

TOOLS FOR INNER PEACE

England & Wales · Charity number 1169251

Details

Other names	TIP
Status	Registered
Legal form	CIO
Registered	2016-09-19
Register	View on the Charity Commission register

Contact

Address	1 Sawley Close Murdishaw Runcorn Cheshire WA7 6RD
Phone	07522595404
Email	info@tools4innerpeace.org
Website	www.tools4innerpeace.org

Activities

Objects: 1. TO PROMOTE, DEVELOP, NURTURE AND PROTECT MENTAL, PHYSICAL AND EMOTIONAL HEALTH OF INDIVIDUALS, FOR THE PUBLIC BENEFIT, FOCUSING IN PARTICULAR BUT NOT EXCLUSIVELY AND WITHOUT LIMITATION, ON PEOPLE WORKING IN CONFLICT ZONES AROUND THE WORLD, AS WELL AS CIVILIAN VICTIMS OF WAR, AND CHILDREN AND YOUTH SUFFERING FROM TRANSGENERATIONAL TRAUMA, BY THE PROVISION OF YOGA AND ASSOCIATED OR OTHER SERVICES SUCH AS, WITHOUT ANY LIMITATION WHATSOEVER, TRAINING, COUNSELLING AND SUPPORT. 2. TO PROVIDE PUBLIC EDUCATION AND TRAINING IN THE THERAPEUTIC USE OF YOGA TO ALLEVIATE TRAUMA AND MENTAL SUFFERING.

Activities: We empower refugees and conflict survivors, homeless street youth and other disadvantaged communities to manage their own healing and wellbeing with tools from yoga.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Other Defined Groups

Geography

- Lebanon
- Sierra Leone
- Halton
- Knowsley
- Liverpool City
- St Helens
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£34,010	£29,742	-	-
2023-12-31	£34,572	£29,086	-	-
2022-12-31	£31,148	£29,685	-	-
2021-12-31	£31,481	£15,949	-	-
2020-12-31	£16,108	£3,375	-	-

Trustees

Name	Role	Appointed
MINNA MAARIA JARVENPAA	Chair	2016-01-23
Keren Lynn Gallagher		2026-03-02
Kristina Hemon		2021-09-29
Nora Ferguson		2026-01-28
Susan Meirion Owen		2019-10-31

TOOLS FOR INNER PEACE

England & Wales - Charity number 1169251

Accounts



Tools for Inner Peace

(Registered charity no. 1169251)

**TRUSTEES' ANNUAL REPORT
AND
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

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TOOLS FOR INNER PEACE

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 DECEMBER 2024

Trustees	Minna Maaria Jarvenpaa (Chair) Kristina Hemon Susan Meirion Owen
Charity Reg. No.	1169251
Working name	TIP
Registered Office	Wilding Way Birkenhead Prenton Merseyside CH43 7RA
Webstie	www.tools4innerpeace.org
Independent Examiner	Charles Ssempijja, FCA NfP Accountants Ltd 3 rd Floor, 86-90 Paul Street London EC2A 4NE
Bankers	Barclays Bank Plc 1 Churchill Place London E14 5HP

TOOLS FOR INNER PEACE

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees present their annual report and financial statements of the charity for the year ended 31 December 2024. Reference and administrative information set out on page 1 forms part of this report. The financial statements have been prepared on a Receipts and Payments basis, and they comply with current statutory requirements and the charity's governing document. The Trustees' Annual Report has been prepared in compliance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The financial statements have been prepared on a Receipts and Payments basis, taking advantage of provisions available for smaller charities.

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Charitable objects

1. To promote, develop, nurture and protect mental, physical and emotional health of individuals, for the public benefit, focusing in particular but not exclusively and without limitation, on people working in conflict zones around the world, as well as civilian victims of war, and children and youth suffering from transgenerational trauma, by the provision of yoga and associated or other services such as, without any limitation whatsoever, training, counselling and support.
2. To provide public education and training in the therapeutic use of yoga to alleviate trauma and mental suffering.

Activities

The charity offers yoga as a means of coping with stress and trauma. The charity's primary beneficiaries include refugees and other disadvantaged and marginalised people, such as homeless street youth.

Statement of public benefit

The Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. The Trustees consider how planned activities will contribute to the aims and objectives that have been set.

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TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 DECEMBER 2024

ACHIEVEMENTS AND PERFORMANCE: REVIEW OF ACTIVITIES FOR THE YEAR

In dark times and forgotten corners of the earth, Tools for Inner Peace -trained community yoga teachers are creating safe spaces for trauma recovery.

In 2024, Tools for Inner Peace continued to seek out ways to expand our reach in making trauma-informed yoga available to refugees, conflict survivors, homeless street youth and vulnerable populations in the UK, Lebanon, Sierra Leone and Finland. We want to empower trauma survivors to manage their own healing and wellbeing. Ultimately, our aim is to train members of these marginalised communities themselves to share the tools and techniques of yoga for the wellbeing of others in their community. To this end, we focused our efforts on 1. offering free weekly yoga classes in communities where yoga is otherwise not accessible, 2. further training and immersion opportunities for community yoga teacher trainees, and 3. joining forces with wider mental health focused initiatives to demonstrate the benefits of yoga as a modality for trauma healing.

United Kingdom

In the UK, our free refugee yoga classes in deprived areas in Merseyside and at refugee hotels in the greater Liverpool area continue for the seventh year running. In 2024, we also started offering sessions for refugees in Coventry, delivered by Caroline Prichard (Satyadhara). The Eastbourne Sanctuary have found funding to continue the weekly yoga classes that were originally offered by Tools for Inner Peace. These regular yoga sessions in Liverpool, Eastbourne and Coventry offer a safe space throughout the year.

The value of these safe spaces became particularly clear in July-August 2024 when far-right racist groups, determined to spread hate, mobilised to threaten those seeking sanctuary in the UK. Over several days of rioting, refugee hotels were attacked around the country and an attempt was made to set a refugee hotel in the Liverpool area on fire. In the aftermath, Lynn Mooney (Lalitatirth), our yoga teacher in Liverpool was called on to offer additional wellbeing sessions for refugees traumatised by the rioting. Here is how one participant spoke of her experience:

“I am really enjoying the yoga class. It helps me to relax and keep myself active. Living at a hotel is very stressful but this yoga class is making it bearable.” - Refugee yoga participant, Liverpool

In June 2024, a team of experienced yoga teachers came together to offer our annual Yoga for Trauma weekend workshop at Lockerbrook Farm in the Peak District. The workshop was attended by a diverse group of 15 yoga teachers, refugee advocates, asylum seekers and refugees. They came together to practice, share and support one another. During this weekend workshop, participants

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came to understand the neuroscience behind trauma and learned about the wisdom of the body and heart in helping to resolve it.

The 15 participants who attended our Yoga for Trauma weekend in June 2024 had a deeply nourishing experience. They are still actively connecting with each other, and have asked for further opportunities to come together and to experience the simple, powerful practices of yoga that we teach. Here is how one participant summed up his experience:

“I always go back to the weekend when I am feeling stressed or upset. It was such an uplifting weekend, full of goodness. The healthy eating, getting up early, and learning new practices filled my soul. I continue to practice every day.” - Refugee yoga participant, Eastbourne

Classes and training in the UK in 2024 were funded by the Eleanor Rathbone Trust, John Younger Trust and the National Lottery Community Fund. Refugee Women Connect continued as our key partner in Liverpool.

Lebanon

Tools for Inner Peace started a year-long Going Deeper into Classical Yoga training in January 2024. This was primarily intended for those who had completed our first Community Yoga Teacher Training in Lebanon in 2023, and included Lebanese, Syrian, Palestinian and Lebanese-Armenian trainees from different parts of Lebanon, including Tripoli in the north, Arsel in the east, Beirut at the centre and Nabatiye in the south. In January and June 2024, we also completed our final reassessments and certification of those Community Yoga Teacher trainees who had not been certified at the end of the original training.

The Going Deeper into Classical Yoga training was intended to be offered over four residential weekends in January, June and a final one at the end of the year, with daily home practice in between weekend modules. However, as hostilities in Lebanon ramped up and the Israeli army forced hundreds of thousands of people to flee southern Lebanon, our retreat space at Mariapoli was also converted into a shelter for displaced families. This meant that we were not able to complete the last one of our cycle of weekend retreats. Tools for Inner Peace will be looking for opportunities to offer additional training in 2025.

To help alleviate the suffering of at-risk communities, our Tools for Inner Peace-trained community yoga teachers became active in giving yoga classes in vulnerable and marginalised communities across Lebanon. Natali Massoud (Nadagiri) and Maria Holler (Bhaktagiri) followed up our training of 15 teenagers who share yoga with 800 other teenagers within the informal education centres run by Alsama; they convened the trainees and offered a space for peer-to-peer support and teaching practice. Amani Abd Al Rahman and Roza Khalaf gave classes to refugee women in the Bekaa Valley. Zeina Alhoujeyri (Atmatattwa)

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taught community yoga classes in Arsel at the Syrian border. Roula Darwish opened up Houna Centre, the yoga space she manages, in the Hamra district of Beirut to women and children displaced by bombings in southern Lebanon. She recruited Rima Hammoud, herself displaced from Nabatiye, to offer sessions for them.

“It has been a disastrous period, but we have managed to be there for our community, to help in the ways we can, as much as we can. The tools we learned from you served us well.” - Roula Darwish, Community Yoga Teacher, Manager of Houna Centre, Beirut

Our team in Lebanon are also looking after their own needs and finding ways to go deeper with their practice. Five members of our team of teachers and trainees in Lebanon travelled to India in August-October for two months of in-depth yoga experience and took part in a number of yoga trainings at the Bihar School of Yoga ashram and Rikhiapeeth ashram in India. They will be sharing what they have learned through community yoga classes over the coming months and years.

Our classes and training in Lebanon, as well as scholarships for trainees who traveled to India in 2024 were financed out of community contributions, as well as generous individual donations from yoga teachers and practitioners outside of Lebanon.

Sierra Leone

In Sierra Leone, Tools for Inner Peace expanded the support given to the YAMA group of yoga facilitators whom we have been training and who have been offering free yoga classes for vulnerable street youth. These street youth, many of whom are narcotics addicts and street workers, are some of the most vulnerable members of Sierra Leone society; they sleep rough, smoke kush, a highly addictive street drug, and then neglect their hygiene and nutritional needs. In 2024, the classes reached about 300 street youth a month in five different slums and ghettos. After each class, participants were offered a warm nutritious meal, often the only square meal that they would eat that day.

