

# ANNUAL REPORT

FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2024

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## 1. Reference and Administrative Details

### Precious Gems

**Charity registration No.1160917**

#### Address

Commerce House  
59 Bridgeman Place  
Bolton  
BL2 1DW

#### Patron

Cllr Linda Thomas

#### Trustees

Tony Shepherd .....Chairman/Treasurer  
Dr Oboh. C. Achioyamen.....Founder/Director of Development and Strategies  
Susan C. Riley.....Secretary/Coordinator of Precious Gems Kearsley

#### Operational Team

Domina Achioyamen.....Co-Founder/Chief Executive  
Dr Nosa Akpede..... Director of Precious Africa Foundation  
Dr Elohor Onoge ..... Director of Policies  
Barr Christine Eziamaka.....Secretary Precious Gems Africa Foundation  
Ann Hargreaves.....Coordinator of Precious Gems Little Lever  
Janet Duckett .....Coordinator of Precious Gems Bolton Central  
Makai Sadiq.....Coordinator of Skills For Life Groups  
Ghosia Jabeen.....Coordinator of Precious Gems Rumworth  
Yasmin Dakri.....Coordinator of Arts and Crafts Groups  
Mabel Akhigbe.....Coordinator of Youth program  
Sarah Many.....Coordinator of Northern Nigeria Region  
Daniel Asogun.....Coordinator of Precious Gems media.  
Dr Gift Oputteh.... .....Coordinator of Rural Project Nigeria

#### Bank

Santander  
Bridle Road  
Bootle,  
L30 4GB

## **2. Acknowledgement**

We want to appreciate everyone who worked with us to make a difference in members of the community. A big thank you to our funders who funded our projects this year. Your funding facilitated to make a positive impact on many people's lives.

A special thank you to all friends and partners of Precious Gems who collaborated with us to deliver projects both in the United Kingdom and Africa; your collaborations helped us have a greater reach in supporting members of different communities.

A huge thank you to all our staff and volunteers in the United Kingdom and internationally for your numerous and continued support in making sure that Precious Gems achieves its goals and objectives excellently. Thank you so much for your time and your services are greatly appreciated.



### 3. Make a Difference

It only takes a small step to make a big difference in someone's life. Your support can help people in crisis live to see another day of their lives, allow children to continue their educations, help disadvantaged women and girls live better lives, and help vulnerable older people improve their health and wellbeing. See below how you can make a difference.

#### a. **Make a Donation**

Any donation, no matter how small, is greatly appreciated and will go a long way toward changing the lives of disadvantaged women and girls.

#### b. **Volunteer for us**

Volunteers play a big role in delivering our projects. We wouldn't be where we are without their support. Share your skills, talents and passion and change someone's life.

#### c. **Partner with us**

At Precious Gems, we believe in partnership and collaboration. Raise donations for us, or partner with us to deliver a project.

For any more information on how you can make a difference, please see our contact details below

**Address:**

Precious Gems  
Commerce House  
59 Bridgeman Place  
Bolton  
BL2 1DW

**Telephone:**

+447963500069

**E-mail:**

[enquiry@preciousgems.org.uk](mailto:enquiry@preciousgems.org.uk)

**website:**

[www.preciousgems.org.uk](http://www.preciousgems.org.uk)

**Facebook:**

[@preciousgems2013](https://www.facebook.com/preciousgems2013)

**Instagram:**

[@preciousgemscharity](https://www.instagram.com/preciousgemscharity)

**X: [@PrecGems](https://twitter.com/PrecGems)**

## 4. Objectives and Activities

Precious Gems supports women and young people who are socially and economically disadvantaged to realise and utilise their potential to better meet their needs, stay resilient, develop themselves and their communities, and improve their health and wellbeing. We were granted the United Nations Economic and Social Council ( ECOSOC ) consultative status in 2022. This gives opportunity for us to work even more closely in helping to achieve the SDG goals of the United Nations and the Africa Union's Agenda 2063 as it relates to women and young people. We achieve these using Asset Based Community Development (ABCD) approach. In planning activities for the year, trustees kept in mind the charity commission's guidance on public benefit.

