



Trustees' Annual Report for the period

		Period start date			To	Period end date		
From	1	January	2023	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)

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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 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.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name	No
Love Heals Body Mind and Spirit Ministry	1174317

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01-Jan-23		31-Dec-23

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					
Donations	£40.00	-	-	40	-
Retreats	£0.00	-	-	-	-
Other	£0.00	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	40	-	-	40	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	40	-	-	40	-
A3 Payments					
Retreat expenses	£0.00	-	-	-	-
Other expenses	£0.00	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	-	-	-	-
Net of receipts/(payments)	40	-	-	40	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	8,640	-	-	8,640	-
Cash funds this year end	8,680	-	-	8,680	-

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