

MIND ANGELS

England & Wales · Charity number 1176005

Details

Status Registered

Legal form CIO

Registered 2017-11-29

Register [View on the Charity Commission register](#)

Contact

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Northwood
Middlesex
HA6 1PZ

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Activities

Objects: THE OBJECTS OF THE ASSOCIATION SHALL BE TO ENSURE AND ENCOURAGE THE PRESERVATION OF SPIRITUAL, MENTAL AND PHYSICAL HEALTH. DISCOVERING AND ESTABLISHING UNIQUE SERVICES FOR THE BENEFIT OF THE INDIVIDUAL AND COMMUNITIES BY IMPLEMENTING A FOUNDATION WHICH SUPPORTS OUR CORE BELIEFS OF POSITIVE PHYSICAL, MENTAL AND SPIRITUAL HEALTH.

Activities: Supporting Elderly Well-being through mobility exercises and Qigong Exercises Promoting Mental Health in Primary Schools through a schools programme of activity. Physical Activity for Young People through sport Coaching and peer support to help individuals or groups to maintain balance in body mind and spirit

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Disability, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-11-28	£14,244	£17,283	-	-
2023-11-28	£16,355	£17,925	-	-
2022-11-28	£19,445	£18,123	-	-
2021-11-28	£12,963	£9,248	-	-
2020-11-28	£1,315	£3,343	-	-

Trustees

Name	Role	Appointed
ANDREW SAMUELS	Chair	2017-11-27
Abdul Al Mashadani		2017-11-27
Mohammed Kadim		2025-09-01

Accounts



MIND ANGELS TRUSTEE ANNUAL REPORT

2023-24



SEPTEMBER 28, 2025
MIND ANGELS CHARITY

Mind Angels : 2023-24 Trustee Annual Report

1. Reference and Administrative Details

Mind Angels Charity
Registration# 1176005

89 Hillside Road
Northwood
Middlesex
HA6 1PZ

Trustees:

Mr Andrew Samuels
Mr Abdullatif Al Mashadani
Mr Mohammed Kadim

2. Objectives and Activities

The charity's purpose is to encourage better mental, physical and spiritual balance for individuals, groups and communities.

3. Achievements and Performance

Over the past year we have maintained our focus on our core demographics, the very young (3-11yrs) and the elderly (60+). Below is a breakdown of our activities over the past year across these projects.

60+ Mobility and Qigong Sessions

Exercise Charts

For all our mobility classes we have created a homework exercise chart. This chart contains core exercises from our class to improve balance and strengthen the legs. The exercises are encouraged daily, and participants can tick off each exercise over a six-week programme and follow their activities and progress over this time. The charts are available on the website (www.mind-angels.com/mobility) and updated frequently for anyone to download and follow. All the exercises have a short video to explain exactly how they should be done safely, and we encourage participants to share this web page and their feedback on their progress. On the chart itself are links to the web page where they can check they are doing the exercises correctly. We will continue to update this chart as we promote the activities in all our groups so more people can benefit from this service.

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Active Communities Mondays at Harrow Leisure Centre

We have maintained a weekly exercise class at the Harrow Leisure Centre. In addition to performing the exercises, this indoor space also allows us to have teas and coffees in an air-conditioned room where there is also convenient free parking for up to three hours. Although the class size remains small over the course of the year approximately 10 people it is a positive space the regular participants value and continue to support the classes and their peers. The leisure centre have increased their prices, the class is not included in their memberships, but we have maintained a low cost in order to continue delivering this important class which combines mobility and Qigong from 10:00 AM until 1:00 PM with breaks.

Pinner Medical Centre Patients Association

We've continued to deliver mobility classes at the Pinner Methodist Church for the PINN Medical Centre Patients Association (PMCPA). These classes are smaller to cater for high-risk attendees. People who attended regularly have expressed the benefits they are starting to realise from regular attendance as they continue to do the homework during the rest of the week. Feedback to the patient's association has been consistently good and they're very happy to continue running the classes into the future.

Headstone Manor Park / North Harrow Methodist Church

We have been lucky to continue delivering mobility and Qigong classes at The North Harrow Methodist Church over the winter and started outdoor sessions again, with the support of The Friends of Headstone Manor Park, who provide chairs. The numbers are consistent and have covered our costs.

Kate Fassnidge Foundation (Uxbridge)

With the support of the Kate Fassnidge Foundation, offering a free space to deliver mobility exercises for the 60+, we trialled a new weekly class in Uxbridge. Although repeated attempts were made to increase the number of participants, after months of effort, the attendance remained low and the foundation discontinued, offering the space to another service. Low attendance was attributed to a council sponsored classes delivered at the Uxbridge library at the same time. We felt it more beneficial that a free class was available with over attendance than to compete with another offering for the community.

Indian Association Harrow

We started a new mobility session for the Indian Association of North Harrow. Their attendance averaged approx. 40 individuals weekly. We delivered a single monthly session which they are benefiting from.

“Roxy Says” (Children’s Wellbeing Project for 7-11yrs)

Woodfield School

We continued to adapt and improve the workbook and delivered the project at Woodfield SEN School in Brent. Following the successful mental wellbeing workshops delivered for Mind in Harrow over a 10mths period for three cohorts, we have adapted the workbook for children, incorporating the resilience skills taught for adult service users with mild-moderate mental

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health challenges. This project at Woodfield (www.mind-angels.com/send) has been the jewel in the crown of our achievements, supported by a local business (**VS Motors**). A challenging and humbling experience but satisfying and motivating for us which the enriching adaptations for the book have contributed to it's strong foundation, establishing this project as essential learning for every child.

The feedback received from the students and teachers propelling it's standing as a valid approach and subtle but significant tool to achieve it's ultimate outcomes of raising awareness of mental health, reducing stigma and building resilience. We look forward to realising the hidden biproducts of:

- Measure and evidence changes
- Provide and reinforce Emotional Literacy
- Teach Mental Health "Skills" through interactive activities with online resources
- Documenting activity between the adult and child
- Establishing a safe space. Adults to read **with** children helping to maintain the family unit and future support
- Providing a "holding space" for appropriate children/families on the CAMHS waiting list

Following the success of this project we have added all the teaching content to the workbook, documenting the activities and making the workbook a complete and whole teaching aid. During the summer we included online interactive resources via QR codes in the book which completed the learning experience, passing the readers back to the book to complete the exercises. We have also enhanced to the resilience content to include faith as well as belief for readers to tap into these spiritual qualities. Furthermore, we have included a scoring system to facilitate engagement, adding further challenges and a clear illustration of progress and achievement for the child. (www.mind-angels.com/roxysays)

Books Sent for Review

We have now sent approx. 50 new books for review. We are waiting for feedback which will be promoted online and used to generate more activity. The final significant feedback received was around the book cover which is in re-design as a result.

"Roxy's Dream" (Early Years Wellbeing Project for 3-7yrs)

The workshops at Headstone Manor Park for the Friends of Headstone Manor Park were very successful and feedback has been posted online. The importance of this project cannot be underestimated as the education for early years would be vital in order to help them cope with the inevitable changes in life, some of which can contribute to anxiety, a growing trend for children post-pandemic. This project is an ideal pre-cursor to our "Roxy Says" project for 7-11yrs and as approach primary and nursery schools we offer both solutions. (www.mind-angels.com/roxysdream)

Translations

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“Roxy’s Dream” is in the process of translation into Spanish. As a smaller early year’s book, this is more manageable. This is now available on Amazon.

“Roxy Says” is also in the process of translation into French. However, apart from the book content, online resources containing a combination of text, video and audio make this process more involved and time-consuming. It was attempted to use Ai (ChatGPT) to translate portions but context gets lost and has made some elements difficult to comprehend. Due to this nature of Ai, we have engaged a translator to perform the translation service to ensure consistency and high attention to detail.

Coaching Service

We have invested in training for this new service. A commitment to a Life Coaching Certification with a view to complementing our charity’s services, engagement and signposting. There is a three-year limit on achieving the certification which has been part-funded by the charity and the trainee.

Funding

Our primary funding over the year was from generated from employment skills invoiced to Harrow Council. A volunteer provided employment skills to XCITE’s service users looking for work, which was invoiced and paid/donated to the charity.

Donations: These have been received from service users, accumulating funds to pay for ongoing costs towards the services.

Loan: Loans to facilitate continued activity to services and costs have been required to sustain the charity.

Focus going forwards is to secure funding through business sponsorship. We will intently share the social value of our work, particularly the long-term benefits to society of our children’s projects which will hopefully extend our reach while supporting and growing our elderly wellbeing projects.

Other Activities

A presence at these events have maintained visibility and supported the organisation who have supported our charity.

PINN Health Fair: We delivered a Qigong class and had a stall to showcase the charity’s work.

Woodfield Careers Fair: We had a stall to support students of the school.

Networking: We are part-taking in a few different networking events to engage business sponsorship and raise the charity’s profile.

Learning/Training: Audible has been a cost-effective tool to keep educated. Combined with the coaching training and business exposure will offer opportunities to grow with time.

Mind in Harrow Taster: Mind in Harrow taster session for their service users. We originally provided Qigong for Mind service users in Hillingdon and Harrow, so it was a great pleasure to share this with new users.

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Stroke Association: We have delivered Qigong taster sessions for stroke survivors on the Stroke Association's recovery course. This was to promote sessions delivered for Harow Leisure Centre.

5. Financial Review

Overview of financial performance, principal funding sources, investment policy, and going concern.

<u>Income Summary</u>				
Item #	CostCODE	Date	Description	Credit
18	Donations	13-Dec-23	MARLBOROUGH PRIMAR MARLBOROUGH	£300.00
26	FUNDING	19-Dec-23	ANDREW GABRIEL SAMUELS PMCPA	£165.00
42	Donations	29-Dec-23	ANDREW GABRIEL SAMUELS NHMC Donations	£173.00
57	Donations	07-Jan-24	ANDREW GABRIEL SAMUELS Just Giving	£95.85
70	FUNDING	15-Jan-24	PMC PATIENTS ASC INVOICE1079 AUG-NO	£480.00
79	FUNDING	19-Jan-24	BANK HARROW COUNCIL 100020****4276	£544.32
102	FUNDING	05-Feb-24	ANDREW GABRIEL SAMUELS PINN	£180.00
106	FUNDING	07-Feb-24	BANK HARROW COUNCIL 100020****6997	£1,005.48
118	FUNDING	14-Feb-24	BANK HARROW COUNCIL 100020****7985	£1,111.63
123	FUNDING	15-Feb-24	ANDREW GABRIEL SAMUELS HLC	£350.00
160	FUNDING	20-Mar-24	ANDREW GABRIEL SAMUELS AGSamuelsPINN	£182.50
161	FUNDING	20-Mar-24	ANDREW GABRIEL SAMUELS AGSamuelsNHMC	£150.00
169	FUNDING	22-Mar-24	BANK HARROW COUNCIL 100020****4437	£1,348.04
206	FUNDING	12-Apr-24	PMC PATIENTS ASC INVOICE1088 MOBILI	£240.00
226	FUNDING	25-Apr-24	BANK HARROW COUNCIL 100020****9606	£704.20
259	FUNDING	15-May-24	BANK HARROW COUNCIL 100020****2112	£667.98
301	Donations	06-Jun-24	ANDREW GABRIEL SAMUELS NHMCDonations	£81.00
302	FUNDING	10-Jun-24	BANK HARROW COUNCIL 10002008195805	£333.99
338	FUNDING	03-Jul-24	ANDREW GABRIEL SAMUELS PINN	£165.00
349	FUNDING	13-Jul-24	INDIAN ASS-HARROW Exercises11/7/2024	£35.00
364	FUNDING	30-Jul-24	PMC PATIENTS ASC INVOICE1093MOBILI	£301.50
382	FUNDING	18-Aug-24	PMC PATIENTS ASC INV1096 JULYX4	£134.00
397	FUNDING	30-Aug-24	INDIAN ASS-HARROW EXERCISES11/7/2024	£35.00
404	FUNDING	03-Sep-24	PMC PATIENTS ASC AUG 24 INV1097	£67.00
423	AS Loan	11-Sep-24	ANDREW GABRIEL SAMUELS AGSamuels	£400.00
425	FUNDING	12-Sep-24	INDIAN ASS-HARROW Exercise 12/9/25	£35.00
428	FUNDING	16-Sep-24	ANDREW GABRIEL SAMUELS AGSamuelsHLC	£280.00
436	FUNDING	24-Sep-24	ANDREW GABRIEL SAMUELS AGSamuelsPINN	£180.00
440	FUNDING	27-Sep-24	MIND IN HARROW MIND IN HARROW	£30.00
442	FUNDING	27-Sep-24	ANDREW GABRIEL SAMUELS AGSamuelsPINN	£56.00
459	FUNDING	10-Oct-24	PMC PATIENTS ASC INV1102MOBSEPTSESS	£167.50
462	FUNDING	13-Oct-24	INDIAN ASS-HARROW EXERCISE 10/10/24	£35.00
466	Donations	17-Oct-24	ANDREW GABRIEL SAMUELS DeRose Donation	£150.00
473	FUNDING	23-Oct-24	ANDREW GABRIEL SAMUELS AGSamuelsNHMC	£220.00
488	AS Loan	31-Oct-24	ANDREW GABRIEL SAMUELS AGS loan	£200.00
499	Donations	06-Nov-24	ANDREW GABRIEL SAMUELS NHMCandPINN	£405.00
507	FUNDING	12-Nov-24	PMC PATIENTS ASC INVOICE1106MOBOCT	£100.50

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511	FUNDING	15-Nov-24	INDIAN ASS-HARROW EXERCISE 14/11/24	£35.00
538	FUNDING	29-Nov-24	ANDREW GABRIEL SAMUELS HLC	£315.00
Funding Total =				£11,459.49

The table below details the returned monies to the Pinner Medical Centre Patients Association collected from attendees of the session.

Item #	Date	Description	Debit
25	19-Dec-23	PMCPA Mobility Classes payments paid back	-£165.00
103	05-Feb-24	PMCPA Mobility Classes payments paid back	-£180.00
163	20-Mar-24	PMCPA Mobility Classes payments paid back	-£182.50
449	04-Oct-24	PMCPA Mobility Classes payments paid back	-£236.00
500	06-Nov-24	PMCPA Mobility Classes payments paid back	-£205.00
Total refunded to PMCPA =			-£968.50

Financial Summary

Item	Income	Cost
Car/Maint	1204.76	2,306.38
Consultancy		100.00
MKTG		116.23
Donations	1204.85	-
FUNDING	9,654.64	968.50
Healthcare		969.76
Insurance		1,071.94
IT/Web		2,166.97
Meals		1,051.55
AS Owed/Loan	600	449.00
Parking		109.45
Rental		1,020.00
Roxy		510.41
Stationery		310.99
Storage	436	904.32
Sundries		345.60
Telecoms		547.95
Trans/Fuel		1,417.19
Training		948.17
Uniforms		133.28
Water		277.59
Books		401.31
Refunded	1143.51	1,156.73
Totals	14243.76	17,283.32
Balance = Loss =	-	3,039.56

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Mind Angels 2023-2024 Yearly Statement

Item #	CostCODE	Date		Description	Credit	Debit	Balance
1	Trans/Fuel	01-Dec-23	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.05	£3,603.58
2	Parking	01-Dec-23	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£2.20	£3,601.38
3	Healthcare	01-Dec-23	Debit	DD:SPORTS & LEISURE MAN SLM98006990	£0.00	-£29.99	£3,571.39
4	Car/Maint	01-Dec-23	Debit	DD:Driver & Vehicle Lic 000000*****7114	£0.00	-£31.93	£3,539.46
5	IT/Web	02-Dec-23	Debit	Fin: PADDLE.NET*INSTATEXT,JUDD HOU,Londo	£0.00	-£21.99	£3,517.47
6	IT/Web	04-Dec-23	Debit	Fin: ADOBE ACROPRO SUBS,ADOBE.LY/BILL	£0.00	-£29.96	£3,487.51
7	Telecoms	05-Dec-23	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£3,477.51
8	Water	05-Dec-23	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£7.80	£3,469.71
9	IT/Web	06-Dec-23	Debit	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS	£0.00	-£15.59	£3,454.12
10	Trans/Fuel	07-Dec-23	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.04	£3,429.08
11	Meals	08-Dec-23	Debit	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	£0.00	-£10.10	£3,418.98
12	Meals	08-Dec-23	Debit	Fin: Prezzo Harrow,26 St. Georges ,Harro	£0.00	-£63.85	£3,355.13
13	Parking	08-Dec-23	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£3.00	£3,352.13
14	Telecoms	09-Dec-23	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£3,342.13
15	Rental	12-Dec-23	Debit	Nth Harrow Methodist Chur 102023 94	£0.00	-£160.00	£3,182.13
16	Healthcare	12-Dec-23	Debit	DD:CLUBWISE SOFTWARE LI 1EFI17940	£0.00	-£39.99	£3,142.14
17	Water	12-Dec-23	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£7.80	£3,134.34
18	FUNDING	13-Dec-23	Credit	MARLBOROUGH PRIMAR MARLBOROUGH	£300.00	£0.00	£3,434.34
19	Books	14-Dec-23	Debit	Fin: Amazon.co.uk*QT2NY91E5,AMAZON.CO.UK	£0.00	-£54.45	£3,379.89
20	Trans/Fuel	15-Dec-23	Debit	Fin: SHELL PINNER 269,21 PINNER GR,PINNE	£0.00	-£25.00	£3,354.89
21	Water	18-Dec-23	Debit	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO	£0.00	-£7.00	£3,347.89
22	Meals	19-Dec-23	Debit	Fin: Costco Wholesale #102,HARTSP,WATFOR	£0.00	-£38.01	£3,309.88
23	Meals	19-Dec-23	Debit	Fin: WM MORRISONS STORE,299 UXBRID,PINNE	£0.00	-£20.79	£3,289.09
24	Water	19-Dec-23	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£7.00	£3,282.09
25	FUNDING	19-Dec-23	Debit	PMCPA Mobility Classes	£0.00	-£165.00	£3,117.09
26	FUNDING	19-Dec-23	Credit	ANDREW GABRIEL SAMUELS PMCPA	£165.00	£0.00	£3,282.09
27	IT/Web	20-Dec-23	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£9.60	£3,272.49

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28	Parking	21-Dec-23	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£2.20	£3,270.29
29	Meals	22-Dec-23	Debit	Fin: PRET A MANGER,1 FINSBU,2/3 WHITECRO	£0.00	-£10.25	£3,260.04
30	Meals	22-Dec-23	Debit	Fin: PRET A MANGER,1 FINSBU,2/3 WHITECRO	£0.00	-£4.25	£3,255.79
31	Parking	22-Dec-23	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£3.00	£3,252.79
32	AS Owed	23-Dec-23	Debit	Mr A G Samuels OwedRDBooks	£0.00	-£69.00	£3,183.79
33	Trans/Fuel	25-Dec-23	Debit	Fin: TESCO PFS 3083,JOEL STREET,NORTHWO	£0.00	-£25.06	£3,158.73
34	IT/Web	25-Dec-23	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£45.54	£3,113.19
35	Sundries	25-Dec-23	Debit	Fin: Vistaprint,Hudsonweg 8 8,Venlo	£0.00	-£76.49	£3,036.70
36	IT/Web	25-Dec-23	Debit	Fin: GOOGLE *Google Play Ap,650-253-0000	£0.00	-£1.59	£3,035.11
37	Insurance	27-Dec-23	Debit	DD:Insurance Factory Lt 000000*****0888	£0.00	-£42.40	£2,992.71
38	Trans/Fuel	27-Dec-23	Debit	Fin: TESCO PFS 3083,JOEL STREET,NORTHWO	£0.00	-£7.35	£2,985.36
39	Training	28-Dec-23	Debit	Fin: VAHVAFITNESS,Abu Dhabi,ABU DHABI 47 USD XR 1.268214	£0.00	-£37.06	£2,948.30
40	Books	28-Dec-23	Debit	Fin: Amazon.co.uk*P463P8GY5,AMAZON.CO.UK	£0.00	-£68.49	£2,879.81
41	Training	29-Dec-23	Debit	FORX VAHVAFITN 27-12-23 182353250	£0.00	-£1.11	£2,878.70
42	Donations	29-Dec-23	Credit	ANDREW GABRIEL SAMUELS NHMC Donations	£173.00	£0.00	£3,051.70
43	Trans/Fuel	01-Jan-24	Debit	Fin: SHELL HARROW,103 PINNER ROAD,HARROW	£0.00	-£25.20	£3,026.50
44	Healthcare	02-Jan-24	Debit	DD:SPORTS & LEISURE MAN SLM98006990	£0.00	-£29.99	£2,996.51
45	IT/Web	02-Jan-24	Debit	Fin: PADDLE.NET*INSTATEXT,JUDD HOU,Londo	£0.00	-£21.99	£2,974.52
46	Car/Maint	02-Jan-24	Debit	DD:Driver & Vehicle Lic 000000*****7114	£0.00	-£31.93	£2,942.59
47	IT/Web	04-Jan-24	Debit	Fin: ADOBE ACROPRO SUBS,ADOBE.LY/BILL	£0.00	-£29.96	£2,912.63
48	Stationery	04-Jan-24	Debit	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	£0.00	-£95.06	£2,817.57
49	Parking	04-Jan-24	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£2.50	£2,815.07
50	Telecoms	05-Jan-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£2,805.07
51	Meals	05-Jan-24	Debit	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	£0.00	-£10.20	£2,794.87
52	Meals	05-Jan-24	Debit	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	£0.00	-£2.40	£2,792.47
53	Trans/Fuel	05-Jan-24	Debit	Fin: SHELL HARROW,103 PINNER ROAD,HARROW	£0.00	-£15.01	£2,777.46
54	IT/Web	06-Jan-24	Debit	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS	£0.00	-£15.59	£2,761.87
55	Storage	06-Jan-24	Debit	Fin: UK021 Harrow,3 Headstone Lane,Harro	£0.00	-£416.00	£2,345.87
56	Parking	06-Jan-24	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£2.50	£2,343.37
57	Donations	07-Jan-24	Credit	ANDREW GABRIEL SAMUELS Just Giving	£95.85	£0.00	£2,439.22
58	Storage	07-Jan-24	Credit	ANDREW GABRIEL SAMUELS Storage	£108.00	£0.00	£2,547.22
59	Meals	08-Jan-24	Debit	Fin: C?te Ealing,9-10 The Green,London	£0.00	-£75.96	£2,471.26

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60	Parking	08-Jan-24	Debit	Fin: EALING BROADWAY CENTRE,EALING,EALIN	£0.00	-£3.00	£2,468.26
61	Trans/Fuel	08-Jan-24	Debit	Fin: BP BLACKBIRD HILL F/ST,4-14 B,LONDO	£0.00	-£20.01	£2,448.25
62	Telecoms	09-Jan-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£2,438.25
63	Water	09-Jan-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£3.00	£2,435.25
64	Water	09-Jan-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£3.00	£2,432.25
65	Storage	10-Jan-24	Debit	Fin: Shurgard UK Ltd,Ground,Weybridge, S	£0.00	-£20.00	£2,412.25
66	Meals	10-Jan-24	Debit	Fin: MCDONALDS 1005,South Harrow D,HARRO	£0.00	-£11.78	£2,400.47
67	Healthcare	12-Jan-24	Debit	DD:CLUBWISE SOFTWARE LI 1EFI17940	£0.00	-£39.99	£2,360.48
68	Parking	12-Jan-24	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£2.50	£2,357.98
69	Trans/Fuel	13-Jan-24	Debit	Fin: SHELL HARROW,103 PINNER ROAD,HARROW	£0.00	-£25.07	£2,332.91
70	FUNDING	15-Jan-24	Credit	PMC PATIENTS ASC INVOICE1079 AUG-NO	£480.00	£0.00	£2,812.91
71	Roxy	15-Jan-24	Debit	Fin: PETS AT HOME LTD,WESTWAY C,GREENFOR	£0.00	-£35.91	£2,777.00
72	Roxy	15-Jan-24	Debit	Fin: PETS AT HOME LTD,WESTWAY C,GREENFOR	£0.00	-£10.00	£2,767.00
73	Telecoms	15-Jan-24	Debit	Fin: CEX LTD,STERLING HOUSE,WALTHAMSTOW	£0.00	-£197.95	£2,569.05
74	Meals	16-Jan-24	Debit	Fin: Cosmo Reading,35-38 FRIAR ST,READIN	£0.00	-£41.18	£2,527.87
75	Water	16-Jan-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£6.00	£2,521.87
76	Trans/Fuel	16-Jan-24	Debit	Fin: MFG PINNER,HIGH ROAD,PINNER	£0.00	-£20.00	£2,501.87
77	Parking	16-Jan-24	Debit	Fin: APCOA -READING STATION,READING	£0.00	-£12.00	£2,489.87
78	Sundries	18-Jan-24	Debit	Fin: SAINSBURYS S/MKTS,SOUTH RUISLIP	£0.00	-£15.02	£2,474.85
79	FUNDING	19-Jan-24	Credit	BANK HARROW COUNCIL 100020****4276	£544.32	£0.00	£3,019.17
80	Meals	19-Jan-24	Debit	Fin: PRET A MANGER,64 CANNO,64 CANNON ST	£0.00	-£6.74	£3,012.43
81	Parking	19-Jan-24	Debit	Fin: EALING BROADWAY CENTRE,EALING,EALIN	£0.00	-£5.00	£3,007.43
82	IT/Web	20-Jan-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£9.60	£2,997.83
83	Meals	20-Jan-24	Debit	Fin: CAFFE NERO - EALING TO,51 NEW,LONDO	£0.00	-£3.05	£2,994.78
84	Trans/Fuel	20-Jan-24	Debit	Fin: SHELL PINNER 269,21 PINNER GR,PINNE	£0.00	-£25.01	£2,969.77
85	Parking	20-Jan-24	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£3.30	£2,966.47
86	Parking	20-Jan-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£2.40	£2,964.07
87	Stationery	22-Jan-24	Debit	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	£0.00	-£7.99	£2,956.08
88	Books	24-Jan-24	Debit	Fin: AMZNMktplace,1 Principa,amazon.co.u	£0.00	-£178.93	£2,777.15
89	Insurance	25-Jan-24	Debit	DD:Insurance Factory Lt 000000*****0888	£0.00	-£42.40	£2,734.75
90	IT/Web	25-Jan-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£45.54	£2,689.21
91	IT/Web	25-Jan-24	Debit	Fin: GOOGLE *Google Play Ap,650-253-0000	£0.00	-£1.59	£2,687.62

