

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

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**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

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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.



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### 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

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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



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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

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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.



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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.

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### 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.

### 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 2021/2022 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.

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### **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

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### 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 £		Note	2022 £
	<b>Receipts</b>		
111929	Donations & fundraising	2	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	3	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>
40617	Cash funds at start of this period		56592
<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**

<i>2021</i>			<i>2022</i>
£	<b>Cash assets</b>	Note	£
<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.

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