

# Hope and Healing CIO

England & Wales · Charity number 1161831

## Details

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Other names	SINGLE AND MARRIED IN CHRIST PRATICAL LIVING CIO, SINGLE AND MARRIED IN CHRIST PRATICAL LIVING LIMITED, Hope and Healing CIO
Status	Registered
Legal form	CIO
Company number	<a href="#">CE004206</a>
Registered	2015-05-26
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	2 Harleston Close London E5 9NH
Phone	02035839343
Email	<a href="mailto:admin@singleandmarriedinchrist.com">admin@singleandmarriedinchrist.com</a>
Website	<a href="http://www.singleandmarriedinchrist.com">www.singleandmarriedinchrist.com</a>

## Activities

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**Objects:** TO ADVANCE THE CHRISTIAN FAITH FOR THE BENEFIT OF THE PUBLIC IN ACCORDANCE WITH ACCORDING TO THE PRINCIPLES OF THE PENTECOSTAL DENOMINATION THE ADVANCEMENT OF THE CHRISTIAN RELIGION MAINLY, BUT NOT EXCLUSIVELY, BY MEANS OF BROADCASTING CHRISTIAN FAITH MESSAGES OF AN EVANGELISTIC AND TEACHING NATURE. TO ADVANCE THE CHRISTIAN RELIGION IN OUR WAYS OF LIFE FOR THE BENEFIT OF THE PUBLIC THROUGH THE HOLDING OF PRAYER MEETINGS, LECTURES [PUBLIC CELEBRATION OF RELIGIOUS FESTIVALS] PRODUCING AND/OR DISTRIBUTING LITERATURE ON CHRISTIAN FAITH TO ENLIGHTEN OTHERS ABOUT THE CHRISTIAN RELIGION.

**Activities:** Single and married in Christ is a Christian tv ministry that talks about the youths, the single, the married couples and how our lives affect the community we live in. It is ministry that aims at preventing marriage breakups, discouraging pre-marital sex amounts our young ones there by preventing single parenthood. It is a ministry that encourages families to stay together in marriage.

## Classification

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- **How:** Provides Advocacy/advice/information
- **What:** Religious Activities
- **Who:** The General Public/mankind

## Geography

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- Throughout London

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-12-31	£79,388	£58,799	-	-
2024-12-31	£60,038	£57,544	-	-
2023-12-31	£69,469	£64,467	-	-
2022-12-31	£31,353	£56,330	-	-
2021-12-31	£26,414	£18,350	-	-

## Trustees

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Name	Role	Appointed
<b>ARETHA ODULAJA</b>	Chair	2015-05-26
Christabel Osei-Tulley		2018-11-29
Olivia T'Reiss Grant-Johnson		2021-02-24

**Hope and Healing CIO**

England & Wales - Charity number 1161831

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# Accounts

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SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING CIO

Trustee's Annual Report and Financial Statements  
for the year ended 31 December 2025

Charity number : 1161831

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING CIO  
31 December 2025.

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SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING CIO  
Trustee's Annual Report for the year ended 31 December 2025.

The church Trustees present their report and accounts for the year ending 31<sup>st</sup> December 2025

The accounts are prepared in accordance with SORP "Accounting and reporting for charities" [SORP revised 2015].

1. Reference and administrative details of the charity, its trustees and advisers

Charity Address:  
2 Harleston Close  
London  
E5 9NH

Trustees

Mrs Aretha Odulaja  
Christabel Osi - Tulley

Independent Examiner

Mr A Ajayi-Obe  
10 Denham Grove  
Bracknell  
RG12 7PT

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING CIO**  
**Trustee's Annual Report for the year ended 31 December 2025(cont.)**

**2. Structure, governance, and management**

**a. Governing documents**

The charity is constituted as a charitable incorporated organisation foundation registered on 26th May 2015 with a registered charity number 1161831.

**b. Method of appointment or election of trustees**

Trustees are appointed on the recommendation by members and each Trustee holds office for up to three years subject to re-election at the Annual General Meeting.

**c. Policies adopted for the induction and training of management committee.**

Following the appointment, new Trustees are introduced to their role and given copies of the constitution and a guide to the policies and procedures adopted by our charity, a number of publications from the Charity Commission are also provided including guidance on charities and public benefits and the advancement of religion for the public benefit.

This ensures that they are aware of the scope of their responsibilities under the charities act.

**d. Organisational structure and decision making**

The Charity Trustees are responsible for the general control and management of the charity. The Trustees give their time and receive no remuneration or other financial benefits.

The trustees meet as a body monthly and are responsible for all decisions taken in relation to the running of the church and activities provided by the charity.

To assist in the smooth running of the charity the trustees have set up a leadership team to help them oversee certain aspects of the charity's work.

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING CIO**  
**Trustee's Annual Report for the year ended 31 December 2025(cont.)**

**e. Risk management**

The Trustees have assessed the risks the charity faces and have drawn up a risk matrix that identifies the major risk areas of activity, the nature of those risks, the likelihood of the risk happening, and measures taken to manage them. The trustees review this matrix regularly at their meetings. The trustees are satisfied that systems are in place or arrangements are in hand to manage the risks that have been identified. In particular, insurance cover is in place and the finances of the church are kept under review. Appropriate Criminal records checks (DBS), supported by regular review policies, and are made for all who work with children or other vulnerable groups within the church.

**3. Objectives and activities.**

**Our aims**

The objects of the charity are set out in the charity's constitution and are summarised as follows: The advancement of the Christian faith in accordance with the statement of beliefs appearing in the schedule hereto in such parts of the United Kingdom for the benefit of the public in particular through the holding of prayer meetings, worship service, lectures, the public celebration of religious festivals and the distribution of literature on the Christian faith to enlighten others.

**Our objectives**

Our objectives are set to reflect our faith and community aims. Each year our trustees review our objectives and activities to ensure they continue to reflect our aims. In carrying out this review the trustees have considered the Charity Commission's general guidance on public benefit and its supplementary public guidance on the advancement of religion for the public benefit.

Our dual aims remain to provide a medium through Broadcasting series of religious (Christianity) programmes on air for the benefit of singles and married Christian, as well as any member of the public, could seek help on Christianity beliefs about their relationship.

In the long term, our ambition is to build the self-confidence of in the community of Harlesden and its surroundings, as well as provide community facilities and activities that can help make our area a peaceful, vibrant and harmonious community.

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING CIO**  
**Trustee's Annual Report for the year ended 31 December 2025(cont.)**

**Strategies**

We want to make our broadcasting an accessible and welcoming service, where all Christians or those who wish to know more about our faith, can gather together to learn about their religion and worship. At our 'Christian events, we share the teachings of Jesus and the nature of our faith with non-Christian. In addition to an open day, we also hold an open week each year when we invite congregations from all the local Christian churches to visit us and learn more about Christianity.

