

MESOPOTAMIA

England & Wales - Charity number 1167781

Details

Status Registered

Legal form CIO

Registered 2016-06-22

Register [View on the Charity Commission register](#)

Contact

Address 21 Pottery Court
Nottingham
NG6 8YN

Phone 07483376639

Email mesopotamia.org@outlook.com

Website www.mesopotamia.org.uk

Activities

Objects: "THE PREVENTION OR RELIEF OF POVERTY (OR FINANCIAL HARDSHIP) ANYWHERE IN THE WORLD BY PROVIDING OR ASSISTING IN THE PROVISION OF EDUCATION, TRAINING, HEALTHCARE PROJECTS AND ALL OF THE NECESSARY SUPPORT DESIGNED TO ENABLE INDIVIDUALS TO GENERATE A SUSTAINABLE INCOME AND BE SELF SUFFICIENT"

Activities: We provide aid to those in need, locally or abroad. Aid can be clothing, educational packs, medical aid and whatever we can to support someone through poverty or crisis. We help local families and the homeless with food and essentials. We run The Moses Basket project which provides a baby with a safe place to sleep and suitable clothing for their first months of their lives.

Classification

- **How:** Other Charitable Activities
- **What:** The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Other Charitable Purposes
- **Who:** The General Public/mankind

Geography

- Germany
- Greece
- Turkey
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£126,363	£129,540	-	-
2024-04-05	£125,141	£111,122	-	-
2023-04-05	£85,444	£84,548	-	-
2022-04-05	£58,789	£76,321	-	-
2021-04-05	£108,159	£87,308	-	-

Trustees

Name	Role	Appointed
RACHEL MILLER	Chair	2026-04-21
Colin Wignall		2026-04-21
Lynne Warwick		2026-04-21
Maureen Thomas		2026-04-21
Thomas Morris		2026-04-21
salma mumtaz		2026-04-21

MESOPOTAMIA

England & Wales - Charity number 1167781

Accounts



Trustees' Annual Report for the period

From **06/04/24** Period start date To **05/04/25**
Period end date

Charity name: Mesopotamia

Charity registration number: 1167781

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>Mesopotamia is a UK registered charity that works to provide relief from poverty and hardship worldwide. The Charity aims to support the vulnerable and allow them to rebuild and live their lives with dignity. Since its inception in 2015, the Charity has fed and clothed thousands and provided access to medical care and education. While the Charity has supported projects abroad, this year the Charity has focused it's work on supporting many individuals in the UK. The main goal is to assist those in need, feed those who are hungry, and clothe those who are cold. Mesopotamia believes the aid they offer should be available to all. This is why we strive to support those in hard-to reach areas. From refugee camps in war zones to shelters in our local community, we offer assistance to individuals in need. We provide financial, emotional and psychological support for refugees, veterans, the young, the elderly, the hungry and the homeless.</p> <p>The team at Mesopotamia have in-depth knowledge and connections in the serving areas. This also helps to ensure that resources are delivered to those who need them most.</p> <p>The trustees have considered the Charity Commission guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'. </p> <p>Over previous years we have been recognised within our community as a charity which will accept work placements for students of local schools and colleges, especially hosting those with disabilities who require extra support. During this year we have employed staff to support this hosting,</p>

		<p>this enables these volunteers to access training in areas such as Warehouse Skills and delivery and collection services. We are a charity which supports those struggling with poverty and by allowing opportunity to gain experience in these areas gives experience for future job opportunities. During this period we have 7 volunteers all vulnerable who have found paid employment. We also have 2 volunteers who have accessed further education based on the skills that they learnt during their time with Mesopotamia.</p> <p>The link between poverty and unemployment is clear so we are active in giving opportunity to those who would benefit from work experience.</p>
<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>Para 1.17 and 1.19</p>	<p>Building on the projects that Mesopotamia have established in recent years has been the foundation of the charitable work we have undertaken this year. Mesopotamia has continued to expand its work towards its objectives locally. The local Authority which our premises are within and the majority of our projects run has been put into administration. This has meant that services locally have reduced to core services for which the Authority have duty of care. These changes have impacted our community very negatively. As services have reduced, local need has increased and as a charity we have noticed a sharp increase in referrals to our foodbank, clothing and furniture projects.</p> <p>The continued Cost of Living Crisis and rising cost of utilities and food is still pushing a more significant proportion of people towards poverty. This financial year the food bank, clothing bank and household support project continue to be our priority projects.</p> <p>Mesopotamia has focused on funding our foodbank, as this is the most asked for and most referred to service. Last year we added a Community Fridge and larder to the Community Kitchen, however due to funding ceasing for this project we decided that the cost of continuing this project would negatively affect the foodbank so have instead used the funds raised to secure food for that.</p> <p>Our furniture project to provide free and affordable household essentials to those in need continues to expand and support those struggling with poverty. We have increased our liaison with larger businesses and Public organisations to secure surplus items that can be used to help others and avoid landfill. We have strived to provide furniture and ‘tap in’ to sustainability projects provided by</p>

