

EMPOWERING TODAY FOR A THRIVING TOMMOROW



S H A R E W H A T Y O U C A N

BUILDING *Backbone*

MISHON ANNUAL REPORT AND FINANCIAL STATEMENTS
31 MARCH 2023



A Message from the Chair

This year we continued to focus on community-led solutions to deal with the exacerbated level of hunger, disadvantage and need caused by inflation and rising food prices. Living in a time of rapid change, the charity faced an increased volume of referrals for budgetary relief from those facing sudden job loss, illness and/or unexpected expense with many facing family breakdowns as a result of emotional ill health – all threatening their future in an instant

Yet, we did not desert them. We did not abandon them.

With the support of compassionate people, trusts, and local authorities including the Tallulah Lewis Trust, Arbib Lucas, Respite Association, JAPH, JCHF, McCarthy and Stone Foundation, Julia and Hans Rausing Trust, Sport England, Henry Smith, Hackney Council (HAF and HSF programme) and Haringey Council (HAF and HSF programme), we were able to stand boldly beside them during the darkest hours and meet the rising need.

Compassion, determination and innovation from our many dedicated volunteers and partners have helped us reach where we are today. Together we have enabled people facing daily challenges to weather life's storms and hope for a better future. Together we will continue to pioneer new methods for sourcing and delivering additional programmes to help BUILD BACKBONE –and build stronger families and brighter futures.

Thank you for your steadfast support of our mission and your empathy to support those in need

Best Wishes

N Weiss
Chair

Our Mission

To empower those facing barriers and adversity by providing access to essential resources and opportunities for personal development and fostering self sufficiency to create foundations for a brighter future.

Our Values

1. **Compassion**- we believe in the inherent worth and dignity of every individual and have a deep sense of empathy and compassion for those in need. We recognise that everyone deserves to be treated with kindness, respect and fairness.
2. **Empowerment**- We believe in empowering individuals to lead independent, fulfilling lives and work towards providing support to enable self-sufficiency and personal growth.
3. **Hope and Empathy**- We believe in the power of hope and the capacity for positive change. We inspire hope in individuals, foster resistance and provide support to overcome adversity, while also displaying empathy and understanding for the unique challenges faced by those in need.



GIVING BACK

Together

Meet Peri:



Peri is our youngest volunteer. She has helped her parents for a number of years as they sort, pack and deliver food parcels for Mishon as Mrs F. quotes: Its an absolute privilege to be a volunteer for Mishon. Its not driving that gives me the joy – its seeing the delightful faces of children as we deliver the packages of food and they know that this is their basic nourishment... Going in her parents' footsteps, Peri at the young age of 15 created her own Go fund me and raised a total of **£7500** to support children in need!! *It is with the support of people like Peri and our large bank of 80 volunteers who provide additional resources and manpower which has helped us carry out our mission in the most cost effective manner ensuring funds are allocated directly to benefit beneficiaries.*

EMPOWERMENT

chronicles Meet David:

David unfortunately tasted misery as a child. With battling parents over children's custody, young David struggled trying to act as big brother and helping his father out with caring for his siblings. But when his mother ran off his pain knew no bounds. Mishon stepped in to find starving children, a kitchen that could barely be called so and a father torn between earning a living and caring for his children. Mishon made sure to send in daily nourishing hot food, stocked the cupboards and refrigerator with food and snacks and got volunteers to refurbish the kitchen so that it can rightly be called kitchen again. We also brought in volunteers to spend time with the children and mentor them in their educational lessons.

David faced, doom and gloom. Given the tools, resources and support to gain control, confidence and autonomy in his life, David and many others like him are able to succeed in their journey from disempowerment to empowerment.



Meet Sari:



Sari's sister has recently been diagnosed with cancer. Last month was the long-awaited appointment to amputate her leg. Since her diagnosis, the family have hardly seen their parents and sister as they've been more in hospital than at home. 18-year-old Sari has taken over the burden of running the home and keeping the children occupied.

