

# LET YOURSELF TRUST

England & Wales · Charity number 1159017

## Details

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Other names	LYT
Status	Registered
Legal form	CIO
Registered	2014-10-29
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	PO Box 110 Maesteg Mid Glamorgan CF34 9ZZ
Phone	07799223603
Email	<a href="mailto:admin@letyourself.net">admin@letyourself.net</a>
Website	<a href="http://www.LetYourself.net">www.LetYourself.net</a>

## Activities

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**Objects:** 1. RELIEF OF POVERTY: THE PREVENTION OR RELIEF OF POVERTY ANYWHERE IN THE WORLD BY PROVIDING GRANTS, ITEMS AND SERVICES TO INDIVIDUALS AND/OR COMMUNITIES IN NEED, OR OTHER ORGANISATIONS WORKING TO PREVENT OR RELIEVE POVERTY FOR SAID INDIVIDUALS.THE PREVENTION OR RELIEF OF POVERTY [OR FINANCIAL HARDSHIP] ANYWHERE IN THE WORLD BY PROVIDING OR ASSISTING IN THE PROVISION OF EDUCATION, TRAINING, OR HEALTHCARE PROJECTS AND ALL THE NECESSARY SUPPORT DESIGNED TO ENABLE INDIVIDUALS TO GENERATE A SUSTAINABLE INCOME AND BE SELF-SUFFICIENT.2. EQUALITY & DIVERSITY: THE PROMOTION OF EQUALITY AND DIVERSITY FOR THE PUBLIC BENEFIT BY(A) THE ELIMINATION OF DISCRIMINATION ON THE GROUNDS OF RACE, GENDER, DISABILITY, SEXUAL ORIENTATION OR RELIGION;(B) ADVANCING EDUCATION AND RAISING AWARENESS IN EQUALITY AND DIVERSITY;(C) PROMOTING ACTIVITIES TO FOSTER UNDERSTANDING BETWEEN PEOPLE FROM DIVERSE SURROUNDINGS;(D) CULTIVATING A SENTIMENT IN FAVOR OF EQUALITY AND DIVERSITY.

**Activities:** Establishing itself around Martyn Joseph's [www.MartynJoseph.net] formidable music career and years of humanitarian work, Let Yourself Trust is a non-profit organization that provides funding for and informs on a wide variety of projects and justice movements both abroad and home. 2014 marks LYT's first two projects - the Alrowwad Children's Theatre in Palestine, and Project Somos in Guatemala.

## Classification

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- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Other Finance
- **What:** General Charitable Purposes, The Prevention Or Relief Of Poverty, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

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- Belgium
- Brazil
- Canada
- Denmark
- France
- Germany
- Guatemala
- Israel
- Kenya
- Netherlands
- Scotland
- South Africa
- Thailand
- Uganda
- United States

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-02-28	£120,132	£113,406	-	-
2024-02-29	£108,130	£131,342	-	-
2023-02-28	£121,967	£119,180	-	-
2022-03-01	£109,133	£111,631	-	-
2021-03-01	£129,257	£113,282	-	-

## Trustees

Name	Role	Appointed
<b>REV ROGER OLDFIELD CANON</b>	Chair	2014-01-30
Andrew Davies		2024-09-17
CLARE HARRIS		2014-01-30
Gill Hewitt		2023-03-04
RUTH OLDFIELD		2014-01-30

**LET YOURSELF TRUST**

England & Wales - Charity number 1159017

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# Accounts

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**Let Yourself Trust**  
(Registered charity, number 1159017)  
**Financial statements**  
**for the year ended 28 February 2025**

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**Let Yourself Trust  
Trustees' annual report  
for the year ended 28 February 2025**

**Full name** Let Yourself Trust

**Organisation type** Charitable incorporated organisation

**Registered charity number** 1159017

**Principal address** PO Box 110, Maesteg, CF34 4AR

**Trustees**

Roger Oldfield, Chair

Ruth Oldfield

Clare Harris

Gill Hewitt

Andrew Davies, from 17 September 2024

**Independent examiner**

Eva Stevens, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

**Governance and management**

The charity is operated under the rules of its CIO – Association constitution registered 29 October 2014 and most recently amended 9 August 2022.

The trustees are all elected and appointed at the AGM as set out in the constitution. Reflect what skills/needs are for the charity, draw up a trustee role description, create a short list of candidates, interview, appoint via majority vote of current Board members and induct.

**Objectives and activities**

Let Yourself Trust's Objects, as defined in its Association Model Constitution are as follows:

1. Relief of poverty: the prevention or relief of poverty anywhere in the world by providing grants, items and services to individuals and/or communities in need, or other organisations working to prevent or relieve poverty for individuals. The prevention or relief of poverty (or financial hardship) anywhere in the world by providing or assisting in the provision of education, training, or healthcare projects and all the necessary support designed to enable individuals to generate a sustainable income and be self-sufficient.
2. Equality & diversity: the promotion of equality and diversity for the public benefit by
  - a) the elimination of discrimination on the grounds of race, gender, disability, sexual orientation or religion;
  - b) advancing education and raising awareness in equality and diversity;
  - c) promoting activities to foster understanding between people from diverse surroundings;
  - d) cultivating a sentiment in favour of equality and diversity.

# Let Yourself Trust

## **Public benefit statement**

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

## **Summary of the main activities undertaken for the public benefit**

In practical terms, Let Yourself Trust supports people affected by poverty, disability, discrimination and those deprived of natural, educational and professional resources via partnership with 2-6+ organisations per year. These organisations are at a grassroots level and devote themselves and their lives to the vulnerable people they support, and Let Yourself Trust partners with 2 of them for a 6-month period each, as well as providing smaller community development donations to any other projects deemed appropriate to help promote their work and to raise funding for their efforts building better lives for families and communities.

Funding and awareness are raised in part due to the Founder of Let Yourself Trust, Martyn Joseph, and his long established career as an internationally acclaimed touring artist. Martyn performs 170+ shows each year all over the globe, and Let Yourself Trust is featured prominently at each performance, both via Martyn's highlight from the stage as well as via literature at the merchandise table. This, in addition to the use of social media shared with Martyn's pre-established global audience, provides the framework for Let Yourself Trust to spotlight these issues of vulnerability, discrimination and disadvantage that our partners work hard to stabilise.

## **Summary of the main achievements during the period**

We were so thrilled to be able to give donations to 8 major projects this year including 5 new partners, one in Nepal, one in Holland, one in Sierra Leone and two in the UK, as well as continued support to 3 previous partners, one in Uganda, one in Kenya, and one a match-funded campaign for our partners in Gaza/Palestine.

Below is a summary of the 8 partners we worked with this year, and where the funding was used.

**KEHP - Nepal** KEHP is a registered Charity in England to advance the Education and Health of the people of Khiraule, which is a very remote Sherpa village in Eastern Nepal. It works closely in conjunction with the people of the village to identify what is needed and assist them in the work they are doing. For example, the villagers assist with the building work and provide their labour for free.

Lhakpa Sherpa and his wife, Pat Steel-Sheep have been raising funds and supporting Khiraule School with buildings and funding for teachers since 1995. In 2011, with the help of other volunteers, they set up KEHP as a formal charity in the UK. KEHP is unique in that they have no overhead - all donations go directly to the project as they are 100% volunteer-led.

Khiraule is a remote area in the Sagamatha (Everest) zone of Nepal. Previously, KEHP have funded a clinic and health workers as well as school building and teachers' salaries. When they approached us they had a particular project request of funding metal bridges over ravines as the wooden ones rot in the monsoons and the local

## Let Yourself Trust

wood is very soft and there are deforestation issues. This is a basic infrastructure project which benefits the whole community with being better connected between neighbours and with the school and clinic as well as Bung the regional centre. This is particularly needed during the monsoon season. At the time of request, 20 bridges were needed.

With LYT's gift of support of **£17,000**, we're so pleased to announce that to date 15 new metal bridges have been constructed.



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**JUST SMALL CHANGE - Uganda** Just Small Change is a UK registered charity working in Uganda. They have three projects in the Budaka District of Eastern Uganda which interlink to improve families livelihood, namely a Goat rearing project, a Village Savings & Loan programme and Village Health Teams.

The Goat and Village Savings schemes empower the women in the communities and give them the chance to improve their own lives and those of their households. Both these schemes become self-sustaining after 2 years.

The Village Savings and Loan scheme is a simple but very powerful programme which aims to increase household income and resilience. It helps members to work together, combining their savings to make a viable amount for one member to then borrow, get started in a micro business and then repay with interest. This larger sum is then loaned out to another member and so on.

LYT is proud to have funded 180 women (6 groups of 30) in the Village Savings and Loan scheme with a CDD of £3,000.



## **Let Yourself Trust**

### **PALESTINE FILM FESTIVAL - Bristol, England UK**

The Bristol Palestine Film Festival organises an annual festival of films from or about Palestine, or made by Palestinian film-makers and has been running since 2011. The festival is centred in Bristol and the South West of England and includes other art forms such as music, dance, theatre, writing or visual arts. Since 2018 they have been working with venues and organisations outside Bristol to bring Palestinian films to the widest possible audience (watch out for events in Clevedon, Bath and Bradford-upon-Avon).

They are committed to providing an opportunity for moviegoers in the Southwest to experience the lives of Palestinian people through film. By bringing to Bristol Palestinian film, art and culture they invite viewers to explore the multiple realities and identities of the Palestinian people. It is this focus on their humanity and the expression of the everyday lives of Palestinians that is at the core of the mission of this Festival. They also bring to Bristol one Palestinian film director to do intros to the films, take part in Q&As, do some media work and speak to film students.

LYT were delighted to help fund the BPFF this past year with a CDD of £3,500.

### **PORT MEN IN SHEDS - Ellesmere Port, England UK**

Established in 2010 and one of the first Men in Shed projects to be established in the UK, the Port Men in Sheds support men who suffer from isolation, loneliness, are recovering from illness, miss the camaraderie of the work place, are battling mental health issues, bereavement or have additional needs. Their age range is from 18-90, and among woodwork projects for schools, churches, hospitals, hospices, individuals and wildlife areas, they also work with a local high school to provide activities and support for teenagers who struggle in school, have a successful music group who perform at local events, have just introduced a metal shop and a gardening club, provide breakfast 2 days a week and aim to open a lunch club soon.

We love hearing about such meaningful community work, and it was our honour to support them with a modest CDD of £1,500 to fund their music and visual arts needs. We look forward to watching them continue to grow!

## Let Yourself Trust



### **SUPPORT FOR OISTERWIJK - Netherlands**

Support for Oisterwijk concert lovers with limited means (SPO) is a GUO project of The Oisterwijk Performing Arts Foundation in Oisterwijk, Netherlands where Martyn performed in March 2024. A beautiful venue in an old leather company with a well captured steam machine, they welcome asylum seekers from their local asylum center as well as refugees and unemployed and disabled inhabitants from or around Oisterwijk to their concerts in order to integrate them into the community and get them accepted as a valuable part of their local society.

SPO anonymously donate 10 tickets to each of their 12 corners in their yearly music series (worth approx €3,000). They also invite the artists on their stage to cooperate by visiting their local asylum center and playing some songs during a picnic where their visitors and the (400) local asylum seekers can meet, join and have lunch together.

A beautiful act of grace and support within the music community that Martyn is a part of, we were so moved by their work that we were very happy to offer them a CDD of £1,500 to go toward their next year's series. We also hope to have Martyn return to their stage in the very near future!

### **ADVANTAGE AFRICA - Uganda & Nakivale and Rwamwanja Refugee Settlements**

Long-time partners of Let Yourself Trust, Advantage Africa are a force led by UK based husband and wife team Andrew and Jane Betts. Founded in 2002, they tackle numerous projects all over East Africa, and they work to support people affected by poverty and disability to improve their education, health and incomes. Their work helps some of East Africa's most vulnerable people to overcome stigma, help themselves and build a better future for their families and communities.

## Let Yourself Trust

Advantage Africa continue to do unprecedented, crucial work with citizens and refugees with albinism, including skin cancer prevention, nutrition and advocacy work, importing vital, high SPF sunscreen, lifesaving skin cancer treatment and more. Climate change is increasing the levels of UV radiation and subsequently impacting the health of people with albinism in sub-Saharan Africa. Without sun protection 90% are estimated to lose their lives to skin cancer before the age of 30. We understand that grants continue to become more and more difficult to obtain, and will continue to support Advantage Africa's crucial work where and when possible.

Consequently, we're so pleased to share our donation of **£16,800** to Advantage Africa to be allocated towards importing an urgently needed consignment of high sun protection factor (SPF) sunscreen, providing life-saving skin cancer surgery for six people with albinism and providing skin clinics, nutrition and advocacy support in Nakivale and Rwamwanja refugee settlements.

Advantage Africa reported back that the consignment of sunscreen sent contained 5,482 tubes of high SPF sunscreen donated by Ultrasun UK. The sunscreen's arrival was joyously celebrated by all involved with SNUPA as they had previously been out of stock for several months.



## Let Yourself Trust

### **AMOS TRUST / ALROWWAD CHILDREN'S THEATRE - Palestine**

Alrowwad Children's Theatre is in Aida refugee camp, one of three camps in the Bethlehem area. It is densely overcrowded, has high levels of unemployment, is surrounded on two sides by the Separation Wall and an Israeli Military base and in 2018 was described as the most tear gassed place in the world. It was also our first partner when Let Yourself Trust began, and the inspiration for our creation, so they hold an exceptionally special place in our hearts.