		<p>larger companies and organisations.</p> <p>Educating people to budget, prepare basic meals and live a healthy lifestyle has once again been an ongoing service throughout the year. Providing recipes with food parcels and resources to allow people to manage food waste has been one of the ways we have achieved this.</p> <p>The opportunity for volunteering has been at the forefront of our work this year. Our volunteers have been out to local schools to talk about our charity and it's work. We have increased our engagement with local groups of people who find that they have barriers to both employment and educational opportunities, once again there is a very clear link to lack of education and employment to poverty.</p> <p>Based on this we employ 2 individuals who were previously volunteers to support those who wish to volunteer. This has enabled us to double our volunteer numbers over the year. We have seen first hand volunteers find paid employment or return to an educational setting.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>The Trustees confirm that they have had due regard to the Charity Commissions Guidance on public benefit when exercising any duties or powers which the guidance is relevant.</p> <p>On planning and delivering our activities for the year we have considered the Charity Commission Guidance and are satisfied that our approach remains aligned with delivering public benefit.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Mesopotamia do not distribute grants.
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by	Para 1.38	Our volunteer numbers have grown throughout this financial period. This is due to the increased opportunities and support

volunteers		<p>available because of employing individuals to support volunteering opportunities. We are one of the main providers of volunteering placements for local schools in our area. We tend to place those children with additional needs who often need adaptations within the workplace to allow them to volunteer. This is possible due to the knowledge and understanding that our volunteers have with regards to disability. During this period we have offered placements for Duke Of Edinburgh awards, The Kings Trust Schools of Sanctuary and local school children. Separately to this we also offered secure and out of hours placements for those who had completed drug and drink rehab placements with a local hostel.</p> <p>All of the volunteers have had a positive impact on our charity and its work. Our youngest volunteer during the period was 13 years old, the eldest 96 years of age. Collectively the volunteers have enabled Mesopotamia to carry out its projects throughout the year. Their impact is immense.</p>
Other		

Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>Mesopotamia continues to be one of the largest foodbanks within Nottinghamshire. Our numbers continue to grow on a weekly basis due to the rising cost of living and to the reduced Local Authority Services. We work to support those who often are unable to access other foodbanks because of their referral criteria. We are also different to other local foodbanks because we provide both fresh produce and a delivery service for those who are unable to attend our premises. The feedback which we get from both professionals and service users is incredible and always positive. Our approach to support the individuals needs without judgement means that we often help those who are not known to the authorities. We have seen an increase of need for those who are working and claiming universal credit or those who are of pension age. Mental health services in our region have also been reduced, we do our best to support peoples complex needs. We have found that by opening up volunteer roles has allowed beneficiaries to gain friendships,</p>

		gain confidence and a sense of belonging. We have seen that we can be a stepping stone to better financial security and a wider world for those who are isolated. We have achieved our objectives by both helping out with immediate need and then also by helping to minimise and reduce future need.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	The Trustees believe that the work carried out throughout this period is based on the charity aims and objectives.
Performance of fundraising activities against objectives set	Para 1.41	During this financial period Mesopotamia registered for Gift Aid with HMRC. We encourage donors to consider signing up for this at the time of donation. We believe that this will benefit the charity and therefore our beneficiaries in future years.
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity are currently not in a position to hold reserves, however as the charity continues to establish this is an area that we will take financial advice for during the next financial year
Amount of reserves held	Para 1.22	0
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Donations both monetary and goods
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	Although the Charity has increased it's income throughout this period we are mindful that the general public are more reluctant to donate to charities because of their cost of living increases. The Charity's costs have also risen and we are mindful of this when looking at new projects or sustaining existing ones.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected by the majority of members' vote at AGM

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	<p>The Charity Holds the Following Policies, all Trustees are required to adopt them as well as read The Charity Commission Guidance on Trustees Duties.</p> <p>Bullying and harassment policy and procedures</p> <ul style="list-style-type: none"> • Campaigns and political activity policy and procedures • Complaints handling • Complaints policy and procedures • Internal charity financial controls policy and procedures • Internal risk management policy and procedures • Paying staff • Safeguarding policy and procedures • Safeguarding vulnerable beneficiaries • Serious incident reporting policy and procedures • Social media policy and procedures • Trustee conflicts of interest policy and procedures • Trustee expenses policy and procedures • Volunteer management

The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Mesopotamia
Other name the charity uses	
Registered charity number	1167781
Charity's principal address	557 Valley Road Nottingham NG5 1JE

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

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Full name(s)

Rachel Miller

Maureen Thomas

Position (eg Secretary,
Chair, etc)

Chairperson

Date

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	APR	MAY	JUNE	JULY
IN BANK	£4,820.20	£9,779.45	£9,320.00	£15,204.25
OUT BANK	£6,047.67	£10,054.67	£8,032.95	£16,380.13
IN OTHER	300	1500	500	1500
PETTY IN	£350	£358	£1,200	£950
PETTY OUT	£2,145.02	£249.74	£647.99	£1,821.29
IN GRANTS	£0	£0	£0	£0
IN SHOP	£0.00	£26.45	£1,750	£29
IN DONATIONS	£4,730.00	£9,753.00	£7,570.00	£15,175.00
OUT RENT	£1,500	£2,750	£2,750	£2,750
OUT UTILITIES	£767.39	£1,890	£1,585.80	£1,045.39
OUT ADMIN	£9	£25.49	£25.49	£28.07
OUT FUNDRAISING	£0	£0.00	£0.00	£0
IN RESTRICTED FUNDS	0	0	0	0
OUT RESTRICTED FUNDS	0	0	0	0

AUG	SEPT	OCT	NOV	DEC	JAN	FEB
£7,295.00	£6,365.00	£12,100	£6,452.32	£7,925.00	£21,861	£8,701.03
£8,171.55	£6,476.74	£11,263.65	£7,753.81	£8,083.15	£19,477.66	£10,254.70
500	1500	500	1500	500	1500	500
£723	£854	£1,465	£554.00	£875	£658	£1,250
£773.40	£509.96	£1,206.73	£458.01	£893.31	£779.30	£923.57
£0	£0	£0	£0.00	£0	£0	£0
£0	£0	£0	£22	£0	£97	£90.35
£7,295.00	£6,365.00	£12,100	£6,430.03	£7,925.00	£21,764	£8,610.68
£2,750	£1,250	£4,250	£0	£2,750	£2,700	£2,700
£1,000	£1,178.03	£998.66	£832.31	£1,146.84	£718.89	£695.64
£29.40	£25.49	£57.07	£41.54	£25.49	£25.49	£25.49
£0	£0	£0	£0	£0	£0	£0.00
0	0	0	0	0	0	0
0	0	0	0	0	0	0

MAR	APR	TOTAL
£5,404.00	£5.00	£116,085.58
£5,944.89	£293.93	£118,235.50
500	325	£11,125
£620	£420	£10,277.00
£780.80	£115.01	£11,304.13
£0	£0	£0
£0	£0	£2,041
£5,404.00	£5	£113,196.71
£1,250	£0	£27,400
£1,038.52	£113	£13,010.47
£25.49	£25.49	£369
£0	£0	£0
0	0	0
0	0	0

Financial Statement for Mesopotamia period 06/04/2024-05/04/2025

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountants	Immediate Accounting Solutions Limited	131a Middleton Boulevard, Nottingham, NG8 1FW

Responsibilities and Basis of Report

As the charity Trustees, who are also directors for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act'). Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiners statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect: 1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or 2. the accounts do not accord with those records; or 3. the accounts do not comply with the requirements of section 396 of the 2006 Act 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; or 4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). 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.