Together with Mishon, she's doing an amazing job. "I was so worried about the upcoming holidays" she told our support worker Haya. "How would I occupy all my siblings when there's no school, no homework, no routine and no parents?"

Just an atmosphere of gloom pervading the house. Yet with your support of daily boxes of food and novelties for the kids, vouchers for the grocery store so that the children can choose food of their liking, crafts and guess what? even vouchers to the toy shop so each child could choose their own toys! This didn't even fit into our dreams! Her relief is palpable.

With feelings of joy, magic transformation and moments of respite and happiness our young participants look forward to holiday periods which create memories to cherish forever.

2023 & BEYOND DOING MORE...

- We will **DO MORE** to maximize sourcing and provide more nutritious meals
- We will **DO MORE** to invest in those disproportionately impacted by hunger
- We will **DO MORE** to improve economic pathways out of the poverty cycle
 - We will **DO MORE** to meet increased demand
- We will **DO MORE** to support the vulnerable including the elderly and disabled
- We will **DO MORE** to address the root causes of poverty and disadvantage, not just the symptoms.

OUR Approach

Individuals facing poverty and disadvantage often encounter a range of challenges that can further perpetuate their disadvantaged circumstances. Including limited access to basic needs such as food, limited social support, isolation and exclusion, mental and emotional health issues due to increased stress, anxiety caused by the constant struggle and uncertainty

Addressing these challenges, the charity provided a comprehensive and multi-faceted approach with a focus on poverty alleviation, nutrition education and social support.

Home essentials assist

With support from In Kind Direct, the charity was able to introduce a home essential assist scheme providing crucial items for ensuring a comfortable and safe living environment including Cleaning Supplies and personal Care Items: Soap, shampoo, toothbrushes, toilet paper, and other basic sanitary products.

Food aid express

Hunger can affect people from all walks of life with many just one job loss, missed paycheque or emergency away from hunger. But hunger doesn't affect everyone equally - some groups like children and seniors are at much higher rate effecting health, development and wellbeing.

The charity provided nourishment and support through

- * Access to essential and nutritious cooked meals for individuals and families
 - * Voucher scheme – providing beneficiaries with the opportunity to choose and purchase their own food, allowing them to maintain their dignity and autonomy
 - * Senior food hamper boxes delivered to pensioners over the holiday period
 - * Mobile pantries – beneficiaries were able to buy good quality food at a low cost with a package value of £15 - £20 at a cost of £3.50 - £4.00
- With thanks to our volunteers, we were also able to rescue good food from local wholesalers, restaurants and other from going to waste and distribute to local families in need making healthier food the easier choice for struggling families

Crisis Grants

Crisis grants were given in response to situations where individuals were facing immediate and severe hardships and emergencies and unable to meet their urgent and essential needs due to unforeseen circumstances such as unexpected medical expenses, essential household items and respite breaks where individuals were on the verge of breakdown.

These grants helped individuals stabilize their situation and put them back on their feet

Holiday Clubs

Holiday clubs providing a wide range of activities and opportunities for children and young people to socialize, learn, and have fun in a safe and supervised environment were provided during school holidays. Creative activities, sports, health nutrition workshops, and trips were offered allowing individuals to make new friends, develop skills and explore new interests and environments, encourage self-expression, and nurture talent. Healthy meals and snacks were also provided through the holiday provision, ensuring children and young people received the necessary nutrients for their day and did not face holiday hunger.

Clothing Drive

With a mission to bring brightness and confidence to individuals and families facing financial hardships, our clothing drive focuses on collecting and distributing brand-new garments to ensure that recipients receive high-quality, unworn clothing.

The charity collaborates with retail stores, and clothing brands to solicit generous contributions of new clothing items. This collaborative approach ensures a diverse selection of styles, sizes, and seasons, catering to the diverse needs of the recipients.

