



# 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
<b>TOTAL INCOME</b>	<b>£21,479</b>

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

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 b/f	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Prior year funds
		£	£	£	£	£
Income (Note 3)		F01	F02	F03	F04	F05
<b>Income and endowments from:</b>						
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	-	-	-	-	-
<b>Total</b>	S07	4,308	11,800	-	16,108	5,371
<b>Expenditure (Notes 6)</b>						
<b>Expenditure on:</b>						
Raising funds	S08	-	-	-	-	-
Charitable activities	S09	602	2,773	-	3,375	-
Separate material expense item	S10					
Other	S11	-	-	-	-	-
<b>Total</b>	S12	602	2,773	-	3,375	-
<b>Net income/(expenditure) before tax for the reporting period</b>						
	S13	3,706	9,027	-	12,733	5,371
Tax payable	S14	-	-	-	-	-
<b>Net income/(expenditure) after tax before investment gains/(losses)</b>	S15	3,706	9,027	-	12,733	5,371
Net gains/(losses) on investments	S16	-	-	-	-	-
<b>Net income/(expenditure)</b>	S17	3,706	9,027	-	12,733	5,371
<b>Extraordinary items</b>	S18	-	-	-	-	
<b>Transfers between funds</b>	S19	-	-	-	-	-
<b>Other recognised gains/(losses):</b>						
Gains and losses on revaluation of fixed assets for the charity's own use	S20	-	-	-	-	-
Other gains/(losses)	S21	-	-	-	-	-
<b>Net movement in funds</b>	S22	3,706	9,027	-	12,733	5,371
<b>Reconciliation of funds:</b>						
Total funds brought forward	S23	-	-	-	-	
<b>Total funds carried forward</b>	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
<b>Fixed assets</b>							
Intangible assets (Note 15)	B01		-	-	-	-	-
Tangible assets (Note 14)	B02		-	-	-	-	-
Heritage assets (Note 16)	B03		-	-	-	-	-
Investments (Note 17)	B04		-	-	-	-	-
<b>Total fixed assets</b>	B05		-	-	-	-	-
<b>Current assets</b>							
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
<b>Total current assets</b>	B10		3,706	9,027	-	12,733	5,371
<b>Creditors: amounts falling due within one year (Note 20)</b>	B11		-	-	-	-	-
<b>Net current assets/(liabilities)</b>	B12		3,706	9,027	-	12,733	5,371
<b>Total assets less current liabilities</b>	B13		3,706	9,027	-	12,733	5,371
<b>Creditors: amounts falling due after one year (Note 20)</b>	B14		-	-	-	-	-
<b>Provisions for liabilities</b>	B15		-	-	-	-	-
<b>Total net assets or liabilities</b>	B16		3,706	9,027	-	12,733	5,371
<b>Funds of the Charity</b>							
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		-	-	-	-	-
<b>Total funds</b>	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

8 January 2021

Susan Owen

Signature of director authenticating accounts being sent to Companies House

Signature

Date dd/mm/yyyy

8 January 2021

Minna Järvenpää

Print name



		Tools for Inner Peace		Charity No	1169251			
				Company No				
<b>Section B Balance sheet</b>								
		Guidance No	Unrestricted funds	Restricted income funds	Endowment funds	Total this year	Total last year	
			£	£	£	£	£	
			F01	F02	F03	F04	F05	
<b>Fixed assets</b>								
Intangible assets	(Note 15)	B01	-	-	-	-	-	
Tangible assets	(Note 14)	B02	-	-	-	-	-	
Heritage assets	(Note 16)	B03	-	-	-	-	-	
Investments	(Note 17)	B04	-	-	-	-	-	
<b>Total fixed assets</b>		B05	-	-	-	-	-	
<b>Current assets</b>								
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	
<b>Total current assets</b>		B10	3,706	9,027	-	12,733	5,371	
<b>Creditors: amounts falling due within one year</b>		B11	-	-	-	-	-	
<b>Net current assets/(liabilities)</b>		B12	3,706	9,027	-	12,733	5,371	
<b>Total assets less current liabilities</b>		B13	3,706	9,027	-	12,733	5,371	
<b>Creditors: amounts falling due after one year</b>		B14	-	-	-	-	-	
Provisions for liabilities		B15	-	-	-	-	-	
<b>Total net assets or liabilities</b>		B16	3,706	9,027	-	12,733	5,371	
<b>Funds of the Charity</b>								
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						
<b>Total funds</b>		B22	3,706	9,027	-	12,733	5,371	
<b>The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.</b>								
<b>The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.</b>								
<b>The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.</b>								
<b>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.</b>								
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		
			Minna Jarvenpaa			Print name		

Section C		Notes to the accounts	
Note 1 <b>Basis of preparation</b>			
<i>This section should be completed by all charities.</i>			
<b>1.1 Basis of accounting</b>			
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			
<b>1.2 Going concern</b>			
<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;		<b>Not applicable.</b>	
Disclosure of any uncertainties that make the going concern assumption doubtful;		<b>Not applicable.</b>	
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.		<b>Not applicable.</b>	
<b>1.3 Change of accounting policy</b>			
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"/>		
<b>Please disclose:</b>			
(i) the nature of the change in accounting policy;		<b>Not applicable.</b>	
(ii) the reasons why applying the new accounting policy provides more reliable and more relevant information; and		<b>Not applicable.</b>	

<b>(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.</b>	<b>Not applicable.</b>
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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:**

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

#### 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:**

<b>(i) the nature of the prior period error;</b>	
<b>(ii) for each prior period presented in the accounts, the amount of the correction for each account line item affected; and</b>	
<b>(iii) the amount of the correction at the beginning of the earliest prior period presented in the accounts.</b>	



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>						
<b>2.1 RECONCILIATION WITH PREVIOUS GENERALLY ACCEPTED ACCOUNTING PRACTICE</b>						
Please provide a description of the nature of each change in accounting policy						
<b>Reconciliation of funds per previous GAAP to funds determined under FRS 102</b>						
	Start of period	End of period				
	£	£				
Fund balances as previously stated	5,371	18,104				
Adjustments:						
Fund balance as restated		18,104				
<b>Reconciliation of net income/(net expenditure) per previous GAAP to net income/(net expenditure) under FRS 102</b>						
		End of				
		£				
Net income/(expenditure) as previously stated		12,733				
Adjustments:						
Previous period net income/(expenditure) as restated		5371				