An important part of our faith is charitable giving, according to one's income, in accordance with biblical principle and we are pleased to receive special donations for the sole purpose of the relief of need and financial hardship of Christians in Nigeria who have insufficient money to cover their basic needs for shelter, food, clothing, or who are destitute with no means of support.

An important part of our strategy is community welfare and education. Our activities including classes, health initiatives, and seminars are widely advertised, and we welcome the participation of all in our local community, Christian and non-Christian alike. Most of our activities are free and supported by donations.

**Use of volunteers**

Volunteers are a valuable resource in both our faith and community work. Volunteers are involved in most of our faith and community activities and we have over 5 people regularly giving their time. All our trustees also give their time freely. We encourage all members of our Church to be involved in voluntary activities and to share their skills with others. All those volunteers working with projects involving children or other vulnerable groups are DBS checked.

**Activities and achievements**

**How our activities deliver public benefit**

The charity carries out a wide range of activities in pursuance of its charitable aims. The trustees consider that these summarised below, provide benefit both to those who view and the wider community.

**Religious activities**

Our organisation provides a centre for our prayers and worship and for the activities associated with our faith. During the year under review, we offered a range of religious services and activities including:

- Couples' dinner
- Soup, tea and clothes donation to the homeless
- Youth outreach
- Youth counselling
- Singles outreach

## SINGLE AND MARRIED IN CHRIST PRACTICAL CIO

### Trustee's Annual Report for the year ended 31 December 2025(cont.)

This year we:

- Organised seminars for couples and children
- Bought Christmas gifts for the homeless
- Supported families experiencing hardship with food stuffs and
- Organised Christmas parties and distribution of food stuff donated
- Organised tea for the homeless and some hot meals

### Financial review

#### Principal funding sources

The charity's main source of income is both from donations & fundraising. Donations from our supporters amounted to £70,785 whilst this represents an increase from the previous year, given the economic conditions currently affecting our local community this level of voluntary giving is both generous and encouraging.

#### Declaration

The trustee declares that they have approved the trustee's report above.

Signed on behalf of the trustees.

Name: Aretha Odulaja

Signature:

Date: 22 January 2026.

## **Independent examiner's report to the trustees of Single and Married in Christ Practical living CIO**

I report on the accounts of the company for the year ended 31 December 2025, which are set out on pages 9 to 13

### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

### **Basis of independent examiner's report**

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- 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.

Name: Ayo Ajayi-Obe MA

Address: 10 Denham Grove Bracknell RG12 7PT

Date & signed: 22 January 2026.

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING CIO

Statement of Financial Activities (Income and expenditure) for the year ended 31 December 2025.

	Notes	2025 £	2024 £
Income			
Donations	2	79,388	60,038
Expenditure			
Charitable Activities	3	58,799	57,544
Net income for the year		20,589	2,494
Reconciliation of Funds:			
Total Funds brought forward		7,404	4,910
Total Funds carried forward		27,993	7,404

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING CIO

Balance sheet 31 December 2025.

	Note	2025 £	2025 £	2024 £	2024 £
Fixed Assets					
Tangible Fixed Asset	4		100		100
Current Assets					
Bank and Cash		2,043		7,654	
Debtors		41,900		0	
Total current assets		43,943		7,654	
Current Liabilities					
Creditors: amounts falling due within one year		16,050		350	
Net Current Assets			27,893		7,304
Total assets less current liabilities			27,993		7,404
Charity Funds					
Unrestricted	5		27,993		4,910

Approved by the board of Trustees on and signed on their behalf by:

Mrs Aretha Odulaja  
Chair  
22/01/2026

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING CIO  
NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2025**

**1 ACCOUNTING POLICIES**

**a Basis of preparation**

The accounts are prepared in accordance with the, Charities Statement of Recommended Practice (Charities SORP 2015), FRS102 and with the Charities Act 2011

The church is a registered charity, no1161831 and meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognized at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

**b Income recognition**

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

**c Donations**

Donations are accounted for gross when received. Fixed asset gifts in kind are recognized when receivable and are included at fair value.

**d Expenditure recognition**

All expenditure is accounted for on an accrual's basis. Expenditure is recognized where there is a legal or constructive obligation to make payments to third parties, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

**e Costs of raising funds**

Expenditure on raising funds comprise the cost of running vending machines.

**f Support costs**

Support costs are those that assist the work of the organisation but do not directly represent charitable activities and include office costs and governance cost. Where support costs cannot be directly attributed to particular headings, they have been allocated to the cost of raising funds and expenditure on charitable activities on a basis consistent with the use of resources. This represents direct expenditure on the governance of the church. Most of the management is carried out without charge by volunteers. This intangible cost is not included in the Statement of Financial Activities since there is no measurable cost to the volunteers for their service.

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING CIO  
NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2025(CONT.)**

**g Fixed Assets**

Tangible fixed assets are capitalised if they can be used for more than one year and cost at least £500. They are initially recognised at cost, or for donated assets, at a reasonable estimate of their value on receipt.

**h Depreciation**

Depreciation is provided on all fixed assets, other than freehold land, to write off the cost on a straight-line basis over their expected useful life, at the following rates:

Computers and equipment 20%.

**I Funds**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

	2025	2024
	Unrestricted	Unrestricted
<b>2. DONATIONS</b>		
Voluntary donations	70,785	44,296
Tax refunds	8,603	15,742
<b>Total</b>	<b>79,388</b>	<b>60,038</b>

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING CIO  
 NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2025(CONT.)

3. CHARITABLE ACTIVITIES

Funds	Unrestricted 2025	Unrestricted 2024
Outreaches & events	22,867	14,000
Travelling and subsistence	400	5,000
Welfare& caring	34,063	19,641
Literature and books	625	250
Hospitality	0	9,750
Rent	0	7,038
Utilities	300	1,471
<b>Total</b>	<b>58,255</b>	<b>57,150</b>
Support cost for charitable activities:		
<b>Finance cost</b>		
Bank charges	44	44
Governance costs:		
Independent Examinations costs	500	350
Total expenditure	58,799	57,544

4. FIXED ASSETS Furniture &Equipment

Cost	£
31/12/25	24000
Depreciation	
B/F	20,000
Charge for the year	3,900
C/F	23,900
Net book value	
31/12/25	100
31/12/24	100

	01/01/25	Incoming Resources	Outgoing Resources	31/12/25
General funds	7,404	79,388	58,799	27,993

**Hope and Healing CIO**

England & Wales - Charity number 1161831

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# Accounts

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SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED

Trustee's Annual Report and Financial Statements  
for the year ended 31 December 2024

Charity number : 1161831

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
31 December 2023.