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92	Parking	26-Jan-24	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£2.50	£2,685.12
93	Trans/Fuel	29-Jan-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.17	£2,659.95
94	IT/Web	31-Jan-24	Debit	Fin: AMZNMKTPLACE,1 PRINCIPAL PLC,,LONDO (Wireless Router)	£0.00	-£71.99	£2,587.96
95	Meals	31-Jan-24	Debit	Fin: THE GEORGE,234 CHURCH,LONDON NW9	£0.00	-£9.00	£2,578.96
96	Car/Maint	01-Feb-24	Debit	DD:Driver & Vehicle Lic 000000*****7114	£0.00	-£31.93	£2,547.03
97	Healthcare	01-Feb-24	Debit	DD:SPORTS & LEISURE MAN SLM98006990	£0.00	-£29.99	£2,517.04
98	IT/Web	02-Feb-24	Debit	Fin: PADDLE.NET*INSTATEXT,JUDD HOU,Londo	£0.00	-£21.99	£2,495.05
99	Trans/Fuel	03-Feb-24	Debit	Fin: SHELL HARROW,103 PINNER ROAD,HARROW	£0.00	-£25.02	£2,470.03
100	Rental	04-Feb-24	Debit	Nth Harrow Methodist Chur 12024 94	£0.00	-£120.00	£2,350.03
101	Telecoms	05-Feb-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£2,340.03
102	FUNDING	05-Feb-24	Credit	ANDREW GABRIEL SAMUELS PINN	£180.00	£0.00	£2,520.03
103	FUNDING	05-Feb-24	Debit	PMCPA Mobility Class	£0.00	-£180.00	£2,340.03
104	IT/Web	06-Feb-24	Debit	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS	£0.00	-£15.59	£2,324.44
105	Water	06-Feb-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£6.00	£2,318.44
106	FUNDING	07-Feb-24	Credit	BANK HARROW COUNCIL 100020****6997	£1,005.48	£0.00	£3,323.92
107	Trans/Fuel	07-Feb-24	Debit	Fin: WM Morrison Petrol OPT,QUEENSBURY	£0.00	-£15.00	£3,308.92
108	Storage	07-Feb-24	Credit	ANDREW GABRIEL SAMUELS Shurgard Cost	£220.00	£0.00	£3,528.92
109	Telecoms	09-Feb-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£3,518.92
110	Meals	09-Feb-24	Debit	Fin: PRET A MANGER,1 FINSBU,2/3 WHITECRO	£0.00	-£17.29	£3,501.63
111	Parking	09-Feb-24	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£5.50	£3,496.13
112	Stationery	09-Feb-24	Debit	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	£0.00	-£5.48	£3,490.65
113	Storage	10-Feb-24	Debit	Fin: Shurgard UK Ltd,Ground,Weybridge, S	£0.00	-£211.00	£3,279.65
114	Trans/Fuel	10-Feb-24	Debit	Fin: SHELL PINNER 269,21 PINNER GR,PINNE	£0.00	-£25.01	£3,254.64
115	Healthcare	12-Feb-24	Debit	DD:CLUBWISE SOFTWARE LI 1EFI17940	£0.00	-£39.99	£3,214.65
116	Car/Maint	12-Feb-24	Debit	Fin: WWW.METPARKING.COM,PO BOX 641,LONDO	£0.00	-£60.00	£3,154.65
117	Water	13-Feb-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£6.00	£3,148.65
118	FUNDING	14-Feb-24	Credit	BANK HARROW COUNCIL 100020****7985	£1,111.63	£0.00	£4,260.28
119	Meals	14-Feb-24	Debit	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO	£0.00	-£20.18	£4,240.10
120	MEals	15-Feb-24	Debit	Fin: ANCONA - HA1 2TA,309 Station ,Harro	£0.00	-£6.70	£4,233.40
121	Trans/Fuel	15-Feb-24	Debit	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOO	£0.00	-£22.38	£4,211.02
122	Parking	15-Feb-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£1.70	£4,209.32
123	FUNDING	15-Feb-24	Credit	ANDREW GABRIEL SAMUELS HLC	£350.00	£0.00	£4,559.32

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124	Meals	19-Feb-24	Debit	Fin: PYD*Pho Ealing,n/a,London	£0.00	-£75.94	£4,483.38
125	IT/Web	20-Feb-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£9.60	£4,473.78
126	Trans/Fuel	20-Feb-24	Debit	Fin: BP BESSBOROUGH CONNECT,HARROW MIDDL	£0.00	-£25.08	£4,448.70
127	Trans/Fuel	20-Feb-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.04	£4,423.66
128	IT/Web	24-Feb-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£45.54	£4,378.12
129	Insurance	26-Feb-24	Debit	DD:Insurance Factory Lt 000000*****0888	£0.00	-£42.40	£4,335.72
130	IT/Web	26-Feb-24	Debit	Fin: GOOGLE *Google Play Ap,650-253-0000	£0.00	-£1.59	£4,334.13
131	Rental	01-Mar-24	Debit	Nth Harrow Methodist Chur 22024 94	£0.00	-£40.00	£4,294.13
132	Healthcare	01-Mar-24	Debit	DD:SPORTS & LEISURE MAN SLM98006990	£0.00	-£29.99	£4,264.14
133	Car/Maint	01-Mar-24	Debit	DD:Driver & Vehicle Lic 000000*****7114	£0.00	-£31.93	£4,232.21
134	IT/Web	02-Mar-24	Debit	Fin: PADDLE.NET*INSTATEXT,JUDD HOU,Londo	£0.00	-£21.99	£4,210.22
135	Telecoms	05-Mar-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£4,642.23
136	IT/Web	06-Mar-24	Debit	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS	£0.00	-£15.59	£4,184.63
137	Storage	07-Mar-24	Credit	ANDREW GABRIEL SAMUELS Shurgard	£108.00	£0.00	£4,292.63
138	IT/Web	08-Mar-24	Debit	Fin: AMAZON* 204-4306556-92,1 Prin,LONDO	£0.00	-£29.83	£4,262.80
139	Telecoms	09-Mar-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£4,252.80
140	Trans/Fuel	09-Mar-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.01	£4,227.79
141	Storage	11-Mar-24	Debit	Fin: Shurgard UK Ltd,Ground,Weybridge, S	£0.00	-£257.32	£3,970.47
142	Healthcare	12-Mar-24	Debit	DD:CLUBWISE SOFTWARE LI 1EFI17940	£0.00	-£39.99	£3,930.48
143	Water	12-Mar-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£7.00	£3,923.48
144	Meals	14-Mar-24	Debit	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO	£0.00	-£15.49	£3,907.99
145	Meals	14-Mar-24	Debit	Fin: Prezzo Harrow,26 St. Georges ,Harro	£0.00	-£56.35	£3,851.64
146	IT/Web	15-Mar-24	Debit	Fin: SumUp *SOMETHINGS BRE,44-46 ,Pinne	£0.00	-£5.25	£3,846.39
147	IT/Web	15-Mar-24	Debit	Fin: WWW.ICO.ORG.UK,WYCLIFFE ,0303123111	£0.00	-£40.00	£3,806.39
148	Parking	15-Mar-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£1.40	£3,804.99
149	Parking	15-Mar-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£1.30	£3,803.69
150	Trans/Fuel	16-Mar-24	Debit	Fin: BP HILLINGDON CONVENIE,HILLINGDON M	£0.00	-£25.02	£3,778.67
151	Stationery	18-Mar-24	Debit	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	£0.00	-£10.97	£3,767.70
152	Insurance	18-Mar-24	Debit	Fin: ZURICH INSURANCE,Drayton ,CHICHESTE	£0.00	-£462.86	£3,304.84
153	Water	18-Mar-24	Debit	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO	£0.00	-£3.00	£3,301.84
154	Water	19-Mar-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£7.00	£3,294.84
155	FUNDING	20-Mar-24	Credit	ANDREW GABRIEL SAMUELS AGSamuelsPINN	£182.50	£0.00	£3,477.34

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156	FUNDING	20-Mar-24	Credit	ANDREW GABRIEL SAMUELS AGSamuelsNHMC	£150.00	£0.00	£3,627.34
157	IT/Web	20-Mar-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£9.60	£3,617.74
158	FUNDING	20-Mar-24	Debit	PMCPA Mobility Class	£0.00	-£182.50	£3,435.24
159	Consultancy	20-Mar-24	Debit	Mr A G Samuels Translator ch5 6	£0.00	-£50.00	£3,385.24
160	Meals	21-Mar-24	Debit	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO	£0.00	-£13.34	£3,371.90
161	Meals	21-Mar-24	Debit	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO	£0.00	-£3.50	£3,368.40
162	Trans/Fuel	21-Mar-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.02	£3,343.38
163	Sundries	21-Mar-24	Debit	Fin: LONDON BOROUGH OF HILL,HATFIELD	£0.00	-£3.14	£3,340.24
164	FUNDING	22-Mar-24	Credit	BANK HARROW COUNCIL 100020****4437	£1,348.04	£0.00	£4,688.28
165	Insurance	25-Mar-24	Debit	DD:Insurance Factory Lt 000000*****0888	£0.00	-£42.40	£4,645.88
166	Roxy	25-Mar-24	Debit	Fin: PETS AT HOME LTD,WESTWAY C,GREENFOR	£0.00	-£10.00	£4,635.88
167	IT/Web	25-Mar-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£45.54	£4,590.34
168	IT/Web	25-Mar-24	Debit	Fin: Amazon.co.uk*I057Q6LW5,AMAZON.CO.UK	£0.00	-£72.56	£4,517.78
169	IT/Web	25-Mar-24	Debit	Fin: GOOGLE *Google Play Ap,650-253-0000	£0.00	-£1.59	£4,516.19
170	Sundries	25-Mar-24	Debit	Fin: GIFT ENVY,VILLAGE FARM,07513433408 (Roxy Toy)	£0.00	-£35.98	£4,480.21
171	Meals	27-Mar-24	Debit	Fin: C?te Ealing,9-10 The Green,London	£0.00	-£62.48	£4,404.51
172	Meals	27-Mar-24	Debit	Fin: WAITROSE 219,140 NORTH0,SOUTH HARRO	£0.00	-£20.15	£4,384.36
173	Trans/Fuel	27-Mar-24	Debit	Fin: SHELL PINNER 269,21 PINNER GR,PINNE	£0.00	-£25.00	£4,359.36
174	Sundries	28-Mar-24	Debit	Fin: MSI HARDWARE,Joel Street,NORTHWOOD	£0.00	-£3.00	£4,356.36
175	Water	28-Mar-24	Debit	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO	£0.00	-£5.99	£4,350.37
176	Trans/Fuel	29-Mar-24	Debit	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD	£0.00	-£9.80	£4,340.57
177	AS Owed	31-Mar-24	Debit	Mr A G Samuels Owed	£0.00	-£150.00	£4,200.07
178	Trans/Fuel	01-Apr-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.04	£4,165.53
179	AS Owed	01-Apr-24	Debit	Mr A G Samuels Owed	£0.00	-£50.00	£4,115.53
180	Car/Maint	02-Apr-24	Debit	DD:Driver & Vehicle Lic 000000*****7114	£0.00	-£31.93	£4,083.60
181	Healthcare	02-Apr-24	Debit	DD:SPORTS & LEISURE MAN SLM98006990	£0.00	-£29.99	£4,053.61
182	Trans/Fuel	02-Apr-24	Debit	BPDebitFee 31-03-24 196977027	£0.00	-£0.30	£4,053.31
183	Water	03-Apr-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£3.50	£4,049.81
184	Meals	03-Apr-24	Debit	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO	£0.00	-£16.04	£4,033.77
185	Water	04-Apr-24	Debit	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO	£0.00	-£2.50	£4,031.27
186	Telecoms	05-Apr-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£4,021.27
187	Water	08-Apr-24	Debit	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO	£0.00	-£7.00	£4,014.27

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188	Trans/Fuel	08-Apr-24	Debit	Fin: SHELL HARROW,103 PINNER ROAD,HARROW	£0.00	-£25.01	£3,989.26
189	Stationery	08-Apr-24	Debit	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	£0.00	-£59.99	£3,929.27
190	IT/Web	08-Apr-24	Debit	Fin: CARE CHECK LTD,1ST FLOOR ORC,EVESHA	£0.00	-£50.00	£3,879.27
191	Telecoms	09-Apr-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£3,869.27
192	Telecoms	10-Apr-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£35.00	£3,834.27
193	Meals	10-Apr-24	Debit	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO	£0.00	-£14.39	£3,819.88
194	Sundries	11-Apr-24	Debit	Fin: B&M 817 HARROW,MSU2,HARROW	£0.00	-£13.50	£3,806.38
195	Water	11-Apr-24	Debit	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO	£0.00	-£2.30	£3,804.08
196	FUNDING	12-Apr-24	Credit	PMC PATIENTS ASC INVOICE1088 MOBILI	£240.00	£0.00	£4,044.08
197	Healthcare	12-Apr-24	Debit	DD:CLUBWISE SOFTWARE LI 1EFI17940	£0.00	-£39.99	£4,004.09
198	Meals	12-Apr-24	Debit	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	£0.00	-£16.00	£3,988.09
199	Car/Maint	15-Apr-24	Debit	Fin: EURO CAR PARTS P,UNIT 8 CR,115HARRO	£0.00	-£12.70	£3,975.39
200	Car/Maint	15-Apr-24	Debit	Fin: EURO CAR PARTS P,UNIT 8 CR,115HARRO	£0.00	-£94.95	£3,880.44
201	Parking	15-Apr-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£1.70	£3,878.74
202	Water	16-Apr-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£7.00	£3,871.74
203	IT/Web	17-Apr-24	Debit	Fin: GOOGLE *Google Play Ap,g.co/helppay	£0.00	-£2.49	£3,869.25
204	Meals	17-Apr-24	Debit	Fin: WM MORRISONS STORE,299 UXBRID,PINNE	£0.00	-£19.40	£3,849.85
205	Car/Maint	19-Apr-24	Debit	Fin: EURO CAR PARTS,Danny Mors,TAMWORTH	£0.00	-£28.49	£3,821.36
206	IT/Web	20-Apr-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£9.60	£3,811.76
207	Trans/Fuel	20-Apr-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.02	£3,786.74
208	IT/Web	20-Apr-24	Debit	Fin: CARE CHECK LTD,1ST FLOOR ORC,EVESHA	£0.00	-£50.00	£3,736.74
209	Trans/Fuel	22-Apr-24	Debit	Fin: SHELL & WAITROSE,140 NO,SOUTH HARRO	£0.00	-£9.25	£3,727.49
210	Trans/Fuel	22-Apr-24	Debit	Fin: TESCO PFS 3083,JOEL STREET,NORTHWO	£0.00	-£11.00	£3,716.49
211	Water	23-Apr-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£6.00	£3,710.49
212	FUNDING	25-Apr-24	Credit	BANK HARROW COUNCIL 100020****9606	£704.20	£0.00	£4,414.69
213	Insurance	25-Apr-24	Debit	DD:Insurance Factory Lt 000000*****0888	£0.00	-£42.40	£4,372.29
214	IT/Web	25-Apr-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£45.54	£4,326.75
215	Rental	25-Apr-24	Debit	Nth Harrow Methodist Chur 122023 94	£0.00	-£120.00	£4,206.75
216	Car/Maint	25-Apr-24	Debit	Fin: VS MOTORS,2 Watford,WEMBLEY	£0.00	-£144.00	£4,062.75
217	Rental	25-Apr-24	Debit	Nth Harrow Methodist Chur 32024 94	£0.00	-£120.00	£3,942.75
218	Stationery	25-Apr-24	Debit	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	£0.00	-£2.00	£3,940.75
219	Water	25-Apr-24	Debit	Fin: TESCO STORES 5357,375 UXBRIDG,LONDO	£0.00	-£7.80	£3,932.95

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220	Trans/Fuel	26-Apr-24	Debit	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD	£0.00	-£11.00	£3,921.95
221	IT/Web	27-Apr-24	Debit	Fin: CEX LTD,STERLING HOUSE,WALTHAMSTOW	£0.00	-£533.90	£3,366.05
222	Trans/Fuel	29-Apr-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.00	£3,341.05
223	IT/Web	30-Apr-24	Debit	Fin: AMAZON* 204-0462643-44,1 Prin,LONDO (Projector)	£0.00	-£103.99	£3,259.06
224	Meals	01-May-24	Debit	Fin: Silver Grill Caf?,4 Barbers W,Pinne	£0.00	-£14.00	£3,245.06
225	Healthcare	01-May-24	Debit	DD:SPORTS & LEISURE MAN SLM98006990	£0.00	-£29.99	£3,215.07
226	Car/Maint	01-May-24	Debit	DD:Driver & Vehicle Lic 000000*****7114	£0.00	-£33.77	£3,181.30
227	Telecoms	06-May-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£3,171.30
228	Trans/Fuel	06-May-24	Debit	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD	£0.00	-£25.04	£3,146.26
229	IT/Web	07-May-24	Debit	Fin: AMAZON* 204-9416319-73,1 Prin,LONDO	£0.00	-£69.35	£3,076.91
230	Meals	08-May-24	Debit	Fin: WM MORRISONS STORE,299 UXBRID,PINNE	£0.00	-£20.35	£3,056.56
231	Water	08-May-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£3.50	£3,053.06
232	Telecoms	09-May-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£35.00	£3,018.06
233	Telecoms	09-May-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£3,008.06
234	Trans/Fuel	09-May-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£18.00	£2,990.06
235	Trans/Fuel	10-May-24	Debit	Fin: BP BLACKBIRD HILL F/ST,4-14 B,LONDO	£0.00	-£12.65	£2,977.41
236	Meals	10-May-24	Debit	Fin: WM MORRISONS STORE,299 UXBRID,PINNE	£0.00	-£19.90	£2,957.51
237	Parking	10-May-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£2.60	£2,954.91
238	Parking	11-May-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£1.30	£2,953.61
239	Healthcare	13-May-24	Debit	DD:CLUBWISE SOFTWARE LI 1EFI17940	£0.00	-£39.99	£2,913.62
240	Parking	13-May-24	Debit	Fin: RINGGO PARKING,MAPLEWOOD,MAIDSTONE	£0.00	-£1.75	£2,911.87
241	Trans/Fuel	13-May-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.00	£2,886.87
242	Water	14-May-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£6.00	£2,880.87
243	FUNDING	15-May-24	Credit	BANK HARROW COUNCIL 100020****2112	£667.98	£0.00	£3,548.85
244	Meals	15-May-24	Debit	Fin: WM MORRISONS STORE,299 UXBRID,PINNE	£0.00	-£19.40	£3,529.45
245	IT/Web	15-May-24	Debit	Fin: AMAZON* 204-6376721-18,1 Prin,LONDO	£0.00	-£25.98	£3,503.47
246	Meals	16-May-24	Debit	Fin: Esquires Coffee,2 Love Lane,Pinner	£0.00	-£3.50	£3,499.97
247	Parking	16-May-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£1.30	£3,498.67
248	Meals	16-May-24	Debit	Fin: Pasta Remoli Ealing Br,Unit 6,Londo	£0.00	-£55.91	£3,442.76
249	Trans/Fuel	17-May-24	Debit	Fin: BP CHALFONTS WAY S/STN,AMERSHAM BUC	£0.00	-£20.00	£3,422.76
250	IT/Web	17-May-24	Debit	Fin: SumUp *SOMETHINGS BRE,44-46 ,Pinne	£0.00	-£7.15	£3,415.61
251	IT/Web	17-May-24	Debit	Fin: SumUp *SOMETHINGS BRE,44-46 ,Pinne	£0.00	-£2.90	£3,412.71

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252	Sundries	17-May-24	Debit	Fin: B&M 817 HARROW,MSU2,HARROW	£0.00	-£3.00	£3,409.71
253	Parking	17-May-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£1.40	£3,408.31
254	Parking	17-May-24	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£4.40	£3,403.91
255	Parking	18-May-24	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£4.40	£3,399.51
256	Uniforms	20-May-24	Debit	Fin: TK MAXX,UNIT 9 DALTON WAY,WATFORD	£0.00	-£45.19	£3,354.32
257	Trans/Fuel	20-May-24	Debit	Fin: SHELL CHORLYWD 116,CHORLEYWOOD	£0.00	-£25.00	£3,329.32
258	IT/Web	20-May-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£9.60	£3,319.72
259	Water	21-May-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£6.00	£3,306.72
260	Meals	22-May-24	Debit	Fin: CAFFE NERO 211 PINNER,1 LOVE,PINNE	£0.00	-£2.95	£3,310.77
261	IT/Web	22-May-24	Debit	Fin: GOOGLE *Google Storage,650-253-0000	£0.00	-£2.49	£3,308.28
262	Meals	22-May-24	Debit	Fin: WM MORRISONS STORE,299 UXBRID,PINNE	£0.00	-£16.00	£3,292.28
263	IT/Web	25-May-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£45.54	£3,246.74
264	Trans/Fuel	27-May-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.01	£3,221.73
265	Car/Maint	27-May-24	Debit	Fin: HALFORDS 0996,UNIT 4 V,SOUTH RUISLI	£0.00	-£17.49	£3,204.24
266	Insurance	28-May-24	Debit	DD:Insurance Factory Lt 000000*****0888	£0.00	-£42.40	£3,161.84
267	Roxy	28-May-24	Debit	Fin: PETS AT HOME LTD,UNIT B,RUISLIP	£0.00	-£13.49	£3,148.35
268	Water	29-May-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£4.10	£3,144.25
269	Water	30-May-24	Debit	Fin: TESCO STORES 3335,62 HIGH S,UXBRIDG	£0.00	-£4.10	£3,140.15
270	Sundries	30-May-24	Debit	Fin: LONDON BOROUGH OF HILL,HATFIELD	£0.00	-£3.24	£3,136.91
271	AS Owed	30-May-24	Debit	Mr A G Samuels Owed4Translation	£0.00	-£50.00	£3,086.91
272	Rental	31-May-24	Debit	Nth Harrow Methodist Chur 42024 94	£0.00	-£200.00	£2,886.91
273	IT/Web	31-May-24	Debit	Fin: SumUp *Park caffe,Harrow rec,Harro	£0.00	-£6.50	£2,880.41
274	Roxy	31-May-24	Debit	Fin: PETS AT HOME LTD,UNIT B,RUISLIP	£0.00	-£4.00	£2,876.41
275	Car/Maint	03-Jun-24	Debit	DD:Driver & Vehicle Lic 0000000000397114	£0.00	-£33.68	£2,842.73
276	Trans/Fuel	03-Jun-24	Debit	Fin: BP CHALFONTS WAY S/STN,AMERSHAM BUC	£0.00	-£25.06	£2,817.67
277	Healthcare	03-Jun-24	Debit	DD:SPORTS & LEISURE MAN SLM98006990	£0.00	-£29.99	£2,787.68
278	Water	04-Jun-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£6.80	£2,780.88
279	Telecoms	05-Jun-24	Debit	Fin: giffgaff,Vine Street 11,London,GBR	£0.00	-£10.00	£2,770.88
280	Meals	05-Jun-24	Debit	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	£0.00	-£16.90	£2,753.98
281	Donations	06-Jun-24	Credit	ANDREW GABRIEL SAMUELS NHMCDonations	£81.00	£0.00	£2,834.98
282	FUNDING	10-Jun-24	Credit	BANK HARROW COUNCIL 10002008195805	£333.99	£0.00	£3,168.97
283	Telecoms	10-Jun-24	Debit	Fin: giffgaff,Vine Street 11,London,GBR	£0.00	-£10.00	£3,158.97