The main activities of Precious Gems fall into the following categories:

### a. Improving health and wellbeing

Our health and wellbeing programmes support women and young people in staying connected with members of the community, staying active both physically and mentally while enhancing their skills and talents. Our programmes also help them to improve confidence and self-esteem and to overcome social isolation and loneliness. We also support women and girls with counselling sessions, advocacy, information and mentorship.

### b. Economic Empowerment

Our economic empowerment programmes support women and young people to raise and increase their income, be financially independent, and manage their finances. We train them on skills they require to get employment or do business, focusing on their skills, talents and passions. We also support them with short courses that enrich their curriculum vitae (CV) to increase their employment opportunities, giving them better income.

### c. Community Involvement

Our community involvement programmes encourage women and young people to get involved in developing their communities by participating in decision-making concerning their community, meeting the needs or just giving back to their community using their skills and talents. We support them with information and mentorship.

## 5. Achievement and Performance

### 5.1 Culture and Heritage

#### 5.1.1 Rites of Passage

Towards the end of last year, we started the Rites of Passage project, which focused on capturing the memories and experiences of individual stories of women from Black Asia and Minority Ethnic (BAME) living in Bolton. The older African and Asian women we work with said that they were concerned that they were getting old, and their traditions were getting lost. They were also concerned that their future generation has no reference to learning their tradition. To preserve their history, this year, we recorded their stories focusing on understanding those women's cultural traditions, marking the entrance into a particular status or place within their culture, with the focus on being a young girl to motherhood. We then compiled these stories as a documentary. Click on the link below to watch the recorded documentary. <https://preciousgems.org.uk/heritage-project/>

Every woman who participated in the project received a copy of their audio interview with the fully recorded documentary so they could pass on those documents to future generations. We have also given a copy of the recorded documentary to Bolton Museum so that the public can access it and learn about their culture, resulting in a safe and strong community.





### 5.1.2 Afro Dance

Women from African backgrounds told us they were concerned about their health as they were not very active and they were not able to pay for Gym membership. They said that they had checked, but they found out that yoga and Zumba were not in line with their tradition. We organised Afro Dance fitness for them, and they were delighted. The project was very well attended, and many women turned up for exercises and to learn how to do African dance. Others who couldn't dance due to health reasons also turned to every session to enjoy African music.





## 5.2 Capacity Development

### 5.2.1 Vision Board Seminar

The vision board Seminar was held in the Manchester Clayton area. The seminar's purpose was to support women in identifying the future they would like to create in their lives and teach them how to set measurable goals for success and build a realistic plan to achieve them. We had keynote speakers who spoke on maximising skills and talents, self-management, and habit-building. Women had a chance to practice setting goals and creating a vision board (see pictures below). They also had an opportunity to network and share aspirations.



### 5.2.2 English Project

We ran this project in collaboration with the adult learning department of Bolton College. Most people who attended this project were refugees and asylum seekers, women with little children who were not able to pay childcare costs for their children and had challenges securing space in college and other English class providers due to their children. We also had students sent to us from the Department of Working and Pension (DWP). Our students were able to make progress in their learning and move from the beginner level to the lower intermediate level. Women were so happy and asked for more classes during the week.



### **5.2.3 Skills for Life Programs**

We run a Skills for Life program to support women to unveil their potential by participating in different activities using their skills and talents and learning from each other. Most members of this program are refugees, asylum seekers and other migrant women. The Skills for Life program gives them the opportunity to develop skills that they can use in their home or to earn income. We run this program in the Bolton area and the Manchester area. Women learnt how to do sewing, painting, make jewels, drawing and other handcrafts materials. They made garments for themselves and their families, flowers to decorate their homes, ceramics for decorations and many other valuable materials for their homes. The Skills for Life program also helped women from different backgrounds meet and make friends. The program also helped them to improve their wellbeing because the activities gave them a sense of direction and a sense of achievement.