Once a month, we provided a health check-up for all participants; the nurse dispensed medicines for the most typical ailments that include malaria, typhoid, various skin and respiratory conditions. We also experimented with bringing nurses from the HIV unit of a local hospital to offer HIV testing. Eight out of 50 participants tested HIV positive in the first testing session. The challenge was that those testing positive were reluctant to acknowledge their status and avail themselves of free anti-retrovirals. With generous support from our Italian yoga teacher and practitioner friends, we also distributed hygiene packs with underwear and toiletries at the end of the year.

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Tools for Inner Peace continued to pay the YAMA facilitators a small stipend that covers transport and a teaching allowance. We also provided further training to the facilitators, in the form of one-day and two-day workshops, sharing the methods and sequences that Swami Pragyamurti had developed for teaching in South African townships and prisons. Training sessions were offered by Minna Jarvenpaa (Mantramala). Grant funding for 2024 activities in Sierra Leone was received from the Souter Charitable Trust, the MPM Charitable Trust and the Big Give Trust.

To make the outreach work to Freetown slums and ghettos sustainable, Tools for Inner Peace partnered with a more established Sierra Leonean youth organisation, the Global Youth Network for Empowerment and Development (GYNED). Together, we launched a successful bid for more significant funds in the framework of a mental health support initiative. With support from these funds, YAMA work is set to expand to additional slum communities in 2025, with funding coming through GYNED, the lead organisation for the project.

Finland

Tools for Inner Peace was invited to give a series of short Yoga for Trauma workshops and sessions in Finland in June 2024. Our host and initiator of the workshops was Nadiya, a community well-being, integration and education platform that supports Ukrainian refugees in Finland. The participants, already part of a community working to heal together, were very open to the practices. There was a sense of safety and containment in working together, and for many participants this resulted in the release of traces of trauma; the sense of joy and relief at the end of the sessions was palpable:

“Wow! What a beautiful healing journey we have had.” - Viktoriya Kovalenko, co-founder, Nadiya

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Organisational matters

At the end of 2024, trustees of Tools for Inner Peace were Kristina Hemon (secretary), Minna Jarvenpaa (chair) and Susan Owen (treasurer). Kerry Gallagher took on the role of Safeguarding Lead to ensure implementation and monitoring of our Children and Vulnerable Adults Safeguarding Policy, with Minna Jarvenpaa as the trustee focal point for safeguarding.

Our trustee meetings are enriched by the lived experience of Zena Takieddine from Syria and Joan Nambungu, who is an asylum seeker from Uganda. They have not yet been fully onboarded as trustees due to complications related to documentation from their places of origin. A key aim for the coming year is to continue to bring on board other trustees and volunteers with personal experience of the UK asylum system, as well as people who originate from the communities for which Tools for Inner Peace is providing training.

FINANCIAL REVIEW

The Charity achieved net receipts for the year of £34,010 (2023 - £34,572), details of which are shown in the Receipts and Payments Accounts below.

Total receipts in 2024 included a total of £5,945 in contributions from individual donors around the world, £1,000 in payments for trainings, as well as £26,800 in new grant funds from the National Lottery Community Fund, Souter Charitable Trust, John Younger Trust and Big Give Trust, with £266 in Gift Aid.

The total value of payments amounted to £29,742 (2023 - £29,086). These included payments of yoga teachers' and retreat facilitators' stipends, travel costs, purchase of yoga mats, accommodation, food and transport expenses for retreats, as well as web hosting costs and other administrative expenses.

Cash at bank at the end of the financial year was £26,750 (2023 – £22,481), of which £16,161 were unrestricted funds.

Reserves policy

In its May 2024 meeting, the board of trustees agreed to put in place a reserves policy. The aim is to maintain 2-6 months of unrestricted reserves, to ensure that Tools for Inner Peace can continue to carry on its activities in the event of financial difficulties.

Going concern

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this

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FOR THE YEAR ENDED 31 DECEMBER 2024

reason, they continue to adopt the going concern basis in preparing the financial statements.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution and governing document

Tools for Inner Peace is a registered charity, number 1169251, constituted as a Charitable Incorporated Organisation (CIO) and was registered with the Charity Commission on 19 September 2016. The charity is also referred to by its working name, TIP.

The charity is governed under its Constitution logged with the Charity Commission on 19 September 2016. The governance of the charity is the responsibility of the Trustees.

The charity currently has no staff. The day-to-day management of the charity is delegated to one trustee who acts as a managing trustee.

Method of appointment or election of Board of Trustees

Trustees are elected and co-opted under the terms of the charity's constitution. Regular reviews are held to identify gaps within the knowledge and expertise of the Board of Trustees and appointments are made where required to strengthen the Board.

When it is necessary to appoint new Trustees, due to either a Trustee stepping down or a gap of expertise in the board is identified, recruitment will initially begin through the networks of the board and management team. Applicants will be reviewed by Trustees and the successful applicant will be invited to attend a Trustee meeting. Following this, on the provision that the board are satisfied and the applicant still wishes to join the Trustee board, they will be appointed. No other person or external organisation is entitled to appoint any Trustees of the charity. The Trustees who served during the period and after the year end are shown on page 1.

Policies adopted for the induction and training of Trustees

The charity provides new trustees with an induction pack and mentoring from the Chair. The charity has limited resources for formal training of the trustee body. However, on-going training opportunities are announced to Trustees when these become available pro bono.

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Related party relationships

The charity has no related party connections with other organisations. The Trustees consider that members of the board and their close connections to be the only related parties of the charity. During 2024, one trustee received payments amounting to £1,521 in reimbursement for out-of-pocket expenses made on behalf of the charity and another received £87 (2023 – one trustee was reimbursed a total of 1,699).

Remuneration policy for key management personnel

The Trustees consider the Board of Trustees and the managing trustee as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day-to-day basis. All Trustees give of their time freely and no trustee remuneration was paid in the year.


Trustees are required to disclose all relevant interests and to withdraw from decisions where a conflict of interest arises.

Risk management

The Trustees fully accept their responsibilities for ensuring that the major risks to which the Charity is exposed are identified, and that there are systems and procedures in place to mitigate those risks.

APPROVAL OF THE REPORT

This report was approved by the Board of Trustees on 11th April 2025 and signed on its behalf by:



Susan M Owen
Trustee

TOOLS FOR INNER PEACE

RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED 31 DECEMBER 2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Section A Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Tools for Inner Peace

On accounts for the year
ended

31 December 2024

Charity no
(if any)

1169251

Set out on pages

appended

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 December 2024**.

Responsibilities and basis of
report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**INDEPENDENT EXAMINER'S
STATEMENT**

I have completed my examination. I confirm that no material matters have come to my attention (~~other than that disclosed below~~) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

22 April 2025

Name:

Charles Ssempijja

Relevant professional
qualification(s) or body (if
any):

FCA, ICAEW

Address:


NfP Accountants Ltd, 3rd Floor, 86-90 Paul Street, London, EC2A 4NE

TOOLS FOR INNER PEACE

RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED 31 DECEMBER 2024


Address: NfP Accountants Ltd
3rd Floor, 86-90 Paul Street, London, EC2A 4NE

 CHARITY COMMISSION FOR ENGLAND AND WALES		Tools for Inner Peace		1169251		CC16a
		Receipts and payments accounts				
		For the period from	1/1/24	To	31/12/2024	
Section A Receipts and payments						
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year	
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts						
Grants	-	26,800	-	26,800	27,020	
Individual donations	4,973	972	-	5,945	4,566	
Training and workshops	1,000	-	-	1,000	2,945	
Gift Aid	-	266	-	266	-	
Miscellaneous	-	-	-	-	41	
	-	-	-	-	-	
	-	-	-	-	-	
AR)	5,973	28,038	-	34,011	34,572	
A2 Asset and investment sales, (see table).						
	-	-	-	-	-	
	-	-	-	-	-	
Sub total	-	-	-	-	-	
	-	-	-	-	-	
Total receipts	5,973	28,038	-	34,011	34,572	
A3 Payments						
Stipends for yoga teachers and facilitators	813	17,232	-	18,046	18,281	
Administrative costs	-	-	-	-	1,355	
Purchase of goods	-	222	-	222	532	
Purchase of services	-	1,964	-	1,964	1,131	
Workshop costs (venue, food, etc)	2,022	3,730	-	5,752	5,092	
Travel and transport costs	1,691	961	-	2,652	1,912	
Independent examination	720	-	-	720	720	
Internet services and web hosting	386	-	-	386	20	
Sundry expenses	-	-	-	-	43	
Sub total	5,633	24,109	-	29,742	29,086	
A4 Asset and investment purchases, (see table)						
	-	-	-	-	-	
	-	-	-	-	-	
Sub total	-	-	-	-	-	
	-	-	-	-	-	
Total payments	5,633	24,109	-	29,742	29,086	
	-	-	-	-	-	
Net of receipts/(payments)	340	3,929	-	4,269	5,486	
A5 Transfers between funds						
	-	-	-	-	-	
A6 Cash funds last year end						
	15,821	6,660	-	22,481	-	
Cash funds this year end						
	16,161	10,589	-	26,750	5,486	

TOOLS FOR INNER PEACE

RECEIPTS AND PAYMENTS ACCOUNTS

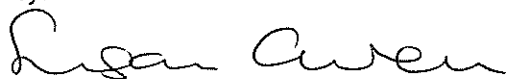
FOR THE YEAR ENDED 31 DECEMBER 2024

	CHARITY COMMISSION FOR ENGLAND AND WALES		
Receipts and payments accounts			CC16a
For the period from		To	

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:	16,161	10,589	-
		-	-	-
		-	-	-
	Total cash funds	16,161	10,589	-
(agree balances with receipts and payments account(s))				
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Independent examination		600	
			-	

The accounts were authorised by the board on 11th April 2025 and signed on behalf of the Trustees by:-



Susan M Owen
Trustee

TOOLS FOR INNER PEACE

England & Wales - Charity number 1169251

Accounts



Tools for Inner Peace

(Registered charity no. 1169251)

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Charity Reg. No.	1169251
Working name	TIP
Registered Office	1 Sawley Close Murdishaw Cheshire WA7 6RD
Webstie	www.tools4innerpeace.org
Independent Examiner	Charles Ssempijja, FCA NfP Accountants Ltd 3 rd Floor, 86-90 Paul Street London EC2A 4NE
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TOOLS FOR INNER PEACE
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2. To provide public education and training in the therapeutic use of yoga to alleviate trauma and mental suffering.