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284	Trans/Fuel	10-Jun-24	Debit	Fin: BP CHALFONTS WAY S/STN,AMERSHAM BUC	£0.00	-£25.02	£3,133.95
285	Water	11-Jun-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£4.70	£3,129.25
286	Healthcare	12-Jun-24	Debit	DD:CLUBWISE SOFTWARE LI 1EFI17940	£0.00	-£39.99	£3,089.26
287	Insurance	17-Jun-24	Debit	Fin: ZURICH INSURANCE ,CHICHESTER	£0.00	-£100.28	£2,975.48
288	Car/Maint	17-Jun-24	Debit	Mr A G Samuels JCCarDamage	£0.00	-£120.00	£2,855.48
289	Water	18-Jun-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£4.70	£2,864.28
290	Trans/Fuel	18-Jun-24	Debit	Fin: MFG TEN PIN,STATION ROAD,HARROW,GBR	£0.00	-£25.06	£2,839.22
291	Car/Maint	19-Jun-24	Debit	Fin: Costco Wholesale #102,HARTSP,WATFOR	£0.00	-£374.35	£2,464.87
292	IT/Web	20-Jun-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£9.60	£2,455.27
293	Sundries	20-Jun-24	Debit	Fin: AMAZON* 204-0826488-82,1 Prin,LONDO	£0.00	-£58.65	£2,396.62
294	IT/Web	22-Jun-24	Debit	Fin: GOOGLE *Google Storage,,650-253-000	£0.00	-£2.49	£2,394.13
295	IT/Web	22-Jun-24	Debit	Fin: WH Smith Harrow,St Ann s Shop,Harro	£0.00	-£31.88	£2,362.25
296	Stationery	22-Jun-24	Debit	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	£0.00	-£59.99	£2,302.26
297	Trans/Fuel	24-Jun-24	Debit	Fin: BP CHALFONTS WAY S/STN,AMERSHAM BUC	£0.00	-£25.00	£2,277.26
298	Insurance	25-Jun-24	Debit	DD:Insurance Factory Lt 0000000002430888	£0.00	-£42.40	£2,234.86
299	IT/Web	25-Jun-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£45.54	£2,189.32
300	Water	26-Jun-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£4.70	£2,184.62
301	Meals	26-Jun-24	Debit	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	£0.00	-£8.00	£2,176.62
302	Sundries	29-Jun-24	Debit	Fin: POST OFFICE COUNTER,71 RYE,NORTHWOO	£0.00	-£2.90	£2,173.72
303	Healthcare	01-Jul-24	Debit	DD:SPORTS & LEISURE MAN SLM98006990	£0.00	-£55.99	£2,117.73
304	Sundries	01-Jul-24	Debit	Fin: WWW.DIGITALPRINTING.CO,440289022211	£0.00	-£28.74	£2,088.99
305	Car/Maint	01-Jul-24	Debit	DD:Driver & Vehicle Lic 0000000000397114	£0.00	-£33.68	£2,055.31
306	Water	02-Jul-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£8.20	£2,047.11
307	Meals	03-Jul-24	Debit	Fin: CAFFE NERO 211 PINNER,1 LOVE,PINNE	£0.00	-£2.95	£2,044.16
308	Car/Maint	03-Jul-24	Debit	Fin: EURO CAR PARTS P,UNIT 8 CR,115HARRO	£0.00	-£80.98	£1,963.18
309	Meals	03-Jul-24	Debit	Fin: WM MORRISONS STORE,299 UXBRID,PINNE	£0.00	-£14.25	£1,948.93
310	FUNDING	03-Jul-24	Credit	ANDREW GABRIEL SAMUELS PINN	£165.00	£0.00	£2,113.93
311	Training	05-Jul-24	Debit	Mr A G Samuels CoachingIncome	£0.00	-£900.00	£1,213.93
312	Telecoms	05-Jul-24	Debit	Fin: giffgaff,Vine Street 11,London,GBR	£0.00	-£10.00	£1,203.93
313	Trans/Fuel	05-Jul-24	Debit	Fin: TESCO PFS 3153,38-42 NORTH H,S HAYE	£0.00	-£30.27	£1,173.66
314	IT/Web	05-Jul-24	Debit	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS	£0.00	-£15.59	£1,158.07
315	Telecoms	09-Jul-24	Debit	Fin: giffgaff,Vine Street 11,London,GBR	£0.00	-£10.00	£1,148.07

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316	Water	09-Jul-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£4.70	£1,143.37
317	Car/Maint	10-Jul-24	Debit	DD:AUTOMOBILE ASSOC DEV 6356011546876247	£0.00	-£86.28	£1,057.09
318	Sundries	11-Jul-24	Debit	Fin: NATIONAL FEDERATION OF,SIR,BLACKPOO (FSB)	£0.00	-£10.00	£1,047.09
319	Healthcare	12-Jul-24	Debit	DD:CLUBWISE SOFTWARE LI 1EFI17940	£0.00	-£39.99	£1,007.10
320	Trans/Fuel	13-Jul-24	Debit	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOO	£0.00	-£25.02	£982.08
321	FUNDING	13-Jul-24	Credit	INDIAN ASS-HARROW Exercises11/7/2024	£35.00	£0.00	£1,017.08
322	Water	16-Jul-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£4.70	£1,012.38
323	IT/Web	20-Jul-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£9.60	£1,002.78
324	Parking	20-Jul-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£1.30	£1,001.48
325	Parking	20-Jul-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£1.30	£1,000.18
326	Parking	20-Jul-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£1.30	£998.88
327	Trans/Fuel	22-Jul-24	Debit	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOO	£0.00	-£6.58	£992.30
328	Trans/Fuel	22-Jul-24	Debit	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOO	£0.00	-£25.05	£967.25
329	IT/Web	22-Jul-24	Debit	Fin: GOOGLE *Google One,Belg,650-253-000	£0.00	-£2.49	£964.76
330	Water	23-Jul-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£4.70	£960.06
331	Meals	24-Jul-24	Debit	Fin: WM MORRISONS STORE,299 UXBRID,PINNE	£0.00	-£12.00	£948.06
332	Insurance	25-Jul-24	Debit	DD:Insurance Factory Lt 0000000002430888	£0.00	-£42.40	£905.66
333	IT/Web	25-Jul-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£45.54	£860.12
334	Meals	25-Jul-24	Debit	Fin: The Dolls House,44 HIGH STREE,Harro	£0.00	-£16.00	£844.12
335	Trans/Fuel	29-Jul-24	Debit	Fin: TESCO PAY AT PUMP 2456,CANO,EDGEWAR	£0.00	-£25.02	£819.10
336	FUNDING	30-Jul-24	Credit	PMC PATIENTS ASC INVOICE1093MOBILI	£301.50	£0.00	£1,120.60
337	Water	31-Jul-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£4.70	£1,115.90
338	Meals	31-Jul-24	Debit	Fin: WM MORRISONS STORE,299 UXBRID,PINNE	£0.00	-£8.85	£1,107.05
339	Meals	31-Jul-24	Debit	Fin: WM MORRISONS STORE,299 UXBRID,PINNE	£0.00	-£1.89	£1,105.16
340	Car/Maint	01-Aug-24	Debit	DD:Driver & Vehicle Lic 0000000000397114	£0.00	-£33.68	£1,071.48
341	Healthcare	01-Aug-24	Debit	DD:SPORTS & LEISURE MAN SLM98006990	£0.00	-£55.99	£1,015.49
342	Telecoms	05-Aug-24	Debit	Fin: giffgaff,Vine Street 11,London,GBR	£0.00	-£10.00	£1,005.49
343	IT/Web	06-Aug-24	Debit	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS	£0.00	-£15.59	£989.90
344	Water	06-Aug-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£4.70	£985.20
345	Trans/Fuel	07-Aug-24	Debit	Fin: BP HILLINGDON CONVENIE,HILLINGDON M	£0.00	-£25.00	£960.20
346	Meals	07-Aug-24	Debit	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	£0.00	-£4.40	£955.80
347	Meals	07-Aug-24	Debit	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	£0.00	-£6.60	£949.20

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348	Telecoms	09-Aug-24	Debit	Fin: giffgaff,Vine Street 11,London,GBR	£0.00	-£10.00	£939.20
349	Trans/Fuel	10-Aug-24	Debit	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD	£0.00	-£25.05	£914.15
350	Healthcare	12-Aug-24	Debit	DD:CLUBWISE SOFTWARE LI 1EFI17940	£0.00	-£39.99	£874.16
351	Water	14-Aug-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£7.00	£867.16
352	FUNDING	18-Aug-24	Credit	PMC PATIENTS ASC INV1096 JULYX4	£134.00	£0.00	£1,001.16
353	IT/Web	20-Aug-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTER	£0.00	-£27.60	£973.56
354	Water	20-Aug-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£11.10	£962.46
355	Meals	21-Aug-24	Debit	Fin: WM MORRISONS STORE,299 UXBRIDGE,PINNE	£0.00	-£9.25	£953.21
356	IT/Web	22-Aug-24	Debit	Fin: GOOGLE *Google One,Belg,650-253-000	£0.00	-£2.49	£950.72
357	Consultancy	22-Aug-24	Debit	Mr A G Samuels Translator	£0.00	-£50.00	£900.72
358	IT/Web	23-Aug-24	Debit	Fin: SumUp *Park cafe,Harrow rec,Harro	£0.00	-£3.00	£897.72
359	IT/Web	23-Aug-24	Debit	Fin: SumUp *Park cafe,Harrow rec,Harro	£0.00	-£3.50	£894.22
360	IT/Web	23-Aug-24	Debit	Fin: SumUp *Park cafe,Harrow rec,Harro	£0.00	-£1.30	£892.92
361	Trans/Fuel	24-Aug-24	Debit	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD	£0.00	-£25.01	£867.91
362	IT/Web	24-Aug-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTER	£0.00	-£45.54	£822.37
363	Insurance	27-Aug-24	Debit	DD:Insurance Factory Lt 0000000002430888	£0.00	-£42.40	£779.97
364	Meals	28-Aug-24	Debit	Fin: India Rasoi,12 Main Pa,Rickmansworth	£0.00	-£45.79	£734.18
365	Water	28-Aug-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£6.20	£727.98
366	Meals	28-Aug-24	Debit	Fin: WM MORRISONS STORE,299 UXBRIDGE,PINNE	£0.00	-£16.25	£711.73
367	FUNDING	30-Aug-24	Credit	INDIAN ASS-HARROW EXERCISES11/7/2024	£35.00	£0.00	£746.73
368	Rental	30-Aug-24	Debit	Nth Harrow Methodist Chur 52024 94	£0.00	-£160.00	£586.73
369	Trans/Fuel	31-Aug-24	Debit	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD	£0.00	-£25.04	£561.69
370	Roxy	02-Sep-24	Debit	Fin: PETS AT HOME LTD,UNIT B,RUISLIP	£0.00	-£18.39	£543.30
371	Car/Maint	02-Sep-24	Debit	DD:Driver & Vehicle Lic 000000*****7114	£0.00	-£33.68	£509.62
372	Healthcare	02-Sep-24	Debit	DD:SPORTS & LEISURE MAN SLM98006990	£0.00	-£55.99	£453.63
373	Water	03-Sep-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£6.20	£447.43
374	FUNDING	03-Sep-24	Credit	PMC PATIENTS ASC AUG 24 INV1097	£67.00	£0.00	£514.43
375	Meals	04-Sep-24	Debit	Fin: HARROW MUSEUM,171 UXBRIDGE RD,HARRO	£0.00	-£2.90	£511.53
376	Meals	04-Sep-24	Debit	Fin: HARROW MUSEUM,171 UXBRIDGE RD,HARRO	£0.00	-£1.20	£510.33
377	Telecoms	05-Sep-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£500.33
378	Roxy	05-Sep-24	Debit	Fin: GREENFORD(VETS4PETS)LT,GREENFORD	£0.00	-£157.84	£342.49
379	Uniforms	05-Sep-24	Debit	Fin: YAZZOO PERSONALISED,Conduit ,Cannock	£0.00	-£88.09	£254.40

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380	Roxy	06-Sep-24	Debit	DD:GC re Waggel Limited C73BF2G	£0.00	-£30.80	£223.60
381	IT/Web	06-Sep-24	Debit	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS	£0.00	-£15.59	£208.01
382	Parking	06-Sep-24	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£4.40	£203.61
383	Stationery	07-Sep-24	Debit	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	£0.00	-£14.97	£188.64
384	Trans/Fuel	07-Sep-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.01	£163.63
385	Telecoms	09-Sep-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£153.63
				Fin: INVIDEO INNOVATION,3 CHURC,SINGAPOR 50 USD XR			
386	IT/Web	09-Sep-24	Debit	1.312336	£0.00	-£38.10	£115.53
387	Water	10-Sep-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£6.20	£109.33
388	IT/Web	10-Sep-24	Debit	FORX INVIDEO I 08-09-24 206840232	£0.00	-£1.14	£108.19
389	Parking	11-Sep-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£1.80	£106.39
390	Parking	11-Sep-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£1.80	£104.59
391	Meals	11-Sep-24	Debit	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	£0.00	-£15.15	£89.44
392	Meals	11-Sep-24	Debit	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	£0.00	-£3.50	£85.94
393	AS Loan	11-Sep-24	Credit	ANDREW GABRIEL SAMUELS AGSamuels	£400.00	£0.00	£485.94
394	Healthcare	12-Sep-24	Debit	DD:CLUBWISE SOFTWARE LI 1EFI17940	£0.00	-£39.99	£445.95
395	FUNDING	12-Sep-24	Credit	INDIAN ASS-HARROW Exercise 12/9/25	£35.00	£0.00	£480.95
396	Trans/Fuel	16-Sep-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£19.01	£461.94
397	Trans/Fuel	16-Sep-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£6.75	£455.19
398	FUNDING	16-Sep-24	Credit	ANDREW GABRIEL SAMUELS AGSamuelsHLC	£280.00	£0.00	£735.19
399	Water	17-Sep-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£6.00	£729.19
400	IT/Web	20-Sep-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£27.60	£721.59
401	IT/Web	23-Sep-24	Debit	Fin: GOOGLE *Google One,650-253-0000	£0.00	-£2.49	£699.10
402	Trans/Fuel	23-Sep-24	Debit	Fin: SHELL CHORLYWD 116,CHORLEYWOOD	£0.00	-£25.04	£674.06
403	Water	24-Sep-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£6.00	£668.06
404	FUNDING	24-Sep-24	Credit	ANDREW GABRIEL SAMUELS AGSamuelsPINN	£180.00	£0.00	£848.06
405	Insurance	25-Sep-24	Debit	DD:Insurance Factory Lt 000000*****0888	£0.00	-£42.40	£805.66
406	IT/Web	25-Sep-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£45.54	£760.12
407	Sundries	26-Sep-24	Debit	Fin: AMZNMktplace*TH5J686E4,amazon.co.uk	£0.00	-£19.69	£740.43
408	FUNDING	27-Sep-24	Credit	MIND IN HARROW MIND IN HARROW	£30.00	£0.00	£770.43
409	Books	27-Sep-24	Debit	Fin: Amazon.co.uk*TH88H0734,AMAZON.CO.UK	£0.00	-£12.57	£757.86
410	FUNDING	27-Sep-24	Credit	ANDREW GABRIEL SAMUELS AGSamuelsPINN	£56.00	£0.00	£813.86

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411	Trans/Fuel	28-Sep-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.03	£788.83
412	Car/Maint	01-Oct-24	Debit	DD:Driver & Vehicle Lic 000000*****7114	£0.00	-£33.68	£755.15
413	Telecoms	01-Oct-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£20.00	£735.15
414	Water	01-Oct-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£7.25	£727.90
415	Healthcare	01-Oct-24	Debit	DD:SPORTS & LEISURE MAN SLM98006990	£0.00	-£55.99	£671.91
416	Meals	02-Oct-24	Debit	Fin: WM MORRISONS STORE,299 UXBRID,PINNE	£0.00	-£12.25	£659.66
417	FUNDING	04-Oct-24	Debit	PMCPA Mobility Class	£0.00	-£236.00	£423.66
418	Meals	04-Oct-24	Debit	Fin: COSTA COFFEE 43011204,76-80 S,HARRO	£0.00	-£7.95	£415.71
419	Trans/Fuel	05-Oct-24	Debit	Fin: SHELL HARROW,103 PINNER ROAD,HARROW	£0.00	-£25.09	£390.62
420	Parking	05-Oct-24	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£2.50	£388.12
421	Roxy	07-Oct-24	Debit	DD:ANIMAL HEALTHCARE CO CX001887140	£0.00	-£23.99	£364.13
422	Roxy	07-Oct-24	Debit	DD:GC re Waggel Limited C73BF2G	£0.00	-£30.80	£333.33
423	IT/Web	07-Oct-24	Debit	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS	£0.00	-£15.59	£317.74
424	Water	08-Oct-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£3.60	£314.14
425	Water	08-Oct-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£6.00	£308.14
426	Telecoms	09-Oct-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£298.14
427	FUNDING	10-Oct-24	Credit	PMC PATIENTS ASC INV1102MOBSEPTSESS	£167.50	£0.00	£465.64
428	MKTG	11-Oct-24	Debit	Fin: AMZ*Marketing Svcs,AMS.AMAZON.CO	£0.00	-£3.23	£462.41
429	Parking	11-Oct-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£3.20	£459.21
430	FUNDING	13-Oct-24	Credit	INDIAN ASS-HARROW EXERCISE 10/10/24	£35.00	£0.00	£494.21
431	Healthcare	14-Oct-24	Debit	DD:CLUBWISE SOFTWARE LI 1EFI17940	£0.00	-£39.99	£454.22
432	Books	14-Oct-24	Debit	Fin: Amazon.co.uk*TQ69Y68G4,AMAZON.CO.UK	£0.00	-£48.76	£405.46
433	Trans/Fuel	14-Oct-24	Debit	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD	£0.00	-£25.04	£380.42
434	Donations	17-Oct-24	Credit	ANDREW GABRIEL SAMUELS DeRose Donation	£150.00	£0.00	£530.42
435	Roxy	17-Oct-24	Debit	Fin: ROVER.COM* PET SVCS.,211 Old,RUISLI	£0.00	-£110.40	£420.02
436	IT/Web	21-Oct-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£9.60	£410.42
437	Trans/Fuel	21-Oct-24	Debit	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD	£0.00	-£7.70	£402.72
438	AS Owed	21-Oct-24	Debit	Mr A G Samuels Owed	£0.00	-£60.00	£342.72
439	IT/Web	22-Oct-24	Debit	Fin: GOOGLE *Google One,650-253-0000	£0.00	-£2.49	£340.23
440	Car/Maint	22-Oct-24	Debit	Fin: HALFORDS AUTOCENTRES L,WORCESTERSHI	£0.00	-£123.19	£217.04
441	FUNDING	23-Oct-24	Credit	ANDREW GABRIEL SAMUELS AGSamuelsNHMC	£220.00	£0.00	£437.04
442	Insurance	25-Oct-24	Debit	DD:Insurance Factory Lt 000000*****0888	£0.00	-£42.40	£394.64

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443	Stationery	25-Oct-24	Debit	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	£0.00	-£11.99	£382.65
444	IT/Web	25-Oct-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£45.54	£337.11
445	Meals	25-Oct-24	Debit	Fin: Esquires Coffee,2 Love Lane,Pinner	£0.00	-£7.00	£330.11
446	Parking	25-Oct-24	Debit	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	£0.00	-£1.40	£328.71
447	MKTG	25-Oct-24	Debit	Fin: AMZ*Marketing Svcs,AMS.AMAZON.CO	£0.00	-£61.38	£267.33
448	Trans/Fuel	28-Oct-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£6.75	£260.58
449	Trans/Fuel	28-Oct-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£6.75	£253.83
450	Trans/Fuel	28-Oct-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£12.03	£241.80
451	MKTG	29-Oct-24	Debit	Fin: AMZ*Marketing Svcs,AMS.AMAZON.CO	£0.00	-£30.85	£210.95
452	Telecoms	30-Oct-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£20.00	£190.95
453	Water	30-Oct-24	Debit	Fin: CO OP GROUP FOOD,53-55 THE BR,10605	£0.00	-£7.45	£183.50
454	Rental	31-Oct-24	Debit	Nth Harrow Methodist Chur 92024 94	£0.00	-£100.00	£83.50
455	Sundries	31-Oct-24	Debit	Fin: B&M 817 HARROW,MSU2,HARROW	£0.00	-£11.50	£72.00
456	AS Loan	31-Oct-24	Credit	ANDREW GABRIEL SAMUELS AGS loan	£200.00	£0.00	£272.00
457	AS Owed	01-Nov-24	Debit	Mr A G Samuels Owed	£0.00	-£50.00	£222.00
458	Car/Maint	01-Nov-24	Debit	DD:Driver & Vehicle Lic 000000*****7114	£0.00	-£33.68	£188.32
459	Healthcare	01-Nov-24	Debit	DD:SPORTS & LEISURE MAN SLM98006990	£0.00	-£55.99	£132.33
460	IT/Web	01-Nov-24	Debit	Fin: SumUp *Park caffe,Harrow rec,Harro	£0.00	-£3.50	£128.83
461	IT/Web	01-Nov-24	Debit	Fin: SumUp *Park caffe,Harrow rec,Harro	£0.00	-£3.00	£125.83
462	Parking	01-Nov-24	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£4.40	£121.43
463	MKTG	02-Nov-24	Debit	Fin: AMZ*Marketing Svcs,AMS.AMAZON.CO	£0.00	-£20.77	£100.66
464	Trans/Fuel	04-Nov-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.06	£75.60
465	Trans/Fuel	04-Nov-24	Debit	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD	£0.00	-£7.70	£67.90
466	IT/Web	06-Nov-24	Debit	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS	£0.00	-£15.59	£52.31
467	Donations	06-Nov-24	Credit	ANDREW GABRIEL SAMUELS NHMCandPINN	£405.00	£0.00	£457.31
468	FUNDING	06-Nov-24	Debit	PMCPA Mobility Class	£0.00	-£205.00	£252.31
469	Books	07-Nov-24	Debit	Fin: Amazon.co.uk*TX6J168M4,AMAZON.CO.UK	£0.00	-£38.11	£214.20
470	Meals	08-Nov-24	Debit	Fin: WM MORRISONS STORE,299 UXBRID,PINNE	£0.00	-£4.50	£209.70
471	Meals	08-Nov-24	Debit	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	£0.00	-£4.85	£204.85
472	Car/Maint	08-Nov-24	Debit	Fin: VS MOTORS,2 Watford,WEMBLEY	£0.00	-£54.85	£150.00
473	Telecoms	09-Nov-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£10.00	£140.00
474	Training	11-Nov-24	Debit	Fin: Amazon.co.uk*T18Y370R4,AMAZON.CO.UK	£0.00	-£10.00	£130.00

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475	FUNDING	12-Nov-24	Credit	PMC PATIENTS ASC INVOICE1106MOBOCT	£100.50	£0.00	£230.50
476	Healthcare	12-Nov-24	Debit	DD:CLUBWISE SOFTWARE LI 1EFI17940	£0.00	-£39.99	£190.51
477	Roxy	12-Nov-24	Debit	DD:GC re Waggel Limited C73BF2G	£0.00	-£30.80	£159.71
478	Meals	13-Nov-24	Debit	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO	£0.00	-£9.30	£150.41
479	FUNDING	15-Nov-24	Credit	INDIAN ASS-HARROW EXERCISE 14/11/24	£35.00	£0.00	£185.41
480	Parking	16-Nov-24	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£4.40	£181.01
481	Trans/Fuel	18-Nov-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.02	£155.99
482	Water	19-Nov-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£6.00	£149.99
483	IT/Web	20-Nov-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£9.60	£140.39
484	Roxy	21-Nov-24	Debit	DD:ANIMAL HEALTHCARE CO CX001887140	£0.00	-£23.99	£116.40
485	Car/Maint	21-Nov-24	Credit	ANDREW GABRIEL SAMUELS CarBrakesVN03NTX	£417.16	£0.00	£533.56
486	Car/Maint	21-Nov-24	Credit	ANDREW GABRIEL SAMUELS AGSamuelsVN03NTX	£370.00	£0.00	£903.56
487	Stationery	22-Nov-24	Debit	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	£0.00	-£42.55	£861.01
488	Meals	22-Nov-24	Debit	Fin: COSTA COFFEE 43011204,76-80 S,HARRO	£0.00	-£3.00	£858.01
489	Trans/Fuel	22-Nov-24	Debit	Fin: SHELL PINNER 269,21 PINNER GR,PINNE	£0.00	-£20.00	£838.01
490	Parking	22-Nov-24	Debit	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO	£0.00	-£3.30	£834.71
491	IT/Web	22-Nov-24	Debit	Fin: GOOGLE *Google One,650-253-0000	£0.00	-£2.49	£832.22
492	Car/Maint	22-Nov-24	Debit	Fin: VS MOTORS,2 Watford,WEMBLEY	£0.00	-£396.00	£436.22
493	Car/Maint	22-Nov-24	Debit	Fin: VS MOTORS,2 Watford,WEMBLEY	£0.00	-£417.60	£18.62
494	Car/Maint	22-Nov-24	Credit	Fin: VS MOTORS,2 Watford,WEMBLEY	£417.60	£0.00	£436.22
495	Sundries	23-Nov-24	Debit	Fin: POST OFFICE COUNTER,71 RYE,NORTHWOOD	£0.00	-£3.75	£432.47
496	Insurance	25-Nov-24	Debit	DD:Insurance Factory Lt 000000*****0888	£0.00	-£42.40	£390.07
497	Trans/Fuel	25-Nov-24	Debit	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD	£0.00	-£25.01	£365.06
498	IT/Web	25-Nov-24	Debit	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE	£0.00	-£45.54	£319.52
499	Water	26-Nov-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£6.00	£313.52
500	Water	26-Nov-24	Debit	Fin: TESCO STORES 5922,HARROW PINN,HARRO	£0.00	-£3.60	£309.92
501	Sundries	27-Nov-24	Debit	Fin: HILLINGDON CHAMBER,Studio 5, H,HAYE	£0.00	-£57.00	£252.92
502	Roxy	28-Nov-24	Debit	DD:ANIMAL HEALTHCARE CO 3775779472ROXY	£0.00	-£10.00	£242.92
503	Parking	29-Nov-24	Debit	Fin: The Chimes Shopping Ce,Uxbridge	£0.00	-£3.50	£239.42
504	FUNDING	29-Nov-24	Credit	ANDREW GABRIEL SAMUELS HLC	£315.00	£0.00	£554.42
505	AS Owed	29-Nov-24	Debit	Mr A G Samuels BNI Owed	£0.00	-£20.00	£534.42
506	Telecoms	30-Nov-24	Debit	Fin: giffgaff,Vine Street 11,London	£0.00	-£20.00	£514.42

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507	Trans/Fuel	30-Nov-24	Debit	BPDebitFee 29-11-24 214707338	£0.00	-£0.30	£514.12
508	Trans/Fuel	30-Nov-24	Debit	Fin: ESSO ELSTREE HILL,ELSTREE HIL,LONDO	£0.00	-£25.05	£489.07

-
£13,100.25 £16,226.59

Financial Year 2023-2024 = -£3,126.34 LOSS

MIND ANGELS

England & Wales - Charity number 1176005

Accounts



MIND ANGELS

ANNUAL

STATEMENT

2022-2023

ABSTRACT

This statement details and summarises the charity's activities over the financial period of 2022-2023

Andrew Samuels (Trustee)

Our activities for this financial year are summarised below.