.....*Rizwan....*

Immediate Accounting Solutions
131a Middleton Boulevard
Nottingham
NG8 1FW

4th February 2026

Other optional information

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MESOPOTAMIA

England & Wales - Charity number 1167781

Accounts



Trustees' Annual Report for the period

From **06/04/2023** Period start date to **05/04/2024** Period end date

Charity name: **MESOPOTAMIA**

Charity registration number: **1167781**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>Mesopotamia is a UK-registered charity that works to provide relief from poverty and hardship worldwide. The Charity aims to support the vulnerable and allow them to rebuild their lives with dignity. Since its inception in 2015, the Charity has fed and clothed thousands provided access to medical care and helped vulnerable refugees in France, Greece and Turkey. While the Charity has several projects abroad, the Charity also provides support to many individuals in the UK. The main goal is to assist those in need, feed those who are hungry, and cloth those who are cold. Mesopotamia believes the aid they offer should be available to all. This is why we strive to support those in hard-to-reach areas. From refugee camps in war zones to shelters in our local community, we offer assistance to individuals in need. We provide financial, emotional and psychological support for refugees, veterans, the young, the elderly, the hungry and the homeless. Mesopotamia team has in-depth knowledge and connections in the serving areas. This also helps to ensure that resources are delivered to those who need them most. The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'. Volunteers The Contribution made by volunteers throughout the year has been immense. The Charity is run entirely by volunteers during this year, and volunteers are therefore paramount in Mesopotamia meeting its objectives. This year, Mesopotamia's foodbank and other activities have increased in both area and capacity, and the volunteers have enabled the Charity to do this. Mesopotamia encourages those who use their services to come in and volunteer; as such, Mesopotamia's</p>

		<p>volunteer group has grown and diversified. The majority of those volunteering with Mesopotamia class themselves as disabled, and they have struggled to find a volunteering role prior to coming to the Charity. The Charity continues to support some of the most vulnerable people within the community and genuinely impacts their well-being.</p>
<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>Para 1.17 and 1.19</p>	<p>This year Mesopotamia has once increased its work towards its objectives locally. The Cost of Living Crisis and its aftermath have pushed a more significant proportion of people towards poverty, the cost of living is increasing, and those on the cusp of poverty have fallen into it. Again those struggling financially are impacted more so due to the inability to fund their basic living costs. The food bank, clothing bank and household support project continue to be our priorities. Mesopotamia has increased its charity projects, such as expanding the food and clothing banks. The Charity also started initiatives to tackle the rising issue of food poverty. They have added a Community Fridge and larder to the Community Kitchen, they have also been expanding the furniture projects to provide free and affordable household essentials to those in need. Again those struggling financially were impacted more so due to the inability to fund their welfare. The impact of the cost of the living crisis on the need for education and healthcare was paramount when distributing aid and prioritising spending. Educating people to budget, prepare basic meals and live a healthy lifestyle has been an ongoing service throughout the year. The Charity has identified persistent deficiencies in the UK and abroad for hygiene items, household items and essential clothing, all of which have been rising in cost throughout the year.</p>

Achievements and Performance

	SORP reference	
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<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>Mesopotamia has remained one of the largest food banks in Nottinghamshire during this financial period. Our client group grew, as did our network. Mesopotamia now regularly take referrals from local authorities, social care, city council and local schools. Mesopotamia also had an increase in referrals from local NHS Trust, asking them to support those affected by poverty and impacted by those who were still affected or financially impacted because of COVID. Mesopotamia increased its food distribution and directly saved people from Hunger and food poverty. Mesopotamia has brought the community together during this period. The Charity valued people and made them feel less isolated. Mesopotamia focused on Charity's core aims and objectives, preventing and relieving poverty. Due to ongoing travel restrictions, the Charity focused their work on the UK and helping the local community.</p>
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Financial Review

Going Concern	Para 1.21	The Charity is in the best position it has ever been. The Charity is now more established within the community and is more certain than ever that they are making a genuine difference in people's lives. COVID is still an uncertainty and has had an enormous effect on how we fundraise and operate. The help is needed more than ever, yet the charity shop has been unable to open its doors, so that income is uncertain in the coming months.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Charity has been accumulating funds in order to purchase a property as a community centre for its charitable causes in the forthcoming years. Trustees must ensure that the charity's funds are monitored and used appropriately, prudently, lawfully and in accordance with the charity's purpose for the public benefit.
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Mesopotamia is a Charity staffed entirely by volunteers. The Trustees, in general, play an active role in the running of the Charity. We work closely with other groups in the UK and abroad who share the same ethos, standards, and objectives as Mesopotamia. Although the Charity works closely with other groups in the UK and abroad, they are financially and structurally independent.
How is the charity constituted?	Para 1.25	Association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected by the majority of members' vote at AGM

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Mesopotamia
Company registration Number	CE007600
Registered charity number	1167781

Charity's principal address	557 Valley Road Nottingham NG5 1JE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Alan Freestone			
2	Maureen Thomas			
3	Rachel Miller			
4	Ibrahim Oktay Emec			
5	Ian Smith			
6	Andrew Thomas			
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17				
18				
19				
20				

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountants	Immediate Accounting Solutions Limited	131a Middleton Boulevard, Nottingham, NG8 1FW

Responsibilities and Basis of Report

As the charity Trustees, who are also directors for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act'). Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiners statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect: 1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or 2. the accounts do not accord with those records; or 3. the accounts do not comply with the requirements of section 396 of the 2006 Act 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; or 4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). 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.

