



## Trustees' Annual Report for the period

From 01/01/2023  
To 31/12/2023

Period start date  
Period end date

Charity name: Lumi Foundation

Charity registration number: 1172800

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The advancement of health for the public benefit by providing practices of yoga to individuals and communities in England who would otherwise not have access to yoga by reasons of age, ill-health, disability, financial hardship or other disadvantage. 'Practices of yoga' means: 1) physical asana (yoga) exercises, 2) meditation and mindfulness practices, 3) <i>philosophical/personal inquiry</i>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>Lumi Foundation delivers free and low-cost yoga and meditation classes and programmes to a wide range of groups, predominantly in West London, including: People on low income (partnering with Community Champions projects including Masbro Centre, White City Community Centre, Bayonne estate and West Gibbs estate, The Peabody Trust and Riverside Studios); Disabled adults and children (Action on Disability, Log Cabin, Ashchurch Centre, Bishop Creighton House); Elderly groups (South London Cares, AgeUK, Sycamore House, Percy Bilton Court); Refugees and asylum seekers (West London Welcome, Refugee Council); Adults with ill health (Maggie's); people recovering from addiction (Turning Point) and women seeking shelter (Marylebone Project).</p> <p>Lumi Foundation works with partner organisations with demand for yoga and provides accessible and adaptable classes at locations that suit the practitioners. We also provide online yoga classes directly to yogis via livestream.</p>

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees consider these activities to be aligned with the Charity's objectives as set out in its governing document. Furthermore, the trustees can declare that they have had due regard to the Charity Commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.
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### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	Lumi Foundation invites volunteers to support the charity by way of helping at events, fundraising and being advocates for the charity.
Other		

