

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.

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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.

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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.

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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.

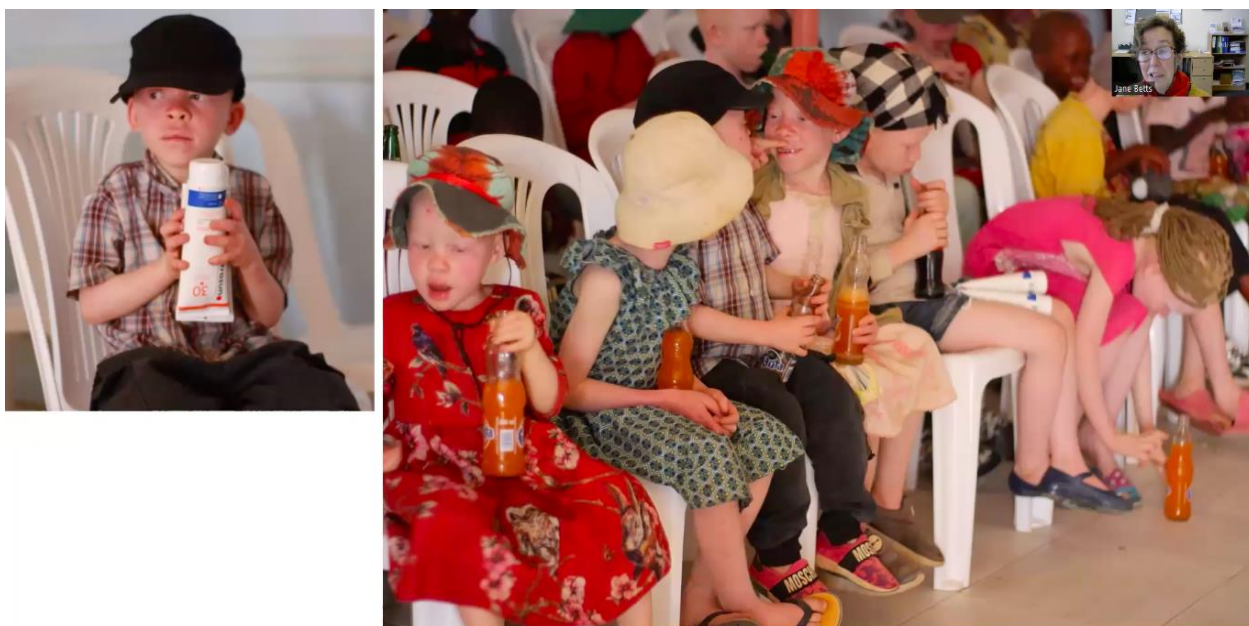


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We continue to be astonished with Advantage Africa's ability to stretch every penny to the most vulnerable places, and look forward to hearing more on their vital work in refugee camps.

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.



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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.

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Advantage Africa
pathways out of poverty

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

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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.



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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

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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.



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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.



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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 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.

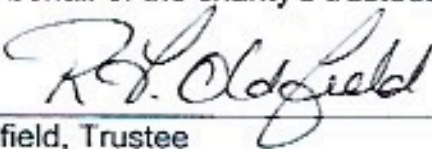
Additional information

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	£
	Receipts		
92423	Donations & fundraising		100926
<u>16710</u>	Gift aid		<u>21041</u>
<u>109133</u>	Total receipts		<u>121967</u>
	Payments		
32	Bank & PayPal charges		614
-	Computer costs		161
77800	Donations paid	2	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
<u>420</u>	Website costs		<u>288</u>
<u>111631</u>	Total payments		<u>119180</u>
(2498)	Net receipts/(payments)		2787
<u>56592</u>	Cash funds at start of this period		<u>54094</u>
<u>54094</u>	Cash funds at end of this period		<u>56881</u>

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

2022			2023
£		Note	£
54094	Cash assets		
<u>54094</u>	Bank accounts		<u>56881</u>
			56881
	Other monetary assets		
21041	Debtors - Gift aid		<u>15846</u>
<u>21041</u>			15846
	Liabilities		
<u>(1108)</u>	Creditors	3	<u>(1135)</u>
<u>(1108)</u>			(1135)

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.