.....*Rizwan*....

Immediate Accounting Solutions
131a Middleton Boulevard
Nottingham
NG8 1FW

3 January 2025

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	R.Miller	
Full name(s)	Rachel Miller	
Position (eg Secretary, Chair, etc)	Trustee	
Date	03/01/2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
MESOPOTAMIA CE007600

Receipts and payments accounts

CC16a

For the period from 06/04/2023 To 05/04/2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	118,045	-	-	118,045	85,211
Grants	7,096	-	-	7,096	233
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	125,141	-	-	125,141	85,444
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	125,141	-	-	125,141	85,444
A3 Payments					
Rent	19,500	-	-	19,500	18,000
Utilities	5,920	-	-	5,920	1,626
Charitable activities	85,702	-	-	85,702	64,922
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	111,122	-	-	111,122	84,548
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	111,122	-	-	111,122	84,548
Net of receipts/(payments)	14,019	-	-	14,019	896
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	14,019	-	-	14,019	896

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	5,966	-	-
		-	-	-
		-	-	-
	Total cash funds	5,966	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Intangible assets	240	-	-
	Tangible Assets	8,504	-	-
		-	-	-
		-	-	-
		8,744	-	-
B5 Liabilities	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Accruals	750	-	
	Loans more than one year	4782	-	
		9,178	-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	R.Miller	Rachel Miller	03/01/2025	



Trustees' Annual Report for the period

From **06/04/2023** Period start date to **05/04/2024** Period end date

Charity name: **MESOPOTAMIA**

Charity registration number: **1167781**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>Mesopotamia is a UK-registered charity that works to provide relief from poverty and hardship worldwide. The Charity aims to support the vulnerable and allow them to rebuild their lives with dignity. Since its inception in 2015, the Charity has fed and clothed thousands provided access to medical care and helped vulnerable refugees in France, Greece and Turkey. While the Charity has several projects abroad, the Charity also provides support to many individuals in the UK. The main goal is to assist those in need, feed those who are hungry, and cloth those who are cold. Mesopotamia believes the aid they offer should be available to all. This is why we strive to support those in hard-to-reach areas. From refugee camps in war zones to shelters in our local community, we offer assistance to individuals in need. We provide financial, emotional and psychological support for refugees, veterans, the young, the elderly, the hungry and the homeless. Mesopotamia team has in-depth knowledge and connections in the serving areas. This also helps to ensure that resources are delivered to those who need them most. The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'. Volunteers The Contribution made by volunteers throughout the year has been immense. The Charity is run entirely by volunteers during this year, and volunteers are therefore paramount in Mesopotamia meeting its objectives. This year, Mesopotamia's foodbank and other activities have increased in both area and capacity, and the volunteers have enabled the Charity to do this. Mesopotamia encourages those who use their services to come in and volunteer; as such, Mesopotamia's</p>

		<p>volunteer group has grown and diversified. The majority of those volunteering with Mesopotamia class themselves as disabled, and they have struggled to find a volunteering role prior to coming to the Charity. The Charity continues to support some of the most vulnerable people within the community and genuinely impacts their well-being.</p>
<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>Para 1.17 and 1.19</p>	<p>This year Mesopotamia has once increased its work towards its objectives locally. The Cost of Living Crisis and its aftermath have pushed a more significant proportion of people towards poverty, the cost of living is increasing, and those on the cusp of poverty have fallen into it. Again those struggling financially are impacted more so due to the inability to fund their basic living costs. The food bank, clothing bank and household support project continue to be our priorities. Mesopotamia has increased its charity projects, such as expanding the food and clothing banks. The Charity also started initiatives to tackle the rising issue of food poverty. They have added a Community Fridge and larder to the Community Kitchen, they have also been expanding the furniture projects to provide free and affordable household essentials to those in need. Again those struggling financially were impacted more so due to the inability to fund their welfare. The impact of the cost of the living crisis on the need for education and healthcare was paramount when distributing aid and prioritising spending. Educating people to budget, prepare basic meals and live a healthy lifestyle has been an ongoing service throughout the year. The Charity has identified persistent deficiencies in the UK and abroad for hygiene items, household items and essential clothing, all of which have been rising in cost throughout the year.</p>

Achievements and Performance

	SORP reference	
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<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>Mesopotamia has remained one of the largest food banks in Nottinghamshire during this financial period. Our client group grew, as did our network. Mesopotamia now regularly take referrals from local authorities, social care, city council and local schools. Mesopotamia also had an increase in referrals from local NHS Trust, asking them to support those affected by poverty and impacted by those who were still affected or financially impacted because of COVID. Mesopotamia increased its food distribution and directly saved people from Hunger and food poverty. Mesopotamia has brought the community together during this period. The Charity valued people and made them feel less isolated. Mesopotamia focused on Charity's core aims and objectives, preventing and relieving poverty. Due to ongoing travel restrictions, the Charity focused their work on the UK and helping the local community.</p>
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Financial Review

Going Concern	Para 1.21	The Charity is in the best position it has ever been. The Charity is now more established within the community and is more certain than ever that they are making a genuine difference in people's lives. COVID is still an uncertainty and has had an enormous effect on how we fundraise and operate. The help is needed more than ever, yet the charity shop has been unable to open its doors, so that income is uncertain in the coming months.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Charity has been accumulating funds in order to purchase a property as a community centre for its charitable causes in the forthcoming years. Trustees must ensure that the charity's funds are monitored and used appropriately, prudently, lawfully and in accordance with the charity's purpose for the public benefit.
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Mesopotamia is a Charity staffed entirely by volunteers. The Trustees, in general, play an active role in the running of the Charity. We work closely with other groups in the UK and abroad who share the same ethos, standards, and objectives as Mesopotamia. Although the Charity works closely with other groups in the UK and abroad, they are financially and structurally independent.
How is the charity constituted?	Para 1.25	Association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected by the majority of members' vote at AGM

