



## Trustees' Annual Report for the period

		Period start date				Period end date	
From	1	January	2020	To	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.

# Period 1 January 2020 to 31 December 2020

 <b>CHARITY COMMISSION</b> FOR ENGLAND AND WALES	Charity Name <b>Love Heals Body Mind and Spirit Ministry</b>		No 1174317	<b>CC16a</b>
	<b>Receipts and payments accounts</b>			
	For the period from 01-Jan-20	To 31/12/20	Period end date 31/12/20	

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	£2,695.00	-	-	2,695	-
Retreats	£0.00	-	-	-	-
Other	£4,156.00	-	-	4,156	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	6,851	-	-	6,851	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	6,851	-	-	6,851	-
<b>A3 Payments</b>					
Retreat expenses	£0.00	-	-	-	-
Other expenses	£1,990.00	-	-	1,990	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	1,990	-	-	1,990	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	1,990	-	-	1,990	-
<b>Net of receipts/(payments)</b>	4,861	-	-	4,861	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	3,300	-	-	3,300	-
<b>Cash funds this year end</b>	8,161	-	-	8,161	-

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	8,161	-	-	
		-	-	-	
		-	-	-	
	<b>Total cash funds</b>	8,161	-	-	
	(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 CUDEFORD	23-Oct-21		