### 5.2.4 International Women's Day Conference

Our International Women's Day Conference brought together many women of all ages and from different backgrounds. The theme of our conference was "You Matter". Our speakers focused on encouraging women to believe in themselves, stand up for each other and look after their mental health. We also had a poet who composed a poem for the event titled "You Matter". Most ladies who attended the event loved it and asked for a copy of the poem as it made them feel good. We had a Member of Parliament (MP), local councillors, and other women in the leadership to inspire our members to be in the leadership.





### 5.2.5 Food Hygiene Training

We did Food Safety Training in collaboration with Bolton College. All volunteers who are involved in preparing food for members of our projects attended that training. Some other women who attended our programs participated in the food Hygiene training to improve their knowledge. At the end of the training, they took exams, and all our members passed them and received a Level 2 certificate in food Hygiene.





## 5.3 Climate Action

### 5.3.1 Air Pollution Awareness

After conducting a consultation with members of the BME community, we realised that their level of knowledge when it comes to climate change in the BME community was very low. We then held training sessions where we explained to young ladies about air pollution, its effect on our health and environment and how transport is the main contributor to air pollution. These young ladies took action by investigating the level of pollution around their house, then used their knowledge to raise awareness of the danger caused by air pollution and encouraged their families and other women to take action.



### 5.3.2 Fabric Recycling Project

We spoke to different women from different back ground about effect of textile waste on our environment and encourage them to use our sewing machine for free of charge to repair their cloths, or recycle them instead of throwing them away.

Women were encouraged to recycle, those who didn't know how to use sewing machine asked their friends to do it for them. Those who participated in this project were able to make friends, learnt other people's culture, and enjoyed turning different projects of turning their unwanted clothes into new projects such as bags, pillowcases, decorations and many more projects that came out unwanted fabrics. These women also took action of walking to the project sessions or taking public transport instead of driving.





## 5.4 Older People's Programs

### 5.4.1 Keep Fit Programs

Our Keep Fit Program for older women is based in 3 different locations in Bolton. We run Zumba gold sessions twice a month at Bolton High Street Library; Chair exercises once a month at Kearsley Mount Methodist Church, and Gentle Circle Dance twice a month at Christ Church. Most of the time, the exercises are done standing but sometimes seated.

People who participated in these exercises said that they were not very active. The exercises are very useful to them and they enjoy doing exercises with friends in their Keep Fit groups. Those who participate in Zumba, Chair Exercises, and Gentle Circle Dance said that their keep fit is not just exercises but also sing-along sessions. They said that they enjoy the music, and it helps them to overcome stress.

The exercises also help them to improve their strengths and balance. Both music and exercise contribute to the improvement of their health and wellbeing.





### 5.4.2 Day Trips Programs

This year, we organised different day trips through five different existing groups of Senior's groups. They travelled in different areas of UK. We also joint all members of Precious Gems Bolton in one Day Trip to Leeds. Our members joint in tour guided bus and learnt history about different town of UK which added to their knowledge and improved their mental wellbeing. They also had a great time out with their friends.





### **5.4.3 Dementia /Alzheimer's Program**

This program has been running for 9 years through Precious Memories Group. This year, more people joined the group. This group have connected people living with dementia with their carers. They have made friends among themselves. They enjoyed each other's company during lunchtime, and there was lots of laughter during their table games. Some carers got so connected with other carers to the point when the person they were caring for went to a care home, they still turned up at every session to see their friends. Some of them lost people they were caring for due to dementia, and they still turned up for the sessions. They said that the Precious Memories group helped them with bereavement.