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Mesopotamia
Company registration Number	CE007600
Registered charity number	1167781

Charity's principal address	557 Valley Road Nottingham NG5 1JE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Alan Freestone			
2	Maureen Thomas			
3	Rachel Miller			
4	Ibrahim Oktay Emec			
5	Ian Smith			
6	Andrew Thomas			
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountants	Immediate Accounting Solutions Limited	131a Middleton Boulevard, Nottingham, NG8 1FW

Responsibilities and Basis of Report

As the charity Trustees, who are also directors for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act'). Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiners statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect: 1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or 2. the accounts do not accord with those records; or 3. the accounts do not comply with the requirements of section 396 of the 2006 Act 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; or 4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). 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.

.....*Rizwan*....

Immediate Accounting Solutions
131a Middleton Boulevard
Nottingham
NG8 1FW

3 January 2025

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	R.Miller	
Full name(s)	Rachel Miller	
Position (eg Secretary, Chair, etc)	Trustee	
Date	03/01/2025	

MESOPOTAMIA

England & Wales - Charity number 1167781

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
MESOPOTAMIA CE007600

Receipts and payments accounts

CC16a

For the period from 06/04/2022 To 05/04/2023

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	85,211	-	-	85,211	51,060
Grants	233	-	-	233	7,729
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	85,444	-	-	85,444	58,789
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	85,444	-	-	85,444	58,789
A3 Payments					
Rent	18,000	-	-	18,000	18,000
Utilities	1,626	-	-	1,626	1,552
Charitable activities	64,922	-	-	64,922	56,769
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	84,548	-	-	84,548	76,321
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	84,548	-	-	84,548	76,321
Net of receipts/(payments)	896	-	-	896	- 17,532
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	896	-	-	896	- 17,532

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	1,698	-	-
		-	-	-
		-	-	-
	Total cash funds	1,698	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Intangible assets	240	-	-
	Tangible Assets	10,371	-	-
		-	-	-
		-	-	-
		10,611	-	-
B5 Liabilities	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Accruals	750	-	
	Loans more than one year	6782	-	
			-	
	4,777	-		
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	R.Miller	Rachel Miller	21/02/2024	

MESOPOTAMIA

England & Wales - Charity number 1167781

Accounts



Charity number: 1167781
Company number: CE007600
(England and Wales)

Mesopotamia

Report of the Trustees and Unaudited Financial Statements

For the year ended 05 April 2022

Mesopotamia
Contents Page
For the year ended 05 April 2022

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Independent Examiner's Report to the Trustees	3
Statement of Financial Activities	4
Statement of Financial Position	5
Notes to the Financial Statements	6 to 7
Detailed Statement of Financial Activities	8

Mesopotamia
Report of the Trustees
For the year ended 05 April 2022

The Trustees, who are also directors for the purposes of company law, have pleasure in presenting their report and the financial statements for the charitable company for the year ended 05 April 2022. The Trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Mesopotamia is a UK-registered charity that works to provide relief from poverty and hardship worldwide. The Charity aims to support the vulnerable and allow them to rebuild their lives with dignity. Since its inception in 2015, the Charity has fed and clothed thousands provided access to medical care and helped vulnerable refugees in France, Greece and Turkey. While the Charity has several projects abroad, the Charity also provides support to many individuals in the UK. The main goal is to assist those in need, feed those who are hungry, and cloth those who are cold.

Mesopotamia believes the aid they offer should be available to all. This is why we strive to support those in hard-to-reach areas. From refugee camps in war zones to shelters in our local community, we offer assistance to individuals in need. We provide financial, emotional and psychological support for refugees, veterans, the young, the elderly, the hungry and the homeless. Mesopotamia team has in-depth knowledge and connections in the serving areas. This also helps to ensure that resources are delivered to those who need them most.

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

Volunteers

The Contribution made by volunteers throughout the year has been immense. The Charity is run entirely by volunteers during this year, and volunteers are therefore paramount in Mesopotamia meeting its objectives. This year, Mesopotamia's foodbank and other activities have increased in both area and capacity, and the volunteers have enabled the Charity to do this. Mesopotamia encourages those who use their services to come in and volunteer; as such, Mesopotamia's volunteer group has grown and diversified. The majority of those volunteering with Mesopotamia class themselves as disabled, and they have struggled to find a volunteering role prior to coming to the Charity. The Charity continues to support some of the most vulnerable people within the community and genuinely impacts their well-being.

ACHIEVEMENTS AND PERFORMANCE

Significant activities

This year Mesopotamia has once increased its work towards its objectives locally. The COVID pandemic and its aftermath have pushed a more significant proportion of people towards poverty, the cost of living is increasing, and those on the cusp of poverty have fallen into it. Again those struggling financially are impacted more so due to the inability to fund their basic living costs. The food bank, clothing bank and household support project continue to be our priorities.

Mesopotamia has increased its charity projects, such as expanding the food and clothing banks. The Charity also started initiatives to tackle the rising issue of food poverty. They have added a Community Fridge and larder to the Community Kitchen, they have also been expanding the furniture projects to provide free and affordable household essentials to those in need. Again those struggling financially were impacted more so due to the inability to fund their welfare. The impact of the cost of the living crisis on the need for education and healthcare was paramount when distributing aid and prioritising spending. Educating people to budget, prepare basic meals and live a healthy lifestyle has been an ongoing service throughout the year. The Charity has identified persistent deficiencies in the UK and abroad for hygiene items, household items and essential clothing, all of which have been rising in cost throughout the year.

