

# LOVE HEALS BODY MIND AND SPIRIT MINISTRY

England & Wales · Charity number 1174317

## Details

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Other names	LHBMS, LOVE HEALS
Status	Registered
Legal form	CIO
Registered	2017-08-18
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	37 Heath Drive Wimbledon London SW20 9BE
Phone	02085422476
Email	<a href="mailto:lovehealsbodymindspirit@gmail.com">lovehealsbodymindspirit@gmail.com</a>
Website	<a href="https://www.lovehealsbodymindspirit.com/">https://www.lovehealsbodymindspirit.com/</a>

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE TO ADVANCE THE CHRISTIAN RELIGION, FOR THE PUBLIC BENEFIT, IN PARTICULAR BUT NOT EXCLUSIVELY BY THE PROVISION OF CHRISTIAN RETREATS.

**Activities:** Providing, among other things, religious retreats within the UK and within any property that the CIO acquires in any appropriate country for that purpose.

## Classification

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- **How:** Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Religious Activities, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

## Geography

- Portugal
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£9,444	£1,689	-	-
2023-12-31	£40	£0	-	-
2022-12-31	£240	£0	-	-
2021-12-31	£240	£0	-	-
2020-12-31	£6,851	£1,990	-	-

## Trustees

Name	Role	Appointed
<b>DAVID ROGER BRUM</b>	Chair	2017-08-18
Doris Elena Diaz Chalarca		2025-11-25
EILEEN PATRICIA BRUM		2017-08-18
LICIA MARIA ELFRIEDE CUDDEFORD		2017-08-18
Soosaipillai John Boniface		2018-12-27
TONY CHRISTOPHER SEAN BOYCE		2017-08-18

**LOVE HEALS BODY MIND AND SPIRIT MINISTRY**

England & Wales - Charity number 1174317

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	Day 1	Month January	Year 2024		Day 31	Month December	Year 2024

## Section A Reference and administration details

**Charity name**

Love Heals Body Mind and Spirit Ministry

**Other names charity is known by**

LHBMS

**Registered charity number (if any)**

1174317

**Charity's principal address**

37 Heath Drive

Raynes Park

Wimbledon

**Postcode SW20 9BE**

### 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	David Roger Brum	Chair		Trustee board
2	Eileen Patricia Brum			Trustee board
3	Phil Cuddeford	Treasurer		Trustee board
4	Licia Cuddeford			Trustee board
5	Tony Boyce			Trustee board
6	John Boniface			Trustee board
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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

Type of adviser	Name	Address

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

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document  
(eg. trust deed, constitution)

Constitution (dated 5 August 2017)

How the charity is constituted  
(eg. trust, association, company)

CIO (Charitable Incorporated Organization)

Trustee selection methods  
(eg. appointed by, elected by)

Apart from the initial trustees at inception, this is by resolution passed at a properly convened trustee meeting (clause 10(1) of Constitution)

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

To advance the Christian religion, for the public benefit, in particular but not exclusively by the provision of Christian retreats.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

The main activities undertaken were:

1. Organised and conducted 11 One-day retreats at 'Our Lady of Assumption and St Gregory', Warwick Street, Piccadilly.
- 2 Organised and conducted 5 Half-Day Retreats at 'Sacred Heart Church', Edge Hill, Wimbledon.
3. Wrote various appeal letters to corporate Companies in the UK.
4. Sent a small group of trustees to the retreat house at Mem Soares Castelo De Vide, Portugal, to inspect and conduct a maintenance tour of the premises, for future group retreats and talks about the possible purchase of the retreat House.
5. Updated the board of trustees with the necessary range of skills to achieve the charity's objectives.

As required under Section 17(5) of the Charities Act and the Charities (Accounts and Reports) regulations 2008, the trustees have had regard to the Charity Commission's guidance on public benefit (PB1, PB2 and PB3) in exercising their powers, duties and main activities, with regular discussion at trustee meetings.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

The main achievements were:

- Updated the board of trustees with the necessary range of skills to achieve the charity objects.
- Profile raised due to the above activities.
- Monthly trustee meetings via video-call.

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

The charity had no policy on reserves during 2024.

**Details of any funds materially in deficit**

N/A

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

## Section F

## Other optional information

Includes the 2024 accounts on a receipts and payments basis.