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The charity offers yoga as a means of coping with stress and trauma. The charity's primary beneficiaries include refugees and other disadvantaged and marginalised people, such as homeless street youth.

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ACHIEVEMENTS AND PERFORMANCE: REVIEW OF ACTIVITIES FOR THE YEAR

In 2023, Tools for Inner Peace has continued to focus on sharing trauma-informed yoga with refugees, conflict survivors, homeless street youth and vulnerable populations in the UK, Lebanon and Sierra Leone. Our aim in offering yoga is seek to empower trauma survivors to manage their own healing and wellbeing. While we carried on offering weekly classes, our emphasis shifted to providing training for people from marginalised communities themselves to share the tools and techniques from yoga for the wellbeing of others, including family, friends and neighbours. To this

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

end, we developed a range of foundation trainings and community yoga facilitator trainings, as well as made possible the participation of our students in other classical yoga training courses.

United Kingdom

In the UK, we have carried on conducting free classes for refugees living primarily in deprived areas in Merseyside or in refugee hotels in the greater Liverpool area. For many of our participants yoga is a lifeline for developing healthy habits, recovering from trauma and making social connections. Our students appreciate the warmth of our teacher, Lynn Mooney, who always has time for a cup of tea and a chat after the class, and has helped bring childcare services to the refugee hotels so that mothers can participate in yoga classes. She also provides general advice and refers participants to community centres, English classes, sports clubs, women's services and more in the local area.

"I'm really thankful for all your help. Since I came to the Daresbury refugee hotel I have been attending the yoga class, Our teacher is more than a yoga teacher to us; she is always friendly and helps us in different ways. She gave me a yoga mat so that I can do some practice in my room."

Some of the most committed participants in our weekly yoga classes - refugees from Uganda, Iran, Ukraine and Namibia - joined a first six-month foundation training that we offered in classical yoga. This training was designed for students who wanted to go deeper in their personal practice and may eventually undertake training to teach yoga to others in their communities. Our foundation training was held at the Bidston Observatory in Liverpool and led by Kerry Gallagher and Catherine Nelson.

"The trainers went out of their way to make all trainees feel welcome and guided us through a lot of basic poses at the beginning with good tips on how to deal with any back pain, knee pain, etc. that you might encounter as you start on your yoga journey. They were very mindful and sympathetic about the physical restrictions that could be coming in an individual's way of learning. It really is a fabulous and friendly place to start the yoga learning journey. At the end of the sessions, we shared how we felt and how we could incorporate what we learnt in our day-to-day life. We had homework and had to create our own daily practice at the end, that was best suited for us."

Classes and training in the UK were funded by the John Younger Trust, Sport England's through Queen's Platinum Jubilee Activity Funds, and the National Lottery Community Fund. Refugee Women Connect continued as our key partner in Liverpool.

Lebanon

Tools for Inner Peace completed its first Community Yoga Teacher Training in Lebanon in March 2023. This training was held over the course of one year and consisted of 15 residential weekends, with daily home practice in between weekend modules. Our 17 Lebanese, Syrian, Palestinian and Lebanese-Armenian trainees came from conflict-torn neighbourhoods in Tripoli and Arsel in the northern and eastern parts of Lebanon, refugee camps in Beirut, marginalised communities in the south of Lebanon, as well as neighbourhoods affected by the 2020 Beirut port blast.

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

We gave participants a chance to practise teaching in Arabic, with the intention that they would in turn offer free yoga sessions to share their skills within Arabic speaking communities. By the end of the training all participants were expected to be able to teach simple yoga sequences or 'capsules' in their communities, including beginner-level asana and pranayama and a deep relaxation practice. To maintain a high standard, we only certified those we were confident were ready to teach yoga without supervision; for the remainder, we set up opportunities to be reassessed in the future. We also gave each trainee an individual roadmap to what it would take to be certified.

Feedback received from participants reflected the deep learning and personal transformation that participants experienced by committing themselves to near-daily home practice during the 12 months of the training:

"This training was life-changing. It's a treasure that I'll hold in my body, heart, and mind for the rest of my life. I learned how to love myself more and how to connect to others. I'm learning to trust myself and the process."

"I understand now how yoga is a whole coherent system, not just something we do to be more fit, flexible or relaxed."

"It has helped me a lot to manage my emotions and feelings, when heavy emotions come up how to observe it and be the witness. Using practices to release heavy energy and to connect back to the breath and the body."

"It has open my eyes to the fact that it's not about the physical practices, but it's about the inner work as well. How to bring awareness into every aspect of my life, the body, the emotions, the thoughts, the choices and actions of my daily life."

The core Tools for Inner Peace team running the training consisted of Cara Khatib (Lebanon), Zena Takieddine (Syria) and Minna Jarvenpaa (Finland).

Tools for Inner Peace also completed in March 2023 a three-year yoga instructor training for Syrian refugee women in Bekaa valley. This simplified training was tailored to the needs of illiterate participants and was been conducted by Minna Jarvenpaa, in person and using video materials to support the home practice of the trainees.

In April 2023, we launched a new training project partnering with Alsama, a non-profit organisation that runs informal education centres for teenagers in the Palestinian refugee camps of Shatila and Burj al-Brajneh, located on the outskirts of Beirut. Alsama approached us to train 20 of their students, aged between 14 and 20, to learn to teach simple yoga practices to their peers. The intention was that the teenage yoga facilitators would then share yoga with a total of 800 other teenagers at the Alsama refugee schools. Led by Cara Khatib and Zena Takieddine, and supported by Nathaly Massoud, Nabila Zekzak and Rima Hammoud, we provided 10 full weekends of training between April and December 2023.

Sierra Leone

Tools for Inner Peace has been running a Yoga and Healing for Street Youth project in Sierra Leone since the start of 2022. The team of four yoga trainees who started this project has grown to eight

TOOLS FOR INNER PEACE
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and is now operating in both Freetown and Makeni. They share yoga with some of the most marginalised and vulnerable members of society, including narcotics addicts and street workers living in neglected slums and ghettos. They are committed to sharing yoga because of having personally experienced the deeply transformative benefits of yoga.

“We know the harsh reality of living a life of poverty, and recognise the depression, isolation, despair, hunger and addictions of life on the street. We want to uplift those who might otherwise be a menace to society, and teach them to live with full awareness, to care for themselves, and to be kind to others.”

The participants are feeling the benefits, too, as witnessed by this video clip in which one street youth talks about yoga as medicine: https://youtu.be/7mDBQa_8Zek.

Tools for Inner Peace is supporting the project by paying the trainees a small stipend that covers transport and a teaching allowance; we also provide money for a warm meal to be offered after each yoga session, as well as a monthly visit by a nurse. The yoga sessions offered by the trainees reach as many as 45-60 street youth per session.

We have continued providing further training for the teaching team, both in Sierra Leone - in person and online - and abroad. Two of the trainees, Babardee Samura and Samuel Michael Kamara, joined a two-month Yogic Studies training at the Bihar School of Yoga ashram in India from 15 April-15 June 2023. We also held a training weekend open to all the Sierra Leone trainees in August 2023.

Organisational matters

At the end of 2023, trustees of Tools for Inner Peace were Kristina Hemon (secretary), Minna Jarvenpaa (chair) and Susan Owen (treasurer). Minna Jarvenpaa continued as Safeguarding Lead to ensure implementation and monitoring of our Children and Vulnerable Adults Safeguarding Policy. A key aim for the coming year is to bring on board as trustees and volunteers people with personal experience of the UK asylum system, as well as people who originate from the communities for which Tools for Inner Peace is providing training.

FINANCIAL REVIEW

The Charity achieved net receipts for the year of £34,572 (2022 - £31,148), details of which are shown in the Receipts and Payments Accounts below.

Total receipts in 2023 included a total of £4,566 in contributions from individual donors around the world, £2,945 in payments for trainings, as well as £27,020 in new grant funds from the National Lottery Community Fund, Eleanor Rathbone Trust, Ashworth Charitable Trust, Carmela and Ronnie Pignatelli Foundation, John Younger Trust and the Pollination Project.

The total value of payments amounted to £29,086 (2022 - £29,685). These included payments of yoga teachers' and retreat facilitators' stipends, travel costs, purchase of yoga mats, accommodation, food and transport expenses for retreats, as well as web hosting costs and other administrative expenses.

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

Cash at bank at the end of the financial year was £22,481 (2022 – £16,995), of which £15,821 were unrestricted funds.

Reserves policy

The charity does not currently have a reserves policy. However the board will discuss putting one in place during the coming financial year.

Going concern

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution and governing document

Tools for Inner Peace is a registered charity, number 1169251, constituted as a Charitable Incorporated Organisation (CIO) and was registered with the Charity Commission on 19 September 2016. The charity is also referred to by its working name, TIP.

The charity is governed under its Constitution logged with the Charity Commission on 19 September 2016. The governance of the charity is the responsibility of the Trustees.

The charity currently has no staff. The day-to-day management of the charity is delegated to one trustee who acts as a managing trustee.

Method of appointment or election of Board of Trustees

Trustees are elected and co-opted under the terms of the charity's constitution. Regular reviews are held to identify gaps within the knowledge and expertise of the Board of Trustees and appointments are made where required to strengthen the Board.

When it is necessary to appoint new Trustees, due to either a Trustee stepping down or a gap of expertise in the board is identified, recruitment will initially begin through the networks of the board and management team. Applicants will be reviewed by Trustees and the successful applicant will be invited to attend a Trustee meeting. Following this, on the provision that the board are satisfied and the applicant still wishes to join the Trustee board, they will be appointed. No other person or external organisation is entitled to appoint any Trustees of the charity. The Trustees who served during the period and after the year end are shown on page 1.

Policies adopted for the induction and training of Trustees

The charity provides new trustees with an induction pack and mentoring from the Chair. The charity has limited resources for formal training of the trustee body. However, on-going training opportunities are announced to Trustees when these become available pro bono.

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TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

Related party relationships

The charity has no related party connections with other organisations. The Trustees consider that members of the board and their close connections to be the only related parties of the charity. During 2023, one trustee received payments amounting to £2,609 in reimbursement for out-of-pocket expenses made on behalf of the charity (2022 – one trustee was reimbursed a total of £1,699).