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The church Trustees present their report and accounts for the year ending 31<sup>st</sup> December 2024.

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1. Reference and administrative details of the charity, its trustees and advisers

Charity Address:  
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Trustees

Mrs Aretha Odulaja  
Christabel Osi - Tulley

Independent Examiner

Mr A Ajayi-Obe  
10 Denham Grove  
Bracknell  
RG12 7PT

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED**  
**Trustee's Annual Report for the year ended 31 December 2024(cont.)**

**2. Structure, governance, and management**

**a. Governing documents**

The charity is constituted as a charitable incorporated organisation foundation registered on 26th May 2015 with a registered charity number 1161831.

**b. Method of appointment or election of trustees**

Trustees are appointed on the recommendation by members and each Trustee holds office for up to three years subject to re-election at the Annual General Meeting.

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**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED**  
**Trustee's Annual Report for the year ended 31 December 2023(cont.)**

**e. Risk management**

The Trustees have assessed the risks the charity faces and have drawn up a risk matrix that identifies the major risk areas of activity, the nature of those risks, the likelihood of the risk happening, and measures taken to manage them. The trustees review this matrix regularly at their meetings. The trustees are satisfied that systems are in place or arrangements are in hand to manage the risks that have been identified. In particular, insurance cover is in place and the finances of the church are kept under review. Appropriate Criminal records checks (DBS), supported by regular review policies, and are made for all who work with children or other vulnerable groups within the church.

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**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED**  
**Trustee's Annual Report for the year ended 31 December 2024(cont.)**

**Strategies**

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**Activities and achievements**

**How our activities deliver public benefit**

The charity carries out a wide range of activities in pursuance of its charitable aims. The trustees consider that these summarised below, provide benefit both to those who view and the wider community.

**Religious activities**

Our organisation provides a centre for our prayers and worship and for the activities associated with our faith. During the year under review, we offered a range of religious services and activities including:

- Couples' dinner
- Soup, tea and clothes donation to the homeless
- Youth outreach
- Youth counselling
- Singles outreach

## SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING

### Trustee's Annual Report for the year ended 31 December 2024(Cont.)

This year we:

- Organised seminars for couples and children
- Bought Christmas gifts for the homeless
- Supported families experiencing hardship with food stuffs and
- Organised Christmas parties and distribution of food stuff donated
- Organised tea for the homeless and some hot meals

### Financial review

#### Principal funding sources

The charity's main source of income is both from donations & fundraising. Donations from our supporters amounted to £60,038 whilst this represents an increase from the previous year, given the economic conditions currently affecting our local community this level of voluntary giving is both generous and encouraging.

#### Declaration

The trustee declares that they have approved the trustee's report above.

Signed on behalf of the trustees.

Name: Aretha Odulaja

Signature:

Date: 12 Feb 2025.

## **Independent examiner's report to the trustees of Single and Married in Christ Practical living**

I report on the accounts of the company for the year ended 31 December 2024, which are set out on pages 9 to 13

### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

### **Basis of independent examiner's report**

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- 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.

Name: Ayo Ajayi-Obe MA

Address: 10 Denham Grove Bracknell RG12 7PT

Date & signed: 12 Febuary 2024.

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED

Statement of Financial Activities (Income and expenditure) for the year ended 31 December 2024.

		2024	2023
	Notes	£	£
Income from			
Donations	2	60,038	69,469
Total income		60,038	69,469
Expenditure			
Charitable Activities	3	57,544	64,467
Net income / (expenditure) for the year		2,494	5,002
Reconciliation of Funds:			
Total Funds brought forward		4,910	-92
Total Funds carried forward		7,404	4,910

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED**  
**Balance sheet 31 December 2024.**

	Notes	£	£	£	£
Fixed Assets					
Tangible Fixed Asset	4		100		100
Current Assets					
Bank and Cash		7,654		5,060	
Current Liabilities					
Creditors: amounts falling due within one year		350		250	
Net Current Assets			7,304		4,810
Total assets less current liabilities			7,404		4,910
Charity Funds					
Unrestricted	5		7,404		4,910

Approved by the board of Trustees on and signed on their behalf by:

Mrs Aretha Odulaja  
Chair  
12/02/2025

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2024**

**1 ACCOUNTING POLICIES**

**a Basis of preparation**

The accounts are prepared in accordance with the, Charities Statement of Recommended Practice (Charities SORP 2015), FRS102 and with the Charities Act 2011

The church is a registered charity, no1161831\_and meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognized at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

**b Income recognition**

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

**c Donations**

Donations are accounted for gross when received. Fixed asset gifts in kind are recognized when receivable and are included at fair value.

**d Expenditure recognition**

All expenditure is accounted for on an accrual's basis. Expenditure is recognized where there is a legal or constructive obligation to make payments to third parties, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

**e Costs of raising funds**

Expenditure on raising funds comprise the cost of running vending machines.

**f Support costs**

Support costs are those that assist the work of the organisation but do not directly represent charitable activities and include office costs and governance cost. Where support costs cannot be directly attributed to particular headings, they have been allocated to the cost of raising funds and expenditure on charitable activities on a basis consistent with the use of resources. This represents direct expenditure on the governance of the church. Most of the management is carried out without charge by volunteers. This intangible cost is not included in the Statement of Financial Activities since there is no measurable cost to the volunteers for their service.

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2024(CONT.)

**g Fixed Assets**

Tangible fixed assets are capitalised if they can be used for more than one year and cost at least £500. They are initially recognised at cost, or for donated assets, at a reasonable estimate of their value on receipt.

**h Depreciation**

Depreciation is provided on all fixed assets, other than freehold land, to write off the cost on a straight-line basis over their expected useful life, at the following rates:

Computers and equipment 20%.

**I Funds**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

	2024	2023
<b>2. DONATIONS</b>	Unrestricted	Unrestricted
Voluntary donations	44,296	67,806
Tax refunds	15,742	1,663
<b>Total</b>	<b>60,038</b>	<b>69,469</b>

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
 NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2024(CONT.)