## Section G

## Declaration

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

**Signed on behalf of the charity's trustees**

<b>Signature(s)</b>	<i>Anthony Lee</i>	
<b>Full name(s)</b>	Anthony Lee	
<b>Position (eg Secretary, Chair, etc)</b>	Treasurer	
<b>Date</b>	10 October 2025	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Love Heals Body Mind and Spirit Ministry

No (if any)

CC16a

## Receipts and payments accounts

For the period from 01-Jan-24 To 31-Dec-24

### 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 £
<b>A1 Receipts</b>					
Balance from 2023	8,680	-	-	8,680	-
Deposit 8 April	600	-	-	600	-
TAP Airline 7 June	64	-	-	64	-
Deposit 29 Jul	50	-	-	50	-
Deposit 29 Jul	50	-	-	50	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>9,444</b>	<b>-</b>	<b>-</b>	<b>9,444</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>9,444</b>	<b>-</b>	<b>-</b>	<b>9,444</b>	<b>-</b>
<b>A3 Payments</b>					
Forgn Pyt	29	-	-	29	-
Bank charge	15	-	-	15	-
TAP Airlines	1,645	-	-	1,645	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>1,689</b>	<b>-</b>	<b>-</b>	<b>1,689</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>1,689</b>	<b>-</b>	<b>-</b>	<b>1,689</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>7,756</b>	<b>-</b>	<b>-</b>	<b>7,756</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>7,756</b>	<b>-</b>	<b>-</b>	<b>7,756</b>	<b>-</b>

## 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 £
<b>B1 Cash funds</b>	Bank account	7,756	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>7,756</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
<i>Anthony Lee</i>	Anthony Lee	10-Oct-25

**LOVE HEALS BODY MIND AND SPIRIT MINISTRY**

England & Wales - Charity number 1174317

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# Accounts

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# Trustees' Annual Report for the period

		Period start date			Period end date		
<b>From</b>	1	January	2023	<b>To</b>	31	December	2023

## Section A Reference and administration details

**Charity name**

Love Heals Body Mind and Spirit Ministry

**Other names charity is known by**

LHBMS

**Registered charity number**

1174317

**Charity's principal address**

37 Heath Drive

Raynes Park

Wimbledon

**Postcode**

SW20 9BE

### 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	David Rodger Brum	Chair		Trustee board
2	Eileen Patricia Brum			Trustee board
3	Tony Christopher Sean Boyce			Trustee board
4	Soosaipillai John Boniface			Trustee board
5	Sister Philomy MSJ			Trustee board
6	Licia Maria Elfriede Cuddeford			Trustee board
7	Philip John Cuddeford	Treasurer		Trustee board
8				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution (dated 5 August 2017) Registered with Charity Commission 18 August 2017
How the charity is constituted (eg. trust, association, company)	CIO (Charitable Incorporated Organisation)
Trustee selection methods (eg. appointed by, elected by)	Apart from the initial trustees at inception, this is by resolution passed at a properly convened trustee meeting (clause 10(1) of Constitution)

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

To advance the Christian religion, for the public benefit, in particular but not exclusively by the provision of Christian retreats.

### Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The main activities undertaken were:

- Produced and distributed monthly invite leaflets to attend retreats at various venues, to 400 churches and 380 other contacts.
- Ran 6 retreats at Sacred Heart Church, Wimbledon.
- Ran 11 retreats at Our Lady of Assumption and St Gregory Piccadilly.
- Attended 4 venues and gave talks on the Charity and Ministry 2023.
- Continued negotiations with the Archbishop of Portalegre, Portugal, to secure permission to restart Pilgrim retreats to Mem Soares Retreat House, Castelo De Vide, Portugal for UK Pilgrims to visit on various dates in 2024.
- Entered Ministry and Charity details into the Southwark Diocese Year Book, which is distributed to all the churches and religious organisations throughout South London, the whole of Kent, and parts of Sussex. Also available to the general public.
- Gave individual talks to various prayer groups and religious organisations throughout the year.
- Wrote to various companies and individuals to raise funds towards the purchase of the Mem Soares Retreat House in Portugal.

As required under Section 17(5) of the Charities Act and the Charities (Accounts and Reports) Regulations 2008, the trustees have had regard to the Charity Commission's guidance on public benefit (PB1, PB2 and PB3) in exercising their powers, duties and main activities, with regular discussion at trustee meetings.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Section D Achievements and performance**

**Summary of the main achievements of the charity during the year**

The main achievements were:

- Profile raised due to the above activities.
- Increased the number of retreats throughout 2023
- Engaged with volunteers to enhance our fundraising activities.

