



# Trustees' Annual Report for the period

From	Period start date			To	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**

**Signature(s)**

*Anthony Lee*

**Full name(s)**

Anthony Lee

**Position (eg Secretary, Chair, etc)**

Treasurer

**Date**

10 October 2025



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name

Love Heals Body Mind and Spirit Ministry

No (if any)

## Receipts and payments accounts

CC16a

For the period  
from

Period start date

01-Jan-24

To

Period end date

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>	7,756	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
<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	
	<i>Anthony Lee</i>	Anthony Lee	10-Oct-25	