After October 7th, 2023 all tourist income in Bethlehem (the main source of income) stopped. In addition to this, the ending of work permits to Jerusalem and the inability of the PA and UNRWA to pay salaries has led to most people having no income in the camp. There have also been daily invasions by the IDF resulting in three deaths and multiple arrests - including the head of Alrowwad's partner organisation the Aida Youth Centre who was been held for 6 months without charge.

Alrowwad have maintained their Beautiful Resistance programmes throughout this period and believe that they are more important than ever in responding to the lack of hope felt by so many young people. This includes their Dabke training programmes (3 age groups practise twice a week), their theatre groups who have developed new pieces in response to the war on Gaza, their film and photography projects and their music groups. Their centre and library have also continued to be open and to provide a safe place for children and young people as well as providing a base for additional classes in English, Maths and Arabic.

On December 3rd, 2024 a horrendous invasion by the IDF of the Children's Theatre led to property destruction including several broken doors, walls and even spray painting the children's artwork.

We were determined to stand with our longest standing partner in solidarity, and sent a donation of **£5,000** to help with the repairs and in a show of support.

### **LAUGHTER AFRICA - SIERRA LEONE**

Laughter Africa's vision is a world where street children are respected as human beings and given the dignity of a safe, secure place where their basic needs are met and where they can learn to laugh again. They strive to achieve this by working with the street children in the following three-phased approach: Outreach Work, an Interim Care Center, and home tracing and family reunification work. They also carry out advocacy and campaigning work for the rights of street-children in Sierra Leone. In their 9 years of existence, Laughter Africa have worked with over 5,000 street children.

Outreach work involves their social workers meeting the children living on the streets through night surveys or their mobile project. Their first priority is dealing with the immediate needs of the street children on the street. They may be hungry and need food. They may be ill and need medical care. They may have been raped and need someone to talk to. They may be having legal trouble with the police or judiciary and need someone to advocate on their behalf. They may be lonely or grieving and just need a listening ear. Whatever they need, Laughter Africa is willing to provide. Each day, the following is provided: Medical and health care, Food and water, Counselling, basic education, workshops (workshops are provided on drug education, basic hygiene

## Let Yourself Trust

and other life skills that help the children survive the realities of street life) and activities such as arts and crafts, dance, drama, song writing, film nights, etc.

The Laughter Africa Interim Care Centre is a safe place for street children to live while attempts are made to find their families. At the Interim Care Centre food, clothing, health care, education, counselling, support and other essentials are provided.

With their family reunification work, social workers trace the street children's families in the hope that the parties can be reunited. Reunification with their families is dependent on whether the family situation is safe and secure. If this is not the case, for instance if there is sexual or physical abuse known to have taken place, then an alternative long-term home will be found. Once the children have returned home, Laughter Africa offers continued support and pays for their school fees and other school support until they finish their WASSCE (the Sierra Leone equivalent of A-levels) or pays for vocational training – whichever option the child prefers. The children still remain part of the Laughter Africa family.

We're so delighted to have been able to support Laughter Africa with a donation of **£30,000** in January 2025 in support of their incredible work. They reported back at the end of March 2025 to share that to date they had provided over 598 children with medical treatment and had reached 271 street children in Tombo with part of our funding. Truly lifesaving work - keep going, Laughter Africa.



## Let Yourself Trust



### Financial review

As each 6 months brings a significant emptying of the coffers, Let Yourself Trust is quite pleased with the continuation of sustainable income via its current 500+ monthly donors. This database of monthly standing orders is vital to Let Yourself Trust, and this generous and committed support has created a foundation and budget that has continued to grow each year, and that, along with one off donations throughout the year, leads us to be in a surplus at the end of this reporting period. With this dependable funding comes the ability to increase charitable expenditure beyond our two main 6 month projects via Community Development Donations (CDD), thus delivering greater impact among vulnerable people via our current and future partners. Several such opportunities occurred during this financial year in our providing a Community Development Donation to two brand new partners as well as 3 of our previous projects, giving them all a badly needed boost of support.

## Let Yourself Trust

### The charity's policy on reserves

In order to meet commitments to current and future partners, the Trustees and Director aim to maintain a level of reserves that will protect the charity against any dramatic fall in unrestricted income or unexpected rise in expenditure. As a general principle, they consider that Let Yourself Trust should maintain a minimum of £8,000 to maximum of £15,000 in reserves between six months of budgeted expenditure. During 2024/2025 reserves remained within the target range.

### Financial risks

Let Yourself Trust have reviewed the risks faced by a small charity working from within the UK and operating internationally with few employees, and monthly data and financial reports are used to monitor these risks.

### Additional information

To date (through 2025), LYT has worked in 22 Countries: West Bank Palestine, Gaza, Guatemala, Wales, Uganda, Canada, England, America, India, Belgium, Holland, Greece, Kenya, Tanzania, South Africa, Haiti, Mexico, Ethiopia, Nigeria, the Democratic Republic of Congo, Sierra Leone and Nepal.

In its last financial year alone, and during a tumultuous political landscape affecting many with USAID withdrawn, Let Yourself Trust has made a direct difference to thousands of people in 7 different countries facing extremely difficult circumstances, granting a total of £78,300 to different projects.

We're also proud to have reached our **10 year milestone** and to have surpassed having raised over **1 million pounds!**

We continue to do our small part in a difficult, increased cost of living world with perilous political climate affecting worldwide economies, and would like to thank our loyal supporters, without whom none of this would be possible.

Signed on behalf of the charity's trustees:

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Roger Oldfield, Trustee

**Independent examiner's report to the trustees of  
Let Yourself Trust  
for the year ended 28 February 2025**

I report to the trustees on my examination of the accounts of Let Yourself Trust (the charity) for the year ended 28 February 2025.

**Responsibilities and basis of report**

As the trustees of the charity 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 charity'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 matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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

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.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Eva Stevens BSc, CPFA

Employee of Community Accounting Plus

**Let Yourself Trust  
Receipts & payments account  
for the year ended 28 February 2025**

2024		2025
£	Note	£
	<b>Receipts</b>	
92284	Donations & fundraising	102954
<u>15846</u>	Gift aid	<u>17178</u>
<u>108130</u>	<b>Total receipts</b>	<u><b>120132</b></u>
	<b>Payments</b>	
447	Bank & PayPal charges	631
34	Computer costs	139
93788	Donations paid <span style="float: right;">2</span>	78300
64	Equipment & repairs	1303
187	General expenses	52
70	Insurance	-
1352	Accountancy & payroll fees	1405
990	Postage	388
2924	Advertising, marketing & printing	2374
29319	Salaries & NI	27547
769	Telephone & internet	787
932	Trips & travel expenses	-
<u>466</u>	Website costs	<u>480</u>
<u>131342</u>	<b>Total payments</b>	<u><b>113406</b></u>
(23212)	<b>Net receipts/(payments)</b>	<b>6726</b>
<u>56881</u>	Cash funds at start of this period	<u>33669</u>
<u>33669</u>	<b>Cash funds at end of this period</b>	<u><b>40395</b></u>

**Let Yourself Trust  
Statement of assets and liabilities  
at 28 February 2025**

2024		Note	2025
£	<b>Cash assets</b>		£
<u>33669</u>	Bank accounts		<u>40395</u>
<u>33669</u>			<u><b>40395</b></u>
<b>Other monetary assets</b>			
<u>16619</u>	Debtors - Gift aid		<u>15826</u>
<u>16619</u>			<u><b>15826</b></u>
<b>Assets retained for the charity's own use</b>			
Apple Mac, purchased April 2024, cost £1,303			
<b>Liabilities</b>			
<u>(552)</u>	Creditors	3	<u>(1194)</u>
<u>(552)</u>			<u><b>(1194)</b></u>

These financial statements are accepted on behalf of the charity by:

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Ruth Oldfield, Trustee

**Let Yourself Trust**  
**Notes to the accounts**  
**for the year ended 28 February 2025**

**1. Receipts & payments accounts**

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

**2. Donations paid**

	£
KEHP donation	17000
Port Men in Sheds CDD	1500
Palestine Film Fest CDD	3500
Just Small Change CDD	3000
JOS donations	1500
Advantage Africa CDD	16800
AMOS Match CDD/Alrowwad	5000
Laughter Africa donation	<u>30000</u>
	<b><u>78300</u></b>

**3. Creditors**

	£
Independent examination fee	576
Salaries & NI (HMRC PAYE)	<u>618</u>
	<b><u>1194</u></b>

**4. Trustees' remuneration**

Trustees received no expenses, remuneration or benefits in this period.

**5. Related party transactions**

There were no related party transactions during the period.

**6. Glossary of terms**

**Creditors:** These are amounts owed by the charity, but not paid during the accounting period.

**Debtors:** These are amounts owed to the charity, but not received in the accounting period.

**LET YOURSELF TRUST**

England & Wales - Charity number 1159017

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# Accounts

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**Let Yourself Trust**  
(Registered charity, number 1159017)  
**Financial statements**  
**for the year ended 29 February 2024**

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**Let Yourself Trust  
Trustees' annual report  
for the year ended 29 February 2024**

**Full name** Let Yourself Trust

**Organisation type** Charitable incorporated organisation

**Registered charity number** 1159017

**Principal address** PO Box 37, Cardiff, Wales, CF64 2YU

**Trustees**

Roger Oldfield, Chair

Ruth Oldfield

Clare Harris

Gill Hewitt, from 4 March 2023

Andrew Davies, from 17 September 2024

**Independent examiner**

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

**Governance and management**

The charity is operated under the rules of its CIO – Association constitution registered 29 October 2014 and most recently amended 9 August 2022.

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**Objectives and activities**

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# Let Yourself Trust

## **Public benefit statement**

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## **Summary of the main activities undertaken for the public benefit**

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## **Summary of the main achievements during the period**

We were so thrilled to be able to give donations to 7 major projects this year including 4 new partners, one in Greece, one in Nigeria, one in Uganda and one in the UK, as well as continued support to 3 previous partners, two in the UK and one a match campaign for our partners in Gaza/Palestine.

Below is a summary of the 7 partners we worked with this year, and where the funding was used.

### **CRIBS INTERNATIONAL**

**CRIBS** mission is to empower women who are heavily pregnant or have a new-born baby and have fled conflict or exploitation. By providing shelter, safety and support they get them off the streets of Athens and give them the chance to begin to recover from trauma, rebuild their lives and regain their independence. The women they support are often travelling alone, and have fled from various regions including the DRC, Cameroon, Afghanistan, Syria, Sierra Leone, Ghana, and Ivory Coast. Many are survivors of exploitation, including sexual exploitation, rape and labour exploitation. Having fled violence in their home countries, they have endured long and traumatic journeys and on reaching Europe they find themselves homeless on the streets of Athens. With little or no support from the Greek authorities they are in desperate situations and are at risk of further exploitation.

CRIBS was created to prevent babies of refugee mothers from spending the first months of their lives on the streets, in the Greek 'care' system, in parks, on the ground

## Let Yourself Trust

in tents, squats or churches. They house up to 14 families at one time, and their case managers support the new moms to navigate the healthcare system, and provide advocacy around birth to ensure women have choice and dignity. They also provide perinatal support, give advice and support with breastfeeding, assist with the complex asylum system, and with accessing psychological support, education opportunities and employment.

With LYT's gift of support of **£33,300**, CRIBS were thrilled to be able to cover medical costs, housing, food, and household and educational supplies for 14 families for over 6 months.



### **CAMP JOJO**

**Camp Jojo** specialise in providing wild camping experiences for children with complex needs. Their focus, however, is to provide holidays for the whole family together. They provide for the needs of everyone in your family from the youngest to the oldest, and offer fully accessible camping and outdoors experiences you can enjoy together. Their dedicated team of carers will take as much or as little of the caring role as you would like, allowing parents to rest, relax and focus on just being parents again.

At Camp Jojo they believe spending time together as a family is important. They believe that through nurturing the family unit, strengthening relationships and sharing great times together, families develop the resilience needed to face the challenges

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ahead. Specifically, Camp Jojo gives 6-7 families with children with complex needs the opportunity to camp under canvas on a specially adapted campsite on Ivy Farm, East Mersea, in Essex, UK with whatever accessible equipment they require. They provide trained volunteers committed to supporting each family to ensure the experience remains a holiday rather than an endurance event.

A previous major partner of ours, we were very happy to continue to support the development of Camp Jojo with a CDD. With Let Yourself Trust's gift of £6,000, they were able to continue to fund 5 camps in the Summer of 2023, and have gone from growth to growth, with the goal of running 8 camps by 2025. We love seeing our partners develop!



## RUNNING SPACE

**Running Space's** passion and calling are to see every life lived in all its fullness and not one be lost to suicide.

How do they achieve this? By educating and training communities to become able, appropriate and available to those suffering with thoughts of suicide. By pioneering a worldwide movement of runners who will run, and raise awareness for those affected by suicide. By working with communities to build prevention and recovery programmes which include Walk2Run groups, building relationship connections, developing links with clinicians, facilitating volunteering, and job creation for example.

