports) 2011, and the Financial Reporting Standard for Smaller Entities 102, and follow the recommendations in Accounting and Reporting By Charities: Statement of Recommended Practice (effective from April 2015).

Cash Flow

The accounts do not include a cash flow statement because the charity as a small reporting entity is exempt from the requirement to prepare such a statement.

Donations and Fund Accounting

Donations received for the general and main purposes of the Charity is included as unrestricted funds in the Statement of Financial Activities when receivable.

Donations and Grants for activities restricted by the donors are taken to restricted funds if the wishes and conditions of the donor are legally binding on the Trustees.

Resources Expended

Resources expended are accounted for on an accruals basis. Certain expenditure is apportioned to cost categories based on estimated amount attributable to that activity in the year. These estimates are based on the time and level of activity as appropriate.

Governance Costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

The irrecoverable element of VAT is included with the item of expense to which it relates.

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Unrestricted Funds £	Restricted Funds £	Total 2021 £
2) Incoming Funds						
Donations	11,251	250	11,501	19,130	0	19,130
Parental Contributions	2,000	0	2,000	0	0	0
Job Retention Support	0	0	0	3,792	0	3,792
Total Donations and Fees	13,251	250	13,501	22,922	0	22,922
Grants Received						
Arbib Lucas	0	250	250		300	300
Anthony Bourne		2,950	2,950			
Anrold Clarke	1,000	0	1,000		0	0
Charles S French		3,750	3,750			0
City Bridge Trust	0	0	0		25,000	25,000
Defra Government Grant	0	0	0		30,000	30,000
East End Community Fund	0	0	0		14,859	14,859
Haringey Giving	0	0	0		5,000	5,000
Henry Smith	0	2,357	2,357		0	0
JAPH		500	500		0	0
Jewish Child Holiday Fund	0	2,500	2,500		3,300	3,300
London Borough of Hackney	0	124,122	124,122		24,150	24,150
London Borough of Haringey	0	17,150	17,150		1,610	1,610
National Lottery Response Fund	0	0	0		9,530	9,530
Respite Association	0	1,350	1,350		0	0
Total Grants	1,000	154,929	155,929	0	113,749	113,749
Total Income Generated	£ 14,251	£ 155,179	£ 169,430	£ 22,922	£ 113,749	£ 136,671

Notes To The Accounts - 31 March 2022

3) Analysis of Total Resources Expended

Charitable Activities
Cost of Activities In Furtherance of the Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Unrestricted Funds £	Restricted Funds £	Total 2021 £
Charitable Activities						
Advertising	110	0	110	480	120	600
Entertainment and Trips	0	9,200	9,200	0	0	0
Food Parcels and Vouchers	0	118,622	118,622	8,663	76,391	85,054
Grants	0	4,407	4,407	3,288	1,700	4,988
Holiday Activities	0	18,937	18,937	560	4,850	5,410
Office Costs	214	314	528	115	0	115
Toys and Stationery	0	1,590	1,590	74	1,008	1,082
Volunteer Costs	200	250	450	60	42	102
Staff Costs	<u>5,139</u>	<u>9,850</u>	<u>14,989</u>	<u>5,795</u>	<u>2,395</u>	<u>8,190</u>
Total Charitable Activities	5,663	163,170	168,833	19,035	86,506	105,541

Total Cost of Activities In Furtherance of the Charitable Activities

£ 5,663 £ 163,170 £ 168,833 £ 19,035 £ 86,506 £ 105,541

Staff Costs include Payments from the Furlough Job Retention Scheme.

4) Cost of Generating Funds

£ 0 £ 0

5) Governance Costs

Accountancy **340 606**
£ 340 £ 606

6) Taxation

The Charity is exempt from taxation on its charitable activities.

7) The average number of Employees during the year, on a full time equivalent basis was

2022 2021
2 2

No Employee was paid above £60,000 per year.

The charity employed the equivalent of 2 full time employees during the year as well as sessional staff for holiday activities.

8) Related Party Transactions

No trustee nor any person connected with them received any remuneration, or claimed any expense, during the year, from this or any related Charity.

There were no Related Party Transactions in the Year.

Mishon
Notes To The Accounts - 31 March 2022

8) Creditors: Amounts falling due within one year

	2022	2021
	£	£
Accruals	<u>340</u>	<u>500</u>
	<u>£ 340</u>	<u>£ 500</u>

9) Net Assets of The Charity's Funds

	Fixed Assets	Net Current Assets	Long Term Liabilities	Fund Balances
	£	£	£	£
Restricted Funds	0	19,252	0	19,252
Unrestricted Funds	<u>0</u>	<u>30,034</u>	<u>0</u>	<u>30,034</u>
Total Funds	<u>£ 0</u>	<u>£ 49,286</u>	<u>£ 0</u>	<u>£ 49,286</u>

10) Restricted Funds : Movements In The Year

Balance at 31 March 2021	Income	Expended	Transfer To / (From) Reserves	Balance at 31 March 2022
£	£	£	£	£
<u>27,243</u>	<u>155,179</u>	<u>163,170</u>	<u>0</u>	<u>19,252</u>
Total Funds	<u>£ 27,243</u>	<u>£ 155,179</u>	<u>£ 0</u>	<u>£ 19,252</u>

11) Unrestricted Funds : Movements In The Year

Balance at 31 March 2021	Income	Expended	Transfer To / (From) Reserves	Balance at 31 March 2022
£	£	£	£	£
General Reserve <u>21,786</u>	<u>14,251</u>	<u>6,003</u>	<u>0</u>	<u>30,034</u>
Total Funds	<u>£ 21,786</u>	<u>£ 14,251</u>	<u>£ 0</u>	<u>£ 30,034</u>

12) Related Party Transactions

No trustee nor any person connected with them received any remuneration, or claimed any expense, during the year, from this or any related Charity.
There were no Related Party Transactions in the Year.

Included within the restricted income funds are amounts totalling £11,884 which were paid out at the beginning of April 2022 in respect of holiday activities as well as food parcels provided in March 2022.

Independent Examiner's Report to the Trustees on the Unaudited Accounts of the Charity
Mishon
For The Year Ended 31 March 2022

We report on the financial statements of Mishon for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. These financial statements have been prepared, under the historical cost convention, and in accordance with the recommendations in Accounting and Reporting By Charities: Statement of Recommended Practice (Issued 2015), and the Financial Reporting Standard for Smaller Entities 102 (effective 2016), and the accounting policies set out therein.

Respective Responsibilities Of Trustees and Independent Examiner

As described on page 3, the trustees of the charity are responsible for the preparation of the accounts, and they consider that the audit requirement of section 144 of the Charities Act 2011 (the Act) does not apply. It is our responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under section 144 of the Act, whether particular matters have come to our attention.

Basis of Independent Examiner's Report

Our examination was carried out in accordance with the General Directions given by the Charity Commissioners.
An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. These procedures provide only the assurance expressed in our opinion.
The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the view given by the accounts.

Opinion

In our opinion, no matter has come to our attention,
1) which gives us reasonable cause to believe that, in any material respect, the requirements
a) to keep accounting records in accordance with section 130 of the Act; and
b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met; or
2) to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Date 9 January 2023

Independent Examiner
C. Rosen

**"COMPASSION MEANS
THAT YOU DO SOMETHING
TO ALLEVIATE THE
SUFFERING OF ANOTHER"**