3. CHARITABLE ACTIVITIES

Funds	Unrestricted 2024	Unrestricted 2023
Outreaches & events	14,000	22,320
Travelling and subsistence	5,000	5,778
Welfare& caring	19,641	35,425
Literature and books	250	630
Hospitality	9,750	0
Rent	7,038	0
Utilities	1,471	0
<b>Total</b>	<b>57,150</b>	<b>64,153</b>
Support cost for charitable activities:		
Finance cost		
Bank charges	44	64
<b>Total</b>	<b>44</b>	<b>64</b>
Governance costs:		
Independent Examinations costs	350	250
Expenditure:		
Total direct spending	57,150	64,153
Total support cost	44	64
Governance cost	350	250
<b>Total</b>	<b>57,544</b>	<b>64,467</b>

4. FIXED ASSETS

	Furniture &Equipment
Cost	£
31/12/23	24,000
Depreciation	
B/F	20,000
Charge for the year	3,900
C/F	23,900
Net book value	
31/12/23	100
31/12/22	100

5. MOVEMENT IN FUND

	01/01/24	Incoming Resources	Outgoing Resources	31/12/24
General funds	4,910	60,038	57,544	7,404



**Hope and Healing CIO**

England & Wales - Charity number 1161831

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# Accounts

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SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED

Trustee's Annual Report and Financial Statements  
for the year ended 31 December 2023

Charity number : 1161831

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
31 December 2023.

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SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
Trustee's Annual Report for the year ended 31 December 2023.

The church Trustees present their report and accounts for the year ending 31<sup>st</sup> December 2023.

The accounts are prepared in accordance with SORP "Accounting and reporting for charities" [SORP revised 2015].

1. Reference and administrative details of the charity, its trustees and advisers

Charity Address:  
2 Harleston Close  
London  
E5 9NH

Trustees

Mrs Aretha Odulaja  
Christabel Osi - Tulley

Independent Examiner

Mr A Ajayi-Obe  
10 Denham Grove  
Bracknell  
RG12 7PT

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED**  
**Trustee's Annual Report for the year ended 31 December 2023(cont.)**

**2. Structure, governance, and management**

**a. Governing documents**

The charity is constituted as a charitable incorporated organisation foundation registered on 26th May 2015 with a registered charity number 1161831.

**b. Method of appointment or election of trustees**

Trustees are appointed on the recommendation by members and each Trustee holds office for up to three years subject to re-election at the Annual General Meeting.

**c. Policies adopted for the induction and training of management committee.**

Following the appointment, new Trustees are introduced to their role and given copies of the constitution and a guide to the policies and procedures adopted by our charity, a number of publications from the Charity Commission are also provided including guidance on charities and public benefits and the advancement of religion for the public benefit.

This ensures that they are aware of the scope of their responsibilities under the charities act.

**d. Organisational structure and decision making**

The Charity Trustees are responsible for the general control and management of the charity. The Trustees give their time and receive no remuneration or other financial benefits.

The trustees meet as a body monthly and are responsible for all decisions taken in relation to the running of the church and activities provided by the charity.

To assist in the smooth running of the charity the trustees have set up a leadership team to help them oversee certain aspects of the charity's work.

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED**  
**Trustee's Annual Report for the year ended 31 December 2023(cont.)**

**e. Risk management**

The Trustees have assessed the risks the charity faces and have drawn up a risk matrix that identifies the major risk areas of activity, the nature of those risks, the likelihood of the risk happening, and measures taken to manage them. The trustees review this matrix regularly at their meetings. The trustees are satisfied that systems are in place or arrangements are in hand to manage the risks that have been identified. In particular, insurance cover is in place and the finances of the church are kept under review. Appropriate Criminal records checks (DBS), supported by regular review policies, and are made for all who work with children or other vulnerable groups within the church.

**3. Objectives and activities.**

**Our aims**

The objects of the charity are set out in the charity's constitution and are summarised as follows: The advancement of the Christian faith in accordance with the statement of beliefs appearing in the schedule hereto in such parts of the United Kingdom for the benefit of the public in particular through the holding of prayer meetings, worship service, lectures, the public celebration of religious festivals and the distribution of literature on the Christian faith to enlighten others.

**Our objectives**

Our objectives are set to reflect our faith and community aims. Each year our trustees review our objectives and activities to ensure they continue to reflect our aims. In carrying out this review the trustees have considered the Charity Commission's general guidance on public benefit and its supplementary public guidance on the advancement of religion for the public benefit.

Our dual aims remain to provide a medium through Broadcasting series of religious (Christianity) programmes on air for the benefit of singles and married Christian, as well as any member of the public, could seek help on Christianity beliefs about their relationship.

In the long term, our ambition is to build the self-confidence of in the community of Harlesden and its surroundings, as well as provide community facilities and activities that can help make our area a peaceful, vibrant and harmonious community.

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED**  
**Trustee's Annual Report for the year ended 31 December 2023(cont.)**

**Strategies**

We want to make our broadcasting an accessible and welcoming service, where all Christians or those who wish to know more about our faith, can gather together to learn about their religion and worship. At our 'Christian events, we share the teachings of Jesus and the nature of our faith with non-Christian. In addition to an open day, we also hold an open week each year when we invite congregations from all the local Christian churches to visit us and learn more about Christianity.

An important part of our faith is charitable giving, according to one's income, in accordance with biblical principle and we are pleased to receive special donations for the sole purpose of the relief of need and financial hardship of Christians in Nigeria who have insufficient money to cover their basic needs for shelter, food, clothing, or who are destitute with no means of support.

An important part of our strategy is community welfare and education. Our activities including classes, health initiatives, and seminars are widely advertised, and we welcome the participation of all in our local community, Christian and non-Christian alike. Most of our activities are free and supported by donations.

**Use of volunteers**

Volunteers are a valuable resource in both our faith and community work. Volunteers are involved in most of our faith and community activities and we have over 5 people regularly giving their time. All our trustees also give their time freely. We encourage all members of our Church to be involved in voluntary activities and to share their skills with others. All those volunteers working with projects involving children or other vulnerable groups are DBS checked.

**Activities and achievements**

**How our activities deliver public benefit**

The charity carries out a wide range of activities in pursuance of its charitable aims. The trustees consider that these summarised below, provide benefit both to those who view and the wider community.

**Religious activities**

Our organisation provides a centre for our prayers and worship and for the activities associated with our faith. During the year under review, we offered a range of religious services and activities including:

- Couples' dinner
- Soup, tea and clothes donation to the homeless
- Youth outreach
- Youth counselling
- Singles outreach

## SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING

### Trustee's Annual Report for the year ended 31 December 2023(Cont.)

This year we:

- Organised seminars for couples and children
- Bought Christmas gifts for the homeless
- Supported families experiencing hardship with food stuffs and
- Organised Christmas parties and distribution of food stuff donated
- Organised tea for the homeless and some hot meals

### Financial review

#### Principal funding sources

The charity's main source of income is both from donations & fundraising. Donations from our supporters amounted to £67,806 whilst this represents an increase from the previous year, given the economic conditions currently affecting our local community this level of voluntary giving is both generous and encouraging.