Achievements against objectives

Mesopotamia has remained one of the largest food banks in Nottinghamshire during this financial period. Our client group grew, as did our network. Mesopotamia now regularly take referrals from local authorities, social care, city council and local schools. Mesopotamia also had an increase in referrals from local NHS Trust, asking them to support those affected by poverty and impacted by those who were still affected or financially impacted because of COVID. Mesopotamia increased its food distribution and directly saved people from Hunger and food poverty. Mesopotamia has brought the community together during this period. The Charity valued people and made them feel less isolated. Mesopotamia focused on Charity's core aims and objectives, preventing and relieving poverty. Due to ongoing travel restrictions, the Charity focused their work on the UK and helping the local community.

FINANCIAL REVIEW

Significant events

COVID has hit hard, and during the year, the Charity has limited its fundraising and used most of the funds towards the local community Foodbank and spent some aid to Turkey to help refugees.

Mesopotamia
Report of the Trustees Continued
For the year ended 05 April 2022

Going concern

The Charity is in the best position it has ever been. The Charity is now more established within the community and is more certain than ever that they are making a genuine difference in people's lives. COVID is still an uncertainty and has had an enormous effect on how we fundraise and operate. The help is needed more than ever, yet the charity shop has been unable to open its doors, so that income is uncertain in the coming months.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Mesopotamia is a Charity staffed entirely by volunteers. The Trustees, in general, play an active role in the running of the Charity. We work closely with other groups in the UK and abroad who share the same ethos, standards, and objectives as Mesopotamia. Although the Charity works closely with other groups in the UK and abroad, they are financially and structurally independent.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name of Charity	Mesopotamia
Charity registration number	1167781
Company registration number	CE007600
Principal address	557 Valley Road Nottingham NG5 1JE

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Alan Freestone
Maureen Thomas
Rachel Miller
Ibrahim Oktay Emec
Ian Smith
Andrew Thomas

Secretary Maureen Thomas

Independent examiners WIM Consulting Ltd
37 New North Road
Hainault
Ilford
IG6 2UE

Approved by the Board of Trustees and signed on its behalf by

R Miller

[R Miller \(Dec 2, 2022 09:26 GMT\)](#)

Rachel Miller

Dec 2, 2022

Mesopotamia
Independent Examiners Report to the Trustees
For the year ended 05 April 2022

I report to the trustees on my examination of the accounts of the charitable company for the year ended 05 April 2022.

Responsibilities and basis of report

As the charity Trustees, who are also directors for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiners statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.



.....
WIM Consulting Ltd
37 New North Road
Hainault
Ilford
IG6 2UE

29 November 2022

Mesopotamia
Statement of Financial Activities (including Income and Expenditure Account)
For the year ended 05 April 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 £	2021 £
Income and endowments from:					
Donations and legacies	2	4,354	3,375	7,729	77,385
Charitable activities	3	51,060	-	51,060	30,774
Total		55,414	3,375	58,789	108,159
Expenditure on:					
Raising funds		(9,073)	(2,307)	(11,380)	-
Charitable activities	4/5	(52,072)	(12,869)	(64,941)	(87,308)
Total		(61,145)	(15,176)	(76,321)	(87,308)
Net income/expenditure		(5,731)	(11,801)	(17,532)	20,851
Total funds carried forward		(5,731)	(11,801)	(17,532)	20,851

Mesopotamia
Statement of Financial Position
As at 05 April 2022

Notes	2022 £	2021 £
Fixed assets		
Intangible assets	360	480
Tangible assets	10,691	11,011
	11,051	11,491
Current assets		
Cash at bank and in hand	6,389	22,168
	6,389	22,168
Creditors: amounts falling due within one year	(4,800)	(1,800)
Net current assets	1,589	20,368
Total assets less current liabilities	12,640	31,859
Creditors: amounts falling due after more than one year	(8,391)	(10,000)
Net assets	4,249	21,859
The funds of the charity		
Restricted income funds	(22,449)	-
Unrestricted income funds	26,698	21,859
Total funds	4,249	21,859

For the year ended 05 April 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved and authorised for issue by the Board and signed on its behalf by:

R Miller

Dec 2, 2022

Rachel Miller
Trustee

Mesopotamia
Notes to the Financial Statements
For the year ended 05 April 2022

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and 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 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

Mesopotamia meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Going concern

The Charity is in the best position it has ever been. The Charity is now more established within the community and is more certain than ever that they are making a genuine difference in people's lives. COVID is still an uncertainty and has had an enormous effect on how we fundraise and operate. The help is needed more than ever, yet the charity shop has been unable to open its doors, so that income is uncertain in the coming months.

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	2022	2021
	£	£	£	£
Donations received	-	-	-	20,474
Grants received	2,666	3,375	6,041	46,511
Donated goods and services	1,688	-	1,688	10,400
	4,354	3,375	7,729	77,385

3. Income from charitable activities

	2022	2021
	£	£
Unrestricted funds		
<i>Charitable activities</i>		
Income from charitable activities	51,060	30,774

4. Costs of charitable activities by fund type

	Unrestricted funds	Restricted funds	2022	2021
	£	£	£	£
Charitable activities	49,072	12,869	61,941	85,508
Support costs	3,000	-	3,000	1,800
	52,072	12,869	64,941	87,308

Mesopotamia
Notes to the Financial Statements Continued
For the year ended 05 April 2022

5. Costs of charitable activities by activity type

	2022	2021
	£	£
Activities undertaken directly		
Charitable activities	61,941	85,508
Governance fee	3,000	1,800
	64,941	87,308
	64,941	87,308