### Achievements and Performance

	SORP reference	
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<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>During 2023, Lumi Foundation delivered 1,508 classes to over 13,000 yogis.</p> <p>The foundation had 25 teachers teaching classes.</p> <p>In 2023, we forged new partnerships with communities and other charities, delivering classes in-person. We also continued to host some of our weekly classes via livestream.</p> <p>Below is a summary of the classes that we delivered in 2023:</p> <p><b>Partner: Local Community Centres</b> (in partnership with Community Champions until their funding ended in April 2023, then funded from Lumi Foundation's reserves)</p> <p>50 classes in person for the community at White City Community Centre; 45 livestream and 49 in person classes for Masbro Centre; 15 in person classes at West Gibbs community centre; 25 in person classes at Bayonne community centre</p> <p>Aim: increase mobility and health and create connection in communities to combat loneliness and isolation</p> <p><b>Partner: The Peabody Trust</b> 11 pregnancy yoga classes, 11 post-natal yoga classes, 38 chair and mat yoga classes delivered in person at Old Oak Community Centre</p> <p>Aim: to create strong communities and opportunities for connection as well as improving health and mobility</p> <p><b>Partner: Action on Disability</b> 21 in person classes Aim: to increase mobility, general health and create connections through delivery of mat and chair yoga for disabled and vulnerable young people</p> <p><b>Partner: Maggie's London</b> 49 in person classes at Maggie's Charing Cross 50 in person classes at Maggie's St Bart's 50 livestream classes for the Maggie's London community</p> <p>Aim: to improve general health, practice mindfulness and create a strong community</p> <p><b>Partner: Maggie's Southampton</b></p>
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	<p>66 chair and mat yoga classes, delivered on livestream  Aim: to improve general health, practice mindfulness and create a strong community.</p> <p><b>Partner: AgeUK</b>  99 chair and mat yoga classes for the elderly (over 55 years old) delivered in person  Aim: to increase mobility, improve general health, encourage connection and combat loneliness</p> <p><b>Partner: Log Cabin</b>  44 mat classes in person for keyworkers working with children with various disabilities  Aim: to improve general health, practice mindfulness and relax</p> <p><b>Partner: South London Cares</b>  3 chair yoga classes in person  Aim: to maintain mental awareness and mobility for the elderly and their companions</p> <p><b>Partner: Riverside Studios</b>  49 in person mat classes  50 livestream mat classes  Aim: to improve general health, reduce stress, build community and connection, offering an activity for the local community</p> <p><b>Partner: Imperial College</b>  35 in person classes for employees  Aim: to improve general health, practice mindfulness and create connection</p> <p><b>Partner: Hammersmith United Charities</b>  48 chair yoga classes delivered in person for residents at Sycamore House  Aim: to offer an activity for the residents to enjoy together, while improving their physical and mental health</p> <p><b>Partner: Cobham Community Centre</b>  46 in person yoga classes and 12 in person mindfulness  Aim: to offer a physical practice to enjoy and build community and connection</p> <p><b>Partner: Addison Primary School</b>  11 weeks of yoga classes for Key Stage 1 children, delivered in person  Aim: to help young children develop strength and flexibility and discover the connection between movement and breath through yoga games and poses</p> <p><b>Partner: Bishop Creighton House</b>  31 yoga classes delivered in person to adults with learning and physical disabilities</p>
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		<p>Aim: to support this community to improve general health and well-being and create connection</p> <p><b>Partner: West London Welcome</b>  45 yoga classes delivered in person to this community of refugees and asylum seekers  Aim: to support health and well-being and to support community and connection</p> <p><b>Partner: Percy Bilton Court</b>  26 chair yoga classes delivered in person to this elderly community living in sheltered accommodation  Aim: to help improve health, well-being and to offer a shared activity for the community</p> <p><b>Partner: Earl's Court Community Hub</b>  91 mat and chair yoga classes delivered in person at this community centre  1 class for children at the Hub  Aim: to offer an activity for the community to support health and well being</p> <p><b>Partner: Ashchurch Centre</b>  50 mat and chair yoga classes for this community of young adults with learning disabilities, delivered in person  Aim: to share an activity and foster well-being through yoga and focusing on the breath</p> <p><b>Partner: Headway</b>  9 livestream classes for this community suffering from brain injury  Aim: share an activity and improve well-being by combining movement with breath</p> <p><b>Partner: St Antonio Eritrean Refugee Women</b>  6 classes delivered in person  Aim: to support this group of women to share a physical activity and build community and connection</p> <p><b>Partner: Refugee Council</b>  3 classes delivered in person to a group of refugees  Aim: to bring this group together and promote community and connection through the practice of yoga</p>
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		<p><b>Partner: Look Ahead</b>  9 classes delivered in person in partnership with this charity which offers social care and housing support  Aim: to offer an opportunity to connect mind and body and promote community and connection</p> <p><b>Partner: Marylebone Project</b>  37 classes delivered in person at this hostel which supports women suffering from domestic abuse and homelessness  Aim: to offer an opportunity for these women to focus on themselves and improve their sense of well-being</p> <p><b>Partner: Turning Point</b>  5 classes delivered in person at hostels supporting individuals in recovering from addiction  Aim: to offer an opportunity to build resilience and focus on body and breath for well-being</p> <p><b>Partner: Hammersmith Quaker Centre</b>  7 chair yoga classes delivered during a monthly drop-in to support Ukrainian refugees  Aim: to offer an opportunity for the Ukrainian refugee community to move and breathe together</p> <p><b>Partner: Melcombe Primary School</b>  23 in person classes delivered for teachers  Aim: to offer an opportunity for teachers to take some time for themselves after a busy day tending to the needs of others</p> <p><b>Partner: Durston House</b>  6 in person classes delivered to teachers  Aim: to offer an opportunity for teachers to practice yoga together and make time for themselves</p> <p><b>Partner: James Lee and Bayonne Nursery</b>  27 in person classes for children at the nursery  Aim: to introduce the idea of combining movement and breath through yoga games</p> <p><b>Partner: Hotel School</b>  27 classes delivered in person as part of Hotel School's programme to support previously street-homeless people to train for work in hospitality.  Aim: to build strength and resilience to support future work in hospitality</p>
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**Livestream classes offered by Lumi Foundation for the community**  
(independently of partners)

51 mat classes on Thursdays  
49 chair classes on Fridays  
50 mat classes on Saturdays  
50 yin yoga classes on Sundays

**Events and Fundraising**

Lumi Foundation continued to build awareness of its services and raise funds through several events including:

A fundraising 6-week mindfulness course was delivered via livestream, beginning in January 2023.