A previous partner of LYT, we learned in March that their Project Co-Ordinator had been made redundant and that the head of the program only had 2 months' salary

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funding left. With their fundraising arm in high gear and applications in process, they were awaiting decisions and working on a crowdfunding campaign. In the meantime, they requested we help fund the director's salary for 5 months, at which time they expected other funds to be in place. We understand the difficulties small charities face, especially in today's climate, with financial highs and lows, and wanted to help Running Space get through their difficult patch as they continued to work through things. Consequently, we were so pleased to gift them a CDD of £6,579, the full 5 months' salary requested. We've since learned they have continued to carry on their wonderful work, with volunteers stepping into places that were needed, and continued growth in new markets.

### FOREVER FRIENDS

**Forever Friends** was created by husband and wife Keith and Jeannette Mills in 2002 after being teachers in Uganda since the 1970's and feeling they wanted to do more. They built 2 primary schools and one secondary school, and support and facilitate sponsorship of individuals to pay school costs and meet basic personal and educational needs. Funding for these projects is completely directly from family, friends, and Facebook campaigns, no public or government grants.

Over the last 20 years there have been numerous success stories from their graduates, many who give back to the program. The charity currently sponsors 92 nursery and primary school pupils, 33 secondary school pupils, and 6 young people in further and vocational education. Looking to the future, they wish to make the schools self-funding. To this end, dormitories have been built to house the teachers, and further dormitories will house fee-paying pupils from other areas. To promote self-sufficiency, gardens tended by the school will provide vegetables and food.

A project which started just before Covid lockdown was a Skills Centre. The intention was to provide practical skills for those unable to attend school. Skills such as gardening, cultivation, cooking, soap making, sewing, sanitary towel making, etc. were some of the main ideas. An important ambition for this project was to include women from the village, many of whom have lost what little support they had.

We're so proud to report that with a CDD of just over £4300, LYT supported the finishing of the Skills Centre, and funded the start-up costs to get all of their programs running - including sanitary towel making, dress making, a salon/hair dress station and soap making. The soap making programme LYT funded took place over 2 days and gave initial training to approximately 100 young people from all over the community. The participants were taught how to make liquid soap and bar soap. They then took home some of the soap which was made, and the rest was given to the primary and high school. There were also sessions on self-help skills, as well as counselling and guidance.

The Tailoring Section was extended to members of the local community and the ladies of the church choir were given lessons in using a sewing machine.

They were also given knitting lessons. All of these projects will help build self-sufficiency for families in the village, led by women entrepreneurs.

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### **RAINBOW JUNKTION**

**Rainbow Junktion** is a food bank operating from a church located in Hyde Park, an inner-city area of Leeds. Not far from the University, it serves the immediate locality but also those who are able to get here from across Leeds. Those who receive its services include a diverse array of people, from all kinds of faiths, cultures and socio-economic groups, including those in receipt of benefits, asylum seekers and refugees, disabled people and some who are homeless or have just fallen on hard times. There are no questions asked, no referrals needed and everyone who comes receives the same warm welcome and is offered as much food as they ask for, when donations allow. Last February, before the current cost of living crisis, attendance at Rainbow Junktion's Friday Food Share was 75 on average per week, but the statistics for March 23 showed that this figure had risen to 168, with this accounting only for households, not the number of people in them, needing to be fed. Not surprisingly, RJ struggles to meet this need and has to rely on the generosity of local residents, supermarkets and other donors to try to meet the need.

As well as these services, RJ has also been offering musical entertainment to customers on the first Monday of the month. This was provided by local musicians, often buskers, who have until recently been paid £90 per session by Keep Streets Live, a local group committed to keeping music accessible to all. Unfortunately, this offer came to an end as KSL could no longer afford to keep it going, so music was no longer played in the cafe. Customers, who are unable to access live music otherwise and for whom the arts generally are a luxury they cannot afford, were missing it tremendously,

## Let Yourself Trust

asking when it would happen again and desperate for it to return. The musicians were likewise wanting to come back and were also now missing out financially.

LYT were so happy to give a CDD of £1,080 which paid for musicians to perform at the cafe for a year. We are very grateful to be able to help in even a small way to keep such an exceptional programme running.

### **AMAUDO**

**Amaudo** was founded in 1989 by Rosalind Colwill in response to growing numbers of mentally ill people roaming the streets of south east Nigeria. They offer a safe haven; a place for people to heal and be treated with care and dignity, to be helped to face a positive future, rehabilitated, trained in transferable skills to give them the opportunity to provide for themselves and if possible, reunited with their families and communities.

Specifically, Amaudo can accommodate 60 mentally ill residents with a team of 25 health care practitioners and support staff at their two centres. Rehabilitation takes place whilst residents and staff live, work, eat and socialise together. Rehabilitation can involve counselling, medication, training and family tracing.

Amaudo also provides community-based services and mobile mental health clinics. They work with local communities to raise awareness of mental health issues reducing stigmatisation and discrimination and challenge the government to ensure basic human rights. Their Community Mental Health Program (CMHP) is now a network of 70+ clinics in 4 states in southeast Nigeria in a pioneering collaboration with State Governments and other local stakeholders. Nurse-led clinics provide accessible and affordable care to people in their own communities. Amaudo now provides hundreds of placements each year to student nurses from across the region.

Additionally, an impressive new training facility was opened in April 2023. It was built to provide residential accommodation for students to come and learn about mental health issues in a mental health setting. Finally, the Amaudo weekly Radio show was launched in 2021 and has now broadcast over 100 episodes. The show is an amazing outreach tool and has a potential audience reaching across many Nigerian States. It has been a huge success in raising awareness, signposting people to help and getting people to talk about their own mental health, and has been commended by senior Nigerian government officials.

Amaudo is an innovative and ground breaking project nearly 30 years on, working on a shoestring budget. Their major need was a vehicle, with their current one at the time constantly breaking down. LYT were so proud to be able to support them with a donation of £32,500 to specifically fund their new badly needed truck. There have been no maintenance costs since its purchase, which has saved considerable funds. Despite the poor roads and rains the vehicle has not got stuck anywhere and it has given staff confidence to travel widely and make visits to rural locations which have not been made for a long time. Currently the vehicle is used to reach service users during home visits, supervise community psychiatric nurses in community clinics, make visits to government officials, visit corporate supporters to appeal for funding, and visit communities to plan awareness raising events and meet community leaders.

## Let Yourself Trust



### **AMOS TRUST - GAZA & PALESTINE MATCH CAMPAIGN**

In 2023 and ongoing now, the population in Gaza is experiencing a humanitarian disaster. In a Christmas emergency appeal, our partners at Amos Trust asked us to contribute to their match campaign to help aid our partners in Gaza and our partners' vital work in the West Bank.

In Oct of 2023, the bombardment of Gaza had led to over 15,000 deaths, over 6,000 of these children. There was no accurate count for the number injured, which was many more than this and over 1.7 million Gazans had been displaced from their homes. On the 17th of October, we heard the appalling news of the strike on our partner, Al Ahli Arab Hospital in Gaza City, that left hundreds dead. It re-opened the next day to treat patients and has continued to operate since.

It was inundated with hundreds of patients at the time as it is one of the only hospitals still operating in Gaza City, despite in the days before the cease-fire being surrounded by tanks, cut off and running out of essential medical supplies and fuel. The cease-fire meant that families who had no fuel, food, or drinkable water were able to get some supplies — but there remained desperate shortages with people trying to find shelter wherever they could.

There is also a crisis in the West Bank. All the cities, towns and villages have been locked down, hundreds have been killed and many more arrested or injured. Settlers

## **Let Yourself Trust**

have forced the population from villages in the South Hebron Hills and many more have been made homeless.

With such ongoing atrocities, LYT were moved to donate a CDD of £10,000 to Amos' match campaign. LYT's support via their campaign allowed them to send vital funds to the Al Ahli Arab Hospital, provide food and water for some of the 1,000's sheltering in the church, hospital and community buildings in Gaza City, and enabled the Gaza Sunbirds para-cycling team to provide essential food parcels to their communities. as well as also to support those in the West Bank who were, and are still, facing huge challenges.

### **Financial review**

As each 6 months brings a significant emptying of the coffers, Let Yourself Trust is quite pleased with the continuation of sustainable income via its current 500+ monthly donors. This database of monthly standing orders is vital to Let Yourself, and this generous and committed support has created a foundation and budget that has continued to grow each year, and that, along with one off donations throughout the year, leads us to be in a surplus at the end of this reporting period. With this dependable funding comes the ability to increase charitable expenditure beyond our two main 6 month projects via Community Development Donations (CDD), thus delivering greater impact among vulnerable people via our current and future partners. Several such opportunities occurred during this financial year in our providing a Community Development Donation to two brand new partners as well as 3 of our previous projects, giving them all a badly needed boost of support.

### **The charity's policy on reserves**

In order to meet commitments to current and future partners, the Trustees and Director aim to maintain a level of reserves that will protect the charity against any dramatic fall in unrestricted income or unexpected rise in expenditure. As a general principle, they consider that Let Yourself Trust should maintain a minimum of £8,000 to maximum of £15,000 in reserves between six months of budgeted expenditure. During 2023/2024 reserves remained within the target range.

### **Financial risks**

Let Yourself Trust have reviewed the risks faced by a small charity working from within the UK and operating internationally with few employees, and monthly data and financial reports are used to monitor these risks.

## Let Yourself Trust

### **Additional information**

To date (through 2024), LYT has worked in 21 Countries: West Bank Palestine, Gaza, Guatemala, Wales, Uganda, Canada, England, America, India, Belgium, Holland, Greece, Kenya, Tanzania, South Africa, Haiti, Mexico, Ethiopia, the Democratic Republic of Congo and Nepal.

In its last financial year alone, and during a global rise in costs of living, Let Yourself Trust has made a direct difference to thousands of people in 5 different countries facing extremely difficult circumstances, granting one of our largest ever yearly totals - a total of £93,788 to 7 different projects.

We continue to do our small part in a difficult, increased cost of living world with perilous political climate affecting worldwide economies, and would like to thank our loyal supporters, without whom none of this would be possible.

Signed on behalf of the charity's trustees:

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Roger Oldfield, Trustee

**Independent examiner's report to the trustees of  
Let Yourself Trust  
for the year ended 29 February 2024**

I report to the trustees on my examination of the accounts of Let Yourself Trust (the charity) for the year ended 29 February 2024.

**Responsibilities and basis of report**

As the trustees of the charity 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 charity'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 matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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

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.

Signed \_\_\_\_\_ Date \_\_\_\_\_  
John O'Brien MSc, FCCA, FCIE  
Employee of Community Accounting Plus

**Let Yourself Trust  
Receipts & payments account  
for the year ended 29 February 2024**

2023		2024
£	Note	£
	<b>Receipts</b>	
100926	Donations & fundraising	92284
<u>21041</u>	Gift aid	<u>15846</u>
<u>121967</u>	<b>Total receipts</b>	<b><u>108130</u></b>
	<b>Payments</b>	
614	Bank & PayPal charges	447
161	Computer costs	34
82500	Donations paid <span style="float: right;">2</span>	93788
427	Equipment & repairs	64
558	General expenses	187
108	Insurance	70
1297	Accountancy & payroll fees	1352
306	Postage	990
1770	Advertising, marketing & printing	2924
30312	Salaries & NI	29319
692	Telephone & internet	769
147	Trips & travel expenses	932
<u>288</u>	Website costs	<u>466</u>
<u>119180</u>	<b>Total payments</b>	<b><u>131342</u></b>
2787	<b>Net receipts/(payments)</b>	<b>(23212)</b>
<u>54094</u>	Cash funds at start of this period	<u>56881</u>
<u>56881</u>	<b>Cash funds at end of this period</b>	<b><u>33669</u></b>

**Let Yourself Trust  
Statement of assets and liabilities  
at 29 February 2024**

2023		Note	2024
£	<b>Cash assets</b>		£
56881	Bank accounts		33669
<u>56881</u>			<u>33669</u>
	<b>Other monetary assets</b>		
15846	Debtors - Gift aid		16619
<u>15846</u>			<u>16619</u>
	<b>Liabilities</b>		
(1135)	Creditors	3	(552)
<u>(1135)</u>			<u>(552)</u>

These financial statements are accepted on behalf of the charity by:

Signed \_\_\_\_\_ Dated \_\_\_\_\_  
Ruth Oldfield, Trustee

**Let Yourself Trust**  
**Notes to the accounts**  
**for the year ended 29 February 2024**

**1. Receipts & payments accounts**

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

**2. Donations paid**

	£
CRIBS DONATION	33300
CAMP JOJO CDD Donation	6000
RUNNING SPACE CDD Donation	6579
FOREVER FRIENDS CDD Donation	4329
RAINBOW JUNKTION CDD Donation	1080
AMAUDO - project donation	32500
CDD to Gaza partner / match campaign	10000
	<u>93788</u>

**3. Creditors**

	£
Independent examination fee	552
	<u>552</u>

**4. Trustees' remuneration**

Trustees received no expenses, remuneration or benefits in this period.

**5. Related party transactions**

There were no related party transactions during the period.

