

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.

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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 2-6+ 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

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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.



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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!

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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.

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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.



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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

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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.



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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 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.

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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	£
	Receipts	
92284	Donations & fundraising	102954
15846	Gift aid	17178
<u>108130</u>	Total receipts	<u>120132</u>
	Payments	
447	Bank & PayPal charges	631
34	Computer costs	139
93788	Donations paid	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	-
466	Website costs	480
<u>131342</u>	Total payments	<u>113406</u>
(23212)	Net receipts/(payments)	6726
56881	Cash funds at start of this period	33669
<u>33669</u>	Cash funds at end of this period	<u>40395</u>

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

<i>2024</i>			<i>2025</i>
£	Cash assets	Note	£
<u>33669</u>	Bank accounts		<u>40395</u>
<u>33669</u>			<u>40395</u>
	Other monetary assets		
<u>16619</u>	Debtors - Gift aid		<u>15826</u>
<u>16619</u>			<u>15826</u>
	Assets retained for the charity's own use		
	Apple Mac, purchased April 2024, cost £1,303		
	Liabilities		
<u>(552)</u>	Creditors	3	<u>(1194)</u>
<u>(552)</u>			<u>(1194)</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	30000
	<u>78300</u>

3. Creditors

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