### Declaration

The trustee declares that they have approved the trustee's report above.

Signed on behalf of the trustees.

Name: Aretha Odulaja

Signature:

Date: 12 Jan 2024.

## **Independent examiner's report to the trustees of Single and Married in Christ Practical living**

I report on the accounts of the company for the year ended 31 December 2023, which are set out on pages 9 to 13

### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

### **Basis of independent examiner's report**

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- 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.

Name: Ayo Ajayi-Obe MA

Address: 10 Denham Grove Bracknell RG12 7PT

Date & signed: 12 January 2024.

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED

Statement of Financial Activities (Income and expenditure) for the year ended 31 December 2023.

		2023	2022
		£	£
Income from			
Donations	2	69,469	31,353
Total income		69,469	31,353
Expenditure			
Charitable Activities	3	64,467	56,330
Net income / (expenditure) for the year		5,002	-24,977
Reconciliation of Funds:			
Total Funds brought forward		-92	24,885
Total Funds carried forward		4,910	-92

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
 Balance sheet 31 December 2023.

Fixed Assets	Note	£	£	£	£
Tangible Fixed Asset	4		100		100
Current Assets					
Bank and Cash		5,060		58	
Current Liabilities					
Creditors: amounts falling due within one year		250			
Net Current Assets			4,810		-192
Total assets less current liabilities			4,910		-92
Charity Funds					
Unrestricted	5		4,910		-92

Approved by the board of Trustees on and signed on their behalf by:

Mrs Aretha Odulaja  
 Chair  
 12/01/24

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2023**

**1 ACCOUNTING POLICIES**

**a Basis of preparation**

The accounts are prepared in accordance with the, Charities Statement of Recommended Practice (Charities SORP 2015), FRS102 and with the Charities Act 2011

The church is a registered charity, no1161831, and meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognized at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

**b Income recognition**

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

**c Donations**

Donations are accounted for gross when received. Fixed asset gifts in kind are recognized when receivable and are included at fair value.

**d Expenditure recognition**

All expenditure is accounted for on an accrual's basis. Expenditure is recognized where there is a legal or constructive obligation to make payments to third parties, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

**e Costs of raising funds**

Expenditure on raising funds comprise the cost of running vending machines.

**f Support costs**

Support costs are those that assist the work of the organisation but do not directly represent charitable activities and include office costs and governance cost. Where support costs cannot be directly attributed to particular headings, they have been allocated to the cost of raising funds and expenditure on charitable activities on a basis consistent with the use of resources. This represents direct expenditure on the governance of the church. Most of the management is carried out without charge by volunteers. This intangible cost is not included in the Statement of Financial Activities since there is no measurable cost to the volunteers for their service.

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
 NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2023(CONT.)

**g Fixed Assets**

Tangible fixed assets are capitalised if they can be used for more than one year and cost at least £500. They are initially recognised at cost, or for donated assets, at a reasonable estimate of their value on receipt.

**h Depreciation**

Depreciation is provided on all fixed assets, other than freehold land, to write off the cost on a straight-line basis over their expected useful life, at the following rates:

Computers and equipment 20%.

**I Funds**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

	2023	2022
<b>2. DONATIONS</b>	Unrestricted	Unrestricted
Voluntary donations	67,806	26,601
Tax refunds	1,663	4,752
<b>Total</b>	<b>69,469</b>	<b>31,353</b>

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
 NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2023(CONT.)

3. CHARITABLE ACTIVITIES

Funds	Unrestricted 2023	Unrestricted 2022
Outreaches & events	22,320	8,570
Travelling and subsistence	5,778	7,500
Welfare& caring	35,425	27,638
Literature and books	630	1,500
Hospitality	0	4,622
Utilities	0	2,260
<b>Total</b>	<b>64,153</b>	<b>52,090</b>
Support cost for charitable activities:		
Finance cost		
Depreciation cost	0	4,800
Bank charges	64	5
<b>Total</b>	<b>64</b>	<b>4,805</b>
Governance costs:		
Independent Examinations costs	250	250
Expenditure:		
Total direct spending	64,153	52,090
Total support cost	64	3,990
Governance cost	250	250
<b>Total</b>	<b>64,467</b>	<b>56,330</b>

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
 NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2023(CONT.)

4. FIXED ASSETS		Furniture &Equipment
Cost		£
	31/12/23	24,000
Depreciation		
B/F		20,000
Charge for the year		3,900
C/F		23,900
Net book value		
	31/12/23	100
	31/12/22	100

5. MOVEMENT IN FUNDS

		Incoming	Outgoing	
	01/01/23	Resources	Resources	31/12/23
General funds	-92	69,469	64,467	4,910

**Hope and Healing CIO**

England & Wales - Charity number 1161831

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# Accounts

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SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED

Trustee's Annual Report and Financial Statements  
for the year ended 31 December 2022

Charity number : 1161831

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
31 December 2022.

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SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
Trustee's Annual Report for the year ended 31 December 2022.

The church Trustees present their report and accounts for the year ending 31<sup>st</sup> December 2022.

The accounts are prepared in accordance with SORP "Accounting and reporting for charities" [SORP revised 2015].

1. Reference and administrative details of the charity, its trustees and advisers

Charity Address:  
2 Harleston Close  
London  
E5 9NH

Trustees

Mrs Aretha Odulaja  
Christabel Osi - Tulley

Independent Examiner

Mr A Ajayi-Obe  
10 Denham Grove  
Bracknell  
RG12 7PT

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED**  
**Trustee's Annual Report for the year ended 31 December 2022(cont.)**

**2. Structure, governance, and management**

**a. Governing documents**

The charity is constituted as a charitable incorporated organisation foundation registered on 26th May 2015 with a registered charity number 1161831.

**b. Method of appointment or election of trustees**

Trustees are appointed on the recommendation by members and each Trustee holds office for up to three years subject to re-election at the Annual General Meeting.

**c. Policies adopted for the induction and training of management committee.**

Following the appointment, new Trustees are introduced to their role and given copies of the constitution and a guide to the policies and procedures adopted by our charity, a number of publications from the Charity Commission are also provided including guidance on charities and public benefits and the advancement of religion for the public benefit.

This ensures that they are aware of the scope of their responsibilities under the charities act.

**d. Organisational structure and decision making**

The Charity Trustees are responsible for the general control and management of the charity. The Trustees give their time and receive no remuneration or other financial benefits.

The trustees meet as a body monthly and are responsible for all decisions taken in relation to the running of the church and activities provided by the charity.

