

# AMOR!

England & Wales · Charity number 1149487

## Details

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**Status** Registered

**Legal form** Other

**Registered** 2012-10-25

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

## Contact

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**Address** 40-41 Cartwright Gardens  
London  
WC1H 9EH

**Phone** 02071939934

**Email** [info@amorguatemala.org](mailto:info@amorguatemala.org)

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

## Activities

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**Objects:** PREVENTION OR RELIEF OF EXTREME POVERTY IN THE MAYAN COMMUNITIES OF GUATEMALA BY PROVIDING OR ASSISTING IN THE PROVISION OF EDUCATION, TRAINING, HOUSING AND HEALTHCARE PROJECTS AND ALL THE NECESSARY SUPPORT DESIGNED TO ENABLE FAMILIES TO GENERATE A SUSTAINABLE INCOME AND BE SELF-SUFFICIENT.

**Activities:** Human rights training and human rights defenceMaternal/child health programmesEducational support for girls and vulnerable childrenSustainable livelihoods training programmes for women and youthHumane leadership, youth empowerment and women?s rights trainingConstruction of homes and schools

## Classification

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- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** Overseas Aid/famine Relief
- **Who:** People Of A Particular Ethnic Or Racial Origin

## Geography

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- Guatemala
- Throughout London

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-03	£64,973	£64,960	-	-
2024-03-03	£67,144	£66,517	-	-
2023-03-03	£76,754	£76,094	-	-
2022-03-03	£84,697	£84,532	-	-
2021-03-03	£82,534	£82,496	-	-

## Trustees

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Name	Role	Appointed
Maria Telles		2025-03-03
Micaela Criado		2019-09-03
Sonia Lopez		2025-03-03

**AMOR!**

England & Wales - Charity number 1149487

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# Accounts

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<b>Receipts and payments accounts</b>			
<b>For the period from</b>	Period start date 04/03/2024	<b>To</b>	Period end date 03/03/2025

## 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 (individual)	25,577	6,012	-	31,589	-
Donations (foundations)	17,121	16,263	-	33,384	-
Donations (corporate)	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>42,698</b>	<b>22,275</b>	<b>-</b>	<b>64,973</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>42,698</b>	<b>22,275</b>	<b>-</b>	<b>64,973</b>	<b>-</b>
<b>A3 Payments</b>					
Food security and climate resilience	21,810	-	-	21,810	-
Human Rights	13,180	9,000	-	22,180	-
Staff remuneration	-	-	-	-	-
Education	-	-	-	-	-
Child Sponsorship	-	6,292	-	6,292	-
Health	7,685	6,993	-	14,678	-
Administration	-	-	-	-	-
<b>Sub total</b>	<b>42,675</b>	<b>22,285</b>	<b>-</b>	<b>64,960</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>42,675</b>	<b>22,285</b>	<b>-</b>	<b>64,960</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>23</b>	<b>10</b>	<b>-</b>	<b>13</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>19,107</b>	<b>11,859</b>	<b>-</b>	<b>30,966</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>19,130</b>	<b>11,849</b>	<b>-</b>	<b>30,979</b>	<b>-</b>

## 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>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>19,130</b>	<b>11,849</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	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	
		M Criado	24/12/2025	



# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	04	03	2024		03	03	2025

## Section A Reference and administration details

Charity name AMOR

Other names charity is known by

Registered charity number (if any) 1149487

Charity's principal address 40 Cartwright Gardens

London

Postcode

WC1H 9EH

### 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	Micaela Criado	Treasurer		
2	Edwin Gomez	Chair		
3	Antonia Cos	Secretary		
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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 adopted 4 <sup>th</sup> March 2012
How the charity is constituted (eg. trust, association, company)	Association consisting of 10 members
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed or reappointed annually at the AGM held in March

### 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.

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## Section C Objectives and activities

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

The prevention or relief of extreme poverty in the Mayan communities of Guatemala, devastated by genocide, through the provision of education, training, housing, rights, and healthcare projects designed to enable individuals, families, and communities to be self-sufficient, protect their lands and lives, and contribute their gifts to the world.

**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)**

Support for maternal/child health  
Empowerment/human rights programmes for women, girls and youth  
Access to justice activities including campaigns for post-genocide reparation and support for human rights defenders at risk.  
Protection and promotion of Mayan culture and traditional knowledge.  
Educational support for Mayan girls  
Small-scale school and home construction projects  
Community organising  
Child sponsorship

**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.

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

This year has been another challenging one for AMOR due to the global economic crisis and its devastating effects. While the fundraising landscape changed dramatically, with many funds that support overseas projects being rediverted to UK projects or their focus narrowed down, costs rose significantly as the need for our services increased exponentially, as Mayan communities were plunged into ever deeper poverty. At the same time, Guatemala's continuing democratic backslide is making it a much more complicated place to work.

Your support has helped transform the lives of over 30,000 people. Together with our trust partners, you have helped us raise almost £65,000. The life-changing work continues. Your support enabled us to run community-led initiatives that provided health care, food security, human rights, and emergency nutritional support, and helped revive traditional knowledge in Mayan communities throughout Guatemala.

Child sponsorship continues to touch the lives of over 160 members of our international family, who support almost 230 children, helping them thrive where they might otherwise struggle to eat or attend school. Sponsorship accounts for around one-quarter of our funding from private donations.