**6. Glossary of terms**

**Creditors:** These are amounts owed by the charity, but not paid during the accounting period.

**Debtors:** These are amounts owed to the charity, but not received in the accounting period.

**LET YOURSELF TRUST**

England & Wales - Charity number 1159017

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# Accounts

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**Let Yourself Trust**  
(Registered charity, number 1159017)  
**Financial statements**  
**for the period ended 28 February 2023**

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**Let Yourself Trust  
Trustees' annual report  
for the period ended 28 February 2023**

**Full name** Let Yourself Trust

**Organisation type** Charitable incorporated organisation

**Registered charity number** 1159017

**Principal address** PO Box 37, Cardiff, Wales, CF64 2YU

**Trustees**

Roger Oldfield, Chair

Ruth Oldfield

Clare Harris

Gill Hewitt, from 4 March 2023

**Independent examiner**

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

**Governance and management**

The charity is operated under the rules of its CIO – Association constitution registered 29 October 2014 and most recently amended 9 August 2022.

The trustees are all elected and appointed at the AGM as set out in the constitution.

**Objectives and activities**

Let Yourself Trust's Objects, as defined in its Association Model Constitution are as follows:

1. Relief of poverty: the prevention or relief of poverty anywhere in the world by providing grants, items and services to individuals and/or communities in need, or other organisations working to prevent or relieve poverty for individuals. The prevention or relief of poverty (or financial hardship) anywhere in the world by providing or assisting in the provision of education, training, or healthcare projects and all the necessary support designed to enable individuals to generate a sustainable income and be self-sufficient.
2. Equality & diversity: the promotion of equality and diversity for the public benefit by
  - a) the elimination of discrimination on the grounds of race, gender, disability, sexual orientation or religion;
  - b) advancing education and raising awareness in equality and diversity;
  - c) promoting activities to foster understanding between people from diverse surroundings;
  - d) cultivating a sentiment in favour of equality and diversity.

# Let Yourself Trust

## **Public benefit statement**

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

## **Summary of the main activities undertaken for the public benefit**

In practical terms, Let Yourself Trust supports people affected by poverty, disability, discrimination and those deprived of natural, educational and professional resources via partnership with 2-4 organisations per year. These organisations are at a grassroots level and devote themselves and their lives to the vulnerable people they support, and Let Yourself Trust partners with 2 of them for a 6-month period each, as well as providing smaller community development donations to 1-2 other projects to help promote their work and to raise funding for their efforts building better lives for families and communities.

Funding and awareness are raised in part due to the Founder of Let Yourself Trust, Martyn Joseph, and his long established career as an internationally acclaimed touring artist. Martyn performs 170+ shows each year all over the globe, and Let Yourself Trust is featured prominently at each performance, both via Martyn's highlight from the stage as well as via literature at the merchandise table. This, in addition to the use of social media shared with Martyn's pre-established global audience, provides the framework for Let Yourself Trust to spotlight these issues of vulnerability, discrimination and disadvantage that our partners work hard to stabilise.

## **Summary of the main achievements during the period**

We were so thrilled to be able to give donations to 5 major projects in this financial year, including 2 new partners in the UK, one new partner in Ethiopia, one new partner in the Democratic Republic of the Congo, and continued support to a previous partner in Advantage Africa.

Below is a summary of the 5 partners we worked with this year, and where the funding was used.

## **HAFWAY**

**HAFWAY** (HALLIWELL ACTION FOR WORKING ALONGSIDE YOUTH) exists to help young people raise their aspirations, overcome their limitations and thrive despite the disadvantages they face.

Established nearly 25 years ago in 1998 in response to a need for youth work provision in the area of Halliwell, Bolton, there are now over 200 young people currently accessing the provision of HAFWAY each year and it has become a vital resource for young people within the community. More than just a youth project, HAFWAY are a family where all young people are welcome and included, no matter what. They run a wide range of projects and sessions as well as a focused mentoring programme designed to help the individual needs of each young person. Their aim is to help young people know that they **belong**, help them **believe** in themselves and support them to **become** all that they can be.

## Let Yourself Trust

HAFWAY's biggest need was to be able to support expanding the opportunities given to their young people via a mode of transportation. To be able to accommodate trips out to camp, rides to their programs, and other such opportunities, they needed a new (used) mini bus, as theirs had died many months back and rentals were both expensive and often unavailable.

With LYT's gift of support of **£25,000**, HAFWAY were overjoyed to have been able to purchase their new to them mini bus - in excellent condition, and already being put to good use.



## ADVANTAGE AFRICA

The challenges facing the vulnerable people supported by **Advantage Africa** are ongoing, and consequently, thus so is our support to one of our longest running partners.

While there are so many positive stories to report in the midst of such hardship, the situation for vulnerable people in Uganda continues to be perilous with food scarcity, rocketing inflation and the spectre of deadly Ebola affected many districts. There are similar issues of extreme hunger across their project areas in East Africa due to droughts and rising cost of living food costs, with many families in emergency situations.

## Let Yourself Trust

In the previous financial year, we supported Advantage Africa on a new, badly needed support venture - incredible lifesaving work in refugee camps in Uganda for people living with albinism. We were then contacted by Andrew, Jane & team in this financial year, asking us if we might be able to help to further develop their skin cancer prevention, food relief and UNHCR advocacy activities in the Nakivale and Rwamwanja refugee settlements. They were also keen to expand this work into the Bidi Bidi refugee settlement in the north of Uganda. This is one of the largest settlements in the world with upwards of 270,000 refugees, mostly from South Sudan. They understand there are many people with albinism in this settlement, living in very challenging conditions and without support to keep them safe from skin cancer. Working in Bidi Bidi would strengthen the evidence they can share with UNHCR towards seeking policy change and vastly improved conditions and support for refugees with albinism.

Their aims were also to boost their life-saving skin cancer prevention, care and treatment activities for people with albinism in south-east Uganda. The need for this support is immense and continues to grow as more people with albinism learn about their program and urgently seek help. Additionally, all of their practical support provides evidence to advocate with the Ugandan Government towards national policy change and inclusion of people with albinism.

We were very happy to be able to continue to support their incredible work in both of these facets with a CDD of **£15,000** in July of 2022. We then heard back from Andrew and Jane in November, with a report on their progress. With our funding, they were able to provide 4 lifesaving surgeries for people with albinism in Uganda, an incredible aid to both them and their wider families.



## Let Yourself Trust

We continue to be astonished with Advantage Africa's ability to stretch every penny to the most vulnerable places, and look forward to hearing more on their vital work in refugee camps.

Additionally, a vast number of families were aided via their emergency fund support, as well as ongoing skin cancer prevention and care in vast areas of Uganda. Jane mentions there is no other practice support like this across Uganda, and that the impact is immense.

The support given to the refugee program was equally life changing. Each person in the camp is given \$3USD a month to face all of their needs. This is obviously vastly inadequate, and as such many people are starving. Advantage Africa were able to use part of LYT's funding for both skin clinics and food aid, giving maize flour to supplement their one meal a day with something of substance. Special treats were also provided during the skin clinics.



**Let Yourself Trust**  
Providing a choice and a chance



**Advantage Africa**  
pathways out of poverty

Additionally, their work with refugees with albinism in Ugandan settlements was highlighted at the UN General Assembly in October, as they continue to push for large scale solutions within the camp.

## Let Yourself Trust



We continue to be amazed at how Advantage Africa stretch every penny to vulnerable people in Africa, and we look forward to continuing to hear about their incredible work.

### THE CONGO TREE

The Congo Tree believe in developing the skills of young people and supporting them to become the next generation of leaders, which is particularly needed in such a complex environment such as the Democratic Republic of Congo.

Their major project is their WYLD Programme, which equips young people with transferable 'life' and leadership skills, supports them with mentoring, and encourages them to get involved in their community. Their mentoring programme has created a bridge and an informal platform between young people from different ethnic groups and backgrounds, particularly in Rutshuru and Masisi; two areas still coping with active violence and conflict, as well as dealing with their respective histories.

Through peer-learning techniques, WYLD aims to build skills in problem-solving, communication, creativity, enterprise and leadership with integrity. Designed to work specifically with young people who are growing up in difficult contexts, giving young people the space to dream, the support to achieve and the tools to overcome barriers builds resilience, opportunities and, most importantly, hope for a positive future.

In an example of this, there is conflict and violence in the Eastern part of DRC and the young people of the Congo Tree have been peacemakers this year, passing on messages of peace to their family and friends, which has had considerable impact.

The major need and challenge that they have faced and continue to face as The Congo Tree (TCT) is not having the security of a permanent office and building/compound space that they can use for their operations and programmes. It is

## Let Yourself Trust

a standing item of concern for them and it uses a lot of the time and energy in terms of management. For the past few years they have been renting a compound that they have named 'The Treehouse' which operates as a multi-purpose space for young people to come to enjoy our programmes and access training, and to more generally act as a safe space, as well as being their office. It's very well-known now for young people in Goma and has the potential to meet all of their needs in terms of space for: office operations, training venue, artistic projects/studio; meeting areas; business entrepreneurship.

They are very keen to gain ownership of the Treehouse (either the current Treehouse, or a new Treehouse in a different location, if the first is not possible). Ownership means they will have independence and security as an organisation, as well as removing risks associated with landlord uncertainty - for example, the current landlord is looking to sell the space and has recently asked them for double the rent they have been paying for the past few years). However, this is not about buying a building, but about ensuring there is an enduring neutral, accessible space for young people in Goma where they can feel safe and free to express themselves. It will also allow them to focus their energy and resources onto other critical strategic pieces such as running their projects in other parts of North Kivu and elsewhere in the east of Congo, which they have had to put on hold due to the added risk this would put onto the organisation at this moment.

Consequently, we were very pleased to provide the Congo Tree with a CDD of **£10,000** to support their push toward a permanent settlement, as well as to continue to aid to fund their current programming.



## Let Yourself Trust

### OPEN WAY

Open Way is a charitable trust founded in 2007 to help alleviate extreme poverty in poor countries. Currently, Open Way is supporting important work in Ethiopia. Open Way provides access to the most essential needs for a healthy life, namely: access to basic education, food and water support, shelter, and access to medical help.

The situation in Ethiopia remains very tough at present and there is unfortunately a very deep humanitarian crisis there because of the war in the North and drought in the South and East. Many people have been displaced and are facing extreme food shortage due to the disastrous civil war that began in Tigray in November 2020. More and more soldiers and civilians are being drawn into the conflict and the shadow of the war is now looming fully across Ethiopia. The situation in Addis Ababa has been very tense as rebel armies have expressed their determination to march upon the capital and seize control and people have been living in fear. There are deep ethnic tensions in the country which are not going to be easily resolved and it is difficult to know how the situation will play out. In the Sidamo region (about 300 km south of Addis Ababa) where most of their projects are based, the impact of the war is less direct but is being felt economically. These factors and others have led to extremely high food inflation and sadly, there is a lot of desperation. Security is also generally fragile around the country with religious and ethnic clashes occurring unrelated to the war.

Consequently, Open Way focus their efforts in 4 parts:

1. Medical
2. Housing
3. Educational Work
4. The Elderly

Open Way provides funds that enable vulnerable people to gain access to medical assistance by paying for medical costs, transport to clinics or hospitals, and accommodation while waiting for treatment. People with a very wide variety of medical conditions such as cancer, cataracts and other eye problems, goitre, typhus, typhoid fever, complications from HIV, scabies, malnutrition, leprosy, TB and many other ailments, as well as accidents and emergencies, have been helped. Open Way helps around 200 people every year in this way.

Vulnerable people sometimes find themselves in a position where their traditional mud house is in a state of collapse. This may apply to someone who can't work and who has no family members supporting them and therefore has no means to repair their house. Open Way constructs simple houses for people who find themselves in this situation. They have completed building 23 houses in the last 12 months. These cost about £500 each to build using local labour. On average, there are 4 or 5 people in each family helped, so Open Way have housed over 100 people in the last 12 months.

In collaboration with the rural communities where they work, Open Way have funded the establishment and running of eight pre-schools in different villages to help children get a start in education. Over 1,000 children from very poor families are currently receiving free pre-school education. The schools give an important free start in

## Let Yourself Trust

education to children who, otherwise, are likely to remain illiterate working watching cattle or doing work in the home. They also give opportunities for college graduates to teach, and they have had many of their teachers pass through into government training and employment on the back of their employment with Open Way.

Additionally, 5 of the schools to date have established libraries. Students use the school libraries to study, read stories, complete homework, play games and watch television. This all offers enormous educational value for the children. Adults from the villages use the libraries in the evenings to watch (solar powered) television and to get together and meet. This is really valued by local people who otherwise have no such opportunity (there is no electricity in any of the school villages except for Teferi Kela). The families of very malnourished children attending the schools are also given some material and nutritional support. Extra grain and seedlings are provided to families for both short and long term support. Over 400 families received cassava and banana seedlings in the last 12 months.

There is no social security system in rural Ethiopia and so if an elderly person has no one to provide for them, they can find themselves in a very difficult situation at the end of their lives. Open Way has continued to support 16 elderly people who have no family or other support with a small pension and other essentials such as clothes, soap, food and blankets.

Open Way complete all of this life changing work and more on the astonishingly small budget of £40k a year. They have no salary costs or administration costs in the UK and all travel and accommodation expenses when trustees visit the projects in Ethiopia are paid personally. This allows all Open Way funds to go directly to relieve suffering and help people out of hopeless poverty.