To assist in the smooth running of the charity the trustees have set up a leadership team to help them oversee certain aspects of the charity's work.

#### **e. Risk management**

The Trustees have assessed the risks the charity faces and have drawn up a risk matrix that identifies the major risk areas of activity, the nature of those risks, the likelihood of the risk happening, and measures taken to manage them. The trustees review this matrix regularly at their meetings. The trustees are satisfied that systems are in place or arrangements are in hand to manage the risks that have been identified. In particular, insurance cover is in place and the finances of the church are kept under review. Appropriate Criminal records checks (DBS), supported by regular review policies, and are made for all who work with children or other vulnerable groups within the church.

### **3. Objectives and activities.**

#### **Our aims**

The objects of the charity are set out in the charity's constitution and are summarised as follows: The advancement of the Christian faith in accordance with the statement of beliefs appearing in the schedule hereto in such parts of the United Kingdom for the benefit of the public in particular through the holding of prayer meetings, worship service, lectures, the public celebration of religious festivals and the distribution of literature on the Christian faith to enlighten others.

#### **Our objectives**

Our objectives are set to reflect our faith and community aims. Each year our trustees review our objectives and activities to ensure they continue to reflect our aims. In carrying out this review the trustees have considered the Charity Commission's general guidance on public benefit and its supplementary public guidance on the advancement of religion for the public benefit.

Our dual aims remain to provide a medium through Broadcasting series of religious (Christianity) programmes on air for the benefit of singles and married Christian, as well as any member of the public, could seek help on Christianity beliefs about their relationship.

In the long term, our ambition is to build the self-confidence of in the community of Harlesden and its surroundings, as well as provide community facilities and activities that can help make our area a peaceful, vibrant and harmonious community.

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED**  
**Trustee's Annual Report for the year ended 31 December 2021(cont.)**

**Strategies**

We want to make our broadcasting an accessible and welcoming service, where all Christians or those who wish to know more about our faith, can gather together to learn about their religion and worship. At our 'Christian events, we share the teachings of Jesus and the nature of our faith with non-Christian. In addition to an open day, we also hold an open week each year when we invite congregations from all the local Christian churches to visit us and learn more about Christianity.

An important part of our faith is charitable giving, according to one's income, in accordance with biblical principle and we are pleased to receive special donations for the sole purpose of the relief of need and financial hardship of Christians in Nigeria who have insufficient money to cover their basic needs for shelter, food, clothing, or who are destitute with no means of support.

An important part of our strategy is community welfare and education. Our activities including classes, health initiatives, and seminars are widely advertised, and we welcome the participation of all in our local community, Christian and non-Christian alike. Most of our activities are free and supported by donations.

**Use of volunteers**

Volunteers are a valuable resource in both our faith and community work. Volunteers are involved in most of our faith and community activities and we have over 5 people regularly giving their time. All our trustees also give their time freely. We encourage all members of our Church to be involved in voluntary activities and to share their skills with others. All those volunteers working with projects involving children or other vulnerable groups are DBS checked.

**Activities and achievements**

**How our activities deliver public benefit**

The charity carries out a wide range of activities in pursuance of its charitable aims. The trustees consider that these summarised below, provide benefit both to those who view and the wider community.

**Religious activities**

Our organisation provides a centre for our prayers and worship and for the activities associated with our faith. During the year under review, we offered a range of religious services and activities including:

- Couples' dinner
- Soup, tea and clothes donation to the homeless
- Youth outreach
- Youth counselling
- Singles outreach

## SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING

### Trustee's Annual Report for the year ended 31 December 2022(Cont.)

This year we:

- Organised seminars for couples and children
- Bought Christmas gifts for the homeless
- Supported families experiencing hardship with food stuffs and
- Organised Christmas parties and distribution of food stuff donated
- Organised tea for the homeless and some hot meals

### Financial review

#### Principal funding sources

The charity's main source of income is both from donations & fundraising. Donations from our supporters amounted to £26,601 whilst this represents an increase from the previous year, given the economic conditions currently affecting our local community this level of voluntary giving is both generous and encouraging.

### Declaration

The trustee declares that they have approved the trustee's report above.

Signed on behalf of the trustees.

Name: Aretha Odulaja

Signature:

Date: 10 Jan 2023.

## **Independent examiner's report to the trustees of Single and Married in Christ Practical living**

I report on the accounts of the company for the year ended 31 December 2022, which are set out on pages 9 to 13

### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

### **Basis of independent examiner's report**

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- 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.

Name: Ayo Ajayi-Obe MA  
Address: 10 Denham Grove Bracknell RG12 7PT  
Date & signed: 23 January 2023.

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
Statement of Financial Activities (Income and expenditure) for the year ended 31 December 2022.

		2022	2021
		£	£
Income from			
Donations	2	31,353	25,799
Trading income	3	0	615
Total income		31,353	26,414
Expenditure			
Charitable Activities	4	56,330	18,350
Net income / (expenditure) for the year		-24,977	26,414
Reconciliation of Funds:			
Total Funds brought forward		24,885	16,821
Total Funds carried forward		-92	24,885

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED

Balance sheet 31 December 2022.

	Note	£	£	£	£
Fixed Assets					
Tangible Fixed Asset	6		100		4,000
Current Assets				21,28	
Bank and Cash		58		5	
Current Liabilities					
Creditors: amounts falling due within one year		250		400	
Net Current Assets				-192	20,885
Total assets less current liabilities				-92	24,885
Charity Funds					
Unrestricted	7			-92	24,885
Total Charity Funds				-92	24,885

Approved by the board of Trustees on and signed on their behalf by:

Mrs Aretha Odulaja  
 Chair  
 10/01/23

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2022

**1 ACCOUNTING POLICIES**

**a Basis of preparation**

The accounts are prepared in accordance with the, Charities Statement of Recommended Practice (Charities SORP 2015), FRS102 and with the Charities Act 2011

The church is a registered charity, no1161831\_and meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognized at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

**b Income recognition**

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

**c Donations**

Donations are accounted for gross when received. Fixed asset gifts in kind are recognized when receivable and are included at fair value.

**d Expenditure recognition**

All expenditure is accounted for on an accrual's basis. Expenditure is recognized where there is a legal or constructive obligation to make payments to third parties, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

**e Costs of raising funds**

Expenditure on raising funds comprise the cost of running vending machines.

**f Support costs**

Support costs are those that assist the work of the organisation but do not directly represent charitable activities and include office costs and governance cost. Where support costs cannot be directly attributed to particular headings, they have been allocated to the cost of raising funds and expenditure on charitable activities on a basis consistent with the use of resources. This represents direct expenditure on the governance of the church. Most of the management is carried out without charge by volunteers. This intangible cost is not included in the Statement of Financial Activities since there is no measurable cost to the volunteers for their service.