AMOR is committed to accompanying the Mayan people in their moment of greatest need, and we are grateful to those who, despite the myriad crises throughout the world, have generously given to help alleviate the suffering of those most affected by these perpetual crises in the Maya lands year after year, making this possible. Despite the immense challenges of the current economic situation and the need to adapt and innovate in the face of great uncertainty, AMOR has continued to have an impact far beyond its size and to stabilise its funding levels, thanks to the efforts of the teams of Mayan and international volunteers who work tirelessly to restore lives and hope for Guatemala.

The situation for the Mayan people is more challenging than ever: the cost-of-living emergency has worsened the humanitarian crisis in indigenous communities, leading to increased extreme poverty and forced migration, as well as increased land appropriation and threats to human rights defenders, creating a climate of fear. However, the resilience of the Mayan people offers reasons for hope. Backed by our foundational partners and supporter family, AMOR has had a transformational impact on the lives of over 30,000 Mayan children and their families.

We continue to experience steady growth in our Health projects, supported by AMOR's private and trust donations, while our Food Security projects remained stable. Our Human Rights programme, which addresses the growing problem of attacks on human rights defenders and impediments to access to justice for genocide, has also continued to develop, particularly through promoting security initiatives.

I will leave our Annual Report to tell more about the life-changing difference you have been part of and to say thanks once again for trusting AMOR with your generous donations.

**Health, Food Security and Indigenous Climate Resistance**

**Our programmes work to ensure that the basic needs of Mayan communities are met with dignity, drawing on traditional Mayan health and agricultural knowledge. Access to adequate food and health services is a fundamental human right. However, many are deprived of these basic rights.**

In the past year, almost 14,000 people benefited from AMOR's work in traditional health. AMOR improved the health of mothers and their children. Indigenous midwives were trained and supported to equip pregnant women and mothers of infants with the knowledge needed to have healthier pregnancies and to breastfeed. More than 1,600 women and their families have benefitted in this way.

AMOR helped build the capacity of 120 Indigenous Community Health Volunteers (ICHVS) in Guatemala to inform, protect and serve their communities, act as peacemakers, and help build a healthy Guatemala that is prepared and resilient in the face of disaster, disease and food insecurity. Our SANA Guatemala programme helped young Mayan women from communities across Guatemala participate as traditional health builders. They held regular clinics in their communities, educating people on how to prevent common diseases affecting indigenous communities. They also trained others in these skills, helping restore threatened traditional knowledge and creating a strong base of indigenous women's health leadership in Guatemala, impacting 12,100 people.

Our Food for Life programme delivered emergency food parcels to 475 chronically malnourished children and women. Moreover, community gardens created using traditional, sustainable methods helped 6,200 people improve food security and mitigate the threats of climate change.

**Human Rights and Empowerment**

AMOR believes that one of the most effective ways to bring about positive, profound and permanent change in indigenous communities is to support human rights education for young people and women. Our efforts also focus on supporting Mayan human rights defenders and their vital work, and on campaigning for justice alongside those communities that continue to be devastated by the effects of genocide.

In the past year, 120 indigenous young people's knowledge of human rights increased, and their leadership skills improved. These young people, in turn, disseminated this knowledge to their communities, impacting 7,600 people. Awareness of our justice campaign also expanded, while 40 indigenous women human rights defenders received vital security training, a knowledge that they transmitted to their organisations and communities, impacting around 3,800 people.

**Section D Achievements and performance**

**Section E Financial review**

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

Our current policy as a small charity is to hold on average five months' operating costs or one-fifth of our annual income in reserve. We predict that this will change as we continue to grow.

**Details of any funds materially in deficit**

None

**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.

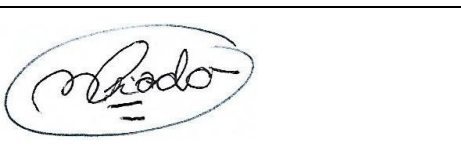
**Section F Other optional information**

**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)

Mrs. Micaela Criado

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

**Date** 24<sup>th</sup> December 2025



# Independent examiner's report on the accounts

## Section A Independent Examiner's Report

Report to the trustees/ members of Charity Name  
AMOR

On accounts for the year ended 3<sup>rd</sup> March 2025 Charity no (if any) 1149487

Set out on pages 1-2  
(remember to include the page numbers of additional sheets)

**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 section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.  
It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent examiner's statement**  
My examination was carried out in accordance with general Directions given by the Charity Commission. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**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 section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

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

Signed: Sonia Whitehouse Date: 27<sup>th</sup> December 2025

Name: Sonia Whitehouse

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

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**Address:**

7 Mount Dinham, Exeter EX4 4EB


**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material problems.

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

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**AMOR!**

England & Wales - Charity number 1149487

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# Accounts

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AMOR	1149487
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Receipts and payments accounts				
For the period from	Period start date	To	Period end date	
	3/4/2023		3/3/2024	

### 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 (individual)	17,774	5,885	-	23,659	-
Donations (foundations)	13,122	30,363	-	43,485	-
Donations (corporate)	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>30,896</b>	<b>36,248</b>	<b>-</b>	<b>67,144</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>30,896</b>	<b>36,248</b>	<b>-</b>	<b>67,144</b>	<b>-</b>
<b>A3 Payments</b>					
Food security and climate resilience	6,810	21,372	-	28,182	-
Human Rights	13,890	4,000	-	17,890	-
Staff remuneration	-	-	-	-	-
Education	-	-	-	-	-
Child Sponsorship	-	5,883	-	5,883	-
Health	9,569	4,993	-	14,562	-
Administration	-	-	-	-	-
<b>Sub total</b>	<b>30,269</b>	<b>36,248</b>	<b>-</b>	<b>66,517</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>30,269</b>	<b>36,248</b>	<b>-</b>	<b>66,517</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>627</b>	<b>-</b>	<b>-</b>	<b>627</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>19,107</b>	<b>11,859</b>	<b>-</b>	<b>30,966</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>19,734</b>	<b>11,859</b>	<b>-</b>	<b>31,593</b>	<b>-</b>