Remuneration policy for key management personnel

The Trustees consider the Board of Trustees and the managing trustee as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day-to-day basis. All Trustees give of their time freely and no trustee remuneration was paid in the year.

Trustees are required to disclose all relevant interests and to withdraw from decisions where a conflict of interest arises.

Risk management

The Trustees fully accept their responsibilities for ensuring that the major risks to which the Charity is exposed are identified, and that there are systems and procedures in place to mitigate those risks.

APPROVAL OF THE REPORT

This report was approved by the Board of Trustees on 4/03/24 and signed on its behalf by:

.....

Susan M Owen
Trustee

TOOLS FOR INNER PEACE
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Tools for Inner Peace

**On accounts for the year
ended**

31 December 2023

**Charity no
(if any)**

1169251

Set out on pages

appended

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 December 2023**.

**Responsibilities and basis
of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

*INDEPENDENT EXAMINER'S
STATEMENT*

I have completed my examination. I confirm that no material matters have come to my attention (~~other than that disclosed below~~*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

05 March 2024

Name:

Charles Ssempijja

**Relevant professional
qualification(s) or body (if
any):**


FCA, ICAEW

Address:


NfP Accountants Ltd

3rd Floor, 86-90 Paul Street, London, EC2A 4NE

TOOLS FOR INNER PEACE
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2023

	Tools for Inner Peace		1169251		CC16a
	Receipts and payments accounts				
	For the period from	1/1/23	To	31/12/2023	
Section A Receipts and payments					
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grants	5,068	21,952	-	27,020	27,070
Individual donations	4,566	-	-	4,566	2,559
Training	2,945	-	-	2,945	1,029
Workshops	-	-	-	-	490
Miscellaneous	41	-	-	41	-
AR)	12,620	21,952	-	34,572	31,148
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	12,620	21,952	-	34,572	31,148
A3 Payments					
Stipends for yoga teachers and facilitators	-	18,281	-	18,281	12,509
Administrative costs	1,355	-	-	1,355	-
Purchase of goods	-	532	-	532	376
Purchase of services	-	-	-	-	1,748
Independent examination	-	-	-	-	720
Mobile services	-	-	-	-	12
Transport & travel	1,563	349	-	1,912	1,330
Workshop costs (venue, food, etc)	1,536	3,556	-	5,092	12,990
Internet services and web hosting	20	-	-	20	-
Purchase of services	720	1,131	-	1,851	-
Sundry expenses	42	-	-	42	-
Sub total	5,236	23,850	-	29,086	29,685
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,236	23,850	-	29,086	29,685
Net of receipts/(payments)	7,384	(1,898)	-	5,486	1,463
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	8,437	8,558	-	16,995	15,532
Cash funds this year end	15,821	6,660	-	22,481	16,995

TOOLS FOR INNER PEACE
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2023

 CHARITY COMMISSION FOR ENGLAND AND WALES	Tools for Inner Peace		1169251		CC16a
	Receipts and payments accounts				
	For the period from	1/1/23	To	31/12/2023	

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	15,821	6,660	-
		-	-	-
	Total cash funds	15,821	6,660	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Independent examination		600	
			-	

The accounts were authorised by the board on 4/03/24 and signed on behalf of the Trustees by:-

Susan Owen
Susan M Owen
Trustee

TOOLS FOR INNER PEACE

England & Wales - Charity number 1169251

Accounts



Tools for Inner Peace

(Registered charity no. 1169251)

**TRUSTEES' ANNUAL REPORT
AND
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

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TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

Trustees Minna Maaria Jarvenpaa (Chair)
Kristina Hemon
Susan Meirion Owen
Bryan Wayne Dalton

Charity Reg. No. 1169251

Working name TIP

Registered Office Flat 13, Pilgrims Cloisters
116 Sedgmoor Place
London
SE5 7RQ

Independent Examiner Charles Ssempijja, FCA
NfP Accountants Ltd
3rd Floor, 86-90 Paul Street
London
EC2A 4NE

Bankers Barclays Bank Plc
1 Churchill Place
London
E14 5HP

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees present their annual report and financial statements of the charity for the year ended 31 December 2021. Reference and administrative information set out on page 1 forms part of this report. The financial statements have been prepared on a Receipts and Payments basis, and they comply with current statutory requirements and the charity's governing document. The Trustees' Annual Report has been prepared in compliance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The financial statements have been prepared on a Receipts and Payments basis, taking advantage of provisions available for smaller charities.

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Charitable objects

1. To promote, develop, nurture and protect mental, physical and emotional health of individuals, for the public benefit, focusing in particular but not exclusively and without limitation, on people working in conflict zones around the world, as well as civilian victims of war, and children and youth suffering from transgenerational trauma, by the provision of yoga and associated or other services such as, without any limitation whatsoever, training, counselling and support.
2. To provide public education and training in the therapeutic use of yoga to alleviate trauma and mental suffering.

Activities

The charity offers yoga as a means of coping with stress and trauma. The charity's primary beneficiaries include refugees and other disadvantaged and marginalised people, such as homeless street youth.

Statement of public benefit

The Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. The Trustees consider how planned activities will contribute to the aims and objectives that have been set.

ACHIEVEMENTS AND PERFORMANCE: REVIEW OF ACTIVITIES FOR THE YEAR

In 2022, Tools for Inner Peace has continued to offer yoga to conflict survivors and vulnerable populations on three continents: in Europe (UK and Finland), in the Middle East (Lebanon) and Africa (Sierra Leone). Our focus is on alleviating mental health problems among refugees, marginalised populations and homeless street youth through sharing tools and techniques from yoga that help calm the mind and regulate the nervous system. We have stepped up efforts to train people from the communities we work with to share yoga practices with their friends, family, neighbours and networks, as we believe no-one is better placed to bring yoga to support the wellbeing of communities than someone from within the community itself.

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

With the pandemic, the need for mental health and well-being interventions has increased dramatically across the globe. We continue to focus on alleviating mental health problems among refugees in the UK, but in Lebanon we have also begun to reach out to broader segments of the population, beyond refugees, as Lebanon is suffering from multiple crises simultaneously: the Syrian refugee crisis, the aftermath of the Beirut blast that took place in August 2020, and political and economic collapse. We have also joined in a partnership with Yoga Pura Vida to provide a Classical Yoga Teacher Training to a group in Sierra Leone that includes former refugees, orphans, street youth and other disadvantaged people who will be instrumental in bringing yoga to support the wellbeing of their communities.

United Kingdom

In the UK, classes for refugee men and women living in London and Liverpool were conducted online until the relaxing of Covid-19 restrictions in the second half of 2021. Since then, we have aimed to get back to face-to-face teaching as the primary means of yoga instruction. During the height of Covid-19 restrictions, we also ran an online training for refugee and asylum seeker mums to learn to teach simple yoga practices to children in their family circle, to neighbours and within their communities; this training took place in early 2021 in partnership with the Happy Baby Community. With the influx of large numbers of refugees from Afghanistan starting in August 2021, we were approached by a number of charities in London, Liverpool and Hull to provide free yoga classes for refugees. In the Liverpool area, we have responded to this demand with new refugee yoga classes for both male and female asylum seekers. Another class is due to be started in London in the course of February 2022.

"You made it very simple and easy, planting the seed of desire to continue the classes, as it resonated positively with my emotions and mental health. I can safely say that if it wasn't for those classes during last winter I would be sure to be a mental patient by now." - Participant, Liverpool

"You have been a very big support for me during this tough time when we haven't been able to go outside and have been stuck at home and feeling stressed about everything. I always look forward to joining your class and having a little chat, then doing amazing yoga which takes all my stress away and gives me more energy to be a more productive person." - Participant, Manchester

Classes and training were funded by the John Younger Trust, the UK government's Coronavirus Community Support Fund, Sport England's This Girl Can fund, as well as the National Lottery Community Fund, in partnership with the Barrow Cadbury Trust. Partners in London included the Islington Centre for Refugees and Migrants, the South London Refugee Association, and the Happy Baby Community. In Liverpool, classes were held with Refugee Women Connect and Serco, and an open class drew attendance from among beneficiaries of the British Red Cross, Asylum Link, the Medaille Trust, A Better Tomorrow and church groups. Facilitators and yoga teachers delivering Tools for Inner Peace UK activities included Nicola Birch, Kerry Gallagher, Lynn Mooney and Catherine Nelson.

Besides weekly classes, we organised a two-day workshop on Yoga for Trauma in Battle, UK, as well as offering a one-day Yoga for Trauma workshop for Ukrainian refugees living in Finland. Our aim in 2023-24 is to train a number of the UK-based refugees themselves to share simple community yoga and Yoga for Trauma to other refugees and their wider communities.

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

Classes and training in the UK were funded by the John Younger Trust, Sport England's This Girl Can and Queen's Platinum Jubilee Activity Funds, and the National Lottery Community Fund. Partners in Liverpool, where most of the classes were held, included Refugee Women Connect and SERCO, and an open class drew attendance from among beneficiaries of the British Red Cross, Asylum Link, the Medaille Trust, A Better Tomorrow and church groups. Facilitators and yoga teachers delivering Tools for Inner Peace UK activities included Lynn Mooney, Kerry Gallagher and Catherine Nelson.

Lebanon

Community Yoga Teacher training

Tools for Inner Peace launched its first Community Yoga Teacher Training in Lebanon in April 2022. This training is being held over one year and consists of 15 residential weekends, with daily home practice given in between weekend modules. The training will be completed in March 2023. The aim is to give participants from some of Lebanon's poorest and most marginalised communities, as well as Syrian and Palestinian refugees, the skills to share yoga in their communities.

Our 17 trainees come from communities in particular need of mental health support: conflict-torn neighbourhoods in Tripoli and Arsel in the northern and eastern parts of Lebanon, Palestinian camps in Beirut that have received a further influx of refugees from Syria in recent years, marginalised communities in the south of Lebanon, as well as neighbourhoods affected by the 2020 Beirut port blast. We assembled this diverse group of future yoga teachers with the intention that they will in turn offer free yoga sessions in the Arabic language within their communities. This way we will be able to reach people who would otherwise not have access to yogic techniques for balancing the nervous system and letting go of stress, anxiety and trauma.