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
 NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2022(CONT.)

**g Fixed Assets**

Tangible fixed assets are capitalised if they can be used for more than one year and cost at least £500. They are initially recognised at cost, or for donated assets, at a reasonable estimate of their value on receipt.

**h Depreciation**

Depreciation is provided on all fixed assets, other than freehold land, to write off the cost on a straight-line basis over their expected useful life, at the following rates:

Computers and equipment 20%.

**I Funds**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

	2022	2021
<b>2. DONATIONS</b>	Unrestricted	Unrestricted
Voluntary donations	26,601	20,285
Tax refunds	4,752	5,514
<b>Total</b>	<b>31,353</b>	<b>25,799</b>
<b>3. TRADING ACTIVITIES</b>		
Fund raising	0	615
<b>Total income</b>	<b>31,353</b>	<b>26,414</b>

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
 NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2022(CONT.)

4. CHARITABLE ACTIVITIES

	Unrestricted 2022	Unrestricted 2021
Outreaches & events	8,570	9,000
Travelling and subsistence	7,500	3,950
Welfare& caring	27,638	0
Literature and books	1,500	0
Hospitality	4,622	0
Cost of fund raising	0	195
Utilities	2,260	0
<b>Total</b>	<b>52,090</b>	<b>13,145</b>
Support cost for charitable activities:		
Finance cost		
Depreciation cost	3,900	4,800
Bank charges	90	5
<b>Total</b>	<b>3,990</b>	<b>4,805</b>
Governance costs:		
Independent Examinations costs	250	400
Expenditure:		
Total direct spending	52,090	13,145
Total support cost	3,990	4,805
Governance cost	250	400
<b>Total</b>	<b>56,330</b>	<b>18,350</b>

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
 NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2022(CONT.)

5. FIXED ASSETS Furniture & Equipment

Cost	£
31/12/22	24,000

Depreciation	
B/F	20,000
Charge for the year	3,900
C/F	23,900
Net book value	
31/12/22	100
31/12/21	20,000

6. MOVEMENT IN FUNDS

	01/01/2022	Incoming Resources	Outgoing Resources	31/12/2022
General funds	24,885	31,353	56,330	-92

**Hope and Healing CIO**

England & Wales - Charity number 1161831

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# Accounts

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SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED

Trustee's Annual Report and Financial Statements  
for the year ended 31 December 2021

Charity number : 1161831

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
31 December 2021.

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SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
Trustee's Annual Report for the year ended 31 December 2021.

The church Trustees present their report and accounts for the year ending 31<sup>st</sup> December 2021 The accounts are prepared in accordance with SORP "Accounting and reporting for charities" [SORP revised 2015]

1. Reference and administrative details of the charity, its trustees and advisers

Charity Address:  
2 Harleston Close  
London  
E5 9NH

Trustees

Mrs Aretha Odulaja  
Christabel Osi - Tulley

Independent Examiner

Mr A Ajayi-Obe  
10 Denham Grove  
Bracknell  
RG12 7PT

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED**  
**Trustee's Annual Report for the year ended 31 December 2021(cont.)**

**2. Structure, governance, and management**

**a. Governing documents**

The charity is constituted as a charitable incorporated organisation foundation registered on 26th May 2015 with a registered charity number 1161831.

**b. Method of appointment or election of trustees**

Trustees are appointed on the recommendation by members and each Trustee holds office for up to three years subject to re-election at the Annual General Meeting.

**c. Policies adopted for the induction and training of management committee.**

Following the appointment, new Trustees are introduced to their role and given copies of the constitution and a guide to the policies and procedures adopted by our charity, a number of publications from the Charity Commission are also provided including guidance on charities and public benefits and the advancement of religion for the public benefit.

This ensures that they are aware of the scope of their responsibilities under the charities act.

**d. Organisational structure and decision making**

The Charity Trustees are responsible for the general control and management of the charity. The Trustees give their time and receive no remuneration or other financial benefits.

The trustees meet as a body monthly and are responsible for all decisions taken in relation to the running of the church and activities provided by the charity.

To assist in the smooth running of the charity the trustees have set up a leadership team to help them oversee certain aspects of the charity's work.

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED**  
**Trustee's Annual Report for the year ended 31 December 2021(cont.)**

**e. Risk management**

The Trustees have assessed the risks the charity faces and have drawn up a risk matrix that identifies the major risk areas of activity, the nature of those risks, the likelihood of the risk happening, and measures taken to manage them. The trustees review this matrix regularly at their meetings. The trustees are satisfied that systems are in place or arrangements are in hand to manage the risks that have been identified. In particular, insurance cover is in place and the finances of the church are kept under review. Appropriate Criminal records checks (DBS), supported by regular review policies, and are made for all who work with children or other vulnerable groups within the church.

**3. Objectives and activities.**

**Our aims**

The objects of the charity are set out in the charity's constitution and are summarised as follows: To advancement of the Christian faith in accordance with the statement of beliefs appearing in the schedule hereto in such parts of the United Kingdom for the benefit of the public in particular through the holding of prayer meetings, worship service, lectures, the public celebration of religious festivals and the distribution of literature on the Christian faith to enlighten others.

**Our objectives**

Our objectives are set to reflect our faith and community aims. Each year our trustees review our objectives and activities to ensure they continue to reflect our aims. In carrying out this review the trustees have considered the Charity Commission's general guidance on public benefit and its supplementary public guidance on the advancement of religion for the public benefit.

Our dual aims remain to provide a medium through Broadcasting series of religious (Christianity) programmes on the air for the benefit of singles and married Christian, as well as any member of the public, could seek help on Christianity beliefs about their relationship.

In the long term, our ambition is to build the self-confidence of in the community of Harlesden and its surroundings, as well as provide community facilities and activities that can help make our area a peaceful, vibrant and harmonious community.

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED**  
**Trustee's Annual Report for the year ended 31 December 2021(cont.)**

**Strategies**

We want to make our broadcasting an accessible and welcoming service, where all Christians or those who wish to know more about our faith, can gather together to learn about their religion and worship. At our 'Christian events, we share the teachings of Jesus and the nature of our faith with non-Christian. In addition to an open day, we also hold an open week each year when we invite congregations from all the local Christian churches to visit us and learn more about Christianity.

An important part of our faith is charitable giving, according to one's income, in accordance with biblical principle and we are pleased to receive special donations for the sole purpose of the relief of need and financial hardship of Christians in Nigeria who have insufficient money to cover their basic needs for shelter, food, clothing, or who are destitute with no means of support.