Fundraising yin yoga workshops were held in March 2023 and October 2023

24 fundraising classes were taught at Holland Park Lawn Tennis Club – a private members' club to support our community classes.

Festive Flow December 2023 - over 50 members of our community joined us for this Christmas event, which included a yoga practice, meditation, raffle and silent auction

Foundation Friends – a new initiative introduced in September 2023. Lumi Foundation invited supporters to become Friends by making a donation to the charity.

Lumi Foundation ran a 6-week mentorship programme to train new yoga teachers to teach at the Foundation.

**Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		



## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the end of the 2023 financial year, Lumi Foundation's net assets were £51,921 (Income for the year: £75,172) (Expenditure for the year: £64,451)
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserve funds are held to deliver free and low-cost services and are also held as a buffer for unforeseen expenditure
Amount of reserves held	Para 1.22	Balance at end of 2022 - £51,422
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Principal sources of funding include payments from partner organisations, grants and donations from individuals, grant-giving bodies and organisations, including The National Lottery Community Fund, Local Giving, The Daisy Trust, Lumi Power Yoga and Foundation Friends.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected by charity trustees

### Additional information (optional)

You may choose to include further statements where relevant about:

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

## Reference and Administrative details

Charity name	Lumi Foundation
Other name the charity uses	

Registered charity number	1172800
Charity's principal address	121 King Street London W6 9JG

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Ari Iso-Rautio	Chair		
2	Elina Iso-Rautio			
3	Elizabeth Powell			
4	Catherine Ramasamy		Appointed October 2023	
5	Kam Thakar		Appointed October 2023	
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### Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

## Funds held as custodian trustees on behalf of others

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

## Additional information (optional)

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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**Name of chief executive or names of senior staff members (Optional information)**

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**Exemptions from disclosure**

Reason for non-disclosure of key personnel details

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**Other optional information**

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
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Full name(s)	Ari Iso-Rautio	
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Position (eg Secretary, Chair, etc)	Chair of Board of Trustees	
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Date	25 October 2024
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## **Lumi Foundation**

Charity Accounts Registration Number 1172800

### **Financial Year**

Start date: 1st January 2023

End date: 31st December 2023



**Lumi Foundation**  
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**Lumi Foundation**  
Charity Information  
For the financial year ended 31st December 2023

Charity Address	121 King Street London W6 9JG
Trustees	Mr Ari Iso-Rautio Mrs Elina Iso-Rautio Ms Elizabeth Powell
Accountant	Gains Accountants Queen Elizabeth Olympic Park Plexal, 14 East Bay Lane E20 3BS

**Lumi Foundation**  
Accountants' Report  
For the financial year ended 31st December 2023

We have prepared the accounts for the financial year ended 31st December 2023.

In accordance with your instructions we have generated this set of accounts using the information and accounting records provided by you.

.....  
Gains Accountants  
Queen Elizabeth Olympic Park  
Plexal, 14 East Bay Lane  
E20 3BS  
22nd August 2024

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**Client Approval Certificate**

I approve these accounts and I confirm that all relevant records and information have been made available in their preparation.

