

NURTURE A CHILD

England & Wales · Charity number 1156385

Details

Status Registered

Legal form Other

Registered 2014-03-26

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

Contact

Address c/o Eon Consulting Limited
East Riding House
Thomas Street
Hull
hu9 1eh

Phone 01482484850

Email info@nurtureachild.org.uk

Website www.nurtureachild.org.uk

Activities

Objects: TO ACT AS A RESOURCE FOR CHILDREN AND YOUNG PEOPLE TO ADVANCE THEM IN LIFE BY PROVIDING ADVICE, ASSISTANCE AND IN PARTICULAR: A) BURSARIES FOR EDUCATIONAL RESOURCES, EQUIPMENT AND ACCCESS TO EDUCATIONAL OPPORTUNITIES WHICH WOULD OTHERWISE BE UNABLE TO AFFORD OR GAIN ACCESS TO: AND B) SCHOLARSHIPS DESIGNED TO FACILITATE THEIR PERSONAL DEVELOPMENT, SKILLS AND APTITUDE SC) PROVIDE HEALTH WELFARE AND WELLBEING BY PROVIDING GRANTS TO ORGANISATIONS

Activities: To act as a resource for people up to the age of 25 to advance them in life by providing advice and assistance a) Bursaries for educational resources, equipment and access to educational opportunities which they would otherwise be unable afford or gain access to: and b) Scholarships designed to facilitate their personal development, skills and aptitudes

Classification

- **How:** Makes Grants To Organisations, Provides Other Finance, Provides Services
- **What:** General Charitable Purposes, Education/training
- **Who:** Children/young People, Other Charities Or Voluntary Bodies

Geography

- East Riding Of Yorkshire
- Kingston Upon Hull City

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2024-09-30 | £1,050 | £23,926 | - | - |
| 2023-09-30 | £2,039 | £11,268 | - | - |
| 2022-09-30 | £11,443 | £16,714 | - | - |
| 2021-09-30 | £25,773 | £7,944 | - | - |
| 2020-09-30 | £83,367 | £74,689 | - | - |

Trustees

| Name | Role | Appointed |
|---------------------------|-------|------------|
| EMAN ALLAM-FORSTER | Chair | 2013-11-12 |
| Amira Paige Forster | | 2025-04-02 |
| FAROUK FORSTER | | 2013-11-12 |
| STEPHEN GEOFFREY FORSTER | | 2013-11-12 |

NURTURE A CHILD

England & Wales - Charity number 1156385

Accounts



Trustees' Annual Report for the period

| | | | | | | | |
|-------------|-------------------|-------------|--------------|-----------|-----------------|------------|--------------|
| From | Period start date | | | To | Period end date | | |
| | Day 1 | Month 10 | Year 2020 | | Day 30 | Month 9 | Year 2021 |

Section A Reference and administration details

Charity name

Nurture A Child

Other names charity is known by

Registered charity number (if any)

1156385

Charity's principal address

593 Anlaby Road
Hull
East Yorkshire
Postcode HU3 6ST

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 | Eman Allam-Forster | | | |
| 2 | Stephen Forster | | | |
| 3 | Farouk Forster | | | |
| 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)

| |
|--|
| |
|--|

Section B Structure, governance and management

Description of the charity's trusts

| | |
|---|------------------------------|
| Type of governing document (eg. trust deed, constitution) | Constitution |
| How the charity is constituted (eg. trust, association, company) | Association |
| Trustee selection methods (eg. appointed by, elected by) | Elected by managing trustees |

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

| |
|---|
| To act as a resource for young people up to the age of 25 years to advance them in life by providing advice, assistance |
|---|

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)

- a. Bursaries for educational resources, equipment and access to educational opportunities which they would otherwise be unable to afford or gain access to: and
- b. Scholarships designed to facilitate their personal development, skills and aptitudes
- c. Provide Health, Welfare and Wellbeing by making grants to organisations.

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

Continued to provide valuable assistance to young people through the ongoing challenges brought about by the Covid crisis.