HEADSTONE MANOR PARK

We have continued to support a diverse group over the summer and now we have moved into North Harrow Methodist Church over the winter months. Participants are maintaining good strength in the legs and contribute to the community's positive space. We are very proud of this group which is a model for creating future groups in other locations.

Starting Spring 2023

Every Tuesday @ Headstone Manor Park



Mind Angels
BROTHERS OF BODY, MIND AND SPIRIT
Registered Charity Number: 1176005

Weekly Mobility Classes (10am-11am)

This class will engage your main muscle groups, get your joints moving and blood circulating in the fresh air of the park.

Designed primarily for the over 60's it is open to everyone. This basic class is to improve your general mobility.

30 spaces available! register weekly at mind-angels.com/hmp2023



Weekly Qigong Classes (11am-12)

Stress produces a chemical in your body called cortisol. This negatively affects us mentally and physically. Qi gong is Stress Reduction without the stress of exercise!

The result of this session would be "Homeostatis". Balance in the body and mind. Proven relief from Anxiety or Depression. Lower stress, prevent illness & increase longevity.

Please bring some water!



These gentle, beautiful and flowing movements promote peace and tranquillity to relieve stress, improve fitness and circulation.

Contact: Andrew.Samuels@Mind-Angels.com
(m) 07387 106901

In the spring, with the help of the Friends of Headstone Manor Park, we continue to deliver our mobility and Qigong class in the park. This established following continue to appreciate the many benefits of movement, mindfulness, and social contact. We are maintaining a session size of 30-40 people weekly. This includes regular attendance of the over 90+ inspirational individuals.

As with last year, we did not receive funding as we did in the previous year but minimised on costs delivering outdoors and with support from The Friends of Headstone Manor Park who provided chairs for our mobility sessions. Some participants also bring their own light chairs and we make use of park benches.

This has, without fail, allowed us to share a physical and mental space. It has allowed us a complete delivery of

the charity's purpose, to engage and encourage individuals, groups and communities to improve their physical, mental and spiritual health.

We can say with confidence, we are consistent in our ability to guide clients through a process to deliver the physical, mental and spiritual benefits of our classes.

Unfortunately we also lost "My Syed" from our group who passed away while abroad. To quote from our message to his family, "he was indeed a rare diamond." And deserves a special mention.

HARROW COUNCIL

We have scoped and documented a solution which we can deliver for the health and wellbeing of residents. With feedback and direction from The Department of Education we initiated contact with a view to supporting children's mental health. We have put a proposal to Harrow Council using statistics published in their Joint Strategic Needs Analysis.

This proposal is included below and will be added to the documents submitted with this account summary. Unfortunately, Harrow Council decided not to pursue this. Furthermore, we received feedback from the public health team which has given us direction and allowed us to improve our children's mental health project. Although disappointed, we can move forwards with a greatly improved and enhanced project.



Mind_Angels_Charity
-_Roxy_Project-Scop

“ROXY’S DREAM” (Early Years 3-5yrs)

We are pleased to say our volunteer, Janet Coipel, agreed to design a book for early years (3-5yrs) around the charity's purpose. To increase mental physical and spiritual balance for individuals, groups and communities. This is an independent project which we are happy to promote as it is a demographic Janet is skilled with and we are unable to deliver. We will continue to support Janet who has agreed to volunteer as our Early Years Project Manager.

“ROXY’S SAYS, YOU ARE HERE” (7yrs+)

We have engaged the services of a French translator for the “Roxy Says” workbook to extend the reach of the project.

We have also engaged the services of a Marketing Consultant to assist with our social media activity.

We continue to receive feedback from other sources to improve the workbook and ensure it's goals and outcomes.

PINN MEDICAL CENTRE PATIENTS ASSOCIATION

We have started a new session at the Pinner Methodist Church on behalf of the PINN Medical Centre Patients Association. This is a session which patients at the PINN medical centre are referred to by the social prescriber. The class is specifically for those in need of balance exercises to improve the strength in their legs. Due to the participants having limited mobility, as part of the risk assessment, we must maintain smaller class sizes.

At the time of writing this, the classes are very successful and follow the existing format already delivered for other mobility classes. We do however, incorporate a few shoulder exercises from our QiGong class.

HARROW LEISURE CENTRE

ACTIVE COMMUNITY MONDAYS

Active Community Mondays provides older adults the opportunity to get active and meet new people in a fun, safe environment. The focus is on the social benefits rather than the physical and encourages the development of an active community.

Starts: Monday 14th March

Time: 10:00 – 12:30

Cost: £4.50*
*Changing to £6.70 as of April 2023

To Book: Email harrowinfo@everyoneactive.com
Book in centre or call
020 8901 5980

For further information, please contact
Craig Hughes - craighughes@everyoneactive.com

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Harrow Leisure Centre

We continue to support a number of participants who have engaged at the Harrow Leisure Centre.

NEED TO TALK



We have generated a few months of funding to support our groups and children's projects. The sessions run weekly from September until January 7th.

INCOME/FUNDING APPLICATIONS

Harrow Council: We receive a monthly income for work delivered with Harrow Council.
Community Health Champions and Outreach Application Fund – Failed
Healthy Harrow Engagement Outreach Fund. - Failed

Volunteering/Staff Costs

Again, this year we have been blessed to have wonderful volunteers align with the charity's purposes and who have supported our above activities. Their efforts are priceless in supporting the charity goals.

Thank you to everyone involved!

Mind Angels Annual Report Statement (2022-2023)

2022-2023 ACCOUNTS SUMMARY

<u>Income Summary</u>				<u>Summary</u>			
Item#	Cost	Description				Income	Expenses
17	£763.60	BANK HARROW COUNCIL	10002008114669				
47	£657.80	BANK HARROW COUNCIL	10002008119153	Car/Maint	£	87.49	£ 2,101.12
53	£275.00	ANDREW GABRIEL SAMUELS HLC Inv 1052		Consultancy			£ 150.00
66	£240.00	NEED TO TALK MINDANG INV1057		MKTG			£ 150.00
90	£763.60	BANK HARROW COUNCIL	10002008123756	Donations			£ 59.01
94	£175.00	ANDREW GABRIEL SAMUELS HLC Inv 1045		FUNDING	£	11,949.37	£ 340.00
124	£95.00	ANDREW GABRIEL SAMUELS PINN		Healthcare			£ 869.77
142	£763.60	BANK HARROW COUNCIL	10002008133475	Instructor			£ 1,300.00
145	£240.00	NEED TO TALK MINDANG INV1061		Insurance			£ 915.48
153	£125.00	PMC PATIENTS ASC INVOICE1059 MOBILI		IT/Web			£ 1,289.77
154	£145.88	PMC PATIENTS ASC INVOICE1056 MOBILI		Meals			£ 380.47
209	£275.00	ANDREW GABRIEL SAMUELS AGSamuels (HLC)		Meeting			£ 486.02
235	£660.68	BANK HARROW COUNCIL	10002008140443	AS Owed	£	1,500.00	£ 40.00
263	£2,275.86	BANK HARROW COUNCIL	10002008147326	Parking			£ 145.44
296	£660.68	BANK HARROW COUNCIL	10002008153261	Rental	£	2,818.00	£ 5,480.00
328	£50.00	ANDREW GABRIEL SAMUELS AGSamuels HLC		Roxy			£ 118.58
359	£934.61	BANK HARROW COUNCIL	100020****5620	Social			£ 152.39
365	£150.00	ANDREW GABRIEL SAMUELS AGSamuelsHLC		Stationery			£ 488.66
366	£194.00	ANDREW GABRIEL SAMUELS AGSamuelsPINN		Storage			£ 451.08
406	£275.00	PMC PATIENTS ASC INVOICE1070MOBILI		Sundries			£ 454.30
417	£883.58	BANK HARROW COUNCIL	100020****0660	Telecoms			£ 601.98
464	£1,005.48	BANK HARROW COUNCIL	100020****4968	Trans/Fuel			£ 1,545.93
57+41	-£340.00	PAID BACK TO PMCPA		Uniforms			£ 168.96
	£11,269.37	= Total Income 2022-23		Water			£ 236.04
				Total =	£	16,354.86	£ 17,925.00
				2022-23 Balance (Loss) = -£ 1,570.14			

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DETAILED STATEMENT OF ACCOUNTS

z	CostCODE	Date	Description	Credit	Debit	Balance
			Balance Brought Forward from 2021-22	19444.71	-18123.33	£6,263.41
1	Insurance	01-Dec-22	DD:Driver & Vehicle Lic 0000000000397114		-£28.87	£6,234.54
2	Healthcare	01-Dec-22	DD:SPORTS & LEISURE MAN SLM98006990		-£29.99	£6,204.55
3	Meals	02-Dec-22	Fin: BURGER KING,WILLOW TREE LANE,YEADIN		-£6.98	£6,197.57
4	Water	02-Dec-22	Fin: TESCO STORES 4405,HARROW NATI,HARRO		-£3.90	£6,193.67
5	Sundries	03-Dec-22	Fin: TJPB007ZL-24 AMZN AD,P,AMS.AMAZON.C		-£6.00	£6,187.67
6	Telecoms	03-Dec-22	Fin: giffgaff,Vine Street 11,London,GBR		-£20.00	£6,167.67
7	Trans/Fuel	05-Dec-22	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£24.31	£6,143.36
8	Car/Maint	05-Dec-22	Fin: EURO CAR PARTS ,TAMWORTH		-£70.08	£6,073.28
9	Owed	06-Dec-22	BANK ANDREW GABRIEL SAM AGSamuels	£1,000.00		£7,073.28
10	IT/Web	06-Dec-22	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS		-£14.39	£7,058.89
11	Telecoms	09-Dec-22	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£7,048.89
12	Sundries	09-Dec-22	Fin: AMZNMKTPLACE AMAZON.CO.,,AMAZON.CO.U		-£54.98	£6,993.91
13	IT/Web	10-Dec-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£30.00	£6,963.91
14	Trans/Fuel	10-Dec-22	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£23.69	£6,940.22
15	Uniform	10-Dec-22	Fin: TRESPASS (HARROW),18 ST GEORG,HARRO		-£53.98	£6,886.24
16	Healthcare	12-Dec-22	DD:CLUBWISE SOFTWARE LI EFi17940		-£49.99	£6,836.25
17	FUNDING	13-Dec-22	BANK HARROW COUNCIL 10002008114669	£763.60		£7,599.85
18	IT/Web	17-Dec-22	Fin: ADOBE IL CLOUD TRIAL,4,ADOBE.LY/BIL		-£30.34	£7,569.51
19	Trans/Fuel	17-Dec-22	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£23.27	£7,546.24
20	Insurance	20-Dec-22	DD:TENNYSON INSURANCE L 28201899		-£46.45	£7,499.79
21	IT/Web	20-Dec-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£8.40	£7,491.39
22	Water	20-Dec-22	Fin: TESCO STORES 3030,ASH HALL DR,PINNE		-£7.35	£7,484.04
23	Rental	23-Dec-22	Nth Harrow Methodist Chur 112022 94		-£225.00	£7,259.04
24	Stationery	24-Dec-22	Fin: MINUTEMAN PRESS WATFOR,MINUT,WATFOR		-£31.20	£7,227.84
25	IT/Web	26-Dec-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£14.40	£7,213.44
26	Storage	26-Dec-22	Fin: GOOGLE *Google Storage,,650-253-000		-£1.59	£7,211.85
27	Trans/Fuel	26-Dec-22	Fin: SHELL PINNER 269,21 PINNER GR,PINNE		-£23.55	£7,188.30
28	Rental	28-Dec-22	Watford Lettings Ltd 89 Hillside Road		-£1,050.00	£6,138.30
29	Insurance	28-Dec-22	DD:Insurance Factory Lt 0000000002430888		-£33.40	£6,104.90
30	IT/Web	31-Dec-22	Fin: SMALLPDF ,ZURICH		-£9.00	£6,095.90
31	Stationery	02-Jan-23	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA		-£1.19	£6,094.71
32	Sundries	02-Jan-23	Fin: TJPB007ZL-25 AMZN AD,P,AMS.AMAZON.C		-£13.13	£6,081.58
33	Telecoms	03-Jan-23	Fin: giffgaff,Vine Street 11,London,GBR		-£20.00	£6,061.58
34	Healthcare	03-Jan-23	DD:SPORTS & LEISURE MAN SLM98006990		-£29.99	£6,031.59
35	Insurance	03-Jan-23	DD:Driver & Vehicle Lic 0000000000397114		-£28.87	£6,002.72
36	IT/Web	04-Jan-23	Fin: ADOBE ACROPRO TRIAL,4-,ADOBE.LY/BIL		-£29.96	£5,972.76
37	Sundries	05-Jan-23	Fin: Amazon.co.uk*160O03U44,,AMAZON.CO.U		-£24.95	£5,947.81
38	IT/Web	06-Jan-23	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS		-£14.39	£5,933.42
39	Sundries	07-Jan-23	Fin: Amazon.co.uk*1H7DQ8Z74,,AMAZON.CO.U		-£20.63	£5,912.79
40	Telecoms	09-Jan-23	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£5,902.79
41	Car/Maint	10-Jan-23	Fin: VS MOTORS ,WEMBLEY		-£780.00	£5,122.79

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42	Trans/Fuel	10-Jan-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD		-£23.15	£5,099.64
43	Water	11-Jan-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£5,095.74
44	Healthcare	12-Jan-23	DD:CLUBWISE SOFTWARE LI EFi17940		-£49.99	£5,045.75
45	IT/Web	12-Jan-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£30.00	£5,015.75
46	Rental	12-Jan-23	ANDREW GABRIEL SAMUELS AGSamuels	£1,050.00		£6,065.75
47	FUNDING	13-Jan-23	BANK HARROW COUNCIL 10002008119153	£657.80		£6,723.55
48	Trans/Fuel	16-Jan-23	Fin: MFG TEN PIN,STATION ROAD,HARROW,GBR		-£22.91	£6,700.64
49	Trans/Fuel	16-Jan-23	Fin: SHELL PARK ROY 495,WESTERN,LONDON W		-£4.99	£6,695.65
50	Trans/Fuel	16-Jan-23	Fin: SHELL PARK ROY 495,WESTERN,LONDON W		-£9.98	£6,685.67
51	Trans/Fuel	16-Jan-23	Fin: MFG PINNER,HIGH ROAD,PINNER,GBR		-£8.99	£6,676.68
52	IT/Web	17-Jan-23	Fin: ADOBE IL CREATIVE CLD,,ADOBE.LY/BIL		-£30.34	£6,646.34
53	FUNDING	17-Jan-23	ANDREW GABRIEL SAMUELS HLC Inv 1052	£275.00		£6,921.34
54	Rental	17-Jan-23	Nth Harrow Methodist Chur 122022 94		-£90.00	£6,831.34
55	Meals	18-Jan-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£10.30	£6,821.04
56	Instructor	19-Jan-23	Mr L Collins Mind Angels NHMC		-£550.00	£6,271.04
57	Car/Maint	19-Jan-23	Fin: VS MOTORS ,WEMBLEY		-£214.08	£6,056.96
58	Trans/Fuel	21-Jan-23	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£23.02	£6,033.94
59	IT/Web	23-Jan-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£8.40	£6,025.54
60	Sundries	23-Jan-23	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO		-£1.75	£6,023.79
61	Trans/Fuel	23-Jan-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD		-£10.01	£6,013.78
62	Insurance	25-Jan-23	DD:Insurance Factory Lt 0000000002430888		-£33.40	£5,980.38
63	IT/Web	25-Jan-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£14.40	£5,965.98
64	Storage	25-Jan-23	Fin: GOOGLE *Google Storage,,650-253-000		-£1.59	£5,964.39
65	Roxy	26-Jan-23	Fin: Pets Corner S203,Amersham ,Amersha		-£7.59	£5,956.80
66	FUNDING	26-Jan-23	NEED TO TALK MINDANG INV1057	£240.00		£6,196.80
67	Trans/Fuel	27-Jan-23	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD		-£16.80	£6,180.00
68	Rental	28-Jan-23	Watford Lettings Ltd 89 Hillside Road		-£1,050.00	£5,130.00
69	Trans/Fuel	30-Jan-23	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£24.40	£5,105.60
70	Car/Maint	30-Jan-23	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO		-£15.50	£5,090.10
71	Sundries	30-Jan-23	Fin: Amazon.co.uk*105HZ7144,,AMAZON.CO.U		-£24.97	£5,065.13
72	IT/Web	31-Jan-23	Fin: SMALLPDF ,ZURICH		-£9.00	£5,056.13
73	Water	28-Feb-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£5,052.23
74	Rental	28-Feb-23	Watford Lettings Ltd 89 Hillside Road		-£1,050.00	£4,002.23
75	Insurance	27-Feb-23	DD:Insurance Factory Lt 0000000002430888		-£33.40	£3,968.83
76	Trans/Fuel	25-Feb-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD		-£22.35	£3,946.48
77	Storage	25-Feb-23	Fin: GOOGLE *Google Storage,,650-253-000		-£1.59	£3,944.89
78	IT/Web	25-Feb-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£14.40	£3,930.49
79	Car/Maint	23-Feb-23	Fin: EURO CAR PARTS P,UNIT 3 ELY,028HAYE		-£33.48	£3,897.01
80	Trans/Fuel	22-Feb-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD		-£15.03	£3,881.98
81	Water	22-Feb-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£3,878.08
82	Telecoms	20-Feb-23	Fin: eBay O*14-09725-01405,ECG 1MO,Londo		-£51.98	£3,826.10
83	IT/Web	20-Feb-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£8.40	£3,817.70
84	Trans/Fuel	20-Feb-23	Fin: SHELL & WAITROSE,140 NO,SOUTH HARRO		-£22.49	£3,795.21
85	Sundries	20-Feb-23	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO		-£2.00	£3,793.21
86	Rental	19-Feb-23	Nth Harrow Methodist Chur 12023 94		-£180.00	£3,613.21
87	IT/Web	17-Feb-23	Fin: ADOBE IL CREATIVE CLD,,ADOBE.LY/BIL		-£30.34	£3,582.87
88	Stationery	15-Feb-23	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA		-£39.07	£3,543.80

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89	Water	15-Feb-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£3,539.90
90	FUNDING	15-Feb-23	BANK HARROW COUNCIL 10002008123756	£763.60		£4,303.50
91	Sundries	13-Feb-23	Fin: Amazon.co.uk*1Q3RO49S4,,AMAZON.CO.U		-£38.65	£4,264.85
92	Trans/Fuel	13-Feb-23	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£24.31	£4,240.54
93	Healthcare	13-Feb-23	DD:CLUBWISE SOFTWARE LI EFI17940		-£49.99	£4,190.55
94	FUNDING	11-Feb-23	ANDREW GABRIEL SAMUELS HLC Inv 1045	£175.00		£4,365.55
95	IT/Web	11-Feb-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£30.00	£4,335.55
96	Telecoms	09-Feb-23	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£4,325.55
97	Water	08-Feb-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£4,321.65
98	IT/Web	06-Feb-23	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS		-£14.39	£4,307.26
99	Sundries	06-Feb-23	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO		-£2.00	£4,305.26
100	Trans/Fuel	06-Feb-23	Fin: SHELL PINNER 269,21 PINNER GR,PINNE		-£25.12	£4,280.14
101	Rental	06-Feb-23	ANDREW GABRIEL SAMUELS AGSamuels	£1,050.00		£5,330.14
102	IT/Web	04-Feb-23	Fin: ADOBE ACROPRO SUBS,4-6,ADOBE.LY/BIL		-£29.96	£5,300.18
103	Telecoms	03-Feb-23	Fin: giffgaff,Vine Street 11,London,GBR		-£20.00	£5,280.18
104	Sundries	02-Feb-23	Fin: TJPB007ZL-26 AMZN AD,P,AMS.AMAZON.C		-£2.60	£5,277.58
105	Water	01-Feb-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£5,273.68
106	Healthcare	01-Feb-23	DD:SPORTS & LEISURE MAN SLM98006990		-£29.99	£5,243.69
107	Insurance	01-Feb-23	DD:Driver & Vehicle Lic 0000000000397114		-£28.87	£5,214.82
108	Sundries	31-Mar-23	BPDebitFee 30-03-23 172808019		-£0.30	£5,214.52
109	IT/Web	31-Mar-23	Fin: SMALLPDF ,ZURICH		-£9.00	£5,205.52
110	Trans/Fuel	30-Mar-23	Fin: TESCO PAY AT PUMP 3153,SOUTH H,HAYE		-£20.01	£5,185.51
111	Water	30-Mar-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£5,181.61
112	Rental	30-Mar-23	Watford Lettings Ltd 89 Hillside Road		-£1,050.00	£4,131.61
113	Water	28-Mar-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£4,127.71
114	Trans/Fuel	27-Mar-23	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£25.03	£4,102.68
115	Meals	27-Mar-23	Fin: RAJDoot, Windmill Hill, RUISLIP, GBR		-£40.45	£4,062.23
116	Insurance	27-Mar-23	DD:Insurance Factory Lt 0000000002430888		-£33.40	£4,028.83
117	Storage	25-Mar-23	Fin: GOOGLE *Google Storage,,650-253-000		-£1.59	£4,027.24
118	IT/Web	25-Mar-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£14.40	£4,012.84
119	Sundries	02-Mar-23	Fin: TJPB007ZL-27 AMZN AD,P,AMS.AMAZON.C		-£5.06	£4,007.78
120	Parking	02-Mar-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£2.20	£4,005.58
121	Parking	02-Mar-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£2.20	£4,003.38
122	Social	02-Mar-23	Fin: PIZZA EXPRESS,10 DEAN ,DEAN STREET		-£108.39	£3,894.99
123	Trans/Fuel	02-Mar-23	Fin: SHELL PINNER 269,21 PINNER GR,PINNE		-£10.01	£3,884.98
124	FUNDING	02-Mar-23	ANDREW GABRIEL SAMUELS PINN	£95.00		£3,979.98
125	IT/Web	01-Mar-23	Fin: SMALLPDF ,ZURICH		-£9.00	£3,970.98
126	Meals	01-Mar-23	Fin: RAJDoot, Windmill Hill, RUISLIP, GBR		-£51.85	£3,919.13
127	Healthcare	01-Mar-23	DD:SPORTS & LEISURE MAN SLM98006990		-£29.99	£3,889.14
128	Insurance	01-Mar-23	DD:Driver & Vehicle Lic 0000000000397114		-£28.87	£3,860.27
129	Trans/Fuel	26-Apr-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD		-£20.01	£3,840.26
130	Insurance	25-Apr-23	DD:Insurance Factory Lt 0000000002430888		-£33.40	£3,806.86
131	Water	25-Apr-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£7.80	£3,799.06
132	Storage	25-Apr-23	Fin: GOOGLE *Google Storage,,650-253-000		-£1.59	£3,797.47
133	Social	25-Apr-23	Fin: GY TICKETS,97 High St Ba,3531436900		-£44.00	£3,753.47
134	IT/Web	25-Apr-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£14.40	£3,739.07
135	Trans/Fuel	24-Apr-23	Fin: SHELL DENHAM,NORTH ORBITAL ,UXBRIDG		-£25.06	£3,714.01