## 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>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>19,734</b>	<b>11,859</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

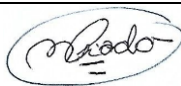
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	M Criado	12/28/2024



# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	04	03	2023		03	03	2024

## Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

London

Postcode

### 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	Micaela Criado	Treasurer		
2	Antonia Oxlaj Cos	Chair		
3	Edwin Gomez	Secretary		
4				
5				
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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)**

**Section B Structure, governance and management**

**Description of the charity’s trusts**

Type of governing document (eg. trust deed, constitution)	Constitution adopted 4 <sup>th</sup> March 2012
How the charity is constituted (eg. trust, association, company)	Association consisting of 10 members
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed or reappointed annually at the AGM held in March

**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.

**Section C Objectives and activities**

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

The prevention or relief of extreme poverty in the Mayan communities of Guatemala devastated by genocide, through the provision of education, training, housing, rights and healthcare projects designed to enable individuals, families and communities to be self-sufficient, protect their lands and lives, and contribute their gifts to the world.

**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)**

Support for maternal/child health  
Empowerment/human rights programmes for women, girls and youth  
Access to justice activities including campaigns for post-genocide reparation and support for human rights defenders at risk.  
Protection and promotion of Mayan culture and traditional knowledge.  
Educational support for Mayan girls  
Small-scale school and home construction projects  
Community organising  
Child sponsorship

**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.



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

This year has been another challenging one for AMOR due to the global economic crisis and its devastating effects. While the fundraising landscape changed dramatically, with many funds that support overseas projects being rediverted to UK projects or their focus narrowed down, costs rose significantly as the need for our services increased exponentially as Mayan communities were plunged into ever deeper poverty. At the same time, Guatemala's dramatic democratic backslide is making it a much more complicated place to work.

Your support has helped transform the lives of over 30,000 people. Together with our trust partners, you have helped us raise over £67,000, a drop in income of 13 per cent primarily resulting from a drop in foundation giving. However, the lifechanging work continues. Your support enabled us to commit around the same amount to projects to help provide health, food security, human rights and emergency nutritional support as well as revive traditional knowledge in Mayan communities throughout Guatemala.

Child sponsorship continues to touch the lives of over 160 members of our international family who support almost 230 children, helping them thrive where they might otherwise struggle to eat or attend school. Sponsorship represents around one-quarter of our funding from private donations, a reduction of around 11 per cent.

AMOR is committed to accompanying these people in their moment of greatest need, and we are grateful for those who have, despite the myriad crises throughout the world, generously given to help alleviate those suffering most in these perpetual crises in the Maya lands year after year to make this possible. Despite the immense challenges of the current economic situation, and the need to adapt and innovate in the face of great uncertainty, AMOR continued to have an impact far above its size and maintain its funding levels thanks to the efforts of the teams of Mayan and international volunteers who work tirelessly to restore lives and hope for Guatemala.

The situation for the Mayan people is more difficult than ever: the cost-of-living emergency has worsened the humanitarian crisis in indigenous communities, resulting in increased extreme poverty and forced migration, as well as increased land expropriation and threats to human rights defenders, creating a climate of fear. However, in the resilience and unity of the Mayan people, there are reasons for hope. Backed by our foundational partners and supporter family, AMOR was able to have a transformational impact on the lives of over 30,000 Mayan children and their families.

We continue to experience steady growth in our Health and Food Security projects, as projects have expanded through AMOR's private and trust donations. Our Human Rights programme, tackling the growing problem of human rights defender attacks and impediments to access to genocide justice, has also continued to develop, particularly through promoting security initiatives.

I will leave our Annual Report to tell more about the life-changing difference that you have been a part of, and to say thanks once again for

trusting AMOR with your generous donations.

### **Health, Food Security and Indigenous Climate Resistance**

Our programmes work to ensure that the basic needs of Mayan communities are met with dignity using traditional Mayan health and agricultural knowledge. Having food security and access to adequate health services are fundamental human rights. However, many are deprived of these basic rights.

In the past year, almost 11,500 people benefited from AMOR's work in traditional health. AMOR worked to improve the health of mothers and their children. Indigenous midwives were trained and supported to equip pregnant women and mothers of infants with knowledge that helps them enjoy healthier pregnancies and breastfeeding. More than 1,700 women and their families have benefitted in this way.

AMOR helped build the capacity of 100 indigenous Community Health Volunteers (ICHVS) in Guatemala to inform, protect and serve their communities, act as peacemakers, and help build a healthy Guatemala that is prepared and resilient in the face of disaster, disease and food insecurity. Our SANA Guatemala programme helped young Mayan women from communities across Guatemala participate as traditional health builders of their community. Moreover, they held regular clinics in their communities, educating them on preventing common diseases affecting indigenous communities. Finally, they trained others in these skills, helping restore threatened traditional knowledge and creating a strong base of indigenous women's health leadership in Guatemala, impacting 10,200 people.

Our Food for Life programme delivered emergency plant-based food parcels to 450 chronically malnourished children and women. HEAL Guatemala helped provide awareness of the benefits of a vegan diet to 45 young people and their communities. Moreover, community gardens created using traditional sustainable methods helped 9,200 people attain improved food security and mitigate the threats of climate change.