An important part of our strategy is community welfare and education. Our activities including classes, health initiatives, and seminars are widely advertised, and we welcome the participation of all in our local community, Christian and non-Christian alike. Most of our activities are free and supported by donations.

**Use of volunteers**

Volunteers are a valuable resource in both our faith and community work. Volunteers are involved in most of our faith and community activities and we have over 5 people regularly giving their time. All our trustees also give their time freely. We encourage all members of our Church to be involved in voluntary activities and to share their skills with others. All those volunteers working with projects involving children or other vulnerable groups are DBS checked.

**Activities and achievements**

**How our activities deliver public benefit**

The charity carries out a wide range of activities in pursuance of its charitable aims. The trustees consider that these summarised below, provide benefit both to those who view and the wider community.

**Religious activities**

Our organisation provides a centre for our prayers and worship and for the activities associated with our faith. During the year under review, we offered a range of religious services and activities including:

- Couples dinner
- Soup, tea and clothes donation to the homeless
- Youth outreach
- Youth counselling
- Singles outreach

## **SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING**

### **Trustee's Annual Report for the year ended 31 December 2021(Cont.)**

Outreaches: This year we held our activities online due to the lockdown.

We also improve our online facilities to be easily accessible to our congregation.

during December when they cannot come to our event because it is too cold for them.

We empowered our youths in the community by supporting their football teams with the donations of tracksuit and organising of a Christmas party virtually.

We also distributed food and clothing to the old and homeless.

### **Financial review**

#### **Principal funding sources**

The charity's main source of income is both from donations& fundraising. Donations from our supporters amounted to £21285 whilst this represents an increase from the previous year, given the economic conditions currently affecting our local community this level of voluntary giving is both generous and encouraging.

### **Declaration**

The trustee declares that they have approved the trustee's report above.

Signed on behalf of the trustees.

Name:

Signature:

Date: 26 Jan 2022.

## **Independent examiner's report to the trustees of Single and Married in Christ Practical living**

I report on the accounts of the company for the year ended 31 December 2021, which are set out on pages 9 to 13

### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and

to state whether particular matters have come to my attention.

### **Basis of independent examiner's report**

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- 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.

Name: Ayo Ajayi-Obe MA

Address: 10 Denham Grove Bracknell RG12 7PT

Date & signed: 18 January 2022.

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED

Statement of Financial Activities (Income and expenditure) for the year ended 31 December 2021.

	Notes	2021	2020
		£	
Income from			
Donations	2	25,799	26,588
Trading income	3	615	20,896
		26,414	47,484
Total income			
Expenditure			
Charitable Activities	4	18,350	45,637
Total Expenditure	4	18,350	45,637
Net income / (expenditure) for the year		8,064	1,847

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED

Balance sheet 31 December 2021.

	Notes	2021	2021	2020	2020
		£	£	£	£
Fixed Assets					
Tangible Fixed Assets	6		4,000		8,800
Current Assets					
Bank and Cash		21,285		8,521	
Current Liabilities					
Creditors: amounts falling due within one year		400		500	
Net Current Assets			20,885		8,021
Total assets less current liabilities			24,885		16,821
Charity Funds					
Unrestricted	7		24,885		16,821
Total Charity Funds			24,885		16,821

Approved by the board of Trustees on and signed on their behalf by:

Mrs Aretha Odulaja  
 Chair  
 26/01/22

**SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**31 December 2021**

**1 ACCOUNTING POLICIES**

**a Basis of preparation**

The accounts are prepared in accordance with the, Charities Statement of Recommended Practice (Charities SORP 2015), FRS102 and with the Charities Act 2011

The church is a registered charity, no1161831\_and meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognized at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

**b Income recognition**

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

**c Donations**

Donations are accounted for gross when received. Fixed asset gifts in kind are recognized when receivable and are included at fair value.

**d Expenditure recognition**

All expenditure is accounted for on an accrual's basis. Expenditure is recognized where there is a legal or constructive obligation to make payments to third parties, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

**e Costs of raising funds**

Expenditure on raising funds comprise the cost of running vending machines.

**f Support costs**

Support costs are those that assist the work of the organisation but do not directly represent charitable activities and include office costs and governance cost. Where support costs cannot be directly attributed to particular headings, they have been allocated to the cost of raising funds and expenditure on charitable activities on a basis consistent with the use of resources. This represents direct expenditure on the governance of the church. Most of the management is carried out without charge by volunteers. This intangible cost is not included in the Statement of Financial Activities since there is no measurable cost to the volunteers for their service.

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2021(CONT.)

**g Fixed Assets**

Tangible fixed assets are capitalised if they can be used for more than one year and cost at least £500. They are initially recognised at cost, or for donated assets, at a reasonable estimate of their value on receipt.

**h Depreciation**

Depreciation is provided on all fixed assets, other than freehold land, to write off the cost on a straight-line basis over their expected useful life, at the following rates:

Computers and equipment            20%.

**I Funds**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

	2021	2020
Donations	Unrestricted	Unrestricted
Voluntary donations	20,285	23,586
Tax refunds	5,514	3,002
Total	25,799	26,588
3.Trading activities		
Fund raising	615	20,896
Total income	26,414	47,484

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
 NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2021(CONT.)

4.Charitable activities

	Unrestricted 2021	Unrestricted 2020
Outreaches & events	9,000	22,684
Rent& rates		0
Travelling and subsistence	3,950	1,171
Welfare& caring	0	8,225
Literature and books	0	154
Hospitality	0	357
Honorarium	0	2,700
Cost of fund raising	195	4,671
Repairs	0	50
Utilities	0	325
Total	13,145	40,337
Support cost for charitable activities:		
Finance cost		
Depreciation cost	4,800	4,800
Bank charges	5	0
Total	4,805	4,800
Governance costs:		
Independent Examinations costs	400	500
Expenditure:		
Total direct spending	13,145	40,337
Total support cost	4,805	4,800
Governance cost	400	500
Total	18,350	45,637

SINGLE AND MARRIED IN CHRIST PRACTICAL LIVING LIMITED  
 NOTES TO THE FINANCIAL STATEMENTS 31 DECEMBER 2021(CONT.)

Note 5: Fixed assets	Furniture & Equipment
Cost	£
01/01/21	24,000
Additions	
31/12/21	24,000
Depreciation	
B/F	15,200
Charge for the year	4,800
C/F	20,000
Net book value	
31/12/21	4,000
31/12/20	8,800

Note 6:				
Movements in	01-Jan	Incoming	Outgoing	31-Dec
Funds	2021	resources	expenditures	2021
General funds	16,821	26,414	18,350	24,885