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136	Car/Maint	22-Apr-23	Fin: HALFORDS 0996,UNIT 4 V,SOUTH RUISLI		-£48.44	£3,665.57
137	Trans/Fuel	20-Apr-23	Fin: TESCO PAY AT PUMP 3153,SOUTH H,HAYE		-£20.02	£3,645.55
138	IT/Web	20-Apr-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£8.40	£3,637.15
139	Water	19-Apr-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£3,633.25
140	Trans/Fuel	19-Apr-23	Fin: SHELL ROUNDABO 606,GREENFO,GREENFOR		-£25.03	£3,608.22
141	Stationery	14-Apr-23	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA		-£9.99	£3,598.23
142	FUNDING	14-Apr-23	BANK HARROW COUNCIL 10002008133475	£763.60		£4,361.83
143	Healthcare	12-Apr-23	DD:CLUBWISE SOFTWARE LI EFI17940		-£49.99	£4,311.84
144	Owed	12-Apr-23	Fin: HERTZ UK LIMITED,NON CPCC ,MIDDLESE		-£40.00	£4,271.84
145	FUNDING	11-Apr-23	NEED TO TALK MINDANG INV1061	£240.00		£4,511.84
146	Trans/Fuel	11-Apr-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOO		-£25.00	£4,486.84
147	Car/Maint	10-Apr-23	Fin: TESCO PFS 2456,CANONS CORNER,EDGWAR		-£14.75	£4,472.09
148	Telecoms	10-Apr-23	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£4,462.09
149	Trans/Fuel	08-Apr-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOO		-£25.02	£4,437.07
150	Trans/Fuel	07-Apr-23	Fin: ESSO HEATHROW NORTH SS,HAYES MIDDLE		-£18.19	£4,418.88
151	IT/Web	06-Apr-23	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS		-£15.59	£4,403.29
152	Water	05-Apr-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£4,399.39
153	FUNDING	04-Apr-23	PMC PATIENTS ASC INVOICE1059 MOBILI	£125.00		£4,524.39
154	FUNDING	04-Apr-23	PMC PATIENTS ASC INVOICE1056 MOBILI	£145.88		£4,670.27
155	Insurance	03-Apr-23	DD:Driver & Vehicle Lic 0000000000397114		-£28.87	£4,641.40
156	Healthcare	03-Apr-23	DD:SPORTS & LEISURE MAN SLM98006990		-£29.99	£4,611.41
157	IT/Web	03-Apr-23	Fin: PADDLE.NET*INSTATEX ,London		-£21.99	£4,589.42
158	Trans/Fuel	01-Apr-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOO		-£25.00	£4,564.42
159	Water	31-May-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£7.80	£4,556.62
160	Meeting	30-May-23	Fin: GABRIEL'S WHARF,56 UPP,GABRIELSWHAR		-£38.22	£4,518.40
161	Trans/Fuel	29-May-23	Fin: MFG PINNER,HIGH ROAD,PINNER,GBR		-£25.04	£4,493.36
162	Insurance	25-May-23	DD:Insurance Factory Lt 0000000002430888		-£33.40	£4,459.96
163	Storage	25-May-23	Fin: GOOGLE *Google Storage,,650-253-000		-£1.59	£4,458.37
164	IT/Web	25-May-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£14.40	£4,443.97
165	Water	24-May-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£4,440.07
166	Water	23-May-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£4,436.17
167	Trans/Fuel	22-May-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOO		-£25.02	£4,411.15
168	IT/Web	20-May-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£8.40	£4,402.75
169	Instructor	20-May-23	Mr L Collins Mind Angels NHMC		-£750.00	£3,652.75
170	Water	17-May-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£3,648.85
171	Rental	16-May-23	Nth Harrow Methodist Chur 42023 94		-£180.00	£3,468.85
172	Trans/Fuel	13-May-23	Fin: TESCO PFS 2456,CANONS CORNER,EDGWAR		-£25.00	£3,443.85
173	Healthcare	12-May-23	DD:CLUBWISE SOFTWARE LI EFI17940		-£49.99	£3,393.86
174	Water	10-May-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£3,389.96
175	Meeting	10-May-23	Fin: DAISYS IN THE PARK,WEST HOUSE,PINNE		-£28.95	£3,361.01
176	Telecoms	09-May-23	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£3,351.01
177	Trans/Fuel	08-May-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOO		-£25.02	£3,325.99
178	IT/Web	06-May-23	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS		-£15.59	£3,310.40
179	Sundries	06-May-23	Fin: Amazon.co.uk*UH5DM0UJ5,,AMAZON.CO.U		-£39.95	£3,270.45
180	IT/Web	04-May-23	Fin: ADOBE ACROPRO SUBS,4-6,ADOBE.LY/BIL		-£29.96	£3,240.49
181	Insurance	04-May-23	DD:Driver & Vehicle Lic 0000000000397114		-£32.02	£3,208.47
182	Water	03-May-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£3,204.57

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183	Meals	03-May-23	Fin: Fireaway Harrow,22A, Broadwal,Harro		-£17.90	£3,186.67
184	Healthcare	02-May-23	DD:SPORTS & LEISURE MAN SLM98006990		-£29.99	£3,156.68
185	Parking	02-May-23	Fin: BRENT PARKING,ENGINEER,BRENT CIVIC		-£11.00	£3,145.68
186	IT/Web	02-May-23	Fin: PADDLE.NET*INSTATEST ,London		-£21.99	£3,123.69
187	Sundries	02-May-23	Fin: AMZNMktplace,1 Principa,amazon.co.u		-£8.99	£3,114.70
188	Parking	01-May-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£2.20	£3,112.50
189	Trans/Fuel	01-May-23	Fin: SHELL & WAITROSE,140 NO,SOUTH HARRO		-£25.01	£3,087.49
190	Meeting	01-May-23	Fin: PYD*Pho Ealing ,London		-£44.83	£3,042.66
191	Parking	01-May-23	Fin: EALING BROADWAY CENTRE,EALING,EALIN		-£2.00	£3,040.66
192	Sundries	01-May-23	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO		-£3.00	£3,037.66
193	Insurance	26-Jun-23	DD:Insurance Factory Lt 0000000002430888		-£33.40	£3,004.26
194	Sundries	26-Jun-23	Fin: Costco Wholesale #102,HARTSP,WATFOR (Membership)		-£26.40	£2,977.86
195	Telecoms	26-Jun-23	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£2,967.86
196	Storage	26-Jun-23	Fin: GOOGLE *Google Storage,,650-253-000		-£1.59	£2,966.27
197	IT/Web	24-Jun-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£14.40	£2,951.87
198	Trans/Fuel	24-Jun-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOO		-£25.00	£2,926.87
199	Parking	23-Jun-23	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO		-£3.50	£2,923.37
200	Meals	20-Jun-23	Fin: Champneys Henlow,COACH,Henlow		-£25.00	£2,898.37
201	Meals	20-Jun-23	Fin: Champneys Henlow,COACH,Henlow		-£7.50	£2,890.87
202	IT/Web	20-Jun-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£8.40	£2,882.47
203	Insurance	19-Jun-23	Fin: ZURICH INSURANCE ,CHICHESTER		-£100.28	£2,782.19
204	Trans/Fuel	19-Jun-23	Fin: TESCO PAY AT PUMP 3153,SOUTH H,HAYE		-£10.00	£2,772.19
205	Meeting	19-Jun-23	Fin: QUEEN'S HEAD ,BUCKINGHAMSH		-£58.17	£2,714.02
206	Car/Maint	19-Jun-23	Fin: HALFORDS,UNIT 6 CENTURY PARK,WATFOR		-£46.44	£2,667.58
207	Stationery	19-Jun-23	Fin: Vistaprint,Hudsonweg 8 8,Venlo,NLD		-£212.06	£2,455.52
208	Trans/Fuel	17-Jun-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOO		-£25.00	£2,430.52
209	FUNDING	16-Jun-23	ANDREW GABRIEL SAMUELS AGSamuels (HLC)	£275.00		£2,705.52
210	Parking	16-Jun-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£5.00	£2,700.52
211	Meeting	14-Jun-23	Fin: Moka Dining,35A Green Lane,Northwoo		-£46.30	£2,654.22
212	Meals	14-Jun-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£6.70	£2,647.52
213	Meals	14-Jun-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£4.00	£2,643.52
214	Water	14-Jun-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£2,639.62
215	Trans/Fuel	12-Jun-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOO		-£15.04	£2,624.58
216	Healthcare	12-Jun-23	DD:CLUBWISE SOFTWARE LI EFi17940		-£49.99	£2,574.59
217	Trans/Fuel	10-Jun-23	Fin: SHELL PINNER 269,21 PINNER GR,PINNE		-£24.99	£2,549.60
218	Parking	10-Jun-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£4.00	£2,545.60
219	Telecoms	09-Jun-23	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£2,535.60
220	Parking	08-Jun-23	Fin: INTU UXBRIDGE,HIGH STREET,UXBRIDGE,		-£2.00	£2,533.60
221	Meals	08-Jun-23	Fin: MCDONALDS 1166,Unit 103/104,Uxbridg		-£1.19	£2,532.41
222	Trans/Fuel	08-Jun-23	Fin: ESSO WILLOWBANK SSTN,OXFORD,UXBRIDG		-£15.02	£2,517.39
223	Meals	08-Jun-23	Fin: KOKORO UXBRIDGE,20 HIGH STR,UXBRIDG		-£18.90	£2,498.49
224	Meeting	08-Jun-23	Fin: INN KEEPERS FAYRE,RESERVOIR ,RUISLI		-£6.75	£2,491.74
225	Parking	07-Jun-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£2.20	£2,489.54
226	Stationery	07-Jun-23	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA		-£14.48	£2,475.06
227	Meals	07-Jun-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£11.90	£2,463.16
228	Water	07-Jun-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£2,459.26
229	IT/Web	06-Jun-23	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS		-£15.59	£2,443.67

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230	Telecoms	06-Jun-23	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£2,433.67
231	Trans/Fuel	05-Jun-23	Fin: MFG PINNER,HIGH ROAD,PINNER,GBR		-£25.00	£2,408.67
232	IT/Web	03-Jun-23	Fin: ADOBE ACROPRO SUBS,4-6,ADOBE.LY/BIL		-£29.96	£2,378.71
233	Parking	02-Jun-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£4.00	£2,374.71
234	IT/Web	02-Jun-23	Fin: PADDLE.NET*INSTATEXT ,London		-£21.99	£2,352.72
235	FUNDING	02-Jun-23	BANK HARROW COUNCIL 10002008140443	£660.68		£3,013.40
236	Insurance	01-Jun-23	DD:Driver & Vehicle Lic 0000000000397114		-£31.93	£2,981.47
237	Healthcare	01-Jun-23	DD:SPORTS & LEISURE MAN SLM98006990		-£29.99	£2,951.48
238	Roxy	01-Jun-23	Fin: GREENFORD(VETS4PETS)LT,GREENFORD		-£84.91	£2,866.57
239	Trans/Fuel	29-Jul-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWO		-£25.07	£2,841.50
240	Stationery	28-Jul-23	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA		-£41.98	£2,799.52
241	Parking	28-Jul-23	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO		-£1.30	£2,798.22
242	Parking	28-Jul-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£3.00	£2,795.22
243	Trans/Fuel	28-Jul-23	Fin: BP HILLINGDON CONVENIE,HILLINGDON M		-£20.03	£2,775.19
244	Meals	27-Jul-23	Fin: COSTA COFFEE,624 KINGSBURY RO,LONDO		-£8.45	£2,766.74
245	Parking	27-Jul-23	Fin: BRENT PARKING,ENGINEER,WWW.BRENT.GO		-£3.10	£2,763.64
246	Meeting	26-Jul-23	Fin: Cafe Estoril,20 The Broadw,Northwoo		-£30.40	£2,733.24
247	Meals	26-Jul-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£9.90	£2,723.34
248	Parking	26-Jul-23	Fin: LONDON BOROUGH OF HILL,UXBRIDGE		-£1.10	£2,722.24
249	IT/Web	26-Jul-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£16.74	£2,705.50
250	Storage	25-Jul-23	Fin: GOOGLE *Google Storage,,650-253-000		-£1.59	£2,703.91
251	Water	25-Jul-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£7.80	£2,696.11
252	Insurance	25-Jul-23	DD:Insurance Factory Lt 0000000002430888		-£33.40	£2,662.71
253	IT/Web	25-Jul-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£28.80	£2,633.91
254	Trans/Fuel	24-Jul-23	Fin: SHELL PINNER 269,21 PINNER GR,PINNE		-£25.01	£2,608.90
255	Sundries	22-Jul-23	BPDebitFee 21-07-23 180830576		-£0.30	£2,608.60
256	Parking	22-Jul-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£5.00	£2,603.60
257	FUNDING	21-Jul-23	PMCPA Mobility Class		-£190.00	£2,413.60
258	FUNDING	21-Jul-23	ANDREW GABRIEL SAMUELS PINN	£190.00		£2,603.60
259	Parking	21-Jul-23	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO		-£2.40	£2,601.20
260	Car/Maint	21-Jul-23	Fin: RAC,IM BILLINGS & COLL,WWW.RAC.CO.U	£87.49		£2,688.69
261	Car/Maint	20-Jul-23	Fin: RAC,IM BILLINGS & COLL,WWW.RAC.CO.U		-£201.99	£2,486.70
262	IT/Web	20-Jul-23	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£8.40	£2,478.30
263	FUNDING	20-Jul-23	BANK HARROW COUNCIL 10002008147326	£2,275.86		£4,754.16
264	Rental	19-Jul-23	Nth Harrow Methodist Chur 32023 94		-£180.00	£4,574.16
265	Meals	19-Jul-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£7.90	£4,566.26
266	Sundries	18-Jul-23	Fin: Amazon.co.uk*UC38I4ZZ5,,AMAZON.CO.U		-£22.03	£4,544.23
267	Trans/Fuel	15-Jul-23	Fin: TESCO PFS 3083,JOEL STREET,NORTHWO		-£25.00	£4,519.23
268	Parking	14-Jul-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£10.00	£4,509.23
269	Meals	12-Jul-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£6.40	£4,502.83
270	Meals	12-Jul-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£3.90	£4,498.93
271	Healthcare	12-Jul-23	DD:CLUBWISE SOFTWARE LI EFI17940		-£49.99	£4,448.94
272	Water	11-Jul-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£7.80	£4,441.14
273	Car/Maint	10-Jul-23	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO		-£27.20	£4,413.94
274	Meals	10-Jul-23	Fin: EASTCOTE CAFE,223 FIELD END R,PINNE		-£19.40	£4,394.54
275	Trans/Fuel	10-Jul-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWO		-£25.02	£4,369.52
276	Telecoms	10-Jul-23	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£4,359.52

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277	Parking	08-Jul-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£5.00	£4,354.52
278	Parking	07-Jul-23	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO		-£2.40	£4,352.12
279	Trans/Fuel	06-Jul-23	Fin: ESSO HEATHROW NORTH SS,HAYES MIDDLE		-£22.94	£4,329.18
280	Telecoms	06-Jul-23	Fin: AMZNMktplace,1 Principa,amazon.co.u (Phone)		-£270.00	£4,059.18
281	IT/Web	06-Jul-23	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS		-£15.59	£4,043.59
282	Rental	06-Jul-23	Nth Harrow Methodist Chur 52023 94		-£225.00	£3,818.59
283	Owed	06-Jul-23	ANDREW GABRIEL SAMUELS AGSamuels	£500.00		£4,318.59
284	Telecoms	05-Jul-23	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£4,308.59
285	Sundries	04-Jul-23	FORX ICTUR YIY 02-07-23 192080192		-£0.31	£4,308.28
286	Water	04-Jul-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.90	£4,304.38
287	IT/Web	04-Jul-23	Fin: ADOBE ACROPRO SUBS,4-6,ADOBE.LY/BIL		-£29.96	£4,274.42
288	Insurance	03-Jul-23	DD:Driver & Vehicle Lic 000000000397114		-£31.93	£4,242.49
289	Healthcare	03-Jul-23	DD:SPORTS & LEISURE MAN SLM98006990		-£29.99	£4,212.50
290	Car/Maint	03-Jul-23	Fin: TESCO PFS 3083,JOEL STREET,NORTHWO		-£6.05	£4,206.45
291	Sundries	03-Jul-23	Fin: Amazon.co.uk*2W4FJ2WW5,,AMAZON.CO.U		-£24.79	£4,181.66
292	IT/Web	03-Jul-23	Fin: PADDLE.NET*INSTATEXT ,London		-£21.99	£4,159.67
293	Trans/Fuel	31-Aug-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWO		-£15.00	£4,144.67
294	Water	30-Aug-23	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO		-£7.00	£4,137.67
295	Car/Maint	30-Aug-23	Fin: EURO CAR PARTS ,TAMWORTH		-£58.33	£4,079.34
296	FUNDING	30-Aug-23	BANK HARROW COUNCIL 10002008153261	£660.68		£4,740.02
297	Consultancy	27-Aug-23	Mr A G Samuels FRTranslatorPay		-£50.00	£4,690.02
298	IT/Web	26-Aug-23	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE		-£45.54	£4,644.48
299	Parking	25-Aug-23	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO		-£3.50	£4,640.98
300	Trans/Fuel	25-Aug-23	Fin: TESCO PFS 3083,JOEL STREET,NORTHWO		-£25.03	£4,615.95
301	Storage	25-Aug-23	Fin: GOOGLE *Google Storage,,650-253-000		-£1.59	£4,614.36
302	Insurance	25-Aug-23	DD:Insurance Factory Lt 0000000002430888		-£33.40	£4,580.96
303	Parking	24-Aug-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£2.20	£4,578.76
304	Meals	23-Aug-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£12.70	£4,566.06
305	Water	22-Aug-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£7.80	£4,558.26
306	Roxy	22-Aug-23	Fin: PETS AT HOME LTD,WESTWAY C,GREENFOR		-£10.00	£4,548.26
307	Car/Maint	21-Aug-23	Fin: HALFORDS 0996,UNIT 4 V,SOUTH RUISLI		-£4.99	£4,543.27
308	Meeting	21-Aug-23	Fin: SumUp *Park caffe,Harro rec,Harro		-£6.00	£4,537.27
309	Trans/Fuel	21-Aug-23	Fin: TESCO PFS 3083,JOEL STREET,NORTHWO		-£25.01	£4,512.26
310	Car/Maint	21-Aug-23	Fin: HALFORDS E.COMM,ICKNIELD ST,REDDITC		-£87.19	£4,425.07
311	IT/Web	21-Aug-23	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE		-£26.40	£4,398.67
312	MKTG	19-Aug-23	Mr A G Samuels Ai Mktg costs		-£150.00	£4,248.67
313	Parking	19-Aug-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£5.00	£4,243.67
314	Parking	18-Aug-23	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO		-£2.40	£4,241.27
315	Parking	18-Aug-23	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO		-£2.40	£4,238.87
316	Healthcare	18-Aug-23	DD:CLUBWISE SOFTWARE LI 1EFI17940		-£39.99	£4,198.88
317	Trans/Fuel	17-Aug-23	Fin: TESCO PAY AT PUMP 3153,SOUTH H,HAYE		-£20.02	£4,178.86
318	Meals	16-Aug-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£10.00	£4,168.86
319	Trans/Fuel	16-Aug-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWO		-£10.00	£4,158.86
320	Water	15-Aug-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£7.80	£4,151.06
321	Trans/Fuel	14-Aug-23	Fin: MFG PINNER,HIGH ROAD,PINNER,GBR		-£25.01	£4,126.05
322	Parking	11-Aug-23	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO		-£2.40	£4,123.65
323	Parking	10-Aug-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£4.00	£4,119.65

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324	Meals	09-Aug-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£5.15	£4,114.50
325	Telecoms	09-Aug-23	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£4,104.50
326	Meeting	08-Aug-23	Fin: SumUp *A M sheer Ltd,11,Chorleywoo		-£31.20	£4,073.30
327	IT/Web	07-Aug-23	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS		-£15.59	£4,057.71
328	FUNDING	06-Aug-23	ANDREW GABRIEL SAMUELS AGSamuels HLC	£50.00		£4,107.71
329	Parking	05-Aug-23	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO		-£1.30	£4,106.41
330	Trans/Fuel	05-Aug-23	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD		-£25.00	£4,081.41
331	Telecoms	05-Aug-23	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£4,071.41
332	IT/Web	04-Aug-23	Fin: ADOBE ACROPRO SUBS,4-6,ADOBE.LY/BIL		-£29.96	£4,041.45
333	Parking	03-Aug-23	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO		-£1.40	£4,040.05
334	IT/Web	02-Aug-23	Fin: PADDLE.NET*INSTATEXT ,London		-£21.99	£4,018.06
335	Sundries	02-Aug-23	Fin: Amazon.co.uk*GT6K97UJ5,,AMAZON.CO.U		-£41.45	£3,976.61
336	Insurance	01-Aug-23	DD:Driver & Vehicle Lic 0000000000397114		-£31.93	£3,944.68
337	Healthcare	01-Aug-23	DD:SPORTS & LEISURE MAN SLM98006990		-£29.99	£3,914.69
338	Stationery	01-Aug-23	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA		-£16.75	£3,897.94
339	Water	01-Aug-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£7.80	£3,890.14
340	Trans/Fuel	30-Sep-23	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD		-£15.01	£3,875.13
341	Parking	29-Sep-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£2.20	£3,872.93
342	Trans/Fuel	29-Sep-23	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£25.19	£3,847.74
343	Consultancy	28-Sep-23	Mr A G Samuels TranslationPt2		-£50.00	£3,797.74
344	Meals	27-Sep-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£9.70	£3,788.04
345	Water	27-Sep-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£3.00	£3,785.04
346	Trans/Fuel	25-Sep-23	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD		-£25.00	£3,760.04
347	Storage	25-Sep-23	Fin: GOOGLE *Google Storage,650-253-0000		-£1.59	£3,758.45
348	IT/Web	25-Sep-23	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE		-£45.54	£3,712.91
349	Insurance	25-Sep-23	DD:Insurance Factory Lt 000000*****0888		-£33.40	£3,679.51
350	Parking	23-Sep-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£5.00	£3,674.51
351	Donations	22-Sep-23	Fin: EB *BRILLIANT PARENTS,801-413-7200		-£59.01	£3,615.50
352	Car/Maint	21-Sep-23	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD		-£16.80	£3,598.70
353	Parking	20-Sep-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£3.00	£3,595.70
354	Meals	20-Sep-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£2.80	£3,592.90
355	Water	20-Sep-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£7.80	£3,585.10
356	Uniform	20-Sep-23	Fin: T K MAXX,UNIT 31 ST GEORGES C,HARRO		-£34.99	£3,550.11
357	Uniform	20-Sep-23	Fin: TRESPASS (HARROW),18 ST GEORG,HARRO		-£79.99	£3,470.12
358	IT/Web	20-Sep-23	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE		-£26.40	£3,443.72
359	FUNDING	18-Sep-23	BANK HARROW COUNCIL 100020****5620	£934.61		£4,378.33
360	Parking	16-Sep-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£2.20	£4,376.13
361	Parking	16-Sep-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£3.00	£4,373.13
362	Trans/Fuel	16-Sep-23	Fin: TESCO PAY AT PUMP 5288,MIDDLESEX		-£25.05	£4,348.08
363	Parking	14-Sep-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£2.20	£4,345.88
364	Stationery	14-Sep-23	Fin: Vistaprint,Hudsonweg 8 8,Venlo		-£78.96	£4,266.92
365	FUNDING	13-Sep-23	ANDREW GABRIEL SAMUELS AGSamuelsHLC	£150.00		£4,416.92
366	FUNDING	13-Sep-23	ANDREW GABRIEL SAMUELS AGSamuelsPINN	£194.00		£4,610.92
367	Meals	13-Sep-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£10.80	£4,600.12
368	Healthcare	12-Sep-23	DD:CLUBWISE SOFTWARE LI 1EF117940		-£39.99	£4,560.13
369	Trans/Fuel	09-Sep-23	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD		-£24.97	£4,535.16
370	Telecoms	09-Sep-23	Fin: giffgaff,Vine Street 11,London		-£10.00	£4,525.16

Mind Angels Annual Report Statement (2022-2023)