6. Particulars of employees

	2022	2021
Volunteers	36	16
	36	16
	36	16

7. Comparative for the Statement of Financial Activities

	Unrestricted funds	Restricted funds	2021
	£	£	£
Income and endowments from:			
Donations and legacies	56,911	20,474	77,385
Charitable activities	30,774	-	30,774
Total	87,685	20,474	108,159
Expenditure on:			
Charitable activities	(66,834)	(20,474)	(87,308)
Total	(66,834)	(20,474)	(87,308)
Net income/expenditure	20,851	-	20,851
Total funds carried forward	20,851	-	20,851

Mesopotamia
Detailed Statement of Financial Activities
For the year ended 05 April 2022

	2022	2021
	£	£
INCOME AND ENDOWMENT		
Donations and legacies		
Donations	-	20,474
Grants receivable	6,041	46,511
Donated goods and services	1,688	10,400
	7,729	77,385
Charitable activities		
Income from charitable activities (Charitable activities)	51,060	30,774
	51,060	30,774
Total incoming resources	58,789	108,159
EXPENDITURE		
Charitable activities		
Cost of direct charitable activity (Charitable activities)	(61,941)	(85,508)
	(61,941)	(85,508)
SUPPORT COSTS		
Governance costs		
Governance costs	(11,380)	-
Governance costs (Governance fee)	(3,000)	(1,800)
	(14,380)	(1,800)
Total resources expended	(76,321)	(87,308)
Net Expenditure	(17,532)	20,851



Mesopotamia05-04-2022 Final

Final Audit Report

2022-12-02

Created:	2022-11-29
By:	Naveed Ikhlaq (naveed@wimprofessionals.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAAZt8TF6jQZ2rT0G585bSXBxIkhWBcnW5f

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-  Email viewed by mesopotamia.org@outlook.com
2022-12-02 - 09:25:44 GMT- IP address: 81.141.186.66
-  Signer mesopotamia.org@outlook.com entered name at signing as R Miller
2022-12-02 - 09:26:40 GMT- IP address: 81.141.186.66
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Signature Date: 2022-12-02 - 09:26:42 GMT - Time Source: server- IP address: 81.141.186.66
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MESOPOTAMIA

England & Wales - Charity number 1167781

Accounts



Charity number: CE007600

Company number: 1167781

(England and Wales)

Mesopotamia

Report of the Trustees and Unaudited Financial Statements

For the year ended 05 April 2021

Mesopotamia
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For the year ended 05 April 2021

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Mesopotamia
Report of the Trustees
For the year ended 05 April 2021

The Trustees, who are also directors for the purposes of company law, have pleasure in presenting their report and the financial statements for the charitable company for the year ended 05 April 2021. The Trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Mesopotamia is a UK-registered charity that works to provide relief from poverty and hardship worldwide. The Charity aims to support the vulnerable and allow them to rebuild their lives with dignity. Since its inception in 2015, the Charity has fed and clothed thousands provided access to medical care and helped vulnerable refugees in France, Greece and Turkey. While the Charity has several projects abroad, the Charity also provides support to many individuals in the UK. The main goal is to assist those in need, feed those who are hungry, and cloth those who are cold.

Mesopotamia believes the aid they offer should be available to all. This is why we strive to support those in hard-to-reach areas. From refugee camps in war zones to shelters in our local community, we offer assistance to individuals in need. We provide financial, emotional and psychological support for refugees, veterans, the young, the elderly, the hungry and the homeless. Mesopotamia team has in-depth knowledge and connections in the serving areas. This also helps to ensure that resources are delivered to those who need them most.

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

Volunteers

The Contribution made by volunteers throughout the year has been immense. The Charity is run entirely by volunteers with no paid staff members, so volunteers provide the means to carry out all of Mesopotamia's objectives. This year the value of the volunteers have been evident due to COVID restrictions on movement.

Our volunteers put themselves on the frontline tackling poverty within our neighbourhood and further afield. Whilst the country locked down, the volunteers at Mesopotamia stepped up, increasing their hours and their workload. The Charity has fed 400 people a whole week's worth of food each week, at its greatest, this increase to over 700 people. The Charity supports some of the most vulnerable people within the community and genuinely impact their wellbeing.

ACHIEVEMENTS AND PERFORMANCE

Significant activities

This year Mesopotamia has increased its work towards its objectives locally. The COVID pandemic has pushed a more significant proportion of people towards poverty. We have increased the charity projects we run, such as the food bank and clothing bank. We also started new initiatives to tackle the rising issue of lockdowns and isolation. Again those struggling financially were impacted more so due to the inability to fund their welfare. The impact that Covid has had on the need for education and healthcare were paramount when distributing aid and prioritising spending. The Charity has identified deficiencies in the UK and abroad for hygiene items and healthcare aid.

Achievements against objectives

Mesopotamia became one of the largest food banks in Nottinghamshire during this financial period. Our client grew as our network grew. We now take referrals from local authorities, social care, city council and local schools. We also had an increase of referrals from our local NHS Trust asking us to support those affected by poverty and impacted by COVID. Due to COVID restrictions, many foodbanks close their doors. Mesopotamia increased its food distribution and directly saved people from Hunger and food poverty. We brought the community together during this period. We valued people and made them feel less isolated. We focused on the core aims and objectives of the charity, preventing and relief of poverty. Due to travel restrictions, we focused our work on the UK and helping the local community in its time of need.

FINANCIAL REVIEW

Significant events

COVID has hit hard, and during the year, the Charity has limited its fundraising and used most of the funds towards the local community Foodbank and spent some aid to Turkey to help refugees.

Going concern

The Charity is in the best position it has ever been. The Charity is now more established within the community and is more certain than ever that they are making a genuine difference in people's lives. COVID is still an uncertainty and has had an enormous effect on how we fundraise and operate. The help is needed more than ever, yet the charity shop has been unable to open its doors, so that income is uncertain in the coming months.