Our training weekends have included physical postures (asana), breathing practices (pranayama), deep relaxation (yoga nidra) and concentration practices, alongside lectures on yogic lifestyle, the various branches of yoga, health benefits of yoga, simple anatomy and physiology, and teaching methodology. Participants have also started practising their teaching skills on each other, and have been asked to report on their daily home practice to make sure that they have solid personal experience of the effects of the yoga practices that they will be teaching in their communities.

We are already getting heart-warming feedback from our participants about the transformation they are seeing in their own lives by committing themselves to the daily yoga practice. The following testimonial is from Lea, who is a survivor of the Beirut blast:

"After the explosion, I was not able to relax. What was hard for me to accept was the difference between life being good and normal and that silence just after the explosion... that mute silence that lasted for a few seconds before the screaming started... Sometimes my heart would start beating very fast without apparent reason, I would suddenly start feeling unsafe while doing something very ordinary... like grocery shopping... Since I started practicing yoga things have gotten better. The blast had disconnected me from myself, from my body. Yoga helped me to come back to my body, to learn to let go again. I am relearning to relax. I'm still not there yet, my heart still starts beating very fast sometimes or I get anxious for no apparent reason, but I've been practicing yoga regularly now for three months and it's

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

incredible how much I have changed since. The more I learn and the deeper I go, the more I feel the change."

Because of the nature of the traumatic experiences that our yoga teacher trainees and their communities have lived and experienced, we have also made 'yoga for trauma' a key topic in this community yoga teacher training. By the end of the training all participants will be expected to be able to teach simple yoga sequences or 'capsules' in their communities, including beginner-level asana and pranayama and a deep relaxation practice.

The group of trainees has been open and receptive to the teaching, and our team of teachers is motivated by their capacity to absorb the teachings. The core team running the training has been Cara Khatib, Lebanon, Zena Takieddine (Syria) and Minna Jarvenpaa (Finland), supported by those in Lebanon who have completed a four-month training at the Bihar School of Yoga in Munger, India: (Lina Shuman), Sandy Boutros and Dalal Harb. Visiting teachers have included Kaanchan Adhikary (Nepal/USA) and Lena Setterwall (Sweden).

Besides this Community Yoga Teacher training launched in April 2022, Tools for Inner Peace will also complete in March 2023 a three-year yoga instructor training for two Syrian refugee women, Roza and Shukreya, which has been held in Bekaa valley since early 2020. This simplified training has been tailored to the needs of illiterate participants and has been conducted by Minna Jarvenpaa in person and using video materials to support the home practice of the trainees.

Yoga for Children training

In 2022, we also trained 30 facilitators in Yoga, Songs & Games, our Research on Yoga in Education-inspired methodology for bringing yoga to children. We organised two 6-day trainings that were led by Kerry Gallagher (UK), who was supported by the Tools for Inner Peace team in Lebanon. In these trainings we shared yogic tools and techniques with two Beirut-based organisations that work with children from refugee and other disadvantaged backgrounds. Seenaryo specialises in theatre, music and play-based learning, while Alsama has set up education centres for refugee teenagers who lack access to formal schooling. Alsama's curriculum consists of English, Arabic, Math, Cricket and Yoga; every one of their 400 students participates in a yoga class each week.

Alsama has asked Tools for Inner Peace to give additional training to two of their current yoga teachers, who are part of the community yoga teacher training, and to train a further group of 15 of their teenagers to become yoga teachers. This will be a project for 2023 that will be based on a model of children teaching yoga to other children, and this way instilling in them confidence, self-esteem, balance and focus.

Yoga for Trauma workshops

The Tools for Inner Peace team in Lebanon organised a three-day workshop for 18 survivors of the Beirut blast. This workshop took place in Beirut in February and was facilitated by Minna Jarvenpaa and Zena Takieddine, who is also a somatic experiencing practitioner with extensive experience in somatic trauma release. We also collaborated with Lisa Alessandra Gautschi, founder of the Isha Institute, in hosting an online workshop that was targeted at war survivors around the world and drew an audience that included refugees in the Middle East, Europe and the United States.

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

Sierra Leone

Tools for Inner Peace has been supporting a group of 15 community yoga teacher trainees in Sierra Leone with biweekly online yoga classes throughout 2022, as well as conducting ten additional training days in Freetown in June 2022. We are offering a monthly stipend to the most vulnerable trainees to enable them to support themselves while carrying out yoga outreach to homeless street youth.

Four of the yoga teacher trainees supported by Tools for Inner Peace have founded a group called YAMA (Yoga and Music Arts project) to offer yoga, music and poetry sessions to homeless street youth in Sierra Leone. Each member of the group has his or her own experience of sleeping rough on the streets of Freetown. The YAMA yoga facilitators have been giving free yoga sessions for as many as 60 street youth from the Black Street neighbourhood since January 2022; first these were held monthly, but as demand increased, they have become weekly. The weekly yoga sessions are combined with poetry/music activities and close with the serving of a hot and nutritious meal.

The YAMA members are committed to sharing yoga with some of the most marginalised and vulnerable members of society because of their own direct experience of the benefits that yoga can bring. The originators of the street youth yoga classes told us: "We have used yoga to transform ourselves. Now we want to help others on the street in Sierra Leone - the homeless, gang members, street workers and drug addicts - live a more positive life." Many of the participating street youth have already noted changes in their mental, physical and emotional wellbeing and increased engagement in life and the capacity to make wise choices for themselves.

Organisational matters

At the end of 2022, trustees of Tools for Inner Peace were Bryan Dalton (secretary), Kristina Hemon, Minna Jarvenpaa (chair) and Susan Owen (treasurer). Minna Jarvenpaa continued as Safeguarding Lead to ensure implementation and monitoring of our Children and Vulnerable Adults Safeguarding Policy. One of our aims for the coming year is to bring on board as trustees and volunteers people with personal experience of the UK asylum system.

FINANCIAL REVIEW

The Charity achieved net receipts for the year of £31,148 (2021 - £13,378), details of which are shown in the Receipts and Payments Accounts below.

Total receipts in 2022 included a total of £2,559 in contributions from individual donors around the world, £1,029 in payments for trainings, as well as £27,070 in new grant funds from the National Lottery Community Fund, Sport England, the John Younger Trust and the Fresh Leaf Foundation.

The total value of payments amounted to £29,685 (2021 - £15,949). These included payments of yoga teachers' and retreat facilitators' stipends, purchase of yoga mats, accommodation, food and transport expenses for retreats, as well as web hosting costs and other administrative expenses.

Cash at bank at the end of the financial year was £16,995 (2021 - £15,532), £8,436 of which were unrestricted funds.

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

Reserves policy

The charity does not currently have a reserves policy. However the board will discuss this and put one in place during the coming financial year.

Going concern

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution and governing document

Tools for Inner Peace is a registered charity, number 1169251, constituted as a Charitable Incorporated Organisation (CIO) and was registered with the Charity Commission on 19 September 2016. The charity is also referred to by its working name, TIP.

The charity is governed under its Constitution logged with the Charity Commission on 19 September 2016. The governance of the charity is the responsibility of the Trustees.

The charity currently has no staff. The day-to-day management of the charity is delegated to one trustee who acts as a managing trustee.

Method of appointment or election of Board of Trustees

Trustees are elected and co-opted under the terms of the charity's constitution. Regular reviews are held to identify gaps within the knowledge and expertise of the Board of Trustees and appointments are made where required to strengthen the Board.

When it is necessary to appoint new Trustees, due to either a Trustee stepping down or a gap of expertise in the board is identified, recruitment will initially begin through the networks of the board and management team. Applicants will be reviewed by Trustees and the successful applicant will be invited to attend a Trustee meeting. Following this, on the provision that the board are satisfied and the applicant still wishes to join the Trustee board, they will be appointed.

No other person or external organisation is entitled to appoint any Trustees of the charity. The Trustees who served during the period and after the year end are shown on page 1.

Policies adopted for the induction and training of Trustees

The charity provides new trustees with an induction pack and mentoring from the Chair. The charity has limited resources for formal training of the trustee body. However, on-going training opportunities are announced to Trustees when these become available pro bono.

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

Related party relationships

The charity has no related party connections with other organisations. The Trustees consider that members of the board and their close connections to be the only related parties of the charity. During 2022, one trustee received payments amounting to £1,699 in reimbursement for out-of-pocket expenses made on behalf of the charity (2021 – one trustee was reimbursed a total of £462).

Remuneration policy for key management personnel

The Trustees consider the Board of Trustees and the managing trustee as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day-to-day basis. All Trustees give of their time freely and no trustee remuneration was paid in the year.


Trustees are required to disclose all relevant interests and to withdraw from decisions where a conflict of interest arises.

Risk management

The Trustees fully accept their responsibilities for ensuring that the major risks to which the Charity is exposed are identified, and that there are systems and procedures in place to mitigate those risks.

APPROVAL OF THE REPORT

This report was approved by the Board of Trustees on²⁸.....¹².....²³ and signed on its behalf by:


.....
Susan M Owen
Trustee

TOOLS FOR INNER PEACE
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Tools for Inner Peace

**On accounts for the year
ended**

31 December 2022

**Charity no
(if any)**

1169251

Set out on pages

appended

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 December 2021**.