371	Storage	08-Sep-23	Fin: Shurgard UK Ltd. GB21,Chantry,Harro		-£16.00	£4,509.16
372	Parking	08-Sep-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£3.00	£4,506.16
373	Trans/Fuel	07-Sep-23	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£8.99	£4,497.17
374	IT/Web	06-Sep-23	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS		-£15.59	£4,481.58
375	Water	06-Sep-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£1.83	£4,479.75
376	Water	06-Sep-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£7.80	£4,471.95
377	Trans/Fuel	06-Sep-23	Fin: SHELL PINNER 269,21 PINNER GR,PINNE		-£21.25	£4,450.70
378	Parking	05-Sep-23	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO		-£1.20	£4,449.50
379	Parking	05-Sep-23	Fin: LONDON BOROUGH OF HILL,HATFIELD		-£1.04	£4,448.46
380	Telecoms	05-Sep-23	Fin: giffgaff,Vine Street 11,London		-£10.00	£4,438.46
381	Car/Maint	04-Sep-23	Fin: ROYSTON MOTORS,478 LADY MAR,SOUTHAL		-£12.95	£4,425.51
382	IT/Web	04-Sep-23	Fin: ADOBE ACROPRO SUBS,ADOBE.LY/BILL		-£29.96	£4,395.55
383	Trans/Fuel	04-Sep-23	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD		-£25.00	£4,370.55
384	Car/Maint	04-Sep-23	Fin: SOUTHALL DISCOUNT TYRE,SOUTHALL		-£408.00	£3,962.55
385	IT/Web	02-Sep-23	Fin: PADDLE.NET*INSTATEXT,JUDD HOU,Londo		-£21.99	£3,940.56
386	Trans/Fuel	02-Sep-23	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£10.01	£3,930.55
387	Insurance	01-Sep-23	DD:Driver & Vehicle Lic 000000*****7114		-£31.93	£3,898.62
388	Sundries	01-Sep-23	Fin: SQ *HARROW,313 Station Road,London		-£16.52	£3,882.10
389	Healthcare	01-Sep-23	DD:SPORTS & LEISURE MAN SLM98006990		-£29.99	£3,852.11
390	Sundries	31-Oct-23	BPDebitFee 28-10-23 155116018		-£0.30	£3,851.81
391	Trans/Fuel	31-Oct-23	Fin: SHELL PINNER 269,21 PINNER GR,PINNE		-£15.02	£3,836.79
392	Water	31-Oct-23	Fin: Budgens,27 The Broadway Jo,Northwoo		-£9.99	£3,826.80
393	Water	31-Oct-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£6.35	£3,820.45
394	Trans/Fuel	30-Oct-23	Fin: SHELL PINNER 269,21 PINNER GR,PINNE		-£15.02	£3,805.43
395	Consultancy	28-Oct-23	Mr A G Samuels OwedFRTranslate		-£50.00	£3,755.43
396	Trans/Fuel	26-Oct-23	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD		-£20.02	£3,735.41
397	Rental	25-Oct-23	ANDREW GABRIEL SAMUELS ShurgardPartPay	£104.00		£3,839.41
398	Rental	25-Oct-23	ANDREW GABRIEL SAMUELS 18NHMC241023	£72.00		£3,911.41
399	Meals	25-Oct-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£8.40	£3,903.01
400	Meeting	25-Oct-23	Fin: SumUp *Park caffe,Harro rec,Harro		-£3.00	£3,900.01
401	Meeting	25-Oct-23	Fin: SumUp *Park caffe,Harro rec,Harro		-£3.00	£3,897.01
402	Storage	25-Oct-23	Fin: GOOGLE *Google Storage,650-253-0000		-£1.59	£3,895.42
403	Insurance	25-Oct-23	DD:Insurance Factory Lt 000000*****0888		-£33.40	£3,862.02
404	IT/Web	25-Oct-23	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE		-£45.54	£3,816.48
405	Water	24-Oct-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		-£6.00	£3,810.48
406	FUNDING	23-Oct-23	PMC PATIENTS ASC INVOICE1070MOBILI	£275.00		£4,085.48
407	Meeting	20-Oct-23	Mr A G Samuels OwedEYMeeting		-£87.75	£3,997.73
408	Parking	20-Oct-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£2.20	£3,995.53
409	Storage	20-Oct-23	Fin: SHURGARD HATCH END GB2,DUMMY,HARROW		-£208.00	£3,787.53
410	Meals	20-Oct-23	Fin: STARBUCKS,UNIT 17,HARROW		-£7.25	£3,780.28
411	Trans/Fuel	20-Oct-23	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD		-£25.03	£3,755.25
412	IT/Web	20-Oct-23	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE		-£9.60	£3,745.65
413	FUNDING	18-Oct-23	ANDREW GABRIEL SAMUELS AGSAMUELSPINN	£150.00		£3,895.65
414	FUNDING	18-Oct-23	PMCPA Mobility Class		-£150.00	£3,745.65
415	Rental	18-Oct-23	ANDREW GABRIEL SAMUELS 16NHMC171023	£64.00		£3,809.65
416	Meals	18-Oct-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£11.20	£3,798.45

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417	FUNDING	18-Oct-23	BANK HARROW COUNCIL 100020****0660	£883.58		£4,682.03
418	Water	17-Oct-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		£6.00	£4,676.03
419	Parking	14-Oct-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		£2.20	£4,673.83
420	Trans/Fuel	14-Oct-23	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD		£25.05	£4,648.78
421	Rental	13-Oct-23	ANDREW GABRIEL SAMUELS 18NHMC171023	£72.00		£4,720.78
422	Healthcare	12-Oct-23	DD:CLUBWISE SOFTWARE LI 1EF17940		£39.99	£4,680.79
423	Meals	11-Oct-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		£6.40	£4,674.39
424	Water	10-Oct-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		£6.00	£4,668.39
425	Water	09-Oct-23	Fin: Budgens,27 The Broadway Jo,Northwoo		£9.47	£4,658.92
426	Water	09-Oct-23	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD		£4.20	£4,654.72
427	Telecoms	09-Oct-23	Fin: giffgaff,Vine Street 11,London		£10.00	£4,644.72
428	Meeting	09-Oct-23	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO		£27.32	£4,617.40
429	Meeting	09-Oct-23	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO		£7.99	£4,609.41
430	Meeting	09-Oct-23	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO		£26.20	£4,583.21
431	Rental	08-Oct-23	ANDREW GABRIEL SAMUELS 19NHMC031023	£95.00		£4,678.21
432	Sundries	07-Oct-23	Fin: Amazon.co.uk*HT1R92BZ4,AMAZON.CO.UK		£4.40	£4,673.81
433	Sundries	07-Oct-23	Fin: Amazon.co.uk*HT1TB8BH4,AMAZON.CO.UK		£4.40	£4,669.41
434	Rental	06-Oct-23	ANDREW GABRIEL SAMUELS AGSamuels	£75.00		£4,744.41
435	Parking	06-Oct-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		£2.20	£4,742.21
436	Parking	06-Oct-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		£3.00	£4,739.21
437	IT/Web	06-Oct-23	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS		£15.59	£4,723.62
438	Trans/Fuel	06-Oct-23	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD		£25.02	£4,698.60
439	Telecoms	05-Oct-23	Fin: giffgaff,Vine Street 11,London		£10.00	£4,688.60
440	IT/Web	04-Oct-23	Fin: ADOBE ACROPRO SUBS,ADOBE.LY/BILL		£29.96	£4,658.64
441	Water	03-Oct-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		£6.00	£4,652.64
442	IT/Web	02-Oct-23	Fin: PADDLE.NET*INSTATEXT,JUDD HOU,Londo		£21.99	£4,630.65
443	Healthcare	02-Oct-23	DD:SPORTS & LEISURE MAN SLM98006990		£29.99	£4,600.66
444	Roxy	02-Oct-23	Fin: PETS AT HOME LTD,WESTWAY C,GREENFOR		£10.00	£4,590.66
445	Roxy	02-Oct-23	Fin: PETS AT HOME LTD,WESTWAY C,GREENFOR		£6.08	£4,584.58
446	Insurance	02-Oct-23	DD:Driver & Vehicle Lic 000000*****7114		£31.93	£4,552.65
447	Water	28-Nov-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		£7.80	£4,544.85
448	Insurance	27-Nov-23	DD:Insurance Factory Lt 000000*****0888		£33.40	£4,511.45
449	Parking	25-Nov-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		£3.00	£4,508.45
450	Storage	25-Nov-23	Fin: GOOGLE *Google Play Ap,650-253-0000		£1.59	£4,506.86
451	IT/Web	25-Nov-23	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE		£45.54	£4,461.32
452	Trans/Fuel	24-Nov-23	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD		£25.02	£4,436.30
453	Sundries	24-Nov-23	Fin: Amazon.co.uk*HI1E22S64,AMAZON.CO.UK		£54.45	£4,381.85
454	Parking	23-Nov-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		£3.00	£4,378.85
455	Trans/Fuel	22-Nov-23	Fin: TESCO PAY AT PUMP 3083,NORTHWOOD		£25.03	£4,353.82
456	Water	22-Nov-23	Fin: TESCO STORES 5922,HARROW PINN,HARRO		£6.25	£4,347.57
457	Meeting	22-Nov-23	Fin: SumUp *A M sheer Ltd,Chorleywood		£39.94	£4,307.63
458	Storage	21-Nov-23	Fin: UK021 Harrow,3 Headstone Lane,Harro		£208.00	£4,099.63
459	Rental	20-Nov-23	ANDREW GABRIEL SAMUELS AGSamuelsStorage	£104.00		£4,203.63
460	IT/Web	20-Nov-23	Fin: IONOS CLOUD LTD,DISCOVERY,GLOUCESTE		£9.60	£4,194.03
461	Rental	20-Nov-23	Nth Harrow Methodist Chur 102023 94		£200.00	£3,994.03

Mind Angels Annual Report Statement (2022-2023)

462	Telecoms	18-Nov-23	Fin: giffgaff,Vine Street 11,London		-£10.00	£3,984.03
463	Telecoms	16-Nov-23	Fin: giffgaff,Vine Street 11,London		-£10.00	£3,974.03
464	FUNDING	16-Nov-23	BANK HARROW COUNCIL 100020****4968	£1,005.48		£4,979.51
465	Telecoms	14-Nov-23	Fin: giffgaff,Vine Street 11,London		-£10.00	£4,969.51
466	Healthcare	13-Nov-23	DD:CLUBWISE SOFTWARE LI 1EFI17940		-£39.99	£4,929.52
467	Telecoms	11-Nov-23	Fin: giffgaff,Vine Street 11,London		-£10.00	£4,919.52
468	Trans/Fuel	10-Nov-23	Fin: SHELL PINNER 269,21 PINNER GR,PINNE		-£25.05	£4,894.47
469	Telecoms	09-Nov-23	Fin: giffgaff,Vine Street 11,London		-£10.00	£4,884.47
470	Meals	08-Nov-23	Fin: COSTA COFFEE 43010645,STATION,HARRO		-£6.35	£4,878.12
471	Sundries	08-Nov-23	Fin: Budgens,27 The Broadway Jo,Northwoo		-£9.99	£4,868.13
472	Rental	07-Nov-23	ANDREW GABRIEL SAMUELS 15NHMC071123	£60.00		£4,928.13
473	Stationery	07-Nov-23	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA		-£42.98	£4,885.15
474	IT/Web	06-Nov-23	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS		-£15.59	£4,869.56
475	Telecoms	06-Nov-23	Fin: giffgaff,Vine Street 11,London		-£10.00	£4,859.56
476	Parking	04-Nov-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£2.20	£4,857.36
477	Trans/Fuel	04-Nov-23	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£25.17	£4,832.19
478	Water	04-Nov-23	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO		-£4.50	£4,827.69
479	Parking	04-Nov-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£2.20	£4,825.49
480	Parking	04-Nov-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£2.20	£4,823.29
481	IT/Web	04-Nov-23	Fin: ADOBE SYSTEMS SOFTWARE,ADOBE.LY/BIL		-£29.96	£4,793.33
482	Meals	03-Nov-23	Fin: STARBUCKS,UNIT 17,HARROW		-£8.75	£4,784.58
483	Parking	02-Nov-23	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£2.20	£4,782.38
484	IT/Web	02-Nov-23	Fin: PADDLE.NET*INSTATEXT,JUDD HOU,Londo		-£21.99	£4,760.39
485	Car/Maint	02-Nov-23	Fin: VS MOTORS,2 Watford,WEMBLEY		-£54.85	£4,705.54
486	Rental	01-Nov-23	ANDREW GABRIEL SAMUELS 18NHMC301023	£72.00		£4,777.54
487	Insurance	01-Nov-23	DD:Driver & Vehicle Lic 000000*****7114		-£31.93	£4,745.61
488	Meals	01-Nov-23	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£22.35	£4,723.26
489	Healthcare	01-Nov-23	DD:SPORTS & LEISURE MAN SLM98006990		-£29.99	£4,693.27
			2022-2023 Account Total =	£16,354.86	-£17,925.00	
				Year Loss =	-£1,570.14	

MIND ANGELS

England & Wales - Charity number 1176005

Accounts



MIND ANGELS

ANNUAL

STATEMENT

2021-2022

ABSTRACT

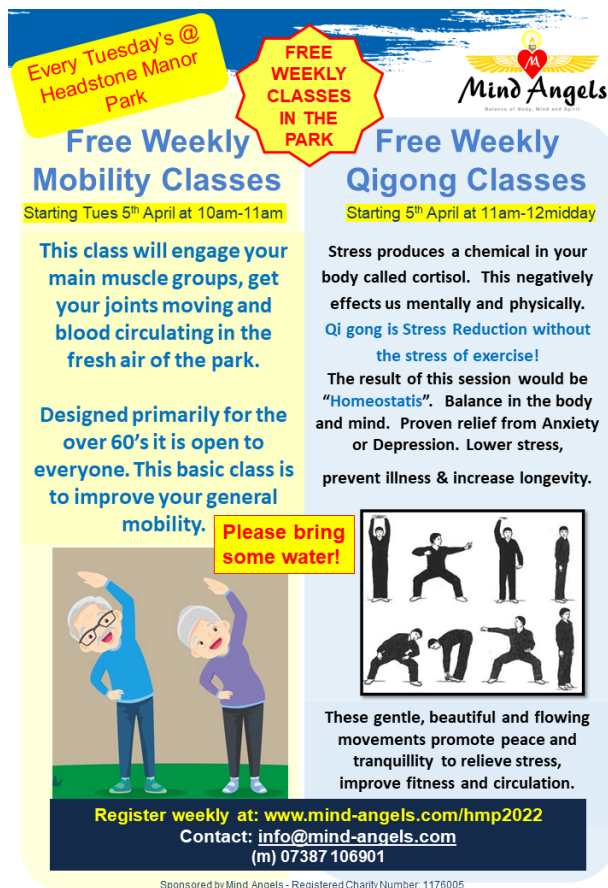
This statement details and summarises the charity's activities over the financial period of 2021-2022

Andrew Samuels (Trustee)

This year 2021-2022, a recovery year from the pandemic, offered creative options. It was by no means a quiet year as there are more people in need of the charity services than before. The pandemic has resulted in poor mental health across the board and a need for a positive environment and energy to draw light from and take back into their own lives.

Our activities are summarised below.

Headstone Manor Park



Every Tuesday's @ Headstone Manor Park

FREE WEEKLY CLASSES IN THE PARK

Free Weekly Mobility Classes
Starting Tues 5th April at 10am-11am

This class will engage your main muscle groups, get your joints moving and blood circulating in the fresh air of the park.

Designed primarily for the over 60's it is open to everyone. This basic class is to improve your general mobility.

Please bring some water!

Free Weekly Qigong Classes
Starting 5th April at 11am-12midday

Stress produces a chemical in your body called cortisol. This negatively affects us mentally and physically. Qi gong is Stress Reduction without the stress of exercise!

The result of this session would be "Homeostatis". Balance in the body and mind. Proven relief from Anxiety or Depression. Lower stress, prevent illness & increase longevity.

These gentle, beautiful and flowing movements promote peace and tranquillity to relieve stress, improve fitness and circulation.

Register weekly at: www.mind-angels.com/hmp2022
Contact: info@mind-angels.com
(m) 07387 106901

Sponsored by Mind Angels - Registered Charity Number: 1176005

We have continued to support the local residents in and around this area, with the help of the Friends of Headstone Manor Park. We delivered our mobility and Qigong class which has established a hardcore following who appreciate the many benefits of movement, mindfulness, and social contact in a friendly diverse group of approx. 30-40 people weekly. This includes regular attendance of the over 60's which includes a handful of 90+ inspirational individuals.

We did not receive funding as we did in the previous year but minimised on costs delivering outdoors and with support from The Friends of Headstone Manor Park who provided chairs for our mobility sessions. This session was generally oversubscribed but participants brought their own light chairs and we used the park benches.

Delivering our Qigong class outdoors in a peaceful, safe and picturesque environment was a pleasure and 100% of our participants, even the one-timers, have consistently expressed the feeling of wellbeing from

participating. I am happy to report we have consistently a good record reinforcing our ability to guide clients through a process to deliver the physical, mental and spiritual benefits of our classes.

We are proud to maintain this community of elders. This is documented online at www.mind-angels.com/hmp2021. Feedback is also shown in the Appendix A:

INCOME/FUNDING



Free* "Connected Project" a weekly emotional and physical support group provided by Need to Talk Counselling and Wellbeing Service
 When: **September for 4 months**
 Where: Harrow College, Harrow on the Hill Campus.
 * (A £2 donation/week towards refreshment costs)

To book a place and find out more contact: Need to Talk
 Email: info@needtotalk.london
 Web: www.needtotalk.london Twitter: @Ntotalk
 Instagram & Facebook: @needtotalkcounselling services

Charity No. 1177595

 Harrow Giving

Need to Talk

A local counselling charity (Need to Talk) made contact to deliver our Qigong sessions at Harrow College for their service users. This allowed us to generate more funding to support our groups and children's projects.

Harrow Leisure Centre

We also started to support Mobility and Qigong classes at the Harrow Leisure Centre and hope to grow these sessions as before to pre-pandemic levels.

We have further support through the work with Harrow Council where our volunteer have donated their time and experience to fund the charity. This experience has utilised skills to support Harrow residents into employment. Their donation has allowed the charity to continue to receive a monthly income and partly support the charity's purpose of encouraging better mental, physical and spiritual wellbeing for individuals.

ACTIVE COMMUNITY MONDAYS

Active Community Mondays provides older adults the opportunity to get active and meet new people in a fun, safe environment. The focus is on the social benefits rather than the physical and encourages the development of an active community.

Starts: Monday 14th March

Time: 10:00 – 12:30

Cost: £4.50*
*Changing to £4.75 as of April 2022

To Book: Email harrowinfo@everyoneactive.com
 Book in centre or call
 020 8901 5980

For further information, please contact
 Craig Hughes - craighughes@everyoneactive.com

Supported by




 everyoneactive.com
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 [@everyoneactive](https://twitter.com/everyoneactive)

Harrow Giving

In 2022 we were finally successful in applying for funding from Harrow Giving to deliver our session in 2022-2023, starting in October. We are pleased to offer continued wellbeing support for our Headstone Manor Park community (and more) indoors over the winter months at North Harrow Methodist Church.

NFT

In an effort to look at alternative funding, we have created unique digital assets for sale online to generate additional funding. We have not received an income from this yet but the images are available online so we're keeping our fingers crossed.

Relocation

We have needed to relocate due to the landlord requesting the property back. This has incurred a lot of time, expense. Luckily, we maintain support for the health and wellbeing of staff which has minimised stress.

"Roxy's Dream" (Early Years Project)

We have requested one of our volunteers to use their skills to help the charity achieve its outcomes. They are suitably skilled and experienced and with guidance, they will create a piece of work for 3-7yr olds. This is an independent project designed to assist the charity in fulfilling its purpose, to encourage better physical, mental and spiritual balance for individuals, groups and communities. This piece of work will educate children (3-7yrs) about good nutrition, importance of exercise, encourages better relationships and the importance of belief.

"Roxy Says" Children's Mental Health Pilot Delivered (7-11yrs)

Sadly, we have not made progress after the successful pilot of Roxy Says. This is an area we will be focusing on more in the next year.

Wellbeing Classes/Sessions

The recorded wellbeing sessions, online at www.mind-angels.com/help, remain online to support a much wider audience. This is still available free of charge, only feedback is required.

Volunteering/Staff Costs

Again this year we have been blessed to have wonderful volunteers who supported our above activities. Their efforts are priceless in supporting the charity goals, "To encourage better physical, mental and spiritual balance for individuals, groups and communities".

Thank you to everyone involved!

ACCOUNTS SUMMARY:

2021-22 ACCOUNTS SUMMARY TABLE

CATEGORY	DESCRIPTION	INCOME	EXPENDITURE	BALANCE
Insurances	Car, Charity, Roxy		£1,325.50	£1,325.50
Car/Maint	Vehicle		£1,500.54	£1,500.54
FUNDING	Various Income Sources	£14,712.81		-£14,712.81
Healthcare	Staff Gym Memberships		£935.21	£935.21
IT/Web	IT Running Costs	£167.02	£1,784.84	£1,617.82
Relocation	Relocation Costs	£4,000.00	£7,000.00	£3,000.00
Meals	Staff Lunches, etc	£7.00	£271.46	£264.46
Meeting	Food & Beverage		£375.08	£375.08
MKTG	Marketing Costs - Lit, Cards, Ad's, etc	£4.79	£171.17	£166.38
NFT	Investments to generate income		£143.53	£143.53
Parking	Parking Costs		£54.70	£54.70
RoomHire	Venue Hire		£154.30	£154.30
RoxyHealthcare	Roxy's Maintenance Bills		£364.05	£364.05
Stationery	Stationery		£196.65	£196.65
Storage	Storage Costs for Charity Goods	£161.00	£436.29	£275.29
Sundry	Sundry		£301.35	£301.35
Telecoms	Internet and Phone		£360.00	£360.00
Training	Staff Training Costs		£280.00	£280.00
Trans/Fuel	Transport and Fuel/Energy Costs	£52.52	£1,212.62	£1,160.10
Uniform	Staff Uniform (Shoes, Clothing)	£32.00	£905.95	£873.95
Xmas	Xmas Party		£67.67	£67.67
DBS	DBS applications via VAH		£63.00	£63.00
Canx	Cancelled Transactions	£307.57	£219.42	£88.15
	Charity Totals	£19,444.71	£18,123.33	£1,321.38

Mind Angels Annual Report Statement (2020 – 2021)

Detailed Statement of Accounts:

Item #	CostCODE	Date	Description	Credit	Debit	Balance
2021 Balances				12,963.34	-£9,247.70	£4,942.03
1	Uniform	01-Dec-21	Fin: YAZZOO PERSONALISED,Conduit ,CANNOC		-£67.99	£4,874.04
2	Uniform	01-Dec-21	Fin: YAZZOO PERSONALISED,Conduit ,CANNOC		-£21.54	£4,852.50
3	Car Ins	01-Dec-21	DD:Driver & Vehicle Lic 000000*****7114		-£27.56	£4,824.94
4	Healthcare	01-Dec-21	DD:SPORTS & LEISURE MAN SLM98006990		-£58.58	£4,766.36
5	MKTG	02-Dec-21	Fin: AMZN AD TJPB007ZL-12,AMS.AMAZON.CO		-£5.63	£4,760.73
6	Trans/Fuel	02-Dec-21	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£20.10	£4,740.63
7	Telecoms	03-Dec-21	Fin: giffgaff,Vine Street 11,London		-£20.00	£4,720.63
8	IT/Web	06-Dec-21	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£6.00	£4,714.63
9	IT/Web	06-Dec-21	Fin: ADOBE STOCK,4-6 Riverw,ADOBE.LY/BIL		-£23.99	£4,690.64
10	Healthcare	07-Dec-21	DD:THE GYM LIMITED 5516114A-THE-GYM		-£24.98	£4,665.66
11	Telecoms	09-Dec-21	Fin: giffgaff,Vine Street 11,London		-£10.00	£4,655.66
12	Trans/Fuel	09-Dec-21	Fin: BP BESSBOROUGH CONNECT,HARROW MIDDLE		-£20.04	£4,635.62
13	Uniform	11-Dec-21	Fin: T K MAXX,UNIT 31 ST GEORGES C,HARRO		-£80.08	£4,555.54
14	IT/Web	11-Dec-21	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£6.00	£4,549.54
15	Xmas Party	12-Dec-21	Mr A G Samuels Xmas 2021		-£67.67	£4,481.87
16	Uniform	14-Dec-21	Fin: UNIQLO EUROPE LTD,6th Floor, ,Londo		-£89.80	£4,392.07
17	Charity Ins	15-Dec-21	DD:TENNYSON INSURANCE L 28201899		-£46.45	£4,345.62
18	IT/Web	15-Dec-21	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£12.00	£4,333.62
19	FUNDING	15-Dec-21	BANK HARROW COUNCIL 100020****0164	£546.25		£4,879.87
20	Trans/Fuel	17-Dec-21	BANK ANDREW GABRIEL SAM Charge Refund	£32.50		£4,912.37
21	Trans/Fuel	20-Dec-21	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£20.05	£4,892.32
22	IT/Web	20-Dec-21	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£13.20	£4,879.12