We were extremely pleased to be able to support the above incredible work with a donation of **£30,000** this financial year. The thousands of people who have and will receive lifesaving, life building care as a result of this gift is a true tribute to our generous donors.



## Let Yourself Trust

### THE MILKWOOD PROJECT

Finally, our fifth partner of the year brought us back to the UK.

The Milkwood Project is a non-profit CIC (Community Interest Company) based in a rural Pembrokeshire woodland. A new creation borne out of Covid's isolation, they offer to teach and promote green wood working to all including those with limited mobility, small groups and individuals. Their principal focus is providing access to vulnerable adults to outdoor woodland activities and therapeutic woodland workshops to enhance mental health and physical wellbeing. In their first year they have run the following, among others:

1. A 6-week project for men experiencing isolation and loneliness to learn about woodcraft, cooking on a fire, and building furniture from loose wood. The outcome was enhanced skills, reduced anxiety and healthier participants.
2. A weekly whittling club of 10+ people, making friends and developing empathy.
3. A series of 6 woodland activities for men who are unpaid carers learning to make spoons, furniture from spare wood, and making tracks in the woodland.

Milkwood always use materials sourced locally within 2 miles, as well as locally recycled materials.

We were thus very happy to provide this wonderful, fledgling new project with a CDD of **£2,500**. We so look forward to seeing how they grow in their community outreach in a lovely and needed area of support.



## Let Yourself Trust

### Financial review

As each 6 months brings a significant emptying of the coffers, Let Yourself Trust is quite pleased with the continuation of sustainable income via its current 500+ monthly donors. This database of monthly standing orders is vital to Let Yourself, and this generous and committed support has created a foundation and budget that has continued to grow each year, and that, along with one off donations throughout the year, leads us to be in a surplus at the end of this reporting period. With this dependable funding comes the ability to increase charitable expenditure beyond our two main 6 month projects via Community Development Donations (CDD), thus delivering greater impact among vulnerable people via our current and future partners. Several such opportunities occurred during this financial year in our providing a Community Development Donation to two brand new partners as well as one of our previous projects, in Africa, with a badly needed boost of support.

### The charity's policy on reserves

In order to meet commitments to current and future partners, the Trustees and Director aim to maintain a level of reserves that will protect the charity against any dramatic fall in unrestricted income or unexpected rise in expenditure. As a general principle, they consider that Let Yourself Trust should maintain a minimum of £8,000 to maximum of £12,000 in reserves between six months of budgeted expenditure. During 2022/2023 reserves remained within the target range.

### Financial risks

Let Yourself Trust have reviewed the risks faced by a small charity working from within the UK and operating internationally with few employees, and monthly data and financial reports are used to monitor these risks.

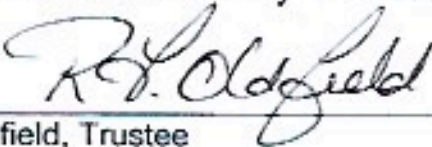
### Additional information

To date (through 2023), LYT has worked in 18 Countries: West Bank Palestine, Gaza, Guatemala, Wales, Uganda, Canada, England, America, India, Europe (Belgium), Kenya, Tanzania, South Africa, Haiti, Mexico, Ethiopia, the Democratic Republic of Congo and Nepal.

In its last financial year alone, and during a global rise in costs of living, Let Yourself Trust has made a direct difference to thousands of people in 5 different countries facing extremely difficult circumstances, granting a total of £82,500 to 5 different projects.

We continue to do our small part in a difficult post-pandemic, increased cost of living world, and would like to thank our loyal supporters, without whom none of this would be possible.

Signed on behalf of the charity's trustees:

Signed   
Roger Oldfield, Trustee

Date 25.08.2023

**Independent examiner's report to the trustees of  
Let Yourself Trust  
for the period ended 28 February 2023**

I report to the trustees on my examination of the accounts of Let Yourself Trust (the charity) for the period ended 28 February 2023.

**Responsibilities and basis of report**

As the trustees of the charity 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 charity'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 matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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

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.

Signed  Date 29/08/23  
John O'Brien MSc, FCCA, FCIE  
Employee of Community Accounting Plus

**Let Yourself Trust**  
**Receipts & payments account**  
**for the period ended 28 February 2023**

2022		2023
£	Note	£
	<b>Receipts</b>	
92423	Donations & fundraising	100926
<u>16710</u>	Gift aid	<u>21041</u>
<u>109133</u>	<b>Total receipts</b>	<b><u>121967</u></b>
	<b>Payments</b>	
32	Bank & PayPal charges	614
-	Computer costs	161
77800	Donations paid	82500
50	Equipment	427
16	General expenses	558
112	Hospitality & refreshments	-
-	Insurance	108
605	Accountancy & payroll fees	1297
294	Postage	306
1518	Printing & stationery	1770
30002	Salaries & NI	30312
702	Telephone & internet	692
80	Trips & travel expenses	147
420	Website costs	288
<u>111631</u>	<b>Total payments</b>	<b><u>119180</u></b>
(2498)	<b>Net receipts/(payments)</b>	<b>2787</b>
<u>56592</u>	Cash funds at start of this period	<u>54094</u>
<u>54094</u>	<b>Cash funds at end of this period</b>	<b><u>56881</u></b>

**Let Yourself Trust  
Statement of assets and liabilities  
at 28 February 2023**

2022		2023
£		£
	<b>Cash assets</b>	
54094	Bank accounts	56881
<u>54094</u>		<u>56881</u>
	<b>Other monetary assets</b>	
21041	Debtors - Gift aid	15846
<u>21041</u>		<u>15846</u>
	<b>Liabilities</b>	
(1108)	Creditors	(1135)
<u>(1108)</u>		<u>(1135)</u>

These financial statements are accepted on behalf of the charity by:

Signed *Ruth Oldfield* Dated 25.08.2023  
Ruth Oldfield, Trustee

**Let Yourself Trust**  
**Notes to the accounts**  
**for the period ended 28 February 2023**

**1. Receipts & payments accounts**

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

**2. Donations paid**

	£
HAFWAY UK	25000
Advantage Africa CDD - Refugee Project & Albinism	15000
The Congo Tree CDD - Dem Rep of Congo	10000
Open Way	30000
The Milkwood Project CIC	2500
	<u>82500</u>

**3. Creditors**

	£
Independent examination fee	492
Salaries & NI (HMRC)	643
	<u>1135</u>

**4. Trustees' remuneration**

Trustees received no expenses, remuneration or benefits in this period.

**5. Glossary of terms**

**Creditors:** These are amounts owed by the charity, but not paid during the accounting period.

**Debtors:** These are amounts owed to the charity, but not received in the accounting period.

**LET YOURSELF TRUST**

England & Wales - Charity number 1159017

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# Accounts

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**Let Yourself Trust**  
(Registered charity, number 1159017)  
**Financial statements**  
**for the year ended 1 March 2022**

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13	Independent examiner's report
14	Receipts & payments account
15	Statement of assets & liabilities
16	Notes to the accounts

**Let Yourself Trust  
Trustees' annual report  
for the year ended 1 March 2022**

**Full name** Let Yourself Trust

**Organisation type** Charitable incorporated organisation

**Registered charity number** 1159017

**Principal address** PO BOX 37, Cardiff, Wales, CF64 2YU

**Trustees**

Roger Oldfield, Chairman

Ruth Oldfield

Clare Harris

Judah Armani, until 30/07/22

**Independent examiner**

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

**Governance and management**

The charity is operated under the rules of its CIO – Association constitution registered 29 October 2014 and most recently amended 9 August 2022.

The trustees are all elected and appointed at the AGM as set out in the constitution.

**Objectives and activities**

Let Yourself Trust's Objects, as defined in its Association Model Constitution are as follows:

1. Relief of poverty: the prevention or relief of poverty anywhere in the world by providing grants, items and services to individuals and/or communities in need, or other organisations working to prevent or relieve poverty for individuals. The prevention or relief of poverty (or financial hardship) anywhere in the world by providing or assisting in the provision of education, training, or healthcare projects and all the necessary support designed to enable individuals to generate a sustainable income and be self-sufficient.
2. Equality & diversity: the promotion of equality and diversity for the public benefit by
  - a) the elimination of discrimination on the grounds of race, gender, disability, sexual orientation or religion;
  - b) advancing education and raising awareness in equality and diversity;
  - c) promoting activities to foster understanding between people from diverse surroundings;
  - d) cultivating a sentiment in favour of equality and diversity.

# Let Yourself Trust

## **Public benefit statement**

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

## **Summary of the main activities undertaken for the public benefit**

In practical terms, Let Yourself Trust supports people affected by poverty, disability, discrimination and those deprived of natural, educational and professional resources via partnership with 2-4 organisations per year. These organisations are at a grassroots level and devote themselves and their lives to the vulnerable people they support, and Let Yourself Trust partners with 2 of them for a 6-month period each, as well as providing smaller community development donations to 1-2 other projects to help promote their work and to raise funding for their efforts building better lives for families and communities.

Funding and awareness are raised in part due to the Founder of Let Yourself Trust, Martyn Joseph, and his long established career as an internationally acclaimed touring artist. Martyn performs 170+ shows each year all over the globe, and Let Yourself Trust is featured prominently at each performance, both via Martyn's highlight from the stage as well as via literature at the merchandise table. This, in addition to the use of social media shared with Martyn's pre-established global audience, provides the framework for Let Yourself Trust to spotlight these issues of vulnerability, discrimination and disadvantage that our partners work hard to stabilise.

## **Summary of the main achievements during the period**

After last year's focus on emergency Covid aid, we were able to shift focus back toward new partners, development work, as well as continue to aid in underdeveloped countries where Covid issues still ran rampant, as did the increasing cost of living crisis. Consequently, we gave donations to 7 major projects (our largest widespread year of giving yet!) in this financial year, including 3 new partners in England, one in Mexico, and continued support to previous partners in emergency situations.

Below is a summary of the 7 partners we worked with this year, and where the funding was used.

### **Camp Jojo**

If you are a family with a child with complex needs and disabilities, you will know how hard it can be to have a holiday together. At Camp Jojo they specialise in providing wild camping experiences for children with complex needs. Their focus, however, is to provide holidays for the whole family together. They provide for the needs of everyone in your family from the youngest to the oldest, and offer fully accessible camping and outdoors experiences you can enjoy together.

After their first year in 2018 of running only one camping weekend and supporting 5 families, Camp Jojo were so please to be able to use our funding of **£20,000** to grow to run four camps this year, supporting over 30 families to have camping experiences. Due to their growth, they also had to close applications for the first time this year, due to the sheer number they received - they accepted the 30 out of 86 applicants. They

## Let Yourself Trust

had 30-35 volunteers at each camp, with some volunteers offering their time for more than one camp, which leant a consistency to the 4 camps.

The majority of volunteers were direct support for the families, but they also had catering volunteers, activity leaders and site maintenance volunteers.

Along with outdoor oven pizza making, bushcraft, art and sports activities, the beach trips were a highlight of each weekend. Some of the children staying with them had never been in the sea before due to the complexity of their needs. They were able to get all the children into the sea who wanted to be there, by using their hippocampe beach wheelchairs and volunteer support. Many families commented on how very moving this moment was for them as this was something they had thought was impossible for their child.

In the past, their limiting factor has been their capacity and number of camps they have been able to organise. This year, thanks to our funding, they were able to appoint their Operations Manager, Ellie, and this made a huge difference to the coordination and organisation of the camps. They also had all the volunteers they needed, so were able to give the families the high level of support that they strive for. They are looking forward to continuing their growth of camp provision in 2023.



## Let Yourself Trust

### Advantage Africa

The challenges facing the vulnerable people supported by Advantage Africa continue to be exacerbated by Covid-19. Infection rates are increasing in both Kenya and Uganda and vaccine rollout is patchy. Transport, education, business, the availability of casual labour and community life continue to be severely disrupted by lockdowns and curfews, and people remain apprehensive of the future.

In April of 2021 we were informed by our partners Advantage Africa that they had been told by the Foreign, Commonwealth & Development Office (FCDO) that their pledge of a £250k grant over three years to fund our project 'Leaving No Person with Albinism Behind in Uganda' due to start that spring had been withdrawn. Together with their partner the Source of the Nile Union of Persons with Albinism (SNUPA), they had worked for nearly three years to secure this grant (due to be their first from the UK Government) and prepare to achieve its life-changing outcomes. These included new initiatives to support 300 chronically poor families to earn an income to meet their basic needs and training for 560 people including teachers, health workers and legal professionals, combined with advocacy to change the policies and practices that keep people with albinism in Uganda so disadvantaged. While we couldn't begin to match their loss, we were devastated by the news, and determined to help our partners that were in a dire need. Consequently, we supported Advantage Africa's work with a **CDD of £15,000**.

Additionally, in the second half of the year, another CDD was given to Advantage Africa in support of a second, new project, incredible lifesaving work in refugee camps in Uganda for people living with albinism. Andrew, Jane and team continued to further develop their skin cancer prevention and food relief work as well as develop UNHCR advocacy activities in the Nakivale and Rwamwanja refugee settlements. Advantage Africa are also keen to expand this work into the Bidi Bidi refugee settlement in the north of Uganda, one of the largest settlements in the world with upwards of 270,000 refugees, mostly from South Sudan. They understand there are many people with albinism in this settlement, living in very challenging conditions and without support to keep them safe from skin cancer. Working in Bidi Bidi would strengthen the evidence they can share with UNHCR towards seeking policy change and vastly improved conditions and support for refugees with albinism. We were incredibly happy to support their new work in refugee settlements with a **CDD of £5,000**.