We implement a thoughtful and dignified distribution process, where individuals and families can choose the garments that suit their style and size. This approach promotes inclusivity and allows recipients to select clothing they feel confident in, empowering them to face the challenges they may be experiencing.

Furniture Drive

Where it is a piece of furniture that has broken or is missing and there is a need for replacement, the charity conducts a thorough needs assessment with beneficiaries to determine their specific furniture requirements – for some it may be not enough beds for the children, a broken fridge, or a dryer. Once we are clear on their living situation, family size, and any specific needs or preferences they may have we can match up furniture others may be looking to give away. We ensure only items of good quality are received by beneficiaries. If we cannot match up, we will look at securing sponsors to cover the costs of a new item.

Sport Programme

Our swim club operates with a clear mission, offering swimming classes tailored to various age groups focusing on teaching proper swimming techniques, improving endurance and speed, and fostering overall skill development with an emphasize on the importance of discipline, teamwork, and sportsmanship.

REPORT OF THE TRUSTEES

The Trustees present their annual report with accounts of the Charity for the Year Ended 31 March 2023.

Status and Administration

Mishon is constituted by trust deed, dated 20th September 2012 and is a Registered Charity with 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. No trustee has any beneficial interest in the charity and all the trustees give their time freely.

Public Benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commissions' 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.

Board of Trustees

The Trustees in office throughout the year were:
Mrs Nicha Weiss
Mr Isaac Honig
Mr Naftoli Chaim Blau

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.

Reserves policy

Free reserves of the charity stand at £66,187 and restricted at £39,660 of which £31,500 was paid out at the beginning of April 2023 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, of which £7490 is allocated for our Swim group running till December 2023. Free reserves stand at approx.. 6 months current running costs. However, the trustees feel this is in line with increase in demand for our services as a result of the Cost of Living Crisis and will be used in the event where we are unable to secure funds to support the additional people reaching out to us with food parcels in the future

RISK ASSESEMENTS

The trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that systems are in place to mitigate their exposure to major risks.

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 £4540 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 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 apply them consistently
b) Make judgements and estimate 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
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 safeguarding the charity's assets and hence for taking reasonable steps for the prevention and detection of fraud and other regularities

Auditor

An independent examiner's unqualified report will be prepared by De Claron Ltd

Approved by the Trustees on 21. January 2024
And signed on behalf of them all

Trustee
Mrs Nicha Weiss

ACCOUNTING POLICIES

1. 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)

Donations and Find Accounting

Donations received for the general and main purpose 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 accrual basis. Certain expenditure is appointed to cost categories based on the 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 the 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.

2. Net incoming resources

During the year no trustees received any remuneration, benefits in kind or reimbursement of expenses.

3. Income From Donations

2023 RESTRICTED	2023 UNRESTRICTED	2023 TOTAL	2022 TOTAL
£152,251	£40,914	£ 193,165	£169,430

3. Resources expended on charitable activities

Venue hire	£2500
Food parcels and vouchers	£96346
Crisis grants	£3540
Holiday activities and trips	£19469
Volunteer costs	£750
Home essentials	£1706
Staff	£7533

A total of £31,500 which is on accrual basis was paid out at the beginning of April 2023 for activities which took place in MArch 2023.
Restricted monies have been received towards the end of the year for particular projects in the following year of which £7490 is allocated for our swim group running till December 2023.

