



Tools for Inner Peace

(Registered charity no. 1169251)

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

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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 3 rd Floor, 86-90 Paul Street London EC2A 4NE
Bankers	Barclays Bank Plc 1 Churchill Place London E14 5HP

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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:

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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

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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, Saadnaye

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.

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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.

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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).

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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

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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

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CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Tools for Inner Peace	No (if any) 1169251
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Receipts and payments accounts

CC16a

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

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CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Tools for Inner Peace	No (if any) 1169251
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Receipts and payments accounts

CC16a

For the period from	Period start 01/01/2021	To	Period end date 31/12/2021
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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
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Accrued income	-	-	-
		-	-	-
		-	-	-
		-	-	-
	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	Unrestricted	720	
			-	
			-	
			-	
			-	

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

Signature

Print Name

Date of approval

Susan Owen

Susan Owen

1/11/22