### Amos Trust - Palestine & Gaza

Earlier in the year, we were contacted by our partners Amos Trust to see if we might be able to help with their Transforming trauma into hope in Bethlehem & Gaza campaign. A match campaign via Big Give, they pledged to match whatever support we could give them through their fundraiser. Their funding was for the work of Alrowwad in Aida Camp, Bethlehem and further support for NECC in Gaza, both previous partners of ours. Our partner in Gaza City, NECC, runs play therapy sessions for children from the most affected areas, and provides trauma therapy for all the young people on their employment-based training programmes, which includes Gaza's first women-only graphic design course. Alrowwad, in Aida camp Bethlehem is a safe, highly supportive

## Let Yourself Trust

space where children and young people can study and channel their dissatisfaction and desire to express their identity through music, dance, drama, film and photography.

Aida Refugee Camp in Bethlehem is highly overcrowded, has a failing infrastructure and since Covid struck has 70% unemployment. Hemmed in by the Separation Wall, young people's lives are dominated by military presence and lack of opportunities.

With the match campaign funding:

- 1,200 children in Gaza aged 5 -16 will benefit from group play sessions with experienced psychosocial support staff from NECC. Children will be drawn from those areas of Gaza City most affected by the recent round of violence.
- 160 young people in Gaza will receive therapeutic support through 1:1 and group sessions at NECC. These interventions will offer psychological and practical support for those experiencing the effects of PTSD (anxiety, anger, poor sleep, trust issues, poor concentration, motivation and focus).
- 150 children in Aida camp, Bethlehem will receive after-school and weekend education support at Alrowwad. Here they will have access to library books, computers and teaching support in Math, Arabic and English. Families are asked to pay £25 a term but 70% of families receive free places.
- 300 children and young people from Aida Camp will take part in Alrowwad's Dabka dance training, a high-energy traditional Palestinian dance. Alrowwad fuses this with modern moves, alongside an ethic of hard work, fun and self-expression in a highly supportive, safe space.
- 120 young people from Aida camp will be trained in photography and film. A three-month photography course introduces young people how to document their lives in the camp. They can then join a nine-month qualification programme. Film training is led by Cannes winner, Wisam al Jafari.

Consequently, we were very happy to partner with Amos on this campaign to the tune of **£10,000 via a CDD**.

### Marsh Home - Mexico

Marsh Home is a government approved, non-profit organisation created to care for and educate some of Acapulco's and the state of Guerrero's most underprivileged, abandoned and sometimes abused children. In it's founding years, Marsh Children's Home had 30 children, sometimes 3-4 to a bed. Currently, 60 children reside there, each with their own bed. All of the children are taught how to care for themselves at an early age, stressing the importance of a healthy lifestyle, exercise, personal hygiene and sanitary living conditions. Marsh Home realise the importance of education in helping to end the cycle of poverty. All of their children are required to go to school and complete their studies before playtime or chores. In addition, all children are provided with healthy and balanced meals and are taught the importance of eating well and taking vitamins daily to maintain a healthy body and a happy mind.

**With Let Yourself Trust's support of £15,000**, Marsh Home were able to replace decades old mattresses, upgrade their basic computer lab (a massive need due to

## Let Yourself Trust

schools being closed for over a year during Covid), see to urgent structural repair after damage from an earthquake last year, and provide vital continued food support. Additionally, a music program was begun, to further develop the children's educations and continued life balance. This was especially lovely to hear, as of course our entire foundation is based upon a professional musician, Martyn Joseph.



## Electric Umbrella

Founded by musician Tom Billington and art therapist Mel Boda, who recognised there were few opportunities for learning disabled people to take to 'the stage', Electric Umbrella forges amazing live music experiences with learning disabled people as a way to co-create amazing, meaningful experiences that help those they support learn new skills and build confidence. Specifically, Electric Umbrella offer amazing, free, live digital music experiences, opportunities to take part in immersive, small group music sessions, sing with lots of other people together, online or in real life, perform in live, local shows, gigs, or festivals, learn new skills, and challenge perceptions about learning disabled people. Post Covid, they are currently reaching 2,000 learning disabled people online each week across their live and interactive shows and sessions, and their online provision is very much here to stay as it reaches people from all across the UK. Martyn himself was an online performer for Electric Umbrella over lockdown, and came away from the experience so moved that he knew he wanted to help support their incredible work, if even in a small way.

For every £2,500 Electric Umbrella raise, they are able to offer another 8 learning disabled members of our community the chance to spend a full day each week

## Let Yourself Trust

with them for one term (12 weeks). This might mean being on the road performing in schools, or taking part in their Instruments for Change project repairing, restoring or reimagining instruments to sell in their shop. Whatever it is that their members are doing with Electric Umbrella, they are supporting their mission of challenging perceptions of learning disabled people, and having a meaningful day with friends. Consequently, LYT were very happy to offer a **CDD of £2,500** to Electric Umbrella in support of their amazing work.



## Running Space

“Running to beat suicide.” **RunningSpace’s** passion and calling are to see every life lived in all its fullness and not one be lost to suicide. How do they achieve this? By educating and training communities to become able, appropriate and available to those suffering with thoughts of suicide. By pioneering a worldwide movement of runners who will run, and raise awareness for those affected by suicide. By working with communities to build prevention and recovery programmes which include Walk2Run groups, building relationship connections, developing links with clinicians, facilitating volunteering, and job creation.

Based in the UK, we were immediately impressed upon learning about the mental health programming being offered via physical activity at Running Space. With our **CDD of £10,000**, Running Space have grown in the following ways:

Individual outcomes:

148 individuals attended RunningSpace sessions;

32 attended safeTALK at the Pelham.

## Let Yourself Trust

In the previous year, RunningSpace had 4 active coaches. Thanks to our support, they have grown to 14 volunteer coaches in East Sussex, with two more just completed their six-month Level 2 training through England Athletics, and two others about to begin.

Last year they were delivering three sessions per week in one location, Bexhill. Now, thanks to this and other funders, they have eight sessions running in four locations in seven different community venues: The Pelham, Bexhill; All Saints Primary School, Sidley; St Helen's Church, Ore; Christchurch, Ore; St John's Parish Hall, Eastbourne; Community House, Kemsley; Isle of Sheppey.

RunningSpace ran two safeTALK suicide prevention trainings in East Sussex, delivered free with this funding. Participants included members of the local community alongside:

- Bexhill Town councilors;
- The office staff for our local Member of Parliament, Huw Merriman;
- The head of the Wellbeing team at Optivo Housing;
- A GP (one GP feedback on a previous safeTALK in Ore in September said that she will change her practice as a result of this training);
- Their own staff and volunteers at RunningSpace and The Pelham, including Trustees;
- Staff from a local care home supporting adults with learning difficulties;
- Trainees on the Pelham Building Enterprise Project – (6 young men plus the site manager. We know that the construction industry is the industry with the highest suicide rate).

NICE say it takes 60% of people up to two weeks of a referral to get access to a service. At RunningSpace they are usually able to offer support within two days, which could be in the form of an initial conversation in their Coffee Lounge at The Pelham, or an invite to one of their RunningSpace sessions. NICE data goes on to state that only 10% of woman can access support in the community, at RunningSpace over 60% of their participants are women. Their successful bid to bring buggies is further help for women with caring responsibilities to access help.

Additionally, since receiving our funding, RunningSpace have been working closer with new partners in their community. They were invited to launch a RunningSpace at All Saints Primary School in Sidley. As part of promoting the group they visited the school playground to meet families. In the first 15 minutes they spoke to no less than five families directly impacted by suicide, including one parent whose daughter had attempted to take her own life less than 24 hours before. As a result, they launched a new group in Sidley, and it's now a thriving and supporting group supporting up to 16 people each session.

We are blown away by the work of RunningSpace, were so pleased to be able to help them in our small way, and look forward to watching their future developments.

## Let Yourself Trust



### **Financial review**

As each 6 months brings a significant emptying of the coffers, Let Yourself Trust is quite pleased with the continuation of sustainable income via its current 600+ monthly donors. This database of monthly standing orders is vital to Let Yourself, and this generous and committed support has created a foundation and budget that has continued to grow each year, and that, along with one off donations throughout the year, leads us to be in a surplus at the end of this reporting period. With this dependable funding comes the ability to increase charitable expenditure beyond our two main 6 month projects via Community Development Donations (CDD), thus delivering greater impact among vulnerable people via our current and future partners. Several such opportunities occurred during this financial year in our providing a Community Development Donation to two brand new partners as well as two of our previous projects, one in Africa and one in Palestine, with a badly needed boost of support.

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In order to meet commitments to current and future partners, the Trustees and Director aim to maintain a level of reserves that will protect the charity against any dramatic fall in unrestricted income or unexpected rise in expenditure. As a general principle, they consider that Let Yourself Trust should maintain a minimum of £8,000 to maximum of £12,000 in reserves between six months of budgeted expenditure. During 2021/2022 reserves remained within the target range.

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Let Yourself Trust have reviewed the risks faced by a small charity working from within the UK and operating internationally with few employees, and monthly data and financial reports are used to monitor these risks.

## Let Yourself Trust

### **Additional information**

To date (through 2022), LYT has worked in 16 Countries: West Bank Palestine, Gaza, Guatemala, Wales, Uganda, Canada, England, America, India, Europe (Belgium), Kenya, Tanzania, South Africa, Haiti, Mexico and Nepal.

In its last financial year alone, and during a global pandemic and rising costs of living, Let Yourself Trust has made a direct difference to thousands of people in 6 different countries facing extremely difficult circumstances, granting a total of £77,800 to 8 different projects.

We continue to do our small part in a difficult post-pandemic, increased cost of living world, and would like to thank our loyal supporters, without whom none of this would be possible.

Signed on behalf of the charity's trustees:

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Roger Oldfield, Trustee

## Let Yourself Trust

### Donations given to date

<b>ALROWWAD THEATRE - West Bank</b>	£6,300.00	<b>2014</b>
<b>PROJECT SOMOS - Guatemala</b>	£16,634.64	<b>2014</b>
<b>ZAC'S PLACE - Swansea</b>	£16,000.00	<b>2015</b>
<b>ADVANTAGE AFRICA - Albinism - Uganda</b>	£18,000.00	<b>2015</b>
<b>GRASSY NARROWS - Canada</b>	£16,000.00	<b>2016</b>
<b>FESTIVAL SPIRIT - UK</b>	£16,000.00	<b>2016</b>
Advantage Africa CDD / SPAU Crafts	£2,000.00	<b>2017</b>
Alrowwad CDD	£10,000.00	<b>2017</b>
<b>IAM STRONG - USA</b>	£20,020.00	<b>2017</b>
<b>JEEVAN ASHA - India</b>	£25,000.00	<b>2017</b>
Palestine CDD (New Partner) - Gaza / 2 Projects	£18,000.00	<b>2018</b>
<b>MOBILE SCHOOL - Europe/Belgium</b>	£25,000.00	<b>2018</b>
Advantage Africa CDD / Disability Project/ Kenya	£15,000.00	<b>2018</b>
<b>WOMEN TOGETHER - Global</b>	£25,000.00	<b>2018</b>
Project Somos CDD	£10,000.00	<b>2018</b>
<b>HAITI ALLIES - Haiti</b>	£28,000.00	<b>2019</b>
Cheka Sana CDD (New Partner) - Tanzania	£10,000.00	<b>2019</b>
<b>KUMARI PROJECT - Nepal</b>	£20,000.00	<b>2020</b>
Haiti Allies CDD - Emergency COVID relief	£10,000.00	<b>2020</b>
Advantage Africa Covid CDD - Emer COVID relief	£15,000.00	<b>2020</b>
Project Somos Covid CDD - Emer COVID relief	£10,000.00	<b>2020</b>
Haiti Allies Covid CDD - Emer COVID relief	£10,000.00	<b>2020</b>
Umthombo CDD (New Partner) - Durban, S. Africa	£15,000.00	<b>2020</b>
Zac's Place CDD - Swansea - Emer COVID relief	£15,000.00	<b>2021</b>
Gaza CDD - Emergency COVID relief	£15,000.00	<b>2021</b>
<b>CAMP JOJO - UK</b>	£20,000.00	<b>2021</b>
Running Space - UK	£10,000.00	<b>2021</b>
Advantage Africa CDD - Uganda/Albinism	£15,000.00	<b>2021</b>
<b>MARSH HOME - Mexico</b>	£15,000.00	<b>2022</b>
Electric Umbrella CDD - UK	£2,500.00	<b>2022</b>
Advantage Africa CDD - Refugee Project	£5,000.00	<b>2022</b>
Gaza & Palestine CDD - Matched campaign	£10,000.00	<b>2022</b>
<b>TOTAL</b>	<b>£464,454.64</b>	

**Independent examiner's report to the trustees of  
Let Yourself Trust  
for the year ended 1 March 2022**

I report to the trustees on my examination of the accounts of Let Yourself Trust (the charity) for the year ended 1 March 2022.