**Responsibilities and basis
of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

*INDEPENDENT EXAMINER'S
STATEMENT*

I have completed my examination. I confirm that no material matters have come to my attention (~~other than that disclosed below~~*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* *Please delete the words in the brackets if they do not apply.*

Signed:

Date:

30 March 2023

Name:

Charles Ssempijja

**Relevant professional
qualification(s) or body (if
any):**

FCA, ICAEW

Address:

NfP Accountants Ltd

3rd Floor, 86-90 Paul Street, London, EC2A 4NE

TOOLS FOR INNER PEACE
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Tools for Inner Peace	No (if any) 1169251
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CC16a

Receipts and payments accounts

For the period from	Period start 01/01/2022	To	Period end date 31/12/2022
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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					
Charitable activities					
Grants	2,000	25,070	-	27,070	12,380
Individual donations	2,559	-	-	2,559	998
Training	1,029	-	-	1,029	-
Workshops	490	-	-	490	-
Other					
Miscellaneous	-	-	-	-	-
Sub total (Gross income for AR)	6,078	25,070	-	31,148	13,378
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	6,078	25,070	-	31,148	13,378
A3 Payments					
Stipends for yoga teachers and retreat facilitators	2,354	10,155	-	12,509	11,261
Internet services and web hosting	-	-	-	-	362
Purchase of goods	-	376	-	376	800
Purchase of services	-	1,748	-	1,748	-
Independent examination	720	-	-	720	-
Mobile services	-	12	-	12	-
Return of unused grants	-	-	-	-	1,189
Transport & travel	947	383	-	1,330	826
Venue hire	-	600	-	600	-
Workshop costs	3,695	8,695	-	12,390	1,511
Sundry expenses	-	-	-	-	-
Sub total	7,716	21,969	-	29,685	15,949
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,716	21,969	-	29,685	15,949
Net of receipts/(payments)	(1,638)	3,101	-	1,463	(2,571)
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	10,074	5,458	-	15,532	18,103
Cash funds this year end	8,436	8,559	-	16,995	15,532

TOOLS FOR INNER PEACE
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Tools for Inner Peace	No (if any) 1169251
--	-------------------------------

CC16a

Receipts and payments accounts

For the period from	Period start 01/01/2022	To	Period end date 31/12/2022
---------------------	----------------------------	----	-------------------------------

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	Bank account	8,436	8,559	-
	Petty cash	-	-	-
	Total cash funds	8,436	8,559	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Accrued income	-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
	Independent examination	Unrestricted	720	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Susan Owen	28.03.23

TOOLS FOR INNER PEACE

England & Wales - Charity number 1169251

Accounts



Tools for Inner Peace

(Registered charity no. 1169251)

**TRUSTEES' ANNUAL REPORT
AND
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2021**

CONTENTS

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TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

Trustees Minna Maaria Jarvenpaa (Chair)
Kristina Hemon
Susan Meirion Owen
Bryan Wayne Dalton

Charity Reg. No. 1169251

Working name TIP

Registered Office Flat 13, Pilgrims Cloisters
116 Sedgmoor Place
London
SE5 7RQ

Independent Examiner Charles Ssempijja, FCA
NfP Accountants Ltd
3rd Floor, 86-90 Paul Street
London
EC2A 4NE

Bankers Barclays Bank Plc
1 Churchill Place
London
E14 5HP

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

The trustees present their annual report and financial statements of the charity for the year ended 31 December 2021. Reference and administrative information set out on page 1 forms part of this report. The financial statements have been prepared on a Receipts and Payments basis, and they comply with current statutory requirements and the charity's governing document. The Trustees' Annual Report has been prepared in compliance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The financial statements have been prepared on a Receipts and Payments basis, taking advantage of provisions available for smaller charities.

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Charitable objects

1. To promote, develop, nurture and protect mental, physical and emotional health of individuals, for the public benefit, focusing in particular but not exclusively and without limitation, on people working in conflict zones around the world, as well as civilian victims of war, and children and youth suffering from transgenerational trauma, by the provision of yoga and associated or other services such as, without any limitation whatsoever, training, counselling and support.
2. To provide public education and training in the therapeutic use of yoga to alleviate trauma and mental suffering.

Activities

The charity offers yoga as a means of coping with stress and trauma. The charity's primary beneficiaries include refugees, as well as professionals working in war zones, such as aid workers, journalists and diplomats.

Statement of public benefit

The Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. The Trustees consider how planned activities will contribute to the aims and objectives that have been set.

ACHIEVEMENTS AND PERFORMANCE: REVIEW OF ACTIVITIES FOR THE YEAR

In the second half of 2021, after spending much of 2020 and 2021 seeking to offer online yoga classes and develop training videos to continue our work amidst Covid-19 lockdowns, Tools for Inner Peace got back to face-to-face teaching. Our focus has since been on offering yoga to conflict survivors and vulnerable populations on three continents: in the UK (Europe), Lebanon (Middle East/Asia) and Sierra Leone (Africa).

With the pandemic, the need for mental health and well-being interventions has increased dramatically across the globe. We continue to focus on alleviating mental health problems among refugees in the UK, but in Lebanon we have also begun to reach out to broader segments of the population, beyond refugees, as Lebanon is suffering from multiple crises simultaneously:

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

the Syrian refugee crisis, the aftermath of the Beirut blast that took place in August 2020, and political and economic collapse. We have also joined in a partnership with Yoga Pura Vida to provide a Classical Yoga Teacher Training to a group in Sierra Leone that includes former refugees, orphans, street youth and other disadvantaged people who will be instrumental in bringing yoga to support the wellbeing of their communities.

United Kingdom

In the UK, classes for refugee men and women living in London and Liverpool were conducted online until the relaxing of Covid-19 restrictions in the second half of 2021. Since then, we have aimed to get back to face-to-face teaching as the primary means of yoga instruction. During the height of Covid-19 restrictions, we also ran an online training for refugee and asylum seeker mums to learn to teach simple yoga practices to children in their family circle, to neighbours and within their communities; this training took place in early 2021 in partnership with the Happy Baby Community. With the influx of large numbers of refugees from Afghanistan starting in August 2021, we were approached by a number of charities in London, Liverpool and Hull to provide free yoga classes for refugees. In the Liverpool area, we have responded to this demand with new refugee yoga classes for both male and female asylum seekers. Another class is due to be started in London in the course of February 2022.

“You made it very simple and easy, planting the seed of desire to continue the classes, as it resonated positively with my emotions and mental health. I can safely say that if it wasn't for those classes during last winter I would be sure to be a mental patient by now.” - Participant, Liverpool

“You have been a very big support for me during this tough time when we haven't been able to go outside and have been stuck at home and feeling stressed about everything. I always look forward to joining your class and having a little chat, then doing amazing yoga which takes all my stress away and gives me more energy to be a more productive person.” - Participant, Manchester

Classes and training were funded by the John Younger Trust, the UK government's Coronavirus Community Support Fund, Sport England's This Girl Can fund, as well as the National Lottery Community Fund, in partnership with the Barrow Cadbury Trust. Partners in London included the Islington Centre for Refugees and Migrants, the South London Refugee Association, and the Happy Baby Community. In Liverpool, classes were held with Refugee Women Connect and Serco, and an open class drew attendance from among beneficiaries of the British Red Cross, Asylum Link, the Medaille Trust, A Better Tomorrow and church groups. Facilitators and yoga teachers delivering Tools for Inner Peace UK activities included Nicola Birch, Kerry Gallagher, Lynn Mooney and Catherine Nelson.

Lebanon

Despite the challenges posed by Covid-19, the economic collapse that is taking place in Lebanon, and the aftermath of the Beirut port blast of 4 August 2020, we have continued our work to reach marginalised and traumatised communities in Lebanon. Throughout 2021, we continued to train a small select group of yoga trainees living in Bekaa valley refugee settlements to become yoga teachers in their communities. This training, which began with five trainees at the beginning of 2020, is now targeted at two of those trainees, both refugees from Syria. Weekly sessions have frequently had to be cancelled due to Covid-19 restrictions, but we have managed

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

to hold 45 training sessions so far despite this, and the trainees are making excellent progress. When we have had to suspend live training sessions, we have asked the trainees to practise using a series of yoga videos, dubbed into Arabic, that we developed early in the pandemic.

*“With the spread of this virus, everything has become very hard because there's no work, so no money, no food! The only thing that we can do to help ourselves is yoga.” -
Teacher trainee, Saadnayel*

In July 2021, we began to reach out to people experiencing trauma related to the Beirut blast by organising a series of weekend retreats on yoga as a tool for healing the nervous system. Three such retreats took place between July and October. The last of these took place just days after a deadly shooting at a Hezbollah protest on 14 October that for many triggered memories of the start of the civil war in the 1980s. The relief of stress and trauma was palpable already after the first day of yoga practices. Participants commented that they left with renewed energy, and many have called for further retreats. These have been put on hold, however, until the spring when it will be possible to conduct most of the retreat activities outdoors taking precautions against the spread of Covid-19.

In October 2021, Kerry Gallagher visited Lebanon from London to run the first of three modules of a Yoga, Songs and Games training for a group of 12 participants. The aim of this training was to train teachers, therapists and people working with children to use techniques from yoga for emotional release, improving confidence, mental focus, and relaxation - and to also be able to train others in the use of these techniques. Starting at the end of October, and kicked off by Kerry Gallagher, we also offered a shorter five-day Yoga, Songs and Games training to 12 facilitators from Seenaryo, a charity specialising in life-long learning through theatre and play. Facilitators for the remainder of this second training were Zena Takieddine, Cara Khatib and Minna Jarvenpaa. Finally, Amani Abd Al-Rahman, who also served as translator for the Yoga, Songs and Games training for Seenaryo, has been offering children's classes at the Salam LADC community centre and at an orphanage run by the Molham Volunteering Team in Bekaa valley.

Looking forward to the coming year, funds raised for scholarships to send three of our most dedicated students to the a Yogic Studies course at the Satyananda Yoga Academy Europe in Hungary, cancelled due to the pandemic, will instead be used to organise a training programme in Lebanon in 2022-23. Work has been ongoing to develop the curriculum for this community yoga teacher training.

Sierra Leone

Minna Jarvenpaa was invited to participate in a yoga teacher training organised by the Yoga Pura Vida Foundation in Sierra Leone. Of the 23 students on the training, many had lived as refugees or experienced homelessness, and had demonstrated extraordinary resilience and creativity in surviving the hardships of their life. The 17 days of on-site training that Tools for Inner Peace participated in was an eye-opening experience that showed up several challenges of introducing yoga in such a context, not least of which was the lack of material resources on the part of the trainees to sustain themselves over the subsequent 18 months of online follow-up. The outreach classes that trainees are required to hold during this phase also take up money for transport and mobile phone data - as students are expected to send back videos, photos and reports. This is money that many of the trainees do not have. For this reason, Tools for Inner Peace has launched a scholarship fund for three of the most socio-economically vulnerable in the group.

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

Organisational matters

At the end of 2021, trustees of Tools for Inner Peace were Bryan Dalton (secretary), Kristina Hemon, Minna Jarvenpaa (chair) and Sue Owen (treasurer). Nora Maddock is currently supporting the organisational development of Tools for Inner Peace on a consultancy basis. Minna Jarvenpaa has temporarily taken over the role of Safeguarding Lead to ensure implementation and monitoring of our Children and Vulnerable Adults Safeguarding Policy. One of our aims for the coming year is to bring on board as trustees and volunteers people with personal experience of the UK asylum system.

FINANCIAL REVIEW

The Charity achieved net receipts for the year of £13,378 (2022 – £18,103) details of which are shown in the Receipts and Payments Accounts below.

