



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 06/04/24
Period end date

Period start date To 05/04/25

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>
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.	Para 1.17 and 1.19	<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>	Para 1.20	<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

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	Rachel Miller			
2	Ibrahim Emec			
3	Maureen Thomas			
4	Ian Smith			
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Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

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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