INDEPENDENT EXAMINER'S UNQUALIFIED REPORT TO THE MEMBERS OF MISHON

Independent Examiner's Report to the Trustees of Mishon

I report on the accounts of the Charity for the year ended 31 March 2023, which are set out on pages 5 to 7.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under the Charities Act 2022 (the 2022 Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under the 2022 Act);
- to follow the procedures laid down in the General Directions given by the Charity
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My 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. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

My 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. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with the 2022 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2022 Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

De Claron Ltd.
LONDON NW11 8SB:
22 January 2024



Mishon

The board of trustees

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

Independent Examiner

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E5 9AQ

Registered charity name:

Mishon
Charity Number: 1149271



Mishon - y/e 31.03.2023

Statement of Financial Activities

	y/e 31.03.2023			y/e 31.03.2022		
	£	£	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
INCOMING RESOURCES						
Donations & Fees						
Donations	19,582.62		19,582.62	11,251.00	250.00	11,501.00
Parental Contributions	–	–	–	2,000.00	–	2,000.00
	19,582.62	–	19,582.62	13,251.00	250.00	13,501.00
Grants Received						
	21,332.00	152,251.19	173,583.19	1,000.00	154,929.00	155,929.00
Activities to further the Charitable Acto	40,914.62	152,251.19	193,165.81	14,251.00	155,179.00	169,430.00
Total Incoming Resources	40,914.62	152,251.19	193,165.81	14,251.00	155,179.00	169,430.00
RESOURCES EXPENDED						
Cost of Generating Funds	2,921.00		2,921.00	–	–	–
Net Incoming Resources Available For Charitable Application	37,993.62	152,251.19	190,244.81	14,251.00	155,179.00	169,430.00
Cost of Activities in Furtherance or the Charitable Activities						
Venue Hire		2,500.00	2,500.00			
Food Parcels and Vouchers		96,346.00	96,346.00		118,622.00	118,622.00
Crisis Grants		3,540.00	3,540.00		4,407.00	4,407.00
Holiday Activities / Trips		19,469.00	19,469.00		28,137.00	28,137.00
Toys and Stationery			–		1,590.00	1,590.00
Volunteer Costs		750.00	750.00	200.00	250.00	450.00
Home Essentials		1,705.00	1,705.00			–
Staff Costs	–	7,533.19	7,533.19	5,139.00	9,850.00	14,989.00
	–	131,843.19	131,843.19	5,339.00	162,856.00	168,195.00

ADMINISTRATIVE EXPENSES						
Governance Costs			-	340.00	-	340.00
IT Exp	658.00		658.00			-
Advertising	206.50		206.50	110.00		110.00
Professional Fee & Acc	563.00		563.00			-
Insurance	214.48		214.48			-
Stationery & Office Supply	198.38	-	198.38	214.00	314.00	528.00
	1,840.36	-	1,840.36	664.00	314.00	978.00
Total Charitable Expenditure	-	131,843.19	131,843.19	5,339.00	162,856.00	168,195.00
Total Resources Expended	1,840.36	131,843.19	133,683.55	6,003.00	163,170.00	169,173.00
Net Movement in Funds	36,153.26	20,408.00	56,561.26	8,248.00	7,991.00	257.00
Transfer To / (From) Reserves			-	-	-	-
Net Reserves for the Year	36,153.26	20,408.00	56,561.26	8,248.00	7,991.00	257.00
Total Funds Brought Forward	30,034.00	19,252.00	49,286.00	21,786.00	27,243.00	49,029.00
Total Funds Carried Forward	66,187.26	39,660.00	105,847.26	30,034.00	19,252.00	49,286.00

Draft Balance Sheet

	y/e 31.03.2023		y/e 31.03.2022	
	£	£	£	£
CURRENT ASSETS				
CASH IN HAND & BANK	105,847.26		49,626.00	
		105,847.26		49,626.00
CURRENT LIABILITIES				
CREDITORS: Accruals	-		340.00	
			340.00	
NET ASSETS		105,847.26		49,286.00
FUND ACCOUNT				
Restricted Funds	39,660.00		19,252.00	
Unrestricted Funds	66,187.26		30,034.00	
Total Funds		105,847.26		49,286.00
		-		-



**‘EMBRACE THE SPIRIT OF
BENEVOLENCE, IGNITE
TRANSFORMATION’**

EMPOWERING TODAY FOR A THRIVING TOMMOROW