### **Human Rights and Empowerment**

AMOR believes that one of the best ways to bring about positive, profound and permanent change in indigenous communities is to support the human rights education of young people and women. Our efforts also focus on supporting Mayan human rights defenders and their vital work, and campaigning for justice alongside those communities that continue to be devastated by the effects of genocide.

In the past year, 90 indigenous young people's knowledge of human rights increased, and their leadership skills improved. These young people, in turn, disseminated this knowledge to their communities, impacting 6,350 people. Awareness of our justice campaign also expanded, while 45 indigenous women human rights defenders received vital security training, a knowledge that they transmitted to their organisations and communities, impacting 4,200 people.

**Section D Achievements and performance**

**Section E Financial review**

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

Our current policy as a small charity is to hold on average five months' operating costs or one-fifth of our annual income in reserve. We predict that this will change as we continue to grow.

**Details of any funds materially in deficit**

None

**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.

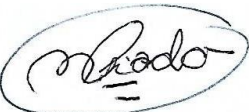
**Section F Other optional information**

**Section G Declaration**

The trustees declare that they have approved the trustees' report above.

**Signed on behalf of the charity's trustees**

**Signature(s)**

	
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<b>Full name(s)</b>	Mrs. Micaela Criado	
<b>Position (eg Secretary, Chair, etc)</b>	Treasurer	
<b>Date</b>	28 <sup>th</sup> December 2024	



# Independent examiner's report on the accounts

## Section A Independent Examiner's Report

Report to the trustees/ members of Charity Name  
AMOR

On accounts for the year ended 3<sup>rd</sup> March 2024 Charity no (if any) 1149487

Set out on pages 1-2  
(remember to include the page numbers of additional sheets)

**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 section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.  
It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent examiner's statement**  
My examination was carried out in accordance with general Directions given by the Charity Commission. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**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 section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

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

Signed: Sonia Whitehouse Date: 29<sup>th</sup> December 2024

Name: Sonia Whitehouse

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

--

**Address:**

7 Mount Dinham, Exeter EX4 4EB


**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material problems.

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

--

**AMOR!**

England & Wales - Charity number 1149487

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# Accounts

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AMOR	1149487
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## Receipts and payments accounts

**CC16a**

For the period from	Period start date 04/03/2022	To	Period end date 03/03/2023
------------------------	---------------------------------	----	-------------------------------

### 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 (individual)	13,877	7,935	-	21,812	-
Donations (foundations)	8,052	46,890	-	54,942	-
Donations (corporate)	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>21,929</b>	<b>54,825</b>	<b>-</b>	<b>76,754</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>21,929</b>	<b>54,825</b>	<b>-</b>	<b>76,754</b>	<b>-</b>
<b>A3 Payments</b>					
Food security and climate resilience	5,810	25,771	-	31,581	-
Human Rights	10,890	13,119	-	24,009	-
Staff remuneration	-	-	-	-	-
Education	-	-	-	-	-
Child Sponsorship	-	7,935	-	7,935	-
Health	4,569	8,000	-	12,569	-
Administration	-	-	-	-	-
<b>Sub total</b>	<b>21,269</b>	<b>54,825</b>	<b>-</b>	<b>76,094</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>21,269</b>	<b>54,825</b>	<b>-</b>	<b>76,094</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>660</b>	<b>-</b>	<b>-</b>	<b>660</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>18,447</b>	<b>11,859</b>	<b>-</b>	<b>30,306</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>19,107</b>	<b>11,859</b>	<b>-</b>	<b>30,966</b>	<b>-</b>

# 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>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>19,107</b>	<b>11,859</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

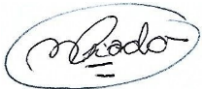
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<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 liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	M Criado	23/12/2023



# Trustees' Annual Report for the period

		Period start date			Period end date		
<b>From</b>	04	03	2022	<b>To</b>	03	03	2023

## Section A Reference and administration details

Charity name AMOR

Other names charity is known by

Registered charity number (if any) 1149487

Charity's principal address 20 Battlebridge Court

Wharfdale Road

London

Postcode

N1 9UA

### 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	Micaela Criado	Treasurer		
2	Antonia Cos	Chair		
3	AF Gomez	Secretary		
4				
5				
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7				
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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)

--

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution adopted 4 <sup>th</sup> March 2012
How the charity is constituted (eg. trust, association, company)	Association consisting of 10 members
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed or reappointed annually at the AGM held in March

### 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.

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## Section C Objectives and activities

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

The prevention or relief of extreme poverty in the Mayan communities of Guatemala devastated by genocide, through the provision of education, training, housing, rights and healthcare projects designed to enable individuals, families and communities to be self-sufficient, protect their lands and lives, and contribute their gifts to the world.

**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)**

Support for maternal/child health  
Empowerment/human rights programmes for women, girls and youth  
Access to justice activities including campaigns for post-genocide reparation and support for human rights defenders at risk.  
Protection and promotion of Mayan culture and traditional knowledge.  
Educational support for Mayan girls  
Small-scale school and home construction projects  
Community organising  
Child sponsorship

**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.

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

This year has been another extremely challenging one for AMOR due to the cost-of-living crisis and its effects. Not only was the fundraising landscape altered dramatically, with funds that support overseas projects diminishing and disappearing, but costs also rose significantly just as the need for our services increased exponentially as Mayan communities were plunged into ever deeper poverty. At the same time, Guatemala's dramatic democratic backslide is making it a far more complicated and even dangerous place to work.