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			Fin: AMZNMKTPLACE AMAZON.CO,AMAZON.CO.UK (Face Masks £15.99 & Keyboard		
23	IT/Web	21-Dec-21	£24.95)	-£40.94	£4,838.18
24	Trans/Fuel	21-Dec-21	Fin: TFL BUSINESS BOPS WEB,0343 222 2222	-£32.50	£4,805.68
25	Uniform	23-Dec-21	Fin: TRESPASS (HARROW),18 ST GEORG,HARRO	-£50.09	£4,755.59
26	Uniform	24-Dec-21	Fin: TRESPASS (HARROW),18 ST GEORG,HARRO	-£107.98	£4,647.61
27	IT/Web	25-Dec-21	Fin: GOOGLE *Google Storage,g.co/helppay	-£1.59	£4,646.02
28	Trans/Fuel	28-Dec-21	Fin: SHELL & WAITROSE,140 NO,SOUTH HARRO	-£20.01	£4,626.01
29	Charity Ins	29-Dec-21	DD:TENNYSON INSURANCE L 28201899	-£10.03	£4,615.98
30	Roxy Insurance	29-Dec-21	DD:Insurance Factory Lt 000000*****0888	-£30.05	£4,585.93
31	Sundry	30-Dec-21	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO	-£25.50	£4,560.43
			Fin: AMZNMKTPLACE AMAZON.CO,AMAZON.CO.UK (Wellbeing Diary & ? : Refunded		
32	Stationery	31-Dec-21	12/01/22)	-£59.22	£4,501.21
33	Telecoms	03-Jan-22	Fin: giffgaff,Vine Street 11,London,GBR	-£20.00	£4,481.21
34	Car Ins	04-Jan-22	DD:Driver & Vehicle Lic 0000000000397114	-£27.56	£4,453.65
35	Healthcare	04-Jan-22	Fin: AMZNMKTPLACE AMAZON.CO,,AMAZON.CO.U (Weights & Gloves)	-£71.92	£4,381.73
36	IT/Web	04-Jan-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£6.00	£4,375.73
37	IT/Web	05-Jan-22	Fin: AMZNMKTPLACE AMAZON.CO,,AMAZON.CO.U (Keyboard refund)	£24.95	£4,400.68
38	Healthcare	05-Jan-22	DD:SPORTS & LEISURE MAN SLM98006990	-£29.99	£4,370.69
39	Uniform	05-Jan-22	Fin: TRESPASS (HARROW),18 ST GEORG,HARRO	£32.00	£4,402.69
40	Uniform	05-Jan-22	Fin: COUNTRYATTIRE.COM ,LOUTH	-£174.95	£4,227.74
41	MKTG	05-Jan-22	Fin: AMZN AD TJPB007ZL-13,P,AMS.AMAZON.C	-£6.16	£4,221.58
42	IT/Web	05-Jan-22	Fin: ADOBE STOCK,4-6 Riverw,ADOBE.LY/BIL	-£23.99	£4,197.59
43	Trans/Fuel	06-Jan-22	Fin: TESCO PFS 3153,38-42 NORTH H,S HAYE	-£20.22	£4,177.37
44	Parking	07-Jan-22	Fin: WESTFIELD SHOPPING,LVL 55 WES,LONDO	-£6.50	£4,170.87
45	Healthcare	07-Jan-22	DD:THE GYM LIMITED 5516114A-THE-GYM	-£24.98	£4,145.89
46	Uniform	10-Jan-22	Fin: Klarna*michaelstewart.,York	-£179.95	£3,965.94
47	Car/Maint	10-Jan-22	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO	-£16.00	£3,949.94
48	Telecoms	10-Jan-22	Fin: giffgaff,Vine Street 11,London,GBR	-£10.00	£3,939.94
49	Stationery	11-Jan-22	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	-£8.99	£3,930.95
50	Meeting	11-Jan-22	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO	-£5.20	£3,925.75

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51	Meeting	11-Jan-22	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO	-£2.90	£3,922.85
52	Meeting	11-Jan-22	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO	-£10.98	£3,911.87
53	MKTG	11-Jan-22	Fin: Vistaprint,Hudsonweg 8 8,Venlo,NLD	-£82.60	£3,829.27
54	IT/Web	11-Jan-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£6.00	£3,823.27
55	Canx	12-Jan-22	Fin: AMZNMKTPLACE AMAZON.CO,,AMAZON.CO.U	£43.98	£3,867.25
56	Trans/Fuel	13-Jan-22	Fin: SHELL HARROW,103 PINNER ROAD,HARROW	-£20.05	£3,847.20
57	IT/Web	15-Jan-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£12.00	£3,835.20
58	Canx	18-Jan-22	Fin: AMZNMKTPLACE AMAZON.CO,,AMAZON.CO.U (NFT Tablet)	-£126.34	£3,708.86
59	Meals	18-Jan-22	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO	-£12.19	£3,696.67
60	IT/Web	18-Jan-22	Fin: eBay O*13-08142-98918,22-,Luxembour 34.42 EUR XR 1.195554	-£28.79	£3,667.88
61	IT/Web	19-Jan-22	FORX eBay O 13 17-01-22 160998445	-£0.86	£3,667.02
62	IT/Web	20-Jan-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£13.20	£3,653.82
63	Trans/Fuel	24-Jan-22	Fin: SHELL HARROW,103 PINNER ROAD,HARROW	-£20.03	£3,633.79
64	IT/Web	25-Jan-22	Fin: GOOGLE *Google Storage,g.co/helpay	-£1.59	£3,632.20
65	Roxy Insurance	25-Jan-22	DD:Insurance Factory Lt 0000000002430888	-£30.05	£3,602.15
66	Charity Ins	25-Jan-22	DD:TENNYSON INSURANCE L 28201899	-£10.03	£3,592.12
67	MKTG	25-Jan-22	Fin: Vistaprint,Hudsonweg 8 8,Venlo,NLD	£4.79	£3,596.91
68	NFT	27-Jan-22	Fin: WYRE PAYMENTS,377 NEW SOU,DOUBLE BA	-£28.09	£3,568.82
69	NFT	28-Jan-22	Fin: WYRE PAYMENTS,377 NEW SOU,DOUBLE BA	-£109.44	£3,459.38
70	NFT	28-Jan-22	Quasi Cash Transaction Fee Fin: AMZNMKTPLACE AMAZON.CO,,AMAZON.CO.U (NFT Tablet Refunded)	-£3.00	£3,456.38
71	Canx	29-Jan-22		£126.34	£3,582.72
72	Training	31-Jan-22	Danuta Bruchon ASamuels Harrow	-£160.00	£3,422.72
73	Car/Maint	31-Jan-22	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO	-£6.00	£3,416.72
74	NFT	31-Jan-22	Quasi Cash Transaction Fee	-£3.00	£3,413.72
75	Stationery	01-Feb-22	Fin: WH SMITH,ST ANN'S SHOPPING CE,HARRO	-£2.30	£3,411.42
76	Car Ins	01-Feb-22	DD:Driver & Vehicle Lic 0000000000397114	-£27.56	£3,383.86
77	Healthcare	01-Feb-22	DD:SPORTS & LEISURE MAN SLM98006990	-£29.99	£3,353.87
78	IT/Web	01-Feb-22	Fin: AMZNMktplace,1 Principa,amazon.co.u (New NFT Tablet)	-£177.65	£3,176.22
79	Canx	01-Feb-22	Fin: EBAY COMMERCE UK LTD,ECG 1MOR,Londo	£31.15	£3,207.37

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80	Canx	01-Feb-22	Fin: EBAY COMMERCE UK LTD,ECG 1MOR,Londo		-£31.15	£3,176.22
81	FUNDING	01-Feb-22	BANK HARROW COUNCIL 10002008016647	£954.50		£4,130.72
82	MKTG	02-Feb-22	Fin: AMZN AD TJPB007ZL-14,P,AMS.AMAZON.C		-£1.94	£4,128.78
83	Telecoms	03-Feb-22	Fin: giffgaff,Vine Street 11,London,GBR		-£20.00	£4,108.78
84	Trans/Fuel	04-Feb-22	Fin: BP BESSBOROUGH CONNECT,HARROW MIDDLE		-£20.11	£4,088.67
85	IT/Web	04-Feb-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£6.00	£4,082.67
86	IT/Web	05-Feb-22	Fin: ADOBE STOCK,4-6 Riverw,ADOBE.LY/BIL		-£23.99	£4,058.68
87	Meals	07-Feb-22	Fin: ZTL*ANDFEAST,23a,London,GBR		-£4.20	£4,054.48
88	IT/Web	07-Feb-22	Fin: EBUYER (UK) LTD,HOWDEN DYK,SHEFFIEL (?? Consolidate)		-£30.97	£4,023.51
89	Meals	07-Feb-22	Fin: iZ *ANDFEAST,23a,London,GBR		-£6.00	£4,017.51
90	Healthcare	07-Feb-22	DD:THE GYM LIMITED 5516114A-THE-GYM		-£24.98	£3,992.53
91	Canx	08-Feb-22	BANK ANDREW GABRIEL SAM AGS card refund (R)	£10.20		£4,002.73
			Fin: LEDGER* LEDGER,1 RUE DU MAIL,PARIS, (NFT: Crypto Hardware			
92	IT/Web	09-Feb-22	Wallet)		-£67.29	£3,935.44
93	Telecoms	09-Feb-22	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£3,925.44
94	IT/Web	11-Feb-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£6.00	£3,919.44
95	Trans/Fuel	12-Feb-22	Fin: SAINSBURYS PETROL,LOMBARDY RET,HAYE		-£20.15	£3,899.29
96	IT/Web	14-Feb-22	Fin: EBAY COMMERCE UK LTD,ECG 1MOR,Londo (Keyboard)		-£31.38	£3,867.91
97	IT/Web	15-Feb-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£12.00	£3,855.91
98	FUNDING	16-Feb-22	BANK HARROW COUNCIL 10002008018732	£763.60		£4,619.51
99	IT/Web	19-Feb-22	Fin: Amazon.co.uk*2R5887CS4,,AMAZON.CO.U (540GB SSD)		-£37.34	£4,582.17
100	Trans/Fuel	21-Feb-22	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£20.35	£4,561.82
101	IT/Web	21-Feb-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£13.20	£4,548.62
102	IT/Web	24-Feb-22	Fin: AMZ*Amazon.co.uk,1 Prin,AMAZON.CO.U (540GB SSD Refunded)	£37.34		£4,585.96
103	Roxy Insurance	25-Feb-22	DD:Insurance Factory Lt 0000000002430888		-£30.05	£4,555.91
104	IT/Web	25-Feb-22	Fin: Amazon.co.uk*2R9Q03VA4,,AMAZON.CO.U (540GB SSD)		-£37.34	£4,518.57
105	Charity Ins	25-Feb-22	DD:TENNYSON INSURANCE L 28201899		-£10.03	£4,508.54
106	IT/Web	25-Feb-22	Fin: GOOGLE *Google Storage,g.co/helppay		-£1.59	£4,506.95
107	Trans/Fuel	25-Feb-22	Fin: TFL TRAVEL CH,VICTORIA,TFL.GOV.UK/C		-£1.70	£4,505.25
108	Car/Maint	28-Feb-22	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO		-£12.50	£4,492.75

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109	Car/Maint	28-Feb-22	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO	-£6.00	£4,486.75
110	Trans/Fuel	28-Feb-22	Fin: TFL TRAVEL CH,VICTORIA,TFL.GOV.UK/C	-£1.50	£4,485.25
111	Parking	01-Mar-22	Fin: LONDON BOROUGH OF HARR,HARROW,HARRO	-£0.80	£4,484.45
112	Healthcare	01-Mar-22	DD:SPORTS & LEISURE MAN SLM98006990	-£29.99	£4,454.46
113	Car Ins	01-Mar-22	DD:Driver & Vehicle Lic 0000000000397114	-£27.56	£4,426.90
114	Trans/Fuel	01-Mar-22	Fin: SHELL & WAITROSE,140 NO,SOUTH HARRO	-£20.38	£4,406.52
115	Stationery	02-Mar-22	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO	-£1.75	£4,404.77
116	Stationery	03-Mar-22	Fin: POST OFFICE SELF SERVI,3,SOUTHAMPTO	-£3.66	£4,401.11
117	Meeting	03-Mar-22	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO	-£5.20	£4,395.91
118	Telecoms	03-Mar-22	Fin: giffgaff,Vine Street 11,London,GBR	-£20.00	£4,375.91
119	Trans/Fuel	05-Mar-22	Fin: TFL TRAVEL CH,VICTORIA,TFL.GOV.UK/C	-£1.65	£4,374.26
120	IT/Web	05-Mar-22	Fin: ADOBE STOCK,4-6 Riverw,ADOBE.LY/BIL	-£23.99	£4,350.27
121	IT/Web	07-Mar-22	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS	-£14.39	£4,335.88
122	Healthcare	07-Mar-22	DD:THE GYM LIMITED 5516114A-THE-GYM	-£24.98	£4,310.90
123	IT/Web	07-Mar-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£6.00	£4,304.90
124	Trans/Fuel	08-Mar-22	Fin: METERPAY.NET TOPUP,2 Alan,MANCHESTE	-£15.00	£4,289.90
125	Telecoms	09-Mar-22	Fin: giffgaff,Vine Street 11,London,GBR	-£10.00	£4,279.90
126	Car/Maint	11-Mar-22	Fin: KERBYS GARAGE,24 VILLAGE,0208866237	-£372.72	£3,907.18
127	IT/Web	12-Mar-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£6.00	£3,901.18
128	Trans/Fuel	14-Mar-22	Fin: SHELL HARROW,103 PINNER ROAD,HARROW	-£25.03	£3,876.15
129	IT/Web	16-Mar-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£12.00	£3,864.15
130	FUNDING	16-Mar-22	BANK HARROW COUNCIL 10002008023822	£763.60	£4,627.75
131	Sundry	17-Mar-22	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	-£3.99	£4,623.76
132	Charity Ins	21-Mar-22	DD:TENNYSON INSURANCE L 28201899	-£46.44	£4,577.32
133	IT/Web	21-Mar-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£13.20	£4,564.12
134	Car/Maint	23-Mar-22	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO	-£6.00	£4,558.12
135	Roxy Insurance	25-Mar-22	DD:Insurance Factory Lt 0000000002430888	-£30.05	£4,528.07
136	Charity Ins	25-Mar-22	DD:TENNYSON INSURANCE L 28201899	-£10.03	£4,518.04
137	Trans/Fuel	25-Mar-22	Fin: ASDA PETROL 4882,CHURCH ROA,NORTHOL	-£21.89	£4,496.15
138	IT/Web	25-Mar-22	Fin: GOOGLE *Google Storage,g.co/helppay	-£1.59	£4,494.56

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139	Meeting	26-Mar-22	Fin: GROVE ON THE HILL ,HARROW HA1 (Early Years)	-£57.43	£4,437.13
140	Car/Maint	29-Mar-22	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO	-£12.50	£4,424.63
141	Healthcare	01-Apr-22	DD:SPORTS & LEISURE MAN SLM98006990	-£29.99	£4,394.64
142	Car Ins	01-Apr-22	DD:Driver & Vehicle Lic 0000000000397114	-£27.56	£4,367.08
143	MKTG	02-Apr-22	Fin: TJPB007ZL-16 AMZN AD,P,AMS.AMAZON.C	-£3.47	£4,363.61
144	Car/Maint	02-Apr-22	Mr A G Samuels BPConnect Coolant	-£16.00	£4,347.61
145	IT/Web	04-Apr-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£30.00	£4,317.61
146	Telecoms	04-Apr-22	Fin: giffgaff,Vine Street 11,London,GBR	-£20.00	£4,297.61
147	Trans/Fuel	04-Apr-22	Fin: BP EGHAM HILL CONNECT,1,EGHAM SURRE	-£23.02	£4,274.59
148	Parking	05-Apr-22	Fin: ST GEORGES HARROW LTD,ST GEOR,HARRO	-£2.20	£4,272.39
149	IT/Web	05-Apr-22	Fin: ADOBE STOCK,4-6 Riverw,ADOBE.LY/BIL	-£23.99	£4,248.40
150	IT/Web	06-Apr-22	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS	-£14.39	£4,234.01
151	Meals	06-Apr-22	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO (Water and wipes for group)	-£16.93	£4,217.08
152	Sundry	07-Apr-22	DD:THE GYM LIMITED 5516114A-THE-GYM	-£5.50	£4,211.58
153	Healthcare	07-Apr-22	DD:THE GYM LIMITED 5516114A-THE-GYM	-£24.98	£4,186.60
154	Meals	08-Apr-22	Fin: M J HARROW LTD,231 Watford ,Harro	-£11.50	£4,175.10
155	Car/Maint	08-Apr-22	Fin: EURO CAR PARTS ,TAMWORTH	-£41.56	£4,133.54
156	Telecoms	09-Apr-22	Fin: giffgaff,Vine Street 11,London,GBR	-£10.00	£4,123.54
157	Car/Maint	09-Apr-22	Fin: KWIK-FIT.COM,216 EAST MA,0800 75767	-£125.91	£3,997.63
158	IT/Web	11-Apr-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£6.00	£3,991.63
159	Trans/Fuel	11-Apr-22	Fin: SHELL & WAITROSE,140 NO,SOUTH HARRO	-£22.98	£3,968.65
160	Trans/Fuel	11-Apr-22	Fin: TFL TRAVEL CH,VICTORIA,TFL.GOV.UK/C 224.86 GBP XR 136.278788	-£1.65	£3,967.00
161	Meals	13-Apr-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	-£10.50	£3,956.50
162	Parking	13-Apr-22	Fin: ST GEORGES HARROW LTD,ST GEOR,HARRO	-£2.20	£3,954.30
163	Trans/Fuel	14-Apr-22	Fin: TESCO PAY AT PUMP 3153,SOUTH H,HAYE	-£15.00	£3,939.30
164	IT/Web	15-Apr-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£12.00	£3,927.30
165	Sundry	18-Apr-22	Fin: TESCO-STORES 4335,BEDFONT STA,LONDO 20 GBP XR 2.531646 (R)	-£7.90	£3,919.40
166	FUNDING	19-Apr-22	BANK HARROW COUNCIL 10002008029348	£954.50	£4,873.90
167	Car/Maint	20-Apr-22	Fin: RAC,IM BILLINGS & COLL,WWW.RAC.CO.U	-£190.99	£4,682.91

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168	Charity Ins	20-Apr-22	DD:TENNYSON INSURANCE L 28201899		-£46.45	£4,636.46
169	IT/Web	20-Apr-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£13.20	£4,623.26
170	IT/Web	22-Apr-22	Fin: RAC,IM BILLINGS & COLL,WWW.RAC.CO.U	£40.00		£4,663.26
171	Trans/Fuel	22-Apr-22	Fin: BP HILLINGDON CONVENIE,HILLINGDON M		-£24.30	£4,638.96
172	IT/Web	25-Apr-22	Fin: GOOGLE *Google Storage,g.co/help		-£1.59	£4,637.37
173	Roxy Insurance	25-Apr-22	DD:Insurance Factory Lt 0000000002430888		-£30.05	£4,607.32
174	Charity Ins	25-Apr-22	DD:TENNYSON INSURANCE L 28201899		-£10.03	£4,597.29
175	Sundry	28-Apr-22	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO (Water for Groups)		-£3.00	£4,594.29
176	MKTG	02-May-22	Fin: TJPB007ZL-17 AMZN AD,P,AMS.AMAZON.C		-£3.17	£4,591.12
177	Meals	02-May-22	Fin: iZ *BATTELS LTD,64 High Stree,Londo		-£2.00	£4,589.12
178	Trans/Fuel	02-May-22	Fin: ESSO HEATHROW NORTH SS,HAYES MIDDLE		-£25.04	£4,564.08
179	Healthcare	03-May-22	DD:SPORTS & LEISURE MAN SLM98006990		-£29.99	£4,534.09
180	Telecoms	03-May-22	Fin: giffgaff,Vine Street 11,London,GBR		-£20.00	£4,514.09
181	Meals	04-May-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£6.80	£4,507.29
182	Trans/Fuel	05-May-22	Fin: TESCO PAY AT PUMP 3153,SOUTH H,HAYE		-£15.00	£4,492.29
183	IT/Web	05-May-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£30.00	£4,462.29
184	IT/Web	05-May-22	Fin: ADOBE STOCK,4-6 Riverw,ADOBE.LY/BIL		-£23.99	£4,438.30
185	Roxy Healthcare	06-May-22	Fin: PETS AT HOME LTD ,GREENFORD		-£10.00	£4,428.30
186	Car Ins	06-May-22	DD:Driver & Vehicle Lic 0000000000397114		-£28.93	£4,399.37
187	IT/Web	07-May-22	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS		-£14.39	£4,384.98
188	Telecoms	09-May-22	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£4,374.98
189	Healthcare	09-May-22	DD:THE GYM LIMITED 5516114A-THE-GYM		-£24.98	£4,350.00
190	Trans/Fuel	09-May-22	Fin: METERPAY.NET TOPUP,2 Alan,MANCHESTE		-£20.00	£4,330.00
191	Sundry	09-May-22	Fin: POST OFFICE COUNTER,WH SMITH,PINNER (ID Verification)		-£96.50	£4,233.50
192	Trans/Fuel	09-May-22	Fin: SHELL & WAITROSE,140 NO,SOUTH HARRO		-£24.33	£4,209.17
193	Meals	11-May-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£1.50	£4,207.67
194	Meals	11-May-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£7.00	£4,200.67
195	Meals	11-May-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	£7.00		£4,207.67
196	Meals	11-May-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£1.00	£4,206.67
197	Meals	11-May-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£9.90	£4,196.77

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198	Parking	11-May-22	Fin: LB HOUNSLOW,7 Bath Road,HOUNSLOW,GB	-£17.50	£4,179.27
199	IT/Web	11-May-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£30.00	£4,149.27
200	Trans/Fuel	13-May-22	Fin: TESCO PAY AT PUMP 3153,SOUTH H,HAYE	-£15.09	£4,134.18
201	Roxy Healthcare	13-May-22	Fin: PETS AT HOME LTD ,GREENFORD	-£24.00	£4,110.18
202	IT/Web	16-May-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£12.00	£4,098.18
203	Meals	18-May-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	-£9.10	£4,089.08
204	FUNDING	18-May-22	BANK HARROW COUNCIL 10002008033760	£763.60	£4,852.68
205	Car/Maint	19-May-22	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO	-£4.25	£4,848.43
206	Roxy Healthcare	20-May-22	Fin: PETS AT HOME LTD ,GREENFORD	-£7.99	£4,840.44
207	Roxy Healthcare	20-May-22	Fin: GREENFORD(VETS4PETS)LT,GREENFORD	-£64.78	£4,775.66
208	Trans/Fuel	20-May-22	Fin: SHELL HARROW,103 PINNER ROAD,HARROW	-£25.03	£4,750.63
209	IT/Web	20-May-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£13.20	£4,737.43
210	Charity Ins	20-May-22	DD:TENNYSON INSURANCE L 28201899	-£46.45	£4,690.98
211	Roxy Insurance	25-May-22	DD:Insurance Factory Lt 0000000002430888	-£30.05	£4,660.93
212	Charity Ins	25-May-22	DD:TENNYSON INSURANCE L 28201899	-£10.03	£4,650.90
213	IT/Web	25-May-22	Fin: GOOGLE *Google Storage,g.co/helppay	-£1.59	£4,649.31
214	Storage	26-May-22	Fin: ACCESS HARROW ,HARROW	-£10.00	£4,639.31
215	LANDLORD	27-May-22	Mr A G Samuels/Mind Angels Relocation (Rent & Deposit)	-£2,000.00	£2,639.31
216	Storage	30-May-22	Fin: SHURGARD UK LTD. GB21 ,HARROW	-£45.90	£2,593.41
217	Trans/Fuel	30-May-22	Fin: SHELL HARROW,103 PINNER ROAD,HARROW	-£25.94	£2,567.47
218	IT/Web	30-May-22	Fin: OHM LTD,515 PINNER ROAD,02084270545 (Laptop Repair - Reset Board)	-£42.00	£2,525.47
219	Meals	01-Jun-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	-£15.70	£2,509.77
220	Sundry	01-Jun-22	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO (R)	-£2.50	£2,507.27
221	Healthcare	01-Jun-22	DD:SPORTS & LEISURE MAN SLM98006990	-£29.99	£2,477.28
222	Car Ins	01-Jun-22	DD:Driver & Vehicle Lic 0000000000397114	-£28.87	£2,448.41
223	Sundry	02-Jun-22	Fin: TESCO STORE 3030,ASH HALL DRI,PINNE (R)	-£12.00	£2,436.41
224	MKTG	02-Jun-22	Fin: Vistaprint,Hudsonweg 8 8,Venlo,NLD (Business Cards)	-£36.44	£2,399.97
225	Car/Maint	03-Jun-22	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO (R)	-£14.25	£2,385.72
226	Telecoms	03-Jun-22	Fin: giffgaff,Vine Street 11,London,GBR	-£20.00	£2,365.72