Total receipts in 2021 included a total of £998 in contributions from individual donors around the world, as well as £12,380 in new grant funds from the National Lottery Community Fund, the Barrow Cadbury Trust, and the This Girl Can fund of Sport England.

The total value of payments amounted to £15,950 (2021 - £9,242). These included payments of yoga teachers' and retreat facilitators' stipends, purchase of yoga mats, accommodation, food and transport expenses for retreats, as well as web hosting costs.

Cash at bank at the end of the financial year was £15,532 (2021 – £18,103), all of which were unrestricted funds.

Reserves policy

The charity does not currently have a reserves policy. However the board will discuss this and put one in place during the coming financial year.

Going concern

The Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution and governing document

Tools for Inner Peace is a registered charity, number 1169251, constituted as a Charitable Incorporated Organisation (CIO) and was registered with the Charity Commission on 19 September 2016. The charity is also referred to by its working name, TIP.

The charity is governed under its Constitution logged with the Charity Commission on 19 September 2016. The governance of the charity is the responsibility of the Trustees.

The charity currently has no staff. The day-to-day management of the charity is delegated to one trustee who acts as a managing trustee.

Method of appointment or election of Board of Trustees

Trustees are elected and co-opted under the terms of the charity's constitution. Regular reviews are held to identify gaps within the knowledge and expertise of the Board of Trustees and appointments are made where required to strengthen the Board.

When it is necessary to appoint new Trustees, due to either a Trustee stepping down or a gap of expertise in the board is identified, recruitment will initially begin through the networks of the board and management team. Applicants will be reviewed by Trustees and the successful applicant will be invited to attend a Trustee meeting. Following this, on the provision that the board are satisfied and the applicant still wishes to join the Trustee board, they will be appointed.

No other person or external organisation is entitled to appoint any Trustees of the charity. The Trustees who served during the period and after the year end are shown on page 1.

Policies adopted for the induction and training of Trustees

The charity provides new trustees with an induction pack and mentoring from the Chair. The charity has limited resources for formal training of the trustee body. However, on-going training opportunities are announced to Trustees when these become available pro bono.

Related party relationships

The charity has no related party connections with other organisations. The Trustees consider that members of the board and their close connections to be the only related parties of the charity. During 2021, one trustee received payments amounting to £462 in reimbursement for out-of-pocket expenses made on behalf of the charity (2020 – 2 trustees were reimbursed a total of £706).

TOOLS FOR INNER PEACE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

Remuneration policy for key management personnel

The Trustees consider the Board of Trustees and the managing trustee as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day-to-day basis. All Trustees give of their time freely and no trustee remuneration was paid in the year.


Trustees are required to disclose all relevant interests and to withdraw from decisions where a conflict of interest arises.

Risk management

The Trustees fully accept their responsibilities for ensuring that the major risks to which the Charity is exposed are identified, and that there are systems and procedures in place to mitigate those risks.

APPROVAL OF THE REPORT

This report was approved by the Board of Trustees on 31/10/22 and signed on its behalf by:


.....
Susan M Owen
Trustee

TOOLS FOR INNER PEACE
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2021



CHARITY COMMISSION
FOR ENGLAND AND WALES

Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Tools for Inner Peace

**On accounts for the year
ended**

31 December 2021

**Charity no
(if any)**

1169251

Set out on pages

appended

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 December 2021**.

**Responsibilities and basis
of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

*INDEPENDENT EXAMINER'S
STATEMENT*

I have completed my examination. I confirm that no material matters have come to my attention (~~other than that disclosed below~~*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

01 November 2022

Name:

Charles Ssempijja

**Relevant professional
qualification(s) or body (if
any):**

FCA, ICAEW

Address:

NfP Accountants Ltd

3rd Floor, 86-90 Paul Street, London, EC2A 4NE

TOOLS FOR INNER PEACE
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2021



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Tools for Inner Peace	No (if any) 1169251
---------------------------------------	------------------------

CC16a

Receipts and payments accounts

For the period from	Period start 01/01/2021	To	Period end date 31/12/2021
---------------------	----------------------------	----	-------------------------------

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					
Charitable activities					
Grants	-	12,380	-	12,380	11,800
Individual donations	998	-	-	998	1,554
Other					
Miscellaneous	-	-	-	-	2,754
Sub total (Gross income for AR)	998	12,380	-	13,378	16,108
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	998	12,380	-	13,378	16,108
A3 Payments					
Stipends for yoga teachers and retreat facilitators	-	11,261	-	11,261	2,271
Internet services and web hosting	-	362	-	362	580
Purchase of goods	-	800	-	800	523
Return of unused grants	-	1,189	-	1,189	-
Transport & travel	-	826	-	826	-
Workshop costs	-	1,511	-	1,511	-
Sundry expenses	-	-	-	-	2
Sub total	-	15,949	-	15,949	3,376
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	15,949	-	15,949	3,376
Net of receipts/(payments)	998	(3,569)	-	(2,571)	12,732
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	9,076	9,027	-	18,103	5,371
Cash funds this year end	10,074	5,458	-	15,532	18,103

TOOLS FOR INNER PEACE
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2021



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Tools for Inner Peace	No (if any) 1169251
--	-------------------------------

CC16a

Receipts and payments accounts

For the period from	Period start 01/01/2021	To	Period end date 31/12/2021
----------------------------	----------------------------	-----------	-------------------------------

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	Bank account	10,074	5,458	-
	Petty cash	-	-	-
	Total cash funds	10,074	5,458	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Accrued income	-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
	Independent examination	Unrestricted	720	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Susan Owen	1/11/22

TOOLS FOR INNER PEACE

England & Wales - Charity number 1169251

Accounts



Tools for Inner Peace

Annual Report 2020

31 December 2020

Activities

In 2020, a year unlike any other, *Tools for Inner Peace* continued to offer yoga to help alleviate the mental health problems of refugees in the UK and Lebanon - although many planned activities had to be postponed until a time when it is possible to gather safely again in one space.

In the UK, classes for refugee men and women took place in London and Liverpool, shifting online to respond to Covid-19 restrictions. Preparations were also made for an online training for refugee and asylum seeker mums to learn to teach simple yoga practices in their family circle, to neighbours and within their communities; this training will take place in early 2021.

Classes and training were funded by the John Younger Trust, the UK government's Coronavirus Community Support Fund, as well as the National Lottery Community Fund, in partnership with the Barrow Cadbury Trust. Partners in London have included the *Islington Centre for Refugees and Migrants*, the *South London Refugee Association*, and the *Happy Baby Community*. In Liverpool, classes are held with *Refugee Women Connect*, and an open class draws attendance from among beneficiaries of the *British Red Cross*, *Asylum Link*, the *Medaille Trust*, *A Better Tomorrow* and church groups. Facilitators and yoga teachers delivering *Tools for Inner Peace* UK activities included Lynn Mooney, Nicola Birch, Kerry Gallagher and Lynn Parrott.

"Your classes are helping me and I'm getting out of depression now. I hope you will keep doing yoga classes for us for our physical and mentally betterment." - Participant, Liverpool

"Yoga helped with my wellbeing and health during lockdown, so thank you very much for your help." - Participant, Liverpool

In the early months of 2020, we set to work with ambitious plans to expand our reach in offering yoga to Syrian refugees and other marginalised and traumatised communities in Lebanon. The aim was to give skills to enthusiastic yoga practitioners from these communities to be able to teach others. In January, we started our first classes beyond Bekaa valley, in Tripoli, which is Lebanon's poorest city and site of a long running internal sectarian conflict. Classes there were organised in collaboration with *SADA Playback Theatre* that works on the former frontline of the conflict. We were also planning to offer a scholarship to three of our most dedicated students to attend Yogic Studies 1 at the Satyananda Yoga

Academy Europe in 2020-21. However, the Coronavirus pandemic cut short the Tripoli classes and led to the cancellation of the Yogic Studies course. The funds raised for the scholarship students will be used to organise a training programme in Lebanon in 2021-22, once it is safe to bring people together for yoga retreats once more.

In Bekaa valley, January saw the launch of a training of trainers programme targeted at a small group of women from the refugee settlements with whom we had been working with over the years. The aim of the training is for the participants to be able to teach yoga to their neighbours and broader community. We kept these classes going through much of the year by reducing the group size and eventually taking the class online. We have also developed a series of yoga videos, dubbed into Arabic, to support the participants in reviewing what they have learned in the training sessions. The approach has already showed its worth. When we had to suspend the live training sessions, participants felt confident enough with what they had learned so far to start offering yoga to their families, friends, neighbours and children in their settlements; they found yoga to be a great way to manage the uncertainties of the lockdown.

“During these days and this quarantine, the only thing that we can do to help ourselves is yoga. Whenever I feel scared and not able to tell anyone about my fears, I do some yoga practices. Usually I do them with my sons, we all need it. Sometimes one of my neighbours comes to my home and we practice together. We feel fresh and energetic after doing the practices.” - Participant, Saadnayel

For the first few months of the year, we also continued to offer eight weekly yoga classes for Syrian refugee women and children in Bekaa valley: three for women and five for children. These classes were held at the *Salam LADC* community centre in Saadnayel, a widows' settlement in Bar Elias, at the *Women Now* centre in Chtoura, as well as a settlement in Qab Elias. These classes, taught by Amani Abd Al-Rahman, Elena Buscarini and Minna Jarvenpaa continued until early March when schools and community centres closed following the guidance of the Lebanese government due to the outbreak of Covid-19. Children's classes at the *Salam LADC* community centre started up again gradually from June onwards, initially offered in outdoor spaces, and we began a new collaboration offering four children's classes at an orphanage run by the *Molham Volunteering Team* in Saadnayel. During the autumn, our volunteer Barbara Kauffman even taught a women's outdoor class in a secluded garden in Qab Elias for eight weeks.

Organisational matters

The current trustees of *Tools for Inner Peace* are Bryan Dalton, Minna Jarvenpaa (chair), Nora Maddock and Sue Owen (treasurer). Nora Maddock has taken on the role of Safeguarding Lead to ensure implementation and monitoring of our Children and Vulnerable Adults Safeguarding Policy.

Finances

Income of £21,479 for *Tools for Inner Peace* came from individual donors around the world, as well as grants from the John Younger Trust, the UK government's Coronavirus Community Support Fund and the National Lottery Community Fund in

partnership with the Barrow Cadbury Trust. Outgoings of £3,375 included payment of yoga teachers' stipends, video editing and online training expenses.