Your support has helped transform the lives of over 35,000 people. Together with our trust partners, you have helped us raise almost £77,000. This enabled us to commit around that same amount to projects to help provide health, food security, human rights and emergency nutritional support as well as revive traditional knowledge in Mayan communities throughout Guatemala.

Child sponsorship continues to touch the lives of over 200 members of our international family who support almost 270 children, helping them thrive where they might otherwise struggle to eat or attend school. Sponsorship represents around one-third of our funding from private donations.

AMOR is committed to accompanying these people in their moment of greatest need, and we are grateful for those who have faithfully given to help alleviate those suffering most in these perpetual crises year after year to make this possible. Despite the immense challenges of the current economic situation, which has led to a sharp drop in individual giving, and the need to adapt and innovate in the face of great uncertainty, AMOR continued to have an impact far above its size and maintain its funding levels thanks to the efforts of the teams of Mayan and international volunteers who work tirelessly to restore lives and hope for Guatemala.

The situation for the Mayan people is more difficult than ever: the cost-of-living emergency has worsened the humanitarian crisis in indigenous communities, resulting in extreme poverty and forced migration, as well as increased land expropriation and threats to human rights defenders, creating a climate of fear. However, in the resilience and unity of the Mayan people there are reasons for hope. Backed by our foundational partners and supporter family, AMOR was able to have a transformational impact on the lives of over 36,000 Mayan children and their families.

We continue to experience steady growth in our Health and Food Security projects, as projects have expanded through AMOR's private and trust donations. Our Human Rights programme, tackling the growing problem of human rights defender attacks and impediments to access to genocide justice, has also developed, particularly through promoting security initiatives.

I will leave our Annual Report to tell more about the life-changing difference that you have been a part of, and to say thanks once again for trusting AMOR with your generous donations.

**Health, Food Security and Indigenous Climate Resistance**

Our programmes work to ensure that the basic needs of Mayan communities are met with dignity using traditional Mayan health and agricultural knowledge. Having food security and access to adequate health services are fundamental human rights. However, many are deprived of these basic rights.

In the past year, almost 10,000 people benefited from AMOR's work in the area of traditional health. AMOR worked to improve the health of mothers and their children. Indigenous midwives were trained and support to equip pregnant women and mothers of infants with knowledge that helps them enjoy healthier pregnancies and breastfeeding. More than 1,500 women and their families have benefitted in this way.

AMOR helped build the capacity of 90 indigenous Community Health Volunteers (ICHVS) in Guatemala to inform, protect and serve their communities, to act as peacemakers, and help build a healthy Guatemala that is prepared and resilient in the face of disaster, disease and food insecurity. Our SANA Guatemala programme helped young Mayan women from communities across Guatemala participate as traditional health builders of their community. Moreover, they held regular clinics in their communities, educating them regarding prevention of common diseases affecting indigenous communities. Finally, they trained others in these same skills, helping restore threatened traditional knowledge and creating a strong base of indigenous women's health leadership in Guatemala, and impacting 9,200 people.

Our Food for Life programme delivered emergency plant-based food parcels to 400 chronically malnourished children and women. HEAL Guatemala helped provide awareness of the benefits of a vegan diet to 45 young people and their communities. Moreover, community gardens created using traditional sustainable methods helped 9,200 people attain improved food security and mitigate the threats of climate change.

**Human Rights and Empowerment**

AMOR believes that one of the best ways to bring about positive, profound and permanent change in indigenous communities is to support the human rights education of young people and women. Our efforts also focus on supporting Mayan human rights defenders and their vital work, and campaigning for justice alongside those communities that continue to be devastated by the effects of genocide.

In the past year, 110 indigenous young people's knowledge of human rights increased, and their leadership skills improved. These young people, in turn, disseminated this knowledge to their communities, impacting 7,050 people. Moreover, 210 indigenous women domestic violence survivors attended workshops that helped strengthen their skills as Community Advocates equipped to work for justice and help end gender-based violence in their communities, with a potential reach of 6,200 people.

As part of our justice campaign, awareness of the campaign expanded.

Additionally, 45 indigenous women human rights defenders received vital security training, knowledge that they transmitted to their organisations and communities, impacting 4,200 people.

**Section D Achievements and performance**

**Section E Financial review**

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

Our current policy as a small charity is to hold on average five months' operating costs or one-fifth of our annual income in reserve. We predict that this will change as we continue to grow.

**Details of any funds materially in deficit**

None

**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.

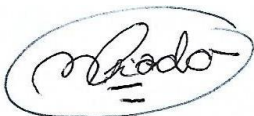
**Section F Other optional information**

**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)

Mrs. Micaela Criado

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

**Date** 20<sup>th</sup> December 2023



# Independent examiner's report on the accounts

## Section A Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
AMOR

On accounts for the  
year ended

3<sup>rd</sup> March 2023

Charity  
no (if any)

1149487

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

**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 section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**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 section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

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

Signed:

Sonia Whitehouse

Date:

28<sup>th</sup> December  
2023

Name:

Sonia Whitehouse

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

**Address:** 41 Cartwright Gardens, London WC1H 9EH

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material problems.