**Responsibilities and basis of report**

As the trustees of the charity 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 charity'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 matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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

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.

Signed \_\_\_\_\_ Date \_\_\_\_\_

John O'Brien MSc, FCCA, FCIE  
Employee of Community Accounting Plus

**Let Yourself Trust  
Receipts & payments account  
for the year ended 1 March 2022**

2021		2022
£	Note	£
	<b>Receipts</b>	
111929	Donations & fundraising <span style="float: right;">2</span>	92423
15667	Gift aid	16710
614	CD sales	-
1047	Travel refund	-
<u>129257</u>	<b>Total receipts</b>	<u><b>109133</b></u>
	<b>Payments</b>	
18	Bank & PayPal charges	32
80000	Donations paid <span style="float: right;">3</span>	77800
236	Equipment	50
-	Hospitality & refreshments	112
524	Legal & professional fees	462
369	Payroll fees	143
540	Postage	294
33	Printing & stationery	1518
318	Sundry expenses	16
777	Telephone	702
48	Trips & travel expenses	80
29999	Salaries & NI	30002
420	Website costs	420
<u>113282</u>	<b>Total payments</b>	<u><b>111631</b></u>
15975	<b>Net receipts/(payments)</b>	<b>(2498)</b>
<u>40617</u>	Cash funds at start of this period	<u>56592</u>
<u>56592</u>	<b>Cash funds at end of this period</b>	<u><b>54094</b></u>

**Let Yourself Trust  
Statement of assets and liabilities  
at 1 March 2022**

2021		Note	2022
£	<b>Cash assets</b>		£
<u>56592</u>	Bank accounts		<u>54094</u>
<u>56592</u>			<u><b>54094</b></u>
	<b>Other monetary assets</b>		
<u>16710</u>	Debtors - Gift aid		<u>21041</u>
<u>16710</u>			<u><b>21041</b></u>
	<b>Liabilities</b>		
<u>(1104)</u>	Creditors	4	<u>(1108)</u>
<u>(1104)</u>			<u><b>(1108)</b></u>

These financial statements are accepted on behalf of the charity by:

Signed \_\_\_\_\_ Dated \_\_\_\_\_  
Ruth Oldfield, Trustee

**Let Yourself Trust**  
**Notes to the accounts**  
**for the year ended 1 March 2022**

**1. Receipts & payments accounts**

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

**2. Donations & fundraising**

	£
Individual donations	92423
	<u>92423</u>

**3. Donations paid**

	£
Camp Jojo - UK	20000
Advantage Africa CDD - Uganda/Albinism	15000
Running Space - UK	10000
Songwriting Comp donation UK	300
Marsh Home - Mexico	15000
Electric Umbrella CDD - UK	2500
Advantage Africa CDD - Refugee Project	5000
Gaza & Palestine CDD - Matched campaign	10000
	<u>77800</u>

**4. Creditors**

	£
Legal & professional - IE fee	468
Salaries & NI (HMRC)	640
	<u>1108</u>

**5. Trustees' remuneration**

Trustees received no expenses, remuneration or benefits in this period.

**6. Related party transactions**

There were no related party transactions in this period.

**7. Glossary of terms**

**Creditors:** These are amounts owed by the charity, but not paid during the accounting period.

**Debtors:** These are amounts owed to the charity, but not received in the accounting period.

**LET YOURSELF TRUST**

England & Wales - Charity number 1159017

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# Accounts

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**Let Yourself Trust**  
(Registered charity, number 1159017)  
**Financial statements**  
**for the year ended 1 March 2021**

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16	Statement of assets & liabilities
17	Notes to the accounts

**Let Yourself Trust**  
**Trustees' annual report**  
**for the year ended 1 March 2021**

**Full name** Let Yourself Trust

**Organisation type** Charitable incorporated organisation

**Registered charity number** 1159017

**Principal address** PO BOX 37, Cardiff, Wales, CF64 2YU

**Trustees**

Roger Oldfield, Chairman  
Ruth Oldfield  
Clare Harris  
Judah Armani

**Independent examiner**

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

**Governance and management**

The charity is operated under the rules of its CIO – Association constitution registered 29 October 2014.

The trustees are all elected and appointed at the AGM as set out in the constitution.

**Objectives and activities**

Let Yourself Trust's Objects, as defined in its Association Model Constitution are as follows:

1. Relief of poverty: the prevention or relief of poverty anywhere in the world by providing grants, items and services to individuals and/or communities in need, or other organisations working to prevent or relieve poverty for individuals. The prevention or relief of poverty (or financial hardship) anywhere in the world by providing or assisting in the provision of education, training, or healthcare projects and all the necessary support designed to enable individuals to generate a sustainable income and be self-sufficient.
2. Equality & diversity: the promotion of equality and diversity for the public benefit by
  - a) the elimination of discrimination on the grounds of race, gender, disability, sexual orientation or religion;
  - b) advancing education and raising awareness in equality and diversity;
  - c) promoting activities to foster understanding between people from diverse surroundings;
  - d) cultivating a sentiment in favour of equality and diversity.

# Let Yourself Trust

## **Public benefit statement**

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

## **Summary of the main activities undertaken for the public benefit**

In practical terms, Let Yourself Trust supports people affected by poverty, disability, discrimination and those deprived of natural, educational and professional resources via partnership with 2-4 organisations per year. These organisations are at a grassroots level and devote themselves and their lives to the vulnerable people they support, and Let Yourself Trust partners with 2 of them for a 6-month period each, as well as providing smaller community development donations to 1-2 other projects to help promote their work and to raise funding for their efforts building better lives for families and communities.

Funding and awareness are raised in part due to the Founder of Let Yourself Trust, Martyn Joseph, and his long established career as an internationally acclaimed touring artist. Martyn performs 170+ shows each year all over the globe, and Let Yourself Trust is featured prominently at each performance, both via Martyn's highlight from the stage as well as via literature at the merchandise table. This, in addition to the use of social media shared with Martyn's pre-established global audience, provides the framework for Let Yourself Trust to spotlight these issues of vulnerability, discrimination and disadvantage that our partners work hard to stabilise.

## **Summary of the main achievements during the period**

When Covid hit, essentially all of our partners were concerned about retaining support for their work, as some of the small trusts that fund them suspended grant giving, companies that supported their projects were struggling and in arrears with their payments, and several of their monthly donors cancelled standing orders, much like us. Thankfully, we found ourselves in the fortunate position to have maintained a steady budget for the year despite some cancellations, largely in part due to some VIP donors who graciously made up the difference of cancelled funding, as well as the release of "Kiss the World Beautiful, Volume 2", an album released by LYT founder Martyn Joseph whose proceeds go directly to Let Yourself Trust. Consequently, we decided to temporarily shift our focus from one new major project per 6 months, to instead support as many of our previous partners as we could who were in emergency situations due to Covid.

As a result, we gave donations to 6 projects in this financial year, 5 to our current partners in Haiti, Africa (Kenya and Uganda), Gaza, Guatemala, and Wales, as well as one donation to a new project in South Africa, whose need was dire and who came to our attention via one of our current partners.

Below is a summary of the 6 partners we worked with this year, their need due to Covid, and where the funding was used.

### **Haiti Allies, Haiti - Cite Soleil Community School**

Schools closed again in April 2020 (they closed earlier in the year due to violence). Students have been in school 2-3 months this year in total. With school closed, there is no food for the kids. The major focus for Haiti Allies this past year was doing what they can to provide money for families to purchase food to cook at home.

## Let Yourself Trust

Additional Covid related issues this year for our partners in Haiti included no access to medical care of any kind if sick from Covid, and social distancing was not an option, leading to higher rates in local communities. Inflation increased food prices, and our partners at Haiti Allies were also hit economically by Covid, so the funding they sent monthly decreased this year as well.

Beyond the political and Covid situation, gang violence was the “worse in 30 years that I’ve seen” per our partners on the ground. Staff in Haiti purchased and distributed bags of food to parents of students to pick up at a safe location to take home to their families for a few days’ food at a time, but with the increased food prices and their decreased funds they never felt like they’re doing enough.

Let Yourself Trust stepped in and donated £10,000 to help support their efforts to continue to provide food and hygiene supplies to hundreds of families for the over 250 children who attend the Cite Soleil Community School during this desperate time.

### **Advantage Africa - Albinism & Disability in Uganda and Kenya**

Covid caused food shortages, price increases and massive uncertainty caused by the restrictions, which were often violently enforced, especially in Uganda. Many Advantage Africa projects were temporarily suspended and others were modified as a result, focusing on providing immediate food aid and hygiene support. Let Yourself Trust aided their efforts with a donation of £15,000 in support of their providing for the most vulnerable people in Uganda and Kenya during this time.

### **Kenya (COVID-19 response)**



In rural East Africa where piped water is the exception rather than the rule, keeping to Covid-19 handwashing recommendations can be very difficult. However, local artisans have been quick to devise new hand-washing machines, operated by foot to avoid surface transmission. LYT funded the installation of these devices to five medical centres where we have been working on Covid-19 responses for people living with HIV and disabilities, and a further two machines at our partners’ premises. Our partner Rescue Team also provided health talks, hand-washing demonstrations and information about the prevention of Covid-19 alongside the machines.

## Let Yourself Trust

Covid-19 has hit the most vulnerable families hardest. Those already living precarious lives are not only scared of the virus but they have seen meagre incomes and services diminish further because of the COVID-19 lockdown. Advantage Africa, with Let Yourself Trust, have responded by supporting the most vulnerable families in greatest need to cope. Because our partners are embedded in the community, they know who is at most risk, and given resources, can respond quickly and appropriately. Our funds have contributed to supplying food, bedding, mattresses and beds to 15 families and building houses for two families whose meagre shelters were at risk of total collapse as the rainy season started.



### **Kenya (services for people with disabilities)**

LYT has also helped secure a supply of 172 highly subsidised wheelchairs and mobility tricycles for people with disabilities in eastern and western Kenya through partner Motivation. The wheelchairs are appropriately designed for the rough terrain and can be custom fitted for the needs of children and adult users.

Additionally, funds were sent from LYT's grant to partner Special School in Mitaboni to repair the school cooking stoves and carry out essential building repairs. This work will benefit around 60 pupils with learning disabilities at the school and ensure they can continue their education.

## Let Yourself Trust

### Uganda (COVID-19 response)

The lockdown restrictions in Uganda meant that the most vulnerable people who live a hand-to-mouth existence faced extreme hunger and anxiety. Throughout this crisis, working with our partners the Source of the Nile Union of Persons with Albinism (SNUPA) and Single Parents' Association of Uganda (SPAU), Advantage Africa supported families living on the margins with emergency packages including maize flour, rice, beans, sugar, salt, cooking oil, paraffin and soap. The paraffin ensures people can have light in their homes, particularly important for people with albinism and others with visual impairments.

In July, LYT's support enabled 185 people affected by albinism in 26 families in eastern Uganda to receive emergency packages to help them get through the crisis.



The Covid-19 restrictions have made it very difficult for people with albinism to attend our skin clinics and receive checks and cryotherapy to remove pre-cancerous lesions. With some people isolated at home since March, the incidence of cases of life-threatening cancer have risen dramatically.

Our partners at SNUPA became aware of two people with albinism in the Mbale District whose skin cancer was growing very quickly and who had given up on life. The mother of the first, a 13-year old girl called Charity told us, *'She no longer wants to talk to anyone but has decided to confine herself indoors only praying and praising God as she waits for her death.'*

The other person Isa is 49, cares for 10 dependents and 4 of his children are still in school. He rang Fazira of SNUPA who recorded the following comments from him: *'I am sure I'm left with less than a month to go and see my creator. These wounds on my back have lasted for some time since the onset of Covid-19. They bring out water from time to time and are very painful and itchy. Who will I leave my children with?'*

Thanks to LYT, Advantage Africa were able to provide Charity and Isa with urgent surgery which has saved their lives. They are both recovering well and now due for reviews to check that they are fully cancer free. They and their families are overjoyed.

## Let Yourself Trust



### **Uganda (services for people with disabilities)**

LYT has enabled 16 people, who have previously lived isolated lives and found it hard to take part in community activities, to receive mobility appliances. This support has had a life-changing impact and transformed their confidence and independence. Two people have been fitted with above and below the knee prosthetic limbs. Also with LYT's support our partners have secured 14 subsidised wheelchairs which orthopaedic technicians have adapted and fitted to meet people's specific needs. These wheelchairs are sturdy, suitable for rough terrain and easy to maintain. Working with our partner SPAU, they have been distributed to people with disabilities in poor rural communities in western and central Uganda.



## Let Yourself Trust

As evidenced above, each partner in our work in Africa is focusing on their most vulnerable. We were so thrilled to be able to give them Covid-emergency financial support in the form of £15,000.

We were told one woman's response when given food and sunscreen was she was "so happy to see some people in the world still value her life".

### Guatemala - Project Somos

As per government rules, when Covid descended this year Project Somos temporarily suspended their programs. With a curfew in place, no public transportation and the airport closed, rendering Project Somos shifted their focus to emergency relief. They opened a food bank to provide fresh veggies, fruits, beans, eggs, bread, rice to local families, as well as sanitary necessities.