#### 5.4.4 Knitting Groups

We run Knitting groups through Precious Gems Keasley Group, Precious Gems Bolton Central Group and Precious Gems Rumworth. Members met weekly and had healthy lunches prepared by trained members of Precious Gems. They learnt from each other how to knit or crochet and improved their skills. They were also able to make friends, which helped them overcome social isolation and loneliness. Members of the knitting program also received different guest speakers who spoke on health and other information about what is happening in the community.

We have recently seen some men joining Precious Bolton Central. Some women who have been enjoying that group brought their husbands and taught them how to knit, and we now have three men who joined that group and got involved in the knitting activities.





#### **5.4.5 Curling and Table Game**

This year, we started a new project Westhoughton Library. We had a consultation with ladies, and they told us that they wanted something new, and they came up with a Carpet Carling idea with Table games. The project was open to all ages, but most people who attended this project were over 50. They enjoyed carpet curling; you could hear lots of laughter during that game. They also had healthy lunches and played different table games, including Scrabble, dominos, cards and many more. Some ladies said that they enjoyed table games because they helped them improve their memories.



## **5.5 Cost of Living**

### **5.5.1 Warm Space**

Due to the rising cost of living, many people struggled to heat their houses. We offered warm spaces four times a week where people in the community could come and stay warm for a few hours. We also provided them with light refreshments, which they appreciated. We also offered them the opportunity to join in group crafts activities, and they made friends with other people who participated in the activities. Most people who accessed our warm space said they came for a warm space and had a cuppa and friends. They also said that our activities gave them a sense of purpose and achievement, which contributed to their wellbeing.

### **5.5.2 Cooking on Budget**

The cost of food kept increasing while people's wages remained the same. Those on benefits and small incomes are really struggling to feed themselves and their families. We introduced cooking on the budget project so that women could learn how to save money on food and still feed their families. The cooking on the budget project was attended to very much, but it was also served as a food parcel because people who participated in the project had free food. Women have learnt how to do many different dishes and lower budget, saved money and enjoyed food with their families.





## **5.6 Community Involvement**

### **5.6.1 Visit to the Mayor's Parlour**

Some Precious Gems Kearsley members said they were born in Bolton but have not been to the Mayor's parlour. They said that they wanted to go and visit the Mayor. Those who turned up to the mayor's parlour were very happy as they were told the history of Bolton and had an opportunity to sit where their local councillors, who presented them from their ward, sat and debated.





### 5.6.2 Volunteering Program

In our community groups, we encourage members of the community to get involved, participate in decision making and take part in running the projects. Most of our members are involved in volunteering in leading activities, buying refreshments and other materials for the activities. They start as service user, but within a few months, most of them get involved in volunteering. They told us that Precious Gems gave them the confidence to believe in themselves and that they could volunteer, and now they have taken more volunteering roles in different organisations. At end of this year, we recognise our volunteers by giving them volunteer appreciation certificates Cllr Melanie of Kearsley ward presented certificates to all our volunteers.



## 6. Precious Gems International

### 6.1 Good Health and Wellbeing

#### 6.1.1 Village Medical Outreaches

Precious Gems conducted several medical outreaches in villages in Nigeria. Our focus is on providing essential healthcare services to rural communities where there are shortages of medical personnel. We are grateful to our team of medical volunteers who are passionate about making a difference in the lives of rural community citizens.





### **6.1.2 Healthcare Awareness**

Regular campaigns are organized to promote health awareness and educate communities on preventive healthcare measures. These awareness outreaches give members of the community an opportunity to learn about health issues, ask questions, and interact with the health team on issues that bother them. We are also working on online medical outreach engagements for people who have internet access.





### 6.1.3 Humanitarian Project

In 2023, Malawi residents were affected by Cyclone Freddy. Many of them lost their houses and their resource and became internally displaced. They did not have food or other daily materials that they needed. We supported people from Blantyre. Emergency food was given to vulnerable families that lost their homes or whose houses fell due to heavy wind and nonstop rains. We also provided people with roofing materials so that they could rebuild their homes.