**Section E Financial review**

**Brief statement of the charity's policy on reserves**

The charity had no policy on reserves during 2023.

**Details of any funds materially in deficit**

N/A

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.


**Section F Other optional information**

Section H below includes the 2023 accounts on a receipts and payments basis.

**Section G Declaration**

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	PHILIP JOHN CUDDEFORD	
Position	Treasurer	
Date	29 October 2024	

**Section H Accounts on Receipts and Payments basis**

On the following pages the 2023 accounts are shown on a receipts and payments basis.



## Receipts and payments accounts

For the period from	Period start date 01-Jan-23	To	Period end date 31-Dec-23
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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 £
<b>A1 Receipts</b>					
Donations	£40.00	-	-	40	-
Retreats	£0.00	-	-	-	-
Other	£0.00	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>40</b>	<b>-</b>	<b>-</b>	<b>40</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>40</b>	<b>-</b>	<b>-</b>	<b>40</b>	<b>-</b>
<b>A3 Payments</b>					
Retreat expenses	£0.00	-	-	-	-
Other expenses	£0.00	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>40</b>	<b>-</b>	<b>-</b>	<b>40</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	8,640	-	-	8,640	-
<b>Cash funds this year end</b>	<b>8,680</b>	<b>-</b>	<b>-</b>	<b>8,680</b>	<b>-</b>

### 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 £
<b>B1 Cash funds</b>	Bank account	8,680	-	-
		-	-	-
	<b>Total cash funds</b>	<b>8,680</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Details	-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		5 PHILIP CUDEFORD	29-Oct-24	

**LOVE HEALS BODY MIND AND SPIRIT MINISTRY**

England & Wales - Charity number 1174317

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# Accounts

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# Trustees' Annual Report for the period

		Period start date			Period end date		
<b>From</b>	1	January	2022	<b>To</b>	31	December	2022

## Section A Reference and administration details

**Charity name**

Love Heals Body Mind and Spirit Ministry

**Other names charity is known by**

LHBMS

**Registered charity number**

1174317

**Charity's principal address**

37 Heath Drive

Raynes Park

Wimbledon

**Postcode**

SW20 9BE

### 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	David Rodger Brum	Chair		Trustee board
2	Eileen Patricia Brum			Trustee board
3	Tony Christopher Sean Boyce			Trustee board
4	Soosaipillai John Boniface			Trustee board
5	Sister Philomy MSJ			Trustee board
6	Licia Maria Elfriede Cuddeford			Trustee board
7	Philip John Cuddeford	Treasurer		Trustee board
8				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

## Section B Structure, governance and management

## Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution (dated 5 August 2017) Registered with Charity Commission 18 August 2017
How the charity is constituted (eg. trust, association, company)	CIO (Charitable Incorporated Organisation)
Trustee selection methods (eg. appointed by, elected by)	Apart from the initial trustees at inception, this is by resolution passed at a properly convened trustee meeting (clause 10(1) of Constitution)

## Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

## Section C Objectives and activities

**Summary of the objects of the charity set out in its governing document**

To advance the Christian religion, for the public benefit, in particular but not exclusively by the provision of Christian retreats.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

The main activities undertaken were:

- Produced and distributed monthly invite leaflets to attend retreats at various venues, to 400 churches and 360 other contacts.
- Ran 6 retreats at Sacred Heart Church, Wimbledon.
- Ran 10 retreats at Our Lady of Assumption and St Gregory Piccadilly.
- Continued negotiations with the Archbishop of Portalegre, Portugal, to secure permission to restart Pilgrim retreats to Mem Soares Retreat House, Castelo De Vide, Portugal for UK Pilgrims to visit on a weekly basis in 2024.
- Entered Ministry and Charity details into the Southwark Diocese Year Book, which is distributed to all the churches and religious organisations throughout South London, the whole of Kent, and parts of Sussex. Also available to the general public.
- Gave individual talks to various prayer groups and religious organisations throughout the year.
- Set into motion the reprint of 500, of the Ministry's and Charity's religious handbook.

As required under Section 17(5) of the Charities Act and the Charities (Accounts and Reports) Regulations 2008, the trustees have had regard

to the Charity Commission's guidance on public benefit (PB1, PB2 and PB3) in exercising their powers, duties and main activities, with regular discussion at trustee meetings.