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

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**AMOR!**

England & Wales - Charity number 1149487

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# Accounts

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AMOR	1149487
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## Receipts and payments accounts

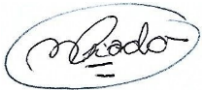
**CC16a**

For the period from	Period start date 04/03/2021	To	Period end date 03/03/2022
------------------------	---------------------------------	----	-------------------------------

### 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 (individual)	16,555	9,894	-	26,449	-
Donations (foundations)	13,064	45,184	-	58,248	-
Donations (corporate)	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>29,619</b>	<b>55,078</b>	<b>-</b>	<b>84,697</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>29,619</b>	<b>55,078</b>	<b>-</b>	<b>84,697</b>	<b>-</b>
<b>A3 Payments</b>					
Food security and climate resilience	5,810	25,984	-	31,794	-
Human Rights	14,780	7,720	-	22,500	-
Staff remuneration	-	-	-	-	-
Education	2,344	-	-	2,344	-
Child Sponsorship	-	9,894	-	9,894	-
Health	6,620	11,380	-	18,000	-
Administration	-	-	-	-	-
<b>Sub total</b>	<b>29,554</b>	<b>54,978</b>	<b>-</b>	<b>84,532</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>29,554</b>	<b>54,978</b>	<b>-</b>	<b>84,532</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>65</b>	<b>100</b>	<b>-</b>	<b>165</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>17,787</b>	<b>11,859</b>	<b>-</b>	<b>29,646</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>17,852</b>	<b>11,959</b>	<b>-</b>	<b>29,811</b>	<b>-</b>

## 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>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>17,852</b>	<b>11,959</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	<b>Signature</b>	<b>Print Name</b>	<b>Date of approval</b>	
		M Criado	22/12/2022	



# Trustees' Annual Report for the period

		Period start date			Period end date		
<b>From</b>	04	03	2021	<b>To</b>	03	03	22

## Section A Reference and administration details

Charity name AMOR

Other names charity is known by

Registered charity number (if any) 1149487

Charity's principal address

20 Battlebridge Court

Wharfdale Road

London

Postcode

N1 9UA

### 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	Micaela Criado	Treasurer		
2	Antonia Cos	Chair		
3	AF Gomez	Secretary		
4				
5				
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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)

--

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution adopted 4 <sup>th</sup> March 2012
How the charity is constituted (eg. trust, association, company)	Association consisting of 10 members
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed or reappointed annually at the AGM held in March

### 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.

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## Section C Objectives and activities

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

The prevention or relief of extreme poverty in the Mayan communities of Guatemala devastated by genocide, through the provision of education, training, housing, rights and healthcare projects designed to enable individuals, families and communities to be self-sufficient, protect their lands and lives, and contribute their gifts to the world.

**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)**

Support for maternal/child health  
Empowerment/human rights programmes for women, girls and youth  
Access to justice activities including campaigns for post-genocide reparation and support for human rights defenders at risk.  
Protection and promotion of Mayan culture and traditional knowledge.  
Educational support for Mayan girls  
Small-scale school and home construction projects  
Community organising  
Child sponsorship

**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.

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

This year has been an extremely challenging one for AMOR due to the pandemic and its effects. Not only was the fundraising landscape altered dramatically, but costs also rose significantly just as the need for our services increased exponentially as Mayan communities were plunged into ever deeper poverty. At the same time, Guatemala's dramatic democratic backslide in 2021 made it a far more complicated place to work.

Your support has helped transform the lives of almost 45,000 people. Together with our trust partners, you have helped us raise almost £85,000. This enabled us to commit over £80,000 to projects to help provide education, health, food security, human rights and emergency nutritional support as well as revive traditional knowledge in Mayan communities throughout Guatemala.

Child sponsorship continues to touch the lives of over 250 members of our international family who support almost 300 children, helping them thrive where they might otherwise struggle to eat or attend school. Sponsorship represents around one-third of our funding from private donations.

AMOR is committed to accompanying these people in their moment of greatest need, and we are grateful for those who have faithfully given to these ongoing crises year after year to make this possible. Despite the immense challenges of the pandemic, which led to a sharp drop in individual giving, and the need to adapt and innovate in the face of great uncertainty, AMOR continued to have an impact far above its size and maintain its funding levels thanks to an increase in foundational grants as well as the efforts of the teams of Mayan and international volunteers who work tirelessly to restore lives and hope for Guatemala.

The situation for the Mayan people is more difficult than ever: COVID and the cost-of-living emergency has worsened the humanitarian crisis in indigenous communities, resulting in extreme poverty and forced migration, as well as increased land expropriation and threats to human rights defenders, creating a climate of fear. However, in the resilience and unity of the Mayan people there are reasons for hope. Backed by our foundational partners and supporter family, AMOR was able to have a transformational impact on the lives of almost 45,000 people.

We have experienced growth in our Health and Food Security projects, as projects have expanded through AMOR's private and trust donations. Our Human Rights projects, tackling the growing problem of human rights defender attacks and impediments to access to genocide justice, have also developed, particularly through promoting security initiatives.

I will leave our Annual Report to tell more about the life-changing difference that you have been a part of, and to say thanks once again for trusting AMOR with your generous donations.

### **Health, Food Security and Indigenous Climate Resistance**

Our programmes work to ensure that the basic needs of Mayan communities are met with dignity using traditional Mayan health and

agricultural knowledge. Having food security and access to adequate health services are fundamental human rights. However, many are deprived of these basic rights.

In the past year, almost 14,000 people benefited from AMOR's work in the area of traditional health. AMOR worked to improve the health of mothers and their children. Indigenous midwives were trained and support to equip pregnant women and mothers of infants with knowledge that helps them enjoy healthier pregnancies and breastfeeding. More than 2,000 women and their families have benefitted in this way.