## **6.2 Educational Initiatives**

### **6.2.1 Skills for Life Programs**

This program provides vocational training and education to equip women and young adults with the skills needed for employment and entrepreneurship. We are active in several countries with this initiative and lots of participants have benefited. These activities include farming, weaving baskets, Sewing, entrepreneurship, and leadership.





### **6.2.2 Support for Schools**

Precious Gems helps support schools with vocational programs to help deliver training to young people so that they are able to acquire the relevant skills needed to provide for themselves economically after their school work. These include STEM classes, Career talk programs and apprenticeship programs.





## 6.3 Gender Equality

### 6.3.1 Gender-Based Violence Campaign

Precious Gems, working in collaboration with Malawi Local Government Association (MALAGA), held a Sixteen-days campaign on Gender-based Violence (GBV) in Malawi, which was broadcast to leading National radio and television stations.

The purpose of the discussions was to promote uptake of evidence in decision making by policy makers at the national and local level in the fight against GBV, to promote knowledge management and learning on the fight against GBV in Malawi among key actors, and to promote and amplify women's and girls' rights and voices at the national level.

Many people who participated in the discussions commented that there is a need to invest resources, ideas, actions, knowledge, and education to prevent various tragedies, including loss of life and disabilities arising from violence against women.

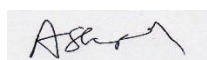
Our team visited different primary and high schools in Tanzania and Nigeria to deliver a discussion on Violence against women. The conversations involved both girls and boys so that they would be prepared ahead and work together to fight any violence against women from a young age.



*The Annual Report was approved by the board of trustees*

*Date: 24/01/2025*

*T Shepherd*



*Chair and Trustee*

*On behalf of the trustees*

## 7. Financial Report

INCOME (A)	2023/2024			
	£ Restricted Funds	£ Unrestricted Funds	Total Funds 2023/2024	Total Funds 2022/2023
Grants	104,232.00	7440	111,672.00	99895.96
Donations		4,958.26	4,958.26	200
<b>TOTAL INCOME (A)</b>	<b>104,232.00</b>	<b>12,398.26</b>	<b>116,630.26</b>	<b>100095.96</b>
<b>EXPENDITURE (B)</b>			0.00	
Rent and Rates	8,247.72		8,247.72	6873.6
Programme management and support	50,267.29		50,267.29	41889.41
Sessional workers fees	12,010.18	£1,200.00	13,210.18	15460.18
Room hire	£1,968.99	600	2,568.99	968.99
Workshops	7,285.68		7,285.68	5225.68
Equipment and Asset	£1,200.00		1,200.00	2625.6
Training	£5,450.00		5,450.00	3000
Arts and Wellbeing	£3,880.00		3,880.00	5413.08
Volunteers' expenses	£3,969.00		3,969.00	3869
Sports and Keep Fit activities	£2,254.00		2,254.00	1432.84
Tutor fees and artist fees	£850.00	2,250.00	3,100.00	2800
Miscellaneous expenses and general running costs	£2,318.54	6,800.00	9,118.54	7118.54
Consultancy	1800	1,200.00	3,000.00	1880
Overseas project and Website/ Social Media	1800	200.00	2,000.00	1265
<b>TOTAL EXPENDITURE</b>	<b>103,301.40</b>	<b>12,250.00</b>	<b>115,551.40</b>	<b>99821.92</b>
<b>NET INCOME/EXPENDITURE</b>	<b>930.60</b>	<b>148.26</b>	<b>1,078.86</b>	<b>274.04</b>
<b>TRANSFERS BETWEEN FUNDS</b>	<b>-</b>	<b>-</b>		
<b>NET MOVEMENT IN FUNDS FOR YEAR</b>	<b>930.60</b>	<b>148.26</b>	<b>1,078.86</b>	<b>274.04</b>
<b>TOTAL FUNDS AT START OF YEAR</b>	<b>17,445.54</b>	<b>1,000.00</b>	<b>18,445.54</b>	<b>18171.5</b>
<b>TOTAL FUNDS AT END OF YEAR</b>	<b>18,376.14</b>	<b>1,148.26</b>	<b>19,524.40</b>	<b>18445.54</b>