.....  
Mr Ari Iso-Rautio

**Lumi Foundation**  
Profit and Loss  
For the financial year ended 31st December 2023

	<b>Notes</b>	<b>2023 £</b>	<b>2022 £</b>
<b>Turnover</b>		75,172	74,314
Cost of Sales		(63,091)	(53,361)
<b>Gross Profit</b>		<b>12,081</b>	<b>20,953</b>
Administrative Expenses		(1,324)	(4,583)
<b>Operating Profit</b>		<b>10,757</b>	<b>16,370</b>
<b>Profit for the financial year</b>		<b>10,757</b>	<b>16,370</b>

**Lumi Foundation**  
Balance Sheet  
For the financial year ended 31st December 2023

	Notes	2023 £	2022 £
<b>Fixed assets</b>			
Tangible fixed assets	2	-	-
		-	-
<b>Current assets</b>			
Debtors	3	1,530	3,120
Cash at bank and in hand		51,422	38,644
		<b>52,952</b>	<b>41,764</b>
<b>Creditors: amount falling due within one year</b>		(1,032)	(600)
<b>Net current assets</b>		<b>51,921</b>	<b>41,164</b>
<b>Creditors: amount falling due after one year</b>			-
<b>Net assets</b>		<b>51,921</b>	<b>41,164</b>
<b>Capital Account</b>			
Net profit		10,757	16,370
Retained earnings		41,164	24,794
		<b>51,921</b>	<b>41,164</b>

**Lumi Foundation**  
Notes to the Financial Statement  
For the financial year ended 31st December 2023

## 1. Accounting Basis

### Basis of accounting

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard (FRS 102) and with the Charties Act 2011.

## 2. Tangible fixed assets

<b>Cost or Valuation</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
At 1st January 2023	2,310	2,310
Additions	-	-
Disposals	-	-
<b>At 31st December 2023</b>	<b>2,310</b>	<b>2,310</b>
 <b>Depreciation</b>		
At 1st January 2023	2,310	2,310
Charge for the year - 25% on Straight line basis	-	-
Disposals	-	-
<b>At 31st December 2023</b>	<b>2,310</b>	<b>2,310</b>
 <b>Net book values</b>		
At 31st December 2023	-	-
At 31st December 2022	-	-

<b>3. Debtors</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Trade debtors	1,530	3,120

**Lumi Foundation**  
Detailed Profit and Loss  
For the financial year ended 31st December 2023

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Turnover</b>		
Donations	24,080	9,401
Grants	5,653	17,845
Class Fees	45,439	47,068
	<b>75,172</b>	<b>74,314</b>
<b>Cost of sales</b>		
Teachers & Coordinator wages	(43,233)	(35,737)
Management wages	(14,355)	(14,239)
Fundraising events & other costs	(5,503)	(3,385)
	<b>(63,091)</b>	<b>(53,361)</b>
Gross Profit	<b>12,081</b>	<b>20,953</b>
<b>Administrative Expenses</b>		
Advertising and Marketing	0	0
Audit & Accountancy fees	(432)	(680)
Depreciation	0	0
General Expenses	(5)	19
Scholarship	0	(3,300)
Insurance	(887)	(622)
	<b>(1,324)</b>	<b>(4,583)</b>
Operating Profit	<b>10,757</b>	<b>16,370</b>
Profit on ordinary activities before taxation	<b>10,757</b>	<b>16,370</b>
<b>Profit for the financial year</b>	<b>10,757</b>	<b>16,370</b>

# Independent examiner's report on the accounts

## Section A

## Independent Examiner's Report

### Report to the trustees

Charity Name  
Lumi Foundation

### On accounts for the year ended

December 2023

Charity no  
(if any)

1172800

### Set out on pages

2

(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 **31/12/2023**.

### Responsibilities and basis of report

As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

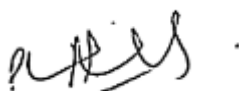
### Independent examiner's statement

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Signed:



Date:

23<sup>rd</sup> August 2024

Name:

Phool Ashraf

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

ACCA

Address:

Gains Accountants, Queen Elizabeth Olympic Park



Plexal, 14 East Bay Lane
E20 3BS

**Section B****Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**