Mesopotamia
Report of the Trustees Continued
For the year ended 05 April 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Mesopotamia is a Charity staffed entirely by volunteers. The Trustees, in general, play an active role in the running of the Charity. We work closely with other groups in the UK and abroad who share the same ethos, standards, and objectives as Mesopotamia. Although the Charity works closely with other groups in the UK and abroad, they are financially and structurally independent.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name of Charity	Mesopotamia
Charity registration number	CE007600
Company registration number	1167781
Principal address	557 Valley Road Nottingham NG5 1JE

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Alan Freestone
Maureen Thomas
Rachel Miller
Ibrahim Oktay Emec
Ian Smith
Andrew Thomas

Secretary Maureen Thomas

Independent examiners WIM Consulting Ltd
12B High View Parade
Woodford Avenue
Ilford
IG4 5EP

Approved by the Board of Trustees and signed on its behalf by

R Miller

.....
Rachel Miller

29 March 2022

Mesopotamia
Independent Examiners Report to the Trustees
For the year ended 05 April 2021

I report to the trustees on my examination of the accounts of the charitable company for the year ended 05 April 2021.

Responsibilities and basis of report

As the charity Trustees, who are also directors for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiners statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.



.....
Naveed Ikhlaz FCCA

WIM Consulting Ltd
12B High View Parade
Woodford Avenue
Ilford
IG4 5EP

29 March 2022

Mesopotamia
Statement of Financial Activities (including Income and Expenditure Account)
For the year ended 05 April 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 £	2020 £
Income and endowments from:					
Donations and legacies	2	56,911	20,474	77,385	23,892
Charitable activities	3	30,774	-	30,774	-
Total		87,685	20,474	108,159	23,892
Expenditure on:					
Charitable activities	4/5	(66,834)	(20,474)	(87,308)	(23,705)
Total		(66,834)	(20,474)	(87,308)	(23,705)
Net income/expenditure		20,851	-	20,851	187
Total funds carried forward		20,851	-	20,851	187

Mesopotamia
Statement of Financial Position
As at 05 April 2021

	Notes	2021	2020
		£	£
Fixed assets			
Intangible assets		480	600
Tangible assets		11,011	-
		11,491	600
Current assets			
Cash at bank and in hand		22,168	994
		22,168	994
Creditors: amounts falling due within one year		(1,800)	(585)
Net current assets		20,368	409
Total assets less current liabilities		31,859	1,009
Creditors: amounts falling due after more than one year		(10,000)	-
Net assets		21,859	1,009
The funds of the charity			
Unrestricted income funds		21,859	1,009
Total funds		21,859	1,009

For the year ended 05 April 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved and authorised for issue by the Board and signed on its behalf by:

R Miller

Rachel Miller
Trustee

29 March 2022

Mesopotamia
Notes to the Financial Statements
For the year ended 05 April 2021

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and 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 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

Mesopotamia meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Going concern

The Charity is in the best position it has ever been. The Charity is now more established within the community and is more certain than ever that they are making a genuine difference in people's lives. COVID is still an uncertainty and has had an enormous effect on how we fundraise and operate. The help is needed more than ever, yet the charity shop has been unable to open its doors, so that income is uncertain in the coming months.

2. Income from donations and legacies

	Unrestricted funds	Restricted funds	2021	2020
	£	£	£	£
Donations received	-	20,474	20,474	23,892
Grants received	46,511	-	46,511	-
Donated goods and services	10,400	-	10,400	-
	56,911	20,474	77,385	23,892

3. Income from charitable activities

	2021	2020
	£	£
Unrestricted funds		
<i>Charitable activities</i>		
Income from charitable activities	30,774	-

Donations received are for charitable causes as per Charity's mission statement to relieve poverty. The Charity has a shop and Cafe where free food is served, and donated goods are sold.

The Charity has received COVID Grants from the local council for both shops during the year based on the rateable value.

Mesopotamia
Notes to the Financial Statements Continued
For the year ended 05 April 2021

4. Costs of charitable activities by fund type

	Unrestricted funds	Restricted funds	2021	2020
	£	£	£	£
Charitable activities	65,034	20,474	85,508	23,705
Support costs	1,800	-	1,800	-
	<u>66,834</u>	<u>20,474</u>	<u>87,308</u>	<u>23,705</u>

5. Costs of charitable activities by activity type

	2021	2020
	£	£
Activities undertaken directly		
Charitable activities	85,508	23,705
Governance fee	1,800	-
	<u>87,308</u>	<u>23,705</u>

6. Particulars of employees

	2021	2020
Volunteers	16	16
	<u>16</u>	<u>16</u>

7. Comparative for the Statement of Financial Activities

	Unrestricted funds	Restricted funds	2020
	£	£	£
Income and endowments from:			
Donations and legacies	5,855	18,037	23,892
Total	<u>5,855</u>	<u>18,037</u>	<u>23,892</u>
Expenditure on:			
Charitable activities	(5,668)	(18,037)	(23,705)
Total	<u>(5,668)</u>	<u>(18,037)</u>	<u>(23,705)</u>
Net income/expenditure	<u>187</u>	<u>-</u>	<u>187</u>
Total funds carried forward	<u>187</u>	<u>-</u>	<u>187</u>

Mesopotamia
Detailed Statement of Financial Activities
For the year ended 05 April 2021

	2021	2020
	£	£
INCOME AND ENDOWMENT		
Donations and legacies		
Donations	20,474	23,892
Grants receivable	46,511	-
Donated goods and services	10,400	-
	77,385	23,892
Charitable activities		
Income from charitable activities (Charitable activities)	30,774	-
	30,774	-
Total incoming resources	108,159	23,892
EXPENDITURE		
Charitable activities		
Cost of direct charitable activity (Charitable activities)	(85,508)	(23,705)
	(85,508)	(23,705)
SUPPORT COSTS		
Governance costs		
Governance costs (Governance fee)	(1,800)	-
	(1,800)	-
Total resources expended	(87,308)	(23,705)
Net Income	20,851	187

Signature: *R Miller*
R Miller (Mar 29, 2022 15:28 GMT+1)