Most of the remaining funds will be available for spending throughout 2021, with the exception of unspent short-term Covid-19 emergency response funds received through UK grant makers. Any funds not spent by the emergency grant deadlines will need to be returned to the grant maker. The grant received from the Coronavirus Community Support Fund from the UK government (distributed by the National Lottery Community Fund) must be spent by 17 February 2021, while the grant from the National Lottery Community Fund, in partnership with Barrow Cadbury Trust, is available to be spent until 19 April 2021. The John Younger Trust funds will be available to be spent until the end of October 2021.

The roll-over from the previous year, £5,371, was raised primarily through the 'Triple the Impact - Help Us Spread Yoga in Lebanon's Disadvantaged Communities' campaign. Additional private donations of £4,308 were received for this campaign in the early months of 2020 when the Yogic Studies training programme was still expected to go ahead during this calendar year. These funds will be spent on providing a training programme in Lebanon during 2021-22.

INCOME	
Roll-over from previous year	£5,371
Grants for UK refugee yoga classes	£11,800
Private donations for yoga training in Lebanon	£4,308
TOTAL INCOME	£21,479

EXPENSES	
UK refugee yoga classes	£2,773
Lebanon training	£581
Online training expenses	£21
TOTAL EXPENSES	£3,375

AMOUNT REMAINING	
Income minus expenses	£18,104

Tools for Inner Peace		Charity No	1169251	
		Company No		
Annual accounts for the period				
Period start date		01/01/2020	To	Period end date 31/12/2020

Section A Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity	Balance brought forward	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total funds £	Prior year funds £
Income (Note 3)		F01	F02	F03	F04	F05
Income and endowments from:						
Donations and legacies	S01	4,308		-	4,308	5,371
Charitable activities	S02	-	11,800	-	11,800	
Other trading activities	S03	-	-	-	-	-
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	4,308	11,800	-	16,108	5,371
Expenditure (Notes 6)						
Expenditure on:						
Raising funds	S08	-	-	-	-	-
Charitable activities	S09	602	2,773	-	3,375	-
Separate material expense item	S10					
Other	S11	-	-	-	-	-
Total	S12	602	2,773	-	3,375	-
Net income/(expenditure) before tax for the reporting period						
	S13	3,706	9,027	-	12,733	5,371
Tax payable	S14	-	-	-	-	-
Net income/(expenditure) after tax before investment gains/(losses)						
	S15	3,706	9,027	-	12,733	5,371
Net gains/(losses) on investments	S16	-	-	-	-	-
Net income/(expenditure)						
	S17	3,706	9,027	-	12,733	5,371
Extraordinary items						
	S18	-	-	-	-	-
Transfers between funds						
	S19	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S20	-	-	-	-	-
Other gains/(losses)	S21	-	-	-	-	-
Net movement in funds						
	S22	3,706	9,027	-	12,733	5,371
Reconciliation of funds:						
Total funds brought forward	S23	-	-	-	-	-
Total funds carried forward	S24	3,706	9,027	-	12,733	5,371

Section B Balance sheet

Guidance No	Unrestricted funds	Restricted income funds	Endowment funds	Total this year	Total last year
				£	£
	F01	F02	F03	F04	F05
Fixed assets					
Intangible assets (Note 15)	801	-	-	-	-
Tangible assets (Note 14)	802	-	-	-	-
Heritage assets (Note 16)	803	-	-	-	-
Investments (Note 17)	804	-	-	-	-
Total fixed assets	805	-	-	-	-
Current assets					
Stocks (Note 18)	806	-	-	-	-
Debtors (Note 19)	807	-	-	-	-
Investments (Note 17.4)	808	-	-	-	-
Cash at bank and in hand (Note 24)	809	3,706	9,027	-	5,371
Total current assets	810	3,706	9,027	-	5,371
Creditors: amounts falling due within one year (Note 20)	811	-	-	-	-
Net current assets/(liabilities)	812	3,706	9,027	-	5,371
Total assets less current liabilities	813	3,706	9,027	-	5,371
Creditors: amounts falling due after one year (Note 20)	814	-	-	-	-
Provisions for liabilities	815	-	-	-	-
Total net assets or liabilities	816	3,706	9,027	-	5,371
Funds of the Charity					
Endowment funds (Note 27)	817	-	-	-	-
Restricted income funds (Note 27)	818	-	9,027	-	-
Unrestricted funds	819	3,706	-	-	5,371
Revaluation reserve	820	-	-	-	-
Fair value reserve	821	-	-	-	-
Total funds	822	3,706	9,027	-	5,371

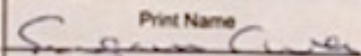
The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Signed by one or two trustees/directors on behalf of all the trustees/directors

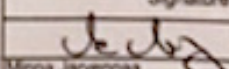
Print Name


Date of approval dd/mm/yyyy

8 January 2021

Susan Owen

Signature of director authenticating accounts being sent to Companies House

Signature


Date dd/mm/yyyy

8 January 2021

Mirna Jarvenpaa

Print name

Section B Balance sheet

		Guidance No	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
			F01	F02	F03	F04	F05
Fixed assets							
Intangible assets (Note 15)		B01	-	-	-	-	-
Tangible assets (Note 14)		B02	-	-	-	-	-
Heritage assets (Note 16)		B03	-	-	-	-	-
Investments (Note 17)		B04	-	-	-	-	-
Total fixed assets		B05	-	-	-	-	-
Current assets							
Stocks (Note 18)		B06	-	-	-	-	-
Debtors (Note 19)		B07	-	-	-	-	-
Investments (Note 17.4)		B08	-	-	-	-	-
Cash at bank and in hand (Note 24)		B09	3,706	9,027	-	12,733	5,371
Total current assets		B10	3,706	9,027	-	12,733	5,371
Creditors: amounts falling due within one year (Note 20)		B11	-	-	-	-	-
Net current assets/(liabilities)		B12	3,706	9,027	-	12,733	5,371
Total assets less current liabilities		B13	3,706	9,027	-	12,733	5,371
Creditors: amounts falling due after one year (Note 20)		B14	-	-	-	-	-
Provisions for liabilities		B15	-	-	-	-	-
Total net assets or liabilities		B16	3,706	9,027	-	12,733	5,371
Funds of the Charity							
Endowment funds (Note 27)		B17	-	-	-	-	-
Restricted income funds (Note 27)		B18	-	9,027	-	-	-
Unrestricted funds		B19	3,706	-	-	-	5,371
Revaluation reserve		B20	-	-	-	-	-
Fair value reserve		B21	-	-	-	-	-
Total funds		B22	3,706	9,027	-	12,733	5,371

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Signed by one or two trustees/directors on behalf of all the trustees/directors	Print Name	Date of approval dd/mm/yyyy
	Susan Owen	8 January 2021
Signature of director authenticating accounts being sent to Companies House	Signature	Date dd/mm/yyyy
	Minna Jarvenpaa	8 January 2021
	Print name	

Section C		Notes to the accounts	
Note 1 Basis of preparation			
<i>This section should be completed by all charities.</i>			
1.1 Basis of accounting			
These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.			
The accounts have been prepared in accordance with:			
• and with*	<input checked="" type="checkbox"/>	the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014	
• and with*	<input checked="" type="checkbox"/>	the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)	
• and with the Charities Act 2011.			
The charity constitutes a public benefit entity as defined by FRS 102.*			Yes.
* -Tick as appropriate			
1.2 Going concern			
<i>If there are material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern, please provide the following details or state "Not applicable", if appropriate:</i>			
An explanation as to those factors that support the conclusion that the charity is a going concern;		Not applicable.	
Disclosure of any uncertainties that make the going concern assumption doubtful;		Not applicable.	
Where accounts are not prepared on a going concern basis, please disclose this fact together with the basis on which the trustees prepared the accounts and the reason why the charity is not regarded as a going concern.		Not applicable.	
1.3 Change of accounting policy			
The accounts present a true and fair view and no changes have been made to the accounting policies adopted in note { }.			
Yes*	<input checked="" type="checkbox"/>	* -Tick as appropriate	
No*	<input checked="" type="checkbox"/>		
Please disclose:			
<i>(i) the nature of the change in accounting policy;</i>		Not applicable.	
<i>(ii) the reasons why applying the new accounting policy provides more reliable and more relevant information; and</i>		Not applicable.	

<i>(iii) the amount of the adjustment for each line affected in the current period, each prior period presented and the aggregate amount of the adjustment relating to periods before those presented, 3.44 FRS102 SORP.</i>	<i>Not applicable.</i>
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1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period (3.46 FRS102 SORP).

Yes*	<input checked="" type="checkbox"/>	* -Tick as appropriate
No*	<input checked="" type="checkbox"/>	

Please disclose:

<i>(i) the nature of any changes;</i>	<i>Not applicable.</i>
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<i>(ii) the effect of the change on income and expense or assets and liabilities for the current period; and</i>	<i>Not applicable.</i>
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<i>(iii) where practicable, the effect of the change in one or more future periods.</i>	<i>Not applicable.</i>
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1.5 Material prior year errors

No material prior year error have been identified in the reporting period (3.47 FRS102 SORP).

Yes*	<input checked="" type="checkbox"/>	* -Tick as appropriate
No*	<input checked="" type="checkbox"/>	

Please disclose:

<i>(i) the nature of the prior period error;</i>	
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<i>(ii) for each prior period presented in the accounts, the amount of the correction for each account line item affected; and</i>	
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<i>(iii) the amount of the correction at the beginning of the earliest prior period presented in the accounts.</i>	
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Section C		Notes to the accounts		(cont)	
Note 2 Accounting policies					
<i>This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.</i>					
2.1 RECONCILIATION WITH PREVIOUS GENERALLY ACCEPTED ACCOUNTING PRACTICE					
Please provide a description of the nature of each change in accounting policy					
Reconciliation of funds per previous GAAP to funds determined under FRS 102					
	Start of period	End of period			
	£	£			
Fund balances as previously stated	5,371	18,104			
Adjustments:					
Fund balance as restated		18,104			
Reconciliation of net income/(net expenditure) per previous GAAP to net income/(net expenditure) under FRS 102					
		End of			
		£			
Net income/(expenditure) as previously stated		12,733			
Adjustments:					
Previous period net income/(expenditure) as restated		5371			