AMOR helped build the capacity of 113 indigenous Community Health Volunteers (ICHVS) in Guatemala to inform, protect and serve their communities, and help build a healthy Guatemala that is prepared and resilient in the face of disaster, disease and food insecurity. Our SANA Guatemala programme helped young Mayan women from communities across Guatemala participate as traditional health builders of their community. Moreover, they held regular clinics in their communities, educating them regarding prevention of common diseases affecting indigenous communities. Finally, they trained others in these same skills, helping restore threatened traditional knowledge and creating a strong base of indigenous women's health leadership in Guatemala, and impacting 13,900 people.

Our Food for Life programme delivered emergency plant-based food parcels to 2,240 chronically malnourished children and women, including 25 AIDS orphans. HEAL Guatemala helped provide awareness of the benefits of a vegan diet to 45 young people and their communities. Moreover, community gardens created using traditional sustainable methods helped 9,200 people attain basic food security and mitigate the threats of climate change.

### **Human Rights and Empowerment**

AMOR believes that one of the best ways to bring about positive, profound and permanent change in indigenous communities is to support the human rights education of young people and women. Our efforts also focus on supporting Mayan human rights defenders and their vital work, and campaigning for justice alongside those communities that continue to be devastated by the effects of genocide.

In the past year, 125 indigenous young people's knowledge of human rights increased, and their leadership skills improved. These young people, in turn, disseminated this knowledge to their communities, impacting 8,550 people.

As part of our justice campaign, outreach was carried out purely online and all in-person events suspended, but even so awareness of the campaign expanded. Additionally, 45 indigenous human rights defenders received vital security training, knowledge that they transmitted to their organisations and communities, impacting 4,200 people.

### **Education**

The primary focuses of AMOR's educational programming are promoting indigenous knowledge and language revival, and girls' education.

While education was lower among our priorities this year, AMOR still managed to support access to education for children living in extreme poverty, opening up opportunities and brighter futures for them. This included supporting school access for Mayan orphans (through the provision of materials and fees). All 53 school-age children in the programme are in school, although some of their schooling happened online. Sessions on child protection were conducted to help maintain the highest levels of safeguarding.

## Section E

## Financial review

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

Our current policy as a small charity is to hold on average five month's operating costs or one-fifth of our annual income in reserve. We predict that this will change as we continue to grow.

**Details of any funds materially in deficit**

None

### 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)

Mrs. Micaela Criado

Position (eg Secretary, Chair, etc)

Treasurer

Date

19<sup>th</sup> December 2022





# Independent examiner's report on the accounts

## Section A

## Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
AMCR

On accounts for the  
year ended

3<sup>rd</sup> March 2022

Charity  
no (if any)

1149487

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

**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 section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**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 section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

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

Signed:

Sonia Whitehouse

Date:

28<sup>th</sup> December  
2022

Name:

Sonia Whitehouse

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

Address: 41 Cartwright Gardens, London WC1H 9EH

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material problems.

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

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**AMOR!**

England & Wales - Charity number 1149487

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# Accounts

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AMOR	1149487		
<b>Receipts and payments accounts</b>			
For the period from	Period start date 04/03/2020	To	Period end date 03/03/2021

<b>CC16a</b>
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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 (individual)	7,324	8,110	-	15,434	-
Donations (foundations)		55,100	-	55,100	-
Donations (corporate)	-	-	-	-	-
Loan	12,000	-	-	12,000	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>19,324</b>	<b>63,210</b>	<b>-</b>	<b>82,534</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>19,324</b>	<b>63,210</b>	<b>-</b>	<b>82,534</b>	<b>-</b>
<b>A3 Payments</b>					
Food security and climate resilience		30,984	-	8,229	-
Human rights	5,575	10,000	-	16,515	-
Staff remuneration	-	-	-	-	-
Education	535	1,106	-	535	-
Child sponsorship	-	8,015	-	8,015	-
Health	12,255	14,025	-	26,280	-
Administration			-	-	-
<b>Sub total</b>	<b>18,365</b>	<b>64,130</b>	<b>-</b>	<b>82,495</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>18,365</b>	<b>64,130</b>	<b>-</b>	<b>82,495</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>959</b>	<b>-920</b>	<b>-</b>	<b>39</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>16,828</b>	<b>12,779</b>	<b>-</b>	<b>29,607</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>17,787</b>	<b>11,859</b>	<b>-</b>	<b>29,646</b>	<b>-</b>

## 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>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>17,788</b>	<b>11,859</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	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	
		Antonia Cos	09/11/2021	



# Trustees' Annual Report for the period

		Period start date			Period end date		
<b>From</b>	04	03	2020	<b>To</b>	03	03	21

## Section A Reference and administration details

Charity name AMOR

Other names charity is known by

Registered charity number (if any) 1149487

Charity's principal address 20 Battlebridge Court

Wharfdale Road

London

Postcode

N1 9UA

### 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	Micaela Criado	Treasurer		
2	Antonia Cos	Chair		
3	AF Gomez	Secretary		
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 adopted 4 <sup>th</sup> March 2012
How the charity is constituted (eg. trust, association, company)	Association consisting of 10 members
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed or reappointed annually at the AGM held in March

### 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.

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## Section C Objectives and activities

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

The prevention or relief of extreme poverty in the Mayan communities of Guatemala devastated by genocide, through the provision of education, training, housing, rights and healthcare projects designed to enable individuals, families and communities to be self-sufficient, protect their lands and lives, and contribute their gifts to the world.