## 7.1 Balance Sheet

BALANCE SHEET		PRECIOUS GEMS		2023/2024	
Assets		2023		2024	
Current assets:		Previous year		Current year	
Cash		1,600.00		9,524.40	
Investments		-		-	
Inventories		-		-	
Accounts receivable		16,199.94		10,000.00	
Pre-paid expenses		-		-	
Other		-		-	
<b>Total current assets</b>		<b>17,799.94</b>		<b>19,524.40</b>	
Fixed assets:		Previous year		Current year	
Property and equipment		10,625.60		12,980.00	
Leasehold improvements		-		-	
Equity and other investments		-		-	
Less accumulated depreciation		-		-	
<b>Total fixed assets</b>		<b>10,625.60</b>		<b>12,980.00</b>	
Other assets:		Previous year		Current year	
Goodwill		-		-	
<b>Total other assets</b>		<b>-</b>		<b>-</b>	
<b>Total assets</b>		<b>28,425.54</b>		<b>32,504.40</b>	
Liabilities and owner's equity					
Current liabilities:		Previous year		Current year	
Accounts payable		9,980.00		12,980.00	
Accrued wages		-		-	
Accrued compensation		-		-	
Income tax payable		-		-	
Unearned revenue		-		-	
Other		-		-	
<b>Total current liabilities</b>		<b>9,980.00</b>		<b>12,980.00</b>	
Long-term liabilities:		Previous year		Current year	
Mortgage payable		-		-	
<b>Total long-term liabilities</b>		<b>-</b>		<b>-</b>	
Owner's equity:		Previous year		Current year	
Investment capital		-		-	
Accumulated retained earnings		-		-	

<b>Total owner's equity</b>	<b>-</b>	<b>-</b>
<b>Total liabilities and owner's equity</b>	<b>9,980.00</b>	<b>12,980.00</b>
<b>Balance</b>	<b>18,445.54</b>	<b>19,524.40</b>
Restricted	17949.09	19200.4
Unrestricted	496.45	324



## 7.2 Independent Examiner Report

I report to the trustees on my examination of the accounts of the above charity for the year ended 31<sup>st</sup> March 2024.

### Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the 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 examiners' statement

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

- 1) the accounting records were not kept in accordance with section 130 of the Charities Act; or
- 2) the accounts did not accord with the accounting records; or
- 3) the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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:

Toya Berenger Mbitchi



*BSc(Hons) Accounting and  
Finance*

*Let's Bloom Together  
Suite 20*

*St James's House*

*Pendleton Way*

*M65FW*

*Salford*

*Date 07/01/2024.*

## 7.3 Notes to the Financial Statements for the year ended 31<sup>st</sup> March 2023

### 1. Accounting policies

#### (a) Basis of accounting

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) {effective 1 January 2015}', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention with the exception of Investments which are included at market value, as modified by the revaluation of certain assets.

#### (b) Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### (c) Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).

#### (d) Expenditures

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.

#### (e) Taxation

The charity is exempt from tax on its charitable activities.

#### (f) Charitable funds

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

#### (g) Creditors

The Charity has creditors which are measured at settlement amounts less any trade discounts.



(h) Tangible fixed assets

Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life as follows:

Office Equipment's : 3 years straight line

Computer Equipment's : 3 years straight line

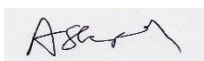
(i) Transactions with Trustees and related parties

In the year, none of the trustees have been paid any remuneration or received any other benefits from an employment with the charity or a related entity but they were informed that they could claim reasonable out-of-pocket expenses for travel expenses to attend meetings.

*The financial Report was approved by the board of trustees*

*Date: 24/01/2024*

*T Shepherd*



*Chair and Trustee*

*On behalf of the trustees*