### **Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

## **Section D**

### **Achievements and performance**

**Summary of the main achievements of the charity during the year**

The main achievements were:

- Profile raised due to the above activities.
- Increased the number of retreats throughout 2022.
- Monthly trustee meetings via video-call.

## **Section E**

### **Financial review**

**Brief statement of the charity's policy on reserves**

The charity had no policy on reserves during 2022.

**Details of any funds materially in deficit**

N/A

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.


## Section F Other optional information

Section H below includes the 2022 accounts on a receipts and payments basis.

## Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Philip John Cuddeford	
Position	Treasurer	
Date	15 November 2023	

## Section H Accounts on Receipts and Payments basis

On the following pages the 2022 accounts are shown on a receipts and payments basis.



**Receipts and payments accounts**

For the period from	Period start date 01-Jan-22	To	Period end date 31-Dec-22
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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 £
<b>A1 Receipts</b>					
Donations	£240.00	-	-	240	-
Retreats	£0.00	-	-	-	-
Other	£0.00	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	240	-	-	240	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	240	-	-	240	-
<b>A3 Payments</b>					
Retreat expenses	£0.00	-	-	-	-
Other expenses	£0.00	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	-	-	-	-	-
<b>Net of receipts/(payments)</b>	240	-	-	240	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	8,400	-	-	8,400	-
<b>Cash funds this year end</b>	8,640	-	-	8,640	-

**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 £
<b>B1 Cash funds</b>	Bank account	8,640	-	-
		-	-	-
	<b>Total cash funds</b>	8,640	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Details	-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
			PHILIP JOHN CUDDEFORD	15-Nov-23

**LOVE HEALS BODY MIND AND SPIRIT MINISTRY**

England & Wales - Charity number 1174317

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# Accounts

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# Trustees' Annual Report for the period

		Period start date			Period end date		
<b>From</b>	1	January	2021	<b>To</b>	31	December	2021

## Section A Reference and administration details

**Charity name** Love Heals Body Mind and Spirit Ministry

**Other names charity is known by** LHBMS

**Registered charity number** 1174317

**Charity's principal address**  
 37 Heath Drive  
 Raynes Park  
 Wimbledon  
**Postcode** SW20 9BE

### 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	David Rodger Brum	Chair		Trustee board
2	Eileen Patricia Brum			Trustee board
3	Tony Christopher Sean Boyce			Trustee board
4	Soosaipillai John Boniface			Trustee board
5	Sister Philomy MSJ		From 04/09/21	Trustee board
6	Licia Maria Elfriede Cuddeford			Trustee board
7	Philip John Cuddeford	Treasurer		Trustee board
8				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

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## Section B Structure, governance and management

## Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution (dated 5 August 2017) Registered with Charity Commission 18 August 2017
How the charity is constituted (eg. trust, association, company)	CIO (Charitable Incorporated Organisation)
Trustee selection methods (eg. appointed by, elected by)	Apart from the initial trustees at inception, this is by resolution passed at a properly convened trustee meeting (clause 10(1) of Constitution)

## Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

## Section C Objectives and activities

**Summary of the objects of the charity set out in its governing document**

To advance the Christian religion, for the public benefit, in particular but not exclusively by the provision of Christian retreats.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

The main activities undertaken were:

- Produced and distributed monthly audio retreats to 400 churches and 360 other contacts.
- Ran 2 retreats at Sacred Heart Church, Wimbledon.
- Competitive fundraising presentation at the Supreme Council of the "Order of the Knights of St Columba" (came second).
- Entered Ministry and Charity details into the Southwark Diocese Year Book, which is distributed to all the churches and religious organisations throughout South London, the whole of Kent, and parts of Sussex.
- Updated the board of trustees with the necessary range of skills to achieve the charity's objects.

As required under Section 17(5) of the Charities Act and the Charities (Accounts and Reports) Regulations 2008, the trustees have had regard to the Charity Commission's guidance on public benefit (PB1, PB2 and PB3) in exercising their powers, duties and main activities, with regular discussion at trustee meetings.

## Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

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## Section D

### Achievements and performance

**Summary of the main achievements of the charity during the year**

The main achievements were:

- Updated the board of trustees with the necessary range of skills to achieve the charity's objects.
- Profile raised due to the above activities.
- Monthly trustee meetings via video-call.

## Section E

### Financial review

**Brief statement of the charity's policy on reserves**

The charity had no policy on reserves during 2021.