Section E Financial review

Brief statement of the charity's policy on reserves

Reserves will be used to further advance the objectives of the charity

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

| | | |
|--|-----------------|--|
| Signature(s) | | |
| Full name(s) | Stephen Forster | |
| Position (eg Secretary, Chair, etc) | Trustee | |
| Date | 17/7/2022 | |



CHARITY COMMISSION
FOR ENGLAND AND WALES

| | |
|-----------------|------------------------|
| Nurture A Child | No (if any) 1156385 |
|-----------------|------------------------|

CC16a

Receipts and payments accounts

| | | | |
|------------------------|---------------------------------|----|-------------------------------|
| For the period from | Period start date 01/10/2020 | To | Period end date 30/09/2021 |
|------------------------|---------------------------------|----|-------------------------------|

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 £ |
|---|--|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
| A1 Receipts | | | | | |
| | 25,773 | - | - | 25,773 | 83,367 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 25,773 | - | - | 25,773 | 83,367 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 25,773 | - | - | 25,773 | 83,367 |
| A3 Payments | | | | | |
| | 7,944 | - | - | 7,944 | 74,689 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | 7,944 | - | - | 7,944 | 74,689 |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 7,944 | - | - | 7,944 | 74,689 |
| Net of receipts/(payments) | 17,829 | - | - | 17,829 | 8,678 |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | 27,683 | - | - | 27,683 | 19,005 |
| Cash funds this year end | 45,512 | - | - | 45,512 | 27,683 |

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 £ |
|---|--|------------------------------------|----------------------------------|---------------------------------|
| B1 Cash funds | Bank account | 45,512 | - | - |
| | | - | - | - |
| | | - | - | - |
| | Total cash funds | 45,512 | - | - |
| | (agree balances with receipts and payments account(s)) | OK | OK | OK |
| B2 Other monetary assets | Details | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| B3 Investment assets | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| B4 Assets retained for the charity's own use | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| B5 Liabilities | Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
| | | | - | |
| | | | - | |
| | | | - | |
| | | | - | |
| Signed by one or two trustees on behalf of all the trustees | Signature | Print Name | Date of approval | |
| | | Stephen Forster | 05/07/2022 | |



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Nurture a Child

**On accounts for the year
ended**

30 September 2021

**Charity no
(if any)**

1156385

Set out on pages

1&2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/09/2021.

**Responsibilities and
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records
- I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

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

Signed:

M Holdstock

Date:

20.7.22

Name:

M. HOLDSTOCK

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

ICAEW AFFILIATE.

Address:

HARRIS LACEY AND SWAIN
SUITE 1 RIVERSIDE BUILDINGS,
LIVINGSTONE ROAD HESSLE HU13 0DZ.

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

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

NURTURE A CHILD

England & Wales - Charity number 1156385

Accounts



Trustees' Annual Report for the period

| | | | | | | | |
|-------------|-------------------|-------------|--------------|-----------|-----------------|------------|--------------|
| From | Period start date | | | To | Period end date | | |
| | Day 1 | Month 10 | Year 2019 | | Day 30 | Month 9 | Year 2020 |

Section A Reference and administration details

Charity name Nurture A Child

Other names charity is known by

Registered charity number (if any) 1156385

Charity's principal address

593 Anlaby Road
 Hull
 East Yorkshire
Postcode HU3 6ST

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 | Eman Allam-Forster | | | |
| 2 | Stephen Forster | | | |
| 3 | Farouk Forster | | | |
| 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)

| |
|--|
| |
|--|

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

Association

Trustee selection methods
(eg. appointed by, elected by)

Elected by managing trustees

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

To act as a resource for young people up to the age of 25 years to advance them in life by providing advice, assistance

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)

- a. Bursaries for educational resources, equipment and access to educational opportunities which they would otherwise be unable to afford or gain access to: and
- b. Scholarships designed to facilitate their personal development, skills and aptitudes
- c. Provide Health, Welfare and Wellbeing by making grants to organisations.

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

Major donation to Chain of Hope (a registered charity) to carry out a mission to treat heart disease in children in third world countries.

Section E

Financial review

Brief statement of the charity's policy on reserves

Reserves will be used to further advance the objectives of the charity

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

| | | |
|--|-----------------|--|
| Signature(s) | | |
| Full name(s) | Stephen Forster | |
| Position (eg Secretary, Chair, etc) | Trustee | |
| Date | 22/7/2021 | |



CHARITY COMMISSION
FOR ENGLAND AND WALES

| | |
|-----------------|------------------------|
| Nurture A Child | No (if any) 1156385 |
|-----------------|------------------------|

CC16a

Receipts and payments accounts

| | | | |
|------------------------|---------------------------------|----|-------------------------------|
| For the period from | Period start date 01/10/2019 | To | Period end date 30/09/2020 |
|------------------------|---------------------------------|----|-------------------------------|