With 1000 people in their community in Chivarabal, that's 208 families. Previously their food bank was helping 34 families- the local mayor provided a list of other families whose situations were worsening and Project Somos doubled their support to 100 families (432 people) at that time, with more applying every week. They also did trips to Tecpan where they would do food drop offs at the homes of other families they have worked with.

For a period, there was no water in Chivarabal, so they hooked up a hose and opened their gates and allowed people to fill up. Another incentive they started during this time was lending books to kids in the hopes that they'll read when bored, with the hope that it will inadvertently raise their reading level. There are literally no books in the homes of any of these families, and of course, there are no libraries. So many of the kids fail because of basic literacy. It's become a huge part of their focus with all the kids that attend Project Somos.

A major source of income for Project Somos' operating costs is volunteer trips that come throughout the year. With the airports closed and a travel ban in effect for the year, Project Somos were facing reduced funding at a time when they were increasing their emergency food production to feed the local community.

As a result, Let Yourself Trust donated £10,000 to their ongoing efforts to help them get through this incredibly difficult period.

Since July of last year (at time of donation) Project Somos has served almost 12,000 people. This has increased since the 2nd Quarter and now also includes some families, single mothers, and widows from the other local village of Chuatzunuj. They continue to work with the local village council and mayor to evaluate new applicants and existing clients.



## Let Yourself Trust

They also continue to work with a local family that delivers fresh fruits, beans, rice, eggs, and vegetables to the Food Bank every week. The fresh items include pineapple, papaya, bananas, plantains, tomatoes, and squash. They maintain their focus on healthy nutrition.

People receiving the assistance are very grateful and Project Somos now have a program for the recipients offering a half-day of labour exchange in the garden, once every two months. This has greatly assisted the Somos workers, as the expansion of agriculture for the Food Bank required a bigger investment of time.

### Gaza - NECC & TVET

Dr Issa Tarazzi who heads up our partner NECC told us: "There is a massive shortage of testing kits in Gaza, something like half of all the people they test are coming up positive. So the official numbers only show how many people they have tested, not how many people have it. As well as the shortage of testing kits there is also shortage of PPE – we are sourcing PPE for our essential health staff at a cost of about \$15,000. But there is also a massive shortage of Ventilators. There were 67 ventilators in the whole of Gaza, the World Health Organisation has given another 28 – but they are all now being used."

He went on to say that there is widespread lack of understanding of how to keep safe and that many people are unable to do so, as:

- Gaza is so densely overcrowded;
- Unemployment levels are enormous – pre-Covid they were at 49% which has increased even further;
- Family incomes are so low (over 80% are dependent on food aid) that people cannot afford face masks and hand wash;
- Those in work are mainly in casual employment and if people don't work then they won't eat. A number of sources relayed that people are keeping it quiet if they are ill or family member are ill as they think they will lose their jobs.

These factors led Abdelnaser Soboh emergency health co-ordinator in World Health Organisation's Gaza Office to warn on 24th November that: "The healthcare system in the Gaza Strip is near collapse as a result of Israel's stifling siege and the rise in coronavirus cases... within a week, we will become unable to care for critical cases". As a result of social distancing being impossible in refugee camps, violence and mental health issues increased, especially in and toward women and girls, the most vulnerable.

Consequently, Let Yourself Trust felt it urgent to give an emergency donation of support of £15,000 to our partners in Gaza to aid them through the monstrous difficulties piled on by Covid.

Emergency food and sanitary packages were supplied to hundreds of families in the immediate stages of giving. Further, in part by this funding, NECC, who's focus is on adolescent health, turned their resources toward online psych support services and individual counselling via phone calls.

Additionally, with our support, the Vocational Education and Training programme (TVET) continued to be successful in 2020, with 162 trainees graduating from the programme despite the incredibly difficult added circumstances of Covid. Many of those graduating benefitted from a range of ongoing support into employment: mentoring; extended placements and small grants for those pursuing their own start up's.

## Let Yourself Trust

Within this young women's employment prospects still continue to outstrip their male colleagues. NECC is expecting another successful year in 2021 although they are highly concerned by the shrinking employment market in Gaza.

### Swansea, Wales - Zac's Place

In March of this year at the start of Covid in Wales, homeless and vulnerable people in Swansea began to see a reduction or a withdrawal of the many services on which they depend. For many, a lack of food provision was their greatest anxiety - for good reason, as without food, physical and mental ill health can worsen rapidly.

Consequently, when the pandemic first hit, Zac's Place, in partnership with another project in the city, Matt's Cafe, were asked by the NHS homeless nursing outreach team to set up a food provision programme to see a hot meal delivered to what became nearly two hundred people every day.

Many of these people were in emergency accommodation with no cooking facilities. Zac's Place very quickly engaged the local community in partnership including Swansea Council, The Liberty Stadium, Mecca Bingo, and SCVS who provided delivery vans and drivers, additional kitchens and volunteer recruitment. It was a truly huge effort and made a significant impact on the health and well-being of some very vulnerable members of our city.

When the initial lockdown was over, however, many of those who were helping due to being furloughed or in the case of the Council staff, were diverted to a role with Zac's Place, had to return to their usual work responsibilities. While the support was removed, the need for food remained for many. Zac's Place took the decision therefore to continue to provide a takeaway hot meal for those who had been receiving the delivered food.



## Let Yourself Trust

In aid of this incredible effort, Let Yourself Trust donated £15,000 to Zac's Place to keep their food program running through the remainder of the year/for as long as needed.

Consequently, Zac's Place set up a seven day a week lunchtime hot meal takeaway to help those in ongoing need of food. They continue to serve hot meals to approximately 150 people every week via a new window serving hatch to help with social distancing.

### South Africa - Umthombo

At the beginning of the year we were approached by one of our long-time partners, Amos Trust, regarding one of their projects in South Africa called Umthombo.

Young people in South Africa face extreme challenges. The national unemployment rate is 29%, but for young people this rises to 59% (2019). Rates of gender-based violence in South Africa are some of the highest in the world: a woman is murdered every 3 hours in South Africa; human rights organisations have estimated that over 40% of South African women will be raped in their lifetime.

In KwaZulu Natal province, 80% of children live under the poverty line, 17% live in households where meals are irregular and 26% have lost at least one parent. In a recent study on homelessness in Durban, it was found that 15% of children on the streets are under 10 years old. This includes babies born to young mothers already living on the street. When chronic poverty is combined with domestic abuse, violence, drug and alcohol misuse, parental death through HIV/AIDS and TB it is no wonder that children are forced onto the streets. The majority of children and young people end up on the streets because they have experienced violence, abuse or neglect at home. Umthombo is a South African organisation started by Amos that reaches out to children and young people on the streets, offering psychological support, life-skills training, preparation for employment and long-term aftercare in communities. Through these programmes they support children and young people as they start to deal with traumas they've experienced and begin to find alternatives to a life on the streets.

When Covid hit South Africa, an extremely difficult situation because even more life threatening. Emergency food needs were immediate, as were sanitary/hygiene needs. Consequently, Let Yourself Trust strongly felt the need to help, with a donation of £15,000 to Amos for their work with Umthombo and their more immediate needs, particularly the girls and young mothers living in abandoned buildings across the city.



## Let Yourself Trust

Since the start of the pandemic, and with Let Yourself Trust's help, Umthombo have reached a total of 1,875 children and young people, of whom 1/3 (637) were new to the team. In a standard year they would expect to reach approximately 150 new children; the massive increase in this year reflects the increased numbers of children forced onto the streets because of Coronavirus' impact.

Additionally, in this period they have:

- Distributed 331 monthly food parcels to young people living in abandoned buildings and townships around Durban – (each pack feeds six people for 3 weeks).
- Served 6,720 pre-cooked meals to children/youth living on the streets.
- Distributed 261 packs of sanitary towels and 72 packs of baby nappies to young mothers.
- Provided 220 hand sanitizers, 700 bars of soap, and 1,920 face masks.

As they had such strong relationships with children on the streets, at the start of lockdown they were able to respond at speed to the urgent needs being presented to them. While providing immediate relief was new to them, their staff report that it has further strengthened relationships with those on the streets which will have a positive impact on their ongoing work– especially with new young women who often take a significant amount of time to develop trust.

### Outcomes

To date (through 2021), LYT has worked in 15 Countries: West Bank Palestine, Gaza, Guatemala, Wales, Uganda, Canada, England, America, India, Europe (Belgium), Kenya, Tanzania, South Africa, Haiti and Nepal.

In its last financial year alone, and during a global pandemic, Let Yourself Trust has made a direct difference to thousands of people in 7 different countries facing extremely difficult circumstances, granting a total of £80,000 to 6 different projects.

## Let Yourself Trust

### Financial review

As each 6 months brings a significant emptying of the coffers, Let Yourself Trust is quite pleased with the continuation of sustainable income via its current 650+ monthly donors. This database of monthly standing orders is vital to Let Yourself, and this generous and committed support has created a foundation and budget that has continued to grow each year, and that leads us to be in a surplus at the end of this reporting period. With this dependable funding comes the ability to increase charitable expenditure beyond our two main 6 month projects via Community Development Donations (CDD), thus delivering greater impact among vulnerable people via our current and future partners. Two such opportunities occurred during this financial year in our providing a Community Development Donation to a brand new partner as well as one of our previous projects, one in Africa and our main partner in Haiti, with a badly needed boost of support (more on this above).

### The charity's policy on reserves

In order to meet commitments to current and future partners, the Trustees and Director aim to maintain a level of reserves that will protect the charity against any dramatic fall in unrestricted income or unexpected rise in expenditure. As a general principle, they consider that Let Yourself Trust should maintain a minimum of £8,000 to maximum of £12,000 in reserves between six months of budgeted expenditure. During 2020/2021 reserves remained within the target range.

### Financial risks

Let Yourself Trust have reviewed the risks faced by a small charity working from within the UK and operating internationally with few employees, and quarterly financial reports are used to monitor these risks.

Signed on behalf of the charity's trustees:

Signed  Date 02.12.21  
Roger Oldfield, Trustee

**Independent examiner's report to the trustees of  
Let Yourself Trust  
for the year ended 1 March 2021**

I report to the trustees on my examination of the accounts of Let Yourself Trust (the charity) for the year ended 1 March 2021.

**Responsibilities and basis of report**

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

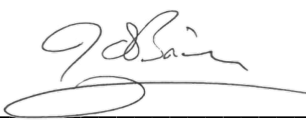
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

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

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

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.

Signed  Date 13/12/2021  
John O'Brien MSc, FCCA, FCIE  
Employee of Community Accounting Plus

**Let Yourself Trust  
Receipts & payments account  
for the year ended 1 March 2021**

<i>2020</i>			<i>2021</i>
£		Note	£
	<b>Receipts</b>		
95482	Donations & fundraising	2	111929
14805	Gift aid		15667
2481	CD sales		614
-	Travel refund		1047
<u>112768</u>	<b>Total receipts</b>		<u>129257</u>
	<b>Payments</b>		
-	Bank & PayPal charges		18
68000	Donations paid	3	80000
47	Equipment		236
271	Hospitality, refreshments & room hire		-
1223	Legal & professional fees		524
213	Payroll fees		369
119	Postage		540
2670	Printing & stationery		33
130	Sundry expenses		318
1120	Telephone		777
4685	Trips & travel expenses		48
26238	Salaries & NI		29999
595	Website costs		420
<u>105311</u>	<b>Total payments</b>		<u>113282</u>
7457	<b>Net receipts/(payments)</b>		<b>15975</b>
<u>33160</u>	Cash funds at start of this period		<u>40617</u>
<u>40617</u>	<b>Cash funds at end of this period</b>		<u><b>56592</b></u>

**Let Yourself Trust**  
**Statement of assets and liabilities**  
**at 1 March 2021**

2020		Note	2021
£			£
	<b>Cash assets</b>		
<u>40617</u>	Bank accounts		<u>56592</u>
<u>40617</u>			<u>56592</u>
	<b>Other monetary assets</b>		
1047	Debtors - Trips & travel expenses		-
<u>-</u>	Debtors - Gift aid		<u>16710</u>
<u>1047</u>			<u>16710</u>
	<b>Liabilities</b>		
<u>(1113)</u>	Creditors	4	<u>(1104)</u>
<u>(1113)</u>			<u>(1104)</u>

These financial statements are accepted on behalf of the charity by:

Signed *Ruth Oldfield* Dated *Dec 1st 2021*  
Ruth Oldfield, Trustee

**Let Yourself Trust**  
**Notes to the accounts**  
**for the year ended 1 March 2021**

**1. Receipts & payments accounts**

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

**2. Donations & fundraising**

	£
Individual donations	111929
	<u>111929</u>

**3. Donations paid**

	£
Advantage Africa - Covid	15000
Amos/Umthombo - Covid	15000
Haiti Allies	10000
Project Somos	10000
Zac's Place	15000
Amos/Gaza Match Campaign	15000
	<u>80000</u>

**4. Creditors**

	£
Legal & professional - IE fee	462
Salaries & NI (HMRC)	642
	<u>1104</u>

**5. Trustees' remuneration**

Trustees received no expenses, remuneration or benefits in this period.

**6. Related party transactions**

There were no related party transactions in this period.

**7. Glossary of terms**

**Creditors:** These are amounts owed by the charity, but not paid during the accounting period.

**Debtors:** These are amounts owed to the charity, but not received in the accounting period.