**Details of any funds materially in deficit**

N/A

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

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## Section F Other optional information

Section H below includes the 2021 accounts on a receipts and payments basis.

## Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Philip John Cuddeford	
Position	Treasurer	
Date	18 October 2022	

## Section H Accounts on Receipts and Payments basis

On the following pages the 2021 accounts are shown on a receipts and payments basis.



### Receipts and payments accounts

For the period from	Period start date 01-Jan-21	To	Period end date 31-Dec-21
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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 £
<b>A1 Receipts</b>					
Donations	£240.00	-	-	240	-
Retreats	£0.00	-	-	-	-
Other	£0.00	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	240	-	-	240	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	240	-	-	240	-
<b>A3 Payments</b>					
Retreat expenses	£0.00	-	-	-	-
Other expenses	£0.00	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	-	-	-	-	-
<b>Net of receipts/(payments)</b>	240	-	-	240	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	8,160	-	-	8,160	-
<b>Cash funds this year end</b>	8,400	-	-	8,400	-

#### 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 £
<b>B1 Cash funds</b>	Bank account	8,400	-	-
		-	-	-
	<b>Total cash funds</b>	8,400	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
<b>B3 Investment assets</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
<b>B5 Liabilities</b>		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	5	Print Name	Date of approval
			PHILIP JOHN CUDEFORD	18-Oct-22

**LOVE HEALS BODY MIND AND SPIRIT MINISTRY**

England & Wales - Charity number 1174317

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# Accounts

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# Trustees' Annual Report for the period

		Period start date			Period end date		
<b>From</b>	1	January	2020	<b>To</b>	31	December	2020

## Section A Reference and administration details

**Charity name** Love Heals Body Mind and Spirit Ministry

**Other names charity is known by** LHBMS

**Registered charity number** 1174317

**Charity's principal address**  
 37 Heath Drive  
 Raynes Park  
 Wimbledon  
**Postcode** SW20 9BE

### 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	David Rodger Brum	Chair		Trustee board
2	Eileen Patricia Brum			Trustee board
3	Tony Christopher Sean Boyce			Trustee board
4	Soosaipillai John Boniface			Trustee board
5	Aley Puthumanayil		From 17/8/19	Trustee board
6	Licia Maria Elfriede Cuddeford			Trustee board
7	Philip John Cuddeford	Treasurer		Trustee board
8				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

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## Section B Structure, governance and management

## Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution (dated 5 August 2017) Registered with Charity Commission 18 August 2017
How the charity is constituted (eg. trust, association, company)	CIO (Charitable Incorporated Organisation)
Trustee selection methods (eg. appointed by, elected by)	Apart from the initial trustees at inception, this is by resolution passed at a properly convened trustee meeting (clause 10(1) of Constitution)

## Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

## Section C Objectives and activities

**Summary of the objects of the charity set out in its governing document**

To advance the Christian religion, for the public benefit, in particular but not exclusively by the provision of Christian retreats.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

The main activities undertaken were:

- Updated the board of trustees with the necessary range of skills to achieve the charity's objects.
- Ran 1 retreat at our Lady of Assumption and Saint Gregory in Warwick Street, Piccadilly (Feb 2020 pre lockdown).
- Produced and distributed monthly audio retreats to 400 churches and 360 other contacts.
- January 2020 dance event to raise our profile locally.
- Updated website.
- Monthly emails to 400 churches and 360 other contacts about our retreats and other activities and events.
- Completed the formal business plan document.

As required under Section 17(5) of the Charities Act and the Charities (Accounts and Reports) Regulations 2008, the trustees have had regard to the Charity Commission's guidance on public benefit (PB1, PB2 and PB3) in exercising their powers, duties and main activities, with regular discussion at trustee meetings.

## Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

## Section D

## Achievements and performance

**Summary of the main achievements of the charity during the year**

The main achievements were:

- Updated the board of trustees with the necessary range of skills to achieve the charity's objects.
- Profile raised due to the above activities.
- Monthly trustee meetings via video-call (post initial lockdown).

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

The charity had no policy on reserves during 2020.

**Details of any funds materially in deficit**

N/A

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

## Section F


## Other optional information

Section H below includes the 2020 accounts on a receipts and payments basis.

## Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Philip John Cuddeford	
Position	Treasurer	
Date	23 October 2021	

## Section H Accounts on Receipts and Payments basis

On the following pages the 2020 accounts are shown on a receipts and payments basis.