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 £ |
|---|---|---|--|---------------------------------|-------------------------------|
| A1 Receipts | | | | | |
| | 83,367 | - | - | 83,367 | 13,763 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 83,367 | - | - | 83,367 | 13,763 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 83,367 | - | - | 83,367 | 13,763 |
| A3 Payments | | | | | |
| | 74,689 | - | - | 74,689 | 15,265 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | 74,689 | - | - | 74,689 | 15,265 |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 74,689 | - | - | 74,689 | 15,265 |
| Net of receipts/(payments) | 8,678 | - | - | 8,678 | - 1,502 |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | - | - | - | - | - |
| Cash funds this year end | 8,678 | - | - | 8,678 | - 1,502 |

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 £ |
|---|--|------------------------------------|----------------------------------|---------------------------------|
| B1 Cash funds | Bank account | 27,683 | - | - |
| | | - | - | - |
| | | - | - | - |
| | Total cash funds | 27,683 | - | - |
| | (agree balances with receipts and payments account(s)) | Agreement Error | OK | OK |
| B2 Other monetary assets | Details | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| B3 Investment assets | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| B4 Assets retained for the charity's own use | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| B5 Liabilities | Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
| | | | - | |
| | | | - | |
| | | | - | |
| | | | - | |
| Signed by one or two trustees on behalf of all the trustees | Signature | Print Name | | Date of approval |
| | | Stephen Forster | | 22/07/2021 |
| | | | | |



Section A Independent Examiner's Report

Report to the trustees/ members of

Nurture A Child

On accounts for the year ended

30th September 2020

Charity no (if any)

1156385

Set out on pages

1 & 2 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/09/2020.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

- accounting records were not kept in accordance with section 130 of the Act or
the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which 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: Michael Holdstock

Date: 22/07/2021

Name: Michael Holdstock

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

ICPA

Address:

Harris Lacey & Swain
593 Anlaby Road, Hull, HU3 6ST

Section B

Disclosure

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

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



receipts and payments accounts

For the
period from

Period start
date
01/10/2019

To

Period end
date
30/09/2020

Section A Receipts and payments

| | Unrestrict ed funds | Restricted funds | Endowme nt funds | Total funds | Last year |
|--|------------------------|---------------------|---------------------|---------------------|---------------------|
| | to the nearest £ | to the nearest £ | to the nearest £ | to the nearest £ | to the nearest £ |
| A1 Receipts | | | | | |
| | 83,367 | - | - | 83,367 | 13,763 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 83,367 | - | - | 83,367 | 13,763 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 83,367 | - | - | 83,367 | 13,763 |
| A3 Payments | | | | | |
| | 74,689 | - | - | 74,689 | 15,265 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |

| | | | | | |
|---|--|---------------------------|-------------------------|------------------------|-------------------|
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | 74,689 | - | - | 74,689 | 15,265 |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 74,689 | - | - | 74,689 | 15,265 |
| Net of receipts/(payments) | 8,678 | - | - | 8,678 | - 1,502 |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | - | - | - | - | - |
| Cash funds this year end | 8,678 | - | - | 8,678 | - 1,502 |
| | | | | | |
| | | | | | |
| Section B Statement of assets and liabilities at the end of the period | | | | | |
| Categories | Details | Unrestricted funds | Restricted funds | Endowment funds | |
| | | to nearest £ | to nearest £ | to nearest £ | |
| B1 Cash funds | Bank account | 27,683 | - | - | |
| | | - | - | - | |
| | | - | - | - | |
| | Total cash funds | 27,683 | - | - | |
| | (agree balances with receipts and payments account(s)) | Agreement Error | OK | | OK |
| | | Unrestricted funds | Restricted funds | Endowment funds | |
| | Details | to nearest £ | to nearest £ | to nearest £ | |

| | | | | | |
|---|----------------|--|------------------------------|---------------------------------|---|
| B2 Other monetary assets | | | - | - | - |
| | | | - | - | - |
| | | | - | - | - |
| | | | - | - | - |
| | | | - | - | - |
| | | | - | - | - |
| | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) | |
| B3 Investment assets | | | - | - | |
| | | | - | - | |
| | | | - | - | |
| | | | - | - | |
| | | | - | - | |
| | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) | |
| B4 Assets retained for the charity's own use | | | - | - | |
| | | | - | - | |
| | | | - | - | |
| | | | - | - | |
| | | | - | - | |
| | | | - | - | |
| | | | - | - | |
| | | | - | - | |
| | | | - | - | |
| | Details | Fund to which liability relates | Amount due (optional) | When due (optional) | |
| B5 Liabilities | | | - | | |