**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)**

Support for maternal/child health  
Empowerment/human rights programmes for women, girls and youth  
Access to justice activities including campaigns for post-genocide reparation and support for human rights defenders at risk.  
Protection and promotion of Mayan culture and traditional knowledge.  
Educational support for Mayan girls  
Small-scale school and home construction projects  
Community organising  
Child sponsorship

**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.

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

This year has been a tremendously challenging one for AMOR due to the pandemic and its effects, as it has for most. Not only did the fundraising landscape change dramatically overnight, but the need for our services increased exponentially as Mayan communities were plunged into ever deeper poverty and malnutrition. At the same time, Guatemala's steady democratic backslide made it a more complicated place to work.

Your support has helped transform the lives of almost 50,000 people. Together with our trust partners, you have helped us raise almost £85,000. This enabled us to commit over £80,000 to projects to help provide education, health, human rights and emergency nutritional support as well as revive traditional knowledge in Mayan communities throughout Guatemala.

Child sponsorship continues to touch the lives of over 350 members of our international family who support almost 400 children, helping them thrive where they might otherwise struggle to eat or attend school. Sponsorship continues to represent around two-fifths of our funding from private donations.

AMOR is committed to accompanying these people in their moment of greatest need, and we are grateful for those who have faithfully given to these ongoing crises year after year to make this possible. Despite the immense challenges of the pandemic, which led to a sharp drop in individual giving, and the need to adapt and innovate in the face of great uncertainty, AMOR continued to have an impact far above its size and maintain its funding levels thanks to an increase in foundational grants as well as the efforts of the teams of Mayan and international volunteers who work tirelessly to restore lives and hope for Guatemala.

The situation for the Mayan people is more difficult than ever: COVID-19 has decimated indigenous communities, worsened the humanitarian crisis resulting in extreme poverty and forced migration, as well as increased land expropriation and threats to human rights defenders creating a climate of fear. However, in the resilience and unity of the Mayan people there are reasons for hope. Backed by our foundational partners and supporter family, AMOR was able to have a transformational impact on the lives of almost 60,000 people.

We have experienced growth in our Health and Food Security projects, as projects have expanded through AMOR's private and trust donations. Our Human Rights projects, tackling the growing problem of human rights defender attacks and impediments to access to genocide justice, have also developed, particularly through promoting security initiatives.

I will leave our Annual Report to tell more about the life-changing difference that you have been a part of, and to say thanks once again for trusting AMOR with your generous donations.

### **Health, Food Security and Indigenous Climate Resistance**

Our programmes work to ensure that the basic needs of Mayan communities are met with dignity using traditional Mayan health and agricultural knowledge. Having food security and access to adequate

health services are fundamental human rights. However, many are deprived of these basic rights.

In the past year, over 22,400 people benefited from AMOR's work in the area of traditional health. AMOR worked to improve the health of mothers and their children. Indigenous midwives were trained and support to equip pregnant women and mothers of infants with knowledge that helps them enjoy healthier pregnancies and breastfeeding. More than 2,500 women and their families have benefitted in this way.

AMOR helped build the capacity of 210 indigenous Community Health Volunteers (ICHVS) in Guatemala to inform, protect and serve their communities during the Covid-19 crisis and beyond, and help build a healthy Guatemala that is prepared and resilient in the face of disaster, disease and food insecurity. Our SANA Guatemala programme helped young Mayan women from communities across Guatemala participate as traditional health builders of their community. Moreover, they held regular clinics in their communities, educating them regarding Covid-19 preparedness in addition to prevention of common diseases affecting indigenous communities. Finally, they trained others in these same skills, helping restore traditional knowledge in the process of being lost and creating a strong base of indigenous women's health leadership in Guatemala, and impacting 19,900 people.

Our Food for Life programme delivered emergency plant-based food parcels to 3,364 chronically malnourished children and women, including 24 AIDS orphans. Moreover, community gardens created using traditional sustainable methods helped 9,200 people begin to enjoy food security.

### **Human Rights and Empowerment**

AMOR believes that one of the best ways to bring about positive, profound and permanent change in indigenous communities is to support the human rights education of young people and women. Our efforts also focus on supporting Mayan human rights defenders and their vital work, and campaigning for justice alongside those communities that continue to be devastated by the effects of genocide.

In the past year, 135 indigenous young people's knowledge of human rights increased, and their leadership skills improved. These young people, in turn, disseminated this knowledge to their communities, impacting 9,950 people.

As part of our justice campaign, outreach was carried out purely online and all in-person events suspended, but even so awareness of the campaign expanded. Additionally, 45 indigenous human rights defenders received security training, knowledge that they transmitted to their organisations and communities, impacting 4,200 people.

### **Education**

The primary focuses of AMOR's educational programming are promoting indigenous knowledge and language revival, and girls' education.

While education was low among our priorities this year, and with construction work halted due to the pandemic, AMOR still managed to support access to education for all ages of people living in poverty, opening up opportunities and brighter futures for them. This included supporting school access for Mayan orphans (through the provision of materials and fees). All 63 school-age children in the programme are in school, although much of schooling has happened online. Several training sessions on child protection were conducted to help maintain the highest levels of safeguarding.

## Section E

## Financial review

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

Our current policy as a small charity is to hold on average five month's operating costs or one-fifth of our annual income in reserve. We predict that this will change as we continue to grow.

**Details of any funds materially in deficit**

None

### 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)**

Mrs. Antonia Cos

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

Treasurer

**Date**

9<sup>th</sup> November 2021



# Independent examiner's report on the accounts

## Section A Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
AMOR

On accounts for the  
year ended

3<sup>rd</sup> March 2021

Charity  
no (if any)

1149487

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

**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 section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**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 section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

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

Signed:

Date:

17th November  
2021

Name:

A.J. Davies

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

--

**Address:**

40 Cartwright Gardens, London WC1H 9EH


**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material problems.

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

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