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227	IT/Web	04-Jun-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£30.00	£2,335.72
228	IT/Web	06-Jun-22	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS	-£14.39	£2,321.33
229	Stationery	06-Jun-22	Fin: WH SMITH,11 BRIDGE STREET,PINNER,GB (R) Fin: PHOTOPLACE,10 BRIDGE STREET,LONDON, (ID	-£10.99	£2,310.34
230	Sundry	06-Jun-22	Pictures - PO Pictures Failed QC))	-£15.99	£2,294.35
231	RoomHire	06-Jun-22	Fin: HARROW ARTS CENTRE,UXBRIDGE R,HARRO	-£2.20	£2,292.15
232	Healthcare	07-Jun-22	Fin: FIT CLUB NORTHWOOD L,COM,NORTHWOOD	-£10.00	£2,282.15
233	Meals	08-Jun-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	-£12.50	£2,269.65
234	Telecoms	09-Jun-22	Fin: giffgaff,Vine Street 11,London,GBR	-£10.00	£2,259.65
235	Trans/Fuel	09-Jun-22	Fin: SHELL HARROW,103 PINNER ROAD,HARROW	-£27.91	£2,231.74
236	IT/Web	11-Jun-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£30.00	£2,201.74
237	Meeting	11-Jun-22	Mr A G Samuels RoxysDream meeting	-£48.35	£2,153.39
238	Meals	15-Jun-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	-£12.40	£2,140.99
239	IT/Web	15-Jun-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£12.00	£2,128.99
240	Charity Ins	16-Jun-22	Fin: ZURICH INSURANCE ,CHICHESTER	-£100.28	£2,028.71
241	Roxy Healthcare	16-Jun-22	Fin: PETS AT HOME LTD ,GREENFORD	-£4.50	£2,024.21
242	Roxy Healthcare	16-Jun-22	Fin: GREENFORD(VETS4PETS)LT,GREENFORD	-£44.41	£1,979.80
243	Sundry	16-Jun-22	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO (R)	-£3.20	£1,976.60
244	Sundry	16-Jun-22	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO (R)	-£2.00	£1,974.60
245	FUNDING	16-Jun-22	BANK HARROW COUNCIL 10002008078464	£763.60	£2,738.20
246	Trans/Fuel	17-Jun-22	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD	-£25.07	£2,713.13
247	Healthcare	17-Jun-22	DD:CLUBWISE SOFTWARE LI EFI17940	-£64.99	£2,648.14
248	IT/Web	20-Jun-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£13.20	£2,634.94
249	Charity Ins	20-Jun-22	DD:TENNYSON INSURANCE L 28201899	-£46.45	£2,588.49
250	Sundry	22-Jun-22	Fin: TESCO STORES 5922,HARROW PINN,HARRO	-£5.25	£2,583.24
251	Car/Maint	24-Jun-22	Fin: TESCO STORE 3030,ASH HALL DRI,PINNE (R)	-£14.00	£2,569.24
252	Trans/Fuel	24-Jun-22	Fin: BP HILLINGDON CONVENIE,HILLINGDON M	-£25.01	£2,544.23
253	Stationery	25-Jun-22	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA (R)	-£2.99	£2,541.24
254	IT/Web	25-Jun-22	Fin: GOOGLE *Google Storage,,650-253-000	-£1.59	£2,539.65
255	Storage	27-Jun-22	Fin: ACCESS HARROW ,HARROW	-£84.00	£2,455.65

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256	Roxy Insurance	27-Jun-22	DD:Insurance Factory Lt 0000000002430888		-£30.05	£2,425.60
257	Trans/Fuel	28-Jun-22	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD		-£15.02	£2,410.58
258	Storage	28-Jun-22	DD:SHURGARD UK LTD CN08432989		-£161.00	£2,249.58
259	Meals	29-Jun-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARROW		-£6.90	£2,242.68
260	Canx	01-Jul-22	BANK ANDREW GABRIEL SAM AGSamuels	£35.95		£2,278.63
261	Healthcare	01-Jul-22	DD:SPORTS & LEISURE MAN SLM98006990		-£29.99	£2,248.64
262	Car Ins	01-Jul-22	DD:Driver & Vehicle Lic 0000000000397114		-£28.87	£2,219.77
263	Canx	02-Jul-22	Fin: HARRODS,4th floor 211 Old Str,Londo		-£35.95	£2,183.82
264	DBS	03-Jul-22	Voluntary Action Harrow DBS Invoice 2771		-£63.00	£2,120.82
265	LANDLORD	04-Jul-22	Watford Lettings Ltd 89 Hillside Road		-£1,000.00	£1,120.82
266	MKTG	04-Jul-22	Fin: TJPB007ZL-19 AMZN AD,P,AMS.AMAZON.C		-£6.94	£1,113.88
267	Telecoms	04-Jul-22	Fin: giffgaff,Vine Street 11,London,GBR		-£20.00	£1,093.88
268	Trans/Fuel	04-Jul-22	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£28.48	£1,065.40
269	IT/Web	06-Jul-22	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS		-£14.39	£1,051.01
270	Meals	06-Jul-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARROW		-£11.00	£1,040.01
271	IT/Web	06-Jul-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTER		-£30.00	£1,010.01
272	LANDLORD	07-Jul-22	BANK ANDREW GABRIEL SAM AGSamuels	£1,000.00		£2,010.01
273	Storage	08-Jul-22	BANK SHURGARD UK LIMITE UK21/8432989/127	£161.00		£2,171.01
274	Trans/Fuel	09-Jul-22	Fin: TESCO PAY AT PUMP 3153,SOUTH H,HAYE		-£20.02	£2,150.99
275	Telecoms	09-Jul-22	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£2,140.99
276	IT/Web	11-Jul-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTER		-£30.00	£2,110.99
277	Healthcare	12-Jul-22	DD:CLUBWISE SOFTWARE LI EFI17940		-£49.99	£2,061.00
278	Meals	13-Jul-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARROW		-£10.70	£2,050.30
279	IT/Web	15-Jul-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTER		-£12.00	£2,038.30
280	Training	16-Jul-22	Danuta Bruchon ASamuels Harrow		-£120.00	£1,918.30
281	Canx	19-Jul-22	Fin: HARRODS,4th floor 211 Old Str,Londo	£30.00		£1,948.30
282	Trans/Fuel	19-Jul-22	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD		-£27.64	£1,920.66
283	Sundry	19-Jul-22	Fin: TESCO STORES 5922,HARROW PINN,HARROW (Water for group - R?)		-£3.00	£1,917.66
284	FUNDING	19-Jul-22	BANK CHARITIES TRUST CP12651 (??)	£20.71		£1,938.37
285	Trans/Fuel	20-Jul-22	BANK ANDREW GABRIEL SAM Fuel refunded	£20.02		£1,958.39

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286	IT/Web	20-Jul-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£13.20	£1,945.19
287	Charity Ins	20-Jul-22	DD:TENNYSON INSURANCE L 28201899		-£46.45	£1,898.74
288	FUNDING	20-Jul-22	BANK HARROW COUNCIL 10002008084775	£954.50		£2,853.24
289	Trans/Fuel	21-Jul-22	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD		-£20.06	£2,833.18
290	Car/Maint	21-Jul-22	Fin: TESCO STORE 2642,BULLS BRIDGE ,HAYE (Oil - R)		-£14.00	£2,819.18
291	Meeting	21-Jul-22	Fin: MINORI ROSTA,4 Church ,RICKMANSWORTH		-£43.45	£2,775.73
292	IT/Web	22-Jul-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£1.20	£2,774.53
293	IT/Web	25-Jul-22	Fin: GOOGLE *Google Storage,,650-253-000		-£1.59	£2,772.94
294	IT/Web	25-Jul-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£6.00	£2,766.94
295	Roxy Insurance	25-Jul-22	DD:Insurance Factory Lt 0000000002430888		-£30.05	£2,736.89
296	Sundry	27-Jul-22	Fin: TESCO STORES 5922,HARROW PINN,HARRO (R)		-£2.25	£2,734.64
297	Storage	27-Jul-22	Fin: ACCESS HARROW ,HARROW		-£94.00	£2,640.64
298	IT/Web	28-Jul-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	£12.74		£2,653.38
299	FUNDING	29-Jul-22	BANK HARROW TOGETHER L 1047	£4,960.00		£7,613.38
300	Trans/Fuel	30-Jul-22	Fin: MFG TEN PIN,STATION ROAD,HARROW,GBR		-£24.45	£7,588.93
301	Healthcare	01-Aug-22	DD:SPORTS & LEISURE MAN SLM98006990		-£29.99	£7,558.94
302	Car Ins	01-Aug-22	DD:Driver & Vehicle Lic 0000000000397114		-£28.87	£7,530.07
303	MKTG	02-Aug-22	Fin: TJPB007ZL-20 AMZN AD,P,AMS.AMAZON.C		-£4.94	£7,525.13
304	Stationery	03-Aug-22	Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA (R)		-£58.99	£7,466.14
305	Telecoms	03-Aug-22	Fin: giffgaff,Vine Street 11,London,GBR		-£20.00	£7,446.14
306	Sundry	03-Aug-22	Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO (R)		-£2.50	£7,443.64
307	IT/Web	06-Aug-22	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS		-£14.39	£7,429.25
308	Trans/Fuel	08-Aug-22	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD		-£24.97	£7,404.28
309	Canx	09-Aug-22	Fin: HARRODS,4th floor 211 Old Str,Londo	£5.95		£7,410.23
310	Telecoms	09-Aug-22	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£7,400.23
311	Meals	10-Aug-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£10.20	£7,390.03
312	IT/Web	11-Aug-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£30.00	£7,360.03
313	Trans/Fuel	12-Aug-22	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD		-£25.03	£7,335.00
314	Healthcare	12-Aug-22	DD:CLUBWISE SOFTWARE LI EFi17940		-£49.99	£7,285.01
315	Sundry	15-Aug-22	Fin: TESCO STORES 5922,HARROW PINN,HARRO (R)		-£6.75	£7,278.26

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316	Car/Maint	15-Aug-22	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO (R)		-£18.00	£7,260.26
317	IT/Web	15-Aug-22	Fin: AMZNMktplace,1 Principa,amazon.co.u (HandsFree for Car)		-£77.29	£7,182.97
318	Meals	17-Aug-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£11.40	£7,171.57
319	FUNDING	17-Aug-22	BANK HARROW COUNCIL 10002008096609	£763.60		£7,935.17
320	IT/Web	20-Aug-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£8.40	£7,926.77
321	Storage	22-Aug-22	Fin: SHURGARD UK LTD. GB21 ,HARROW		-£16.00	£7,910.77
322	Trans/Fuel	22-Aug-22	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD		-£24.07	£7,886.70
323	IT/Web	22-Aug-22	Fin: AMZNMktplace,1 Principa,amazon.co.u (Laptop Bag)		-£51.99	£7,834.71
324	Charity Ins	22-Aug-22	DD:TENNYSON INSURANCE L 28201899		-£46.45	£7,788.26
325	Trans/Fuel	23-Aug-22	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD		-£15.06	£7,773.20
326	Storage	24-Aug-22	Fin: ACCESS HARROW ,HARROW		-£25.39	£7,747.81
327	LANDLORD	24-Aug-22	Watford Lettings Ltd 89 Hillside Road		-£1,000.00	£6,747.81
328	IT/Web	25-Aug-22	Fin: GOOGLE *Google Storage,,650-253-000		-£1.59	£6,746.22
329	IT/Web	25-Aug-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£14.40	£6,731.82
330	Roxy Insurance	25-Aug-22	DD:Insurance Factory Lt 0000000002430888		-£30.05	£6,701.77
331	Healthcare	01-Sep-22	DD:SPORTS & LEISURE MAN SLM98006990		-£29.99	£6,671.78
332	Car Ins	01-Sep-22	DD:Driver & Vehicle Lic 0000000000397114		-£28.87	£6,642.91
333	Telecoms	03-Sep-22	Fin: giffgaff,Vine Street 11,London,GBR		-£20.00	£6,622.91
334	MKTG	03-Sep-22	Fin: TJPB007ZL-21 AMZN AD,P,AMS.AMAZON.C		-£7.94	£6,614.97
335	IT/Web	06-Sep-22	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS		-£14.39	£6,600.58
336	LANDLORD	06-Sep-22	BANK ANDREW GABRIEL SAM AGSamuels	£1,000.00		£7,600.58
337	Telecoms	09-Sep-22	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£7,590.58
338	Sundry	10-Sep-22	Mr A G Samuels Owed (R)		-£24.59	£7,565.99
339	IT/Web	12-Sep-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£30.00	£7,535.99
340	Healthcare	12-Sep-22	DD:CLUBWISE SOFTWARE LI EFI17940		-£49.99	£7,486.00
341	Sundry	14-Sep-22	Fin: TESCO STORES 5922,HARROW PINN,HARRO (Water R?)		-£7.25	£7,478.75
342	Meals	14-Sep-22	Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO		-£3.50	£7,475.25
343	Meals	14-Sep-22	Fin: STARBUCKS,UNIT 17,HARROW,GBR		-£2.20	£7,473.05
344	Meals	14-Sep-22	Fin: STARBUCKS,UNIT 17,HARROW,GBR		-£10.65	£7,462.40
345	Parking	15-Sep-22	Fin: ST GEORGES CENTR,ST ANNS ROAD,HARRO		-£3.00	£7,459.40

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346	Roxy Healthcare	16-Sep-22	Fin: GREENFORD(VETS4PETS)LT, GREENFORD		-£175.46	£7,283.94
347	Meeting	17-Sep-22	Fin: M J HARROW LTD, 231 Watford , Harro (MKTG Mentor R)		-£35.00	£7,248.94
348	Trans/Fuel	17-Sep-22	Fin: SHELL HARROW, 103 PINNER ROAD, HARROW		-£25.39	£7,223.55
349	Charity Ins	20-Sep-22	DD: TENNYSON INSURANCE L 28201899		-£46.45	£7,177.10
350	IT/Web	20-Sep-22	Fin: 1 AND 1 IONOS LTD, DISCOVE, GLOUCESTE		-£24.12	£7,152.98
351	Meals	21-Sep-22	Fin: HARROW MUSEUM, 171 UXBRIDGE RO, HARRO		-£6.00	£7,146.98
352	IT/Web	23-Sep-22	Fin: AMZ*Kroser, 1 Principal , AMAZON.CO.U (Laptop Bag Refunded)	£51.99		£7,198.97
353	Stationery	24-Sep-22	Fin: RYMAN, 9 ST GEORGES CEN, ST. ANNS ROA (R)		-£18.77	£7,180.20
354	Trans/Fuel	26-Sep-22	Fin: TESCO PFS 3083, JOEL STREET, NORTHWOOD		-£23.99	£7,156.21
355	Roxy Insurance	26-Sep-22	DD: Insurance Factory Lt 0000000002430888		-£30.05	£7,126.16
356	IT/Web	26-Sep-22	Fin: GOOGLE *Google Storage,, 650-253-000		-£1.59	£7,124.57
357	IT/Web	26-Sep-22	Fin: 1 AND 1 IONOS LTD, DISCOVE, GLOUCESTE		-£14.40	£7,110.17
358	LANDLORD	28-Sep-22	Watford Lettings Ltd 89 Hillside Road		-£1,000.00	£6,110.17
359	Meals	28-Sep-22	Fin: HARROW GARDEN CENTRE, HEADSTON, HARRO		-£7.05	£6,103.12
360	Meeting	28-Sep-22	Fin: RAJDOOT, Windmill Hill, RUISLIP, GBR (EYrs R)		-£34.35	£6,068.77
361	FUNDING	28-Sep-22	BANK HARROW COUNCIL 10002008103036	£763.60		£6,832.37
362	Stationery	30-Sep-22	Fin: RYMAN, 9 ST GEORGES CEN, ST. ANNS ROA (R)		-£3.99	£6,828.38
363	Trans/Fuel	30-Sep-22	Fin: SHELL HARROW, 103 PINNER ROAD, HARROW		-£10.30	£6,818.08
364	Trans/Fuel	01-Oct-22	Fin: SHELL HARROW, 103 PINNER ROAD, HARROW		-£24.01	£6,794.07
365	Car/Maint	03-Oct-22	Fin: EURO CAR PARTS , TAMWORTH		-£117.21	£6,676.86
366	Telecoms	03-Oct-22	Fin: giffgaff, Vine Street 11, London, GBR		-£20.00	£6,656.86
367	MKTG	03-Oct-22	Fin: TJPB007ZL-22 AMZN AD, P, AMS.AMAZON.C		-£6.56	£6,650.30
368	Healthcare	03-Oct-22	DD: SPORTS & LEISURE MAN SLM98006990		-£29.99	£6,620.31
369	Sundry	03-Oct-22	Fin: TESCO STORE 3030, ASH HALL DRI, PINNE (R)		-£9.92	£6,610.39
370	Car Ins	03-Oct-22	DD: Driver & Vehicle Lic 0000000000397114		-£28.87	£6,581.52
371	Parking	03-Oct-22	Fin: ST GEORGES CENTR, ST ANNS ROAD, HARRO		-£2.20	£6,579.32
372	IT/Web	06-Oct-22	Fin: ZOOM.US 888-799-9666, 55 Alm, SAN JOS		-£14.39	£6,564.93
373	LANDLORD	06-Oct-22	BANK ANDREW GABRIEL SAM AGSamuels	£1,000.00		£7,564.93
374	Parking	07-Oct-22	Fin: ST GEORGES CENTR, ST ANNS ROAD, HARRO		-£10.00	£7,554.93
375	Sundry	07-Oct-22	Fin: WM MORRISONS STORE, 16 NEPTUNE, HARRO (R)		-£14.00	£7,540.93

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376	Canx	07-Oct-22	BANK ANDREW GABRIEL SAM AGSamuels (R)	£24.00		£7,564.93
377	Meeting	08-Oct-22	Fin: PREZZO,26 ST. GEORGES SHOP,MIDDLESE		-£11.50	£7,553.43
378	Trans/Fuel	08-Oct-22	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£23.99	£7,529.44
379	Stationery	10-Oct-22	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO (R)		-£25.00	£7,504.44
380	Telecoms	10-Oct-22	Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£7,494.44
381	RoomHire	11-Oct-22	Fin: HARROW ARTS CENTRE,UXBRIDGE R,HARRO		-£55.00	£7,439.44
382	IT/Web	11-Oct-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£30.00	£7,409.44
383	Healthcare	12-Oct-22	DD:CLUBWISE SOFTWARE LI EFi17940		-£49.99	£7,359.45
384	RoomHire	13-Oct-22	Fin: HARROW ARTS CENTRE,UXBRIDGE R,HARRO		-£7.10	£7,352.35
385	Roxy Healthcare	13-Oct-22	Fin: GREENFORD(VETS4PETS)LT,GREENFORD		-£32.91	£7,319.44
386	IT/Web	13-Oct-22	Fin: Amazon.co.uk*CG3GF8205,,AMAZON.CO.U (USB Adaptor)		-£8.98	£7,310.46
387	Trans/Fuel	17-Oct-22	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD		-£10.01	£7,300.45
388	Trans/Fuel	17-Oct-22	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD		-£24.47	£7,275.98
389	Parking	17-Oct-22	Fin: INTU UXBRIDGE,HIGH STREET,UXBRIDGE,		-£2.70	£7,273.28
390	Trans/Fuel	18-Oct-22	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD		-£15.09	£7,258.19
391	Parking	18-Oct-22	Fin: INTU UXBRIDGE,HIGH STREET,UXBRIDGE,		-£2.20	£7,255.99
392	Meeting	18-Oct-22	Fin: THE RAJ RESTAURANT ,UXBRIDGE		-£35.80	£7,220.19
393	Canx	18-Oct-22	Fin: SNAPPY SNAPS UXBRIDGE ,UXBRIDGE UB8 (See #376)		-£25.98	£7,194.21
			Fin: Amazon.co.uk*VI6QG4XZ5,,AMAZON.CO.U (Crucial X6 1TB Backup Drive)		-£71.99	£7,122.22
394	IT/Web	18-Oct-22				
395	FUNDING	18-Oct-22	BANK HARROW COUNCIL 10002008105916	£737.15		£7,859.37
396	Sundry	19-Oct-22	Fin: TESCO STORES 5922,HARROW PINN,HARRO (R)		-£3.90	£7,855.47
397	Trans/Fuel	20-Oct-22	Fin: TFL TRAVEL CH,VICTORIA,TFL.GOV.UK/C		-£12.30	£7,843.17
398	Meeting	20-Oct-22	Fin: C?te Ealing,9-10 The Green,London,G (Early Years)		-£84.92	£7,758.25
399	Charity Ins	20-Oct-22	DD:TENNYSON INSURANCE L 28201899		-£46.45	£7,711.80
400	IT/Web	20-Oct-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£8.40	£7,703.40
401	Trans/Fuel	22-Oct-22	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD		-£24.15	£7,679.25
402	IT/Web	25-Oct-22	Fin: GOOGLE *Google Storage,,650-253-000		-£1.59	£7,677.66
403	Roxy Insurance	25-Oct-22	DD:Insurance Factory Lt 0000000002430888		-£30.05	£7,647.61
404	IT/Web	25-Oct-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£14.40	£7,633.21

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405	Meals	26-Oct-22	Fin: STARBUCKS,19-21 HIGH STREET,PINNER, (R)	-£16.00	£7,617.21
406	LANDLORD	28-Oct-22	Watford Lettings Ltd 89 Hillside Road	-£1,000.00	£6,617.21
407	Trans/Fuel	31-Oct-22	Fin: BP HILLINGDON CONVENIE,HILLINGDON M	-£24.77	£6,592.44
408	Trans/Fuel	31-Oct-22	Fin: TESCO STORES 3030,ASH HALL DR,PINNE (R)	-£20.62	£6,571.82
409	Sundry	01-Nov-22	Fin: TESCO STORES 3030,ASH HALL DR,PINNE (R)	-£3.33	£6,568.49
410	Car Ins	01-Nov-22	DD:Driver & Vehicle Lic 0000000000397114	-£28.87	£6,539.62
411	Healthcare	01-Nov-22	DD:SPORTS & LEISURE MAN SLM98006990	-£29.99	£6,509.63
412	Sundry	02-Nov-22	Fin: TESCO STORES 5922,HARROW PINN,HARRO (R)	-£5.40	£6,504.23
413	Meals	02-Nov-22	Fin: STARBUCKS,19-21 HIGH STREET,PINNER, (R)	-£6.30	£6,497.93
414	Telecoms	03-Nov-22	Fin: giffgaff,Vine Street 11,London,GBR	-£20.00	£6,477.93
415	MKTG	03-Nov-22	Fin: TJPB007ZL-23 AMZN AD,P,AMS.AMAZON.C	-£5.38	£6,472.55
416	Car/Maint	04-Nov-22	Fin: VS MOTORS ,WEMBLEY	-£54.85	£6,417.70
417	LANDLORD	04-Nov-22	BANK ANDREW GABRIEL SAM AGSamuels	£1,000.00	£7,417.70
418	IT/Web	07-Nov-22	Fin: ZOOM.US 888-799-9666,55 Alm,SAN JOS	-£14.39	£7,403.31
419	Trans/Fuel	07-Nov-22	Fin: TESCO PFS 3083,JOEL STREET,NORTHWOOD	-£24.14	£7,379.17
420	Sundry	08-Nov-22	Fin: SAINSBURYS S/MKTS,12 BARTERS ,PINNE (R)	-£3.50	£7,375.67
421	Sundry	08-Nov-22	Fin: SAINSBURYS S/MKTS,12 BARTERS ,PINNE (R)	-£17.04	£7,358.63
422	Meals	09-Nov-22	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO	-£15.55	£7,343.08
423	Telecoms	09-Nov-22	Fin: giffgaff,Vine Street 11,London,GBR	-£10.00	£7,333.08
424	FUNDING	11-Nov-22	BANK NEED TO TALK NTT	£240.00	£7,573.08
425	Car/Maint	11-Nov-22	Fin: VS MOTORS ,WEMBLEY	-£388.80	£7,184.28
426	IT/Web	11-Nov-22	Fin: AMZNMktplace,1 Principa,amazon.co.u (HandsFree for Car#2)	-£87.78	£7,096.50
427	IT/Web	11-Nov-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£30.00	£7,066.50
428	Parking	12-Nov-22	Fin: NORTHWICK CAR PK,WELLINGTON,UXBRIDG	-£5.40	£7,061.10
429	Meals	12-Nov-22	Fin: SUBWAY,NORTHWICK PARK HOSPITA,HARRO	-£3.59	£7,057.51
430	Trans/Fuel	12-Nov-22	Fin: SHELL HARROW,103 PINNER ROAD,HARROW	-£24.75	£7,032.76
431	Healthcare	14-Nov-22	DD:CLUBWISE SOFTWARE LI EFI17940	-£49.99	£6,982.77
432	Sundry	15-Nov-22	Fin: SAINSBURYS S/MKTS,12 BARTERS ,PINNE (R)	-£2.89	£6,979.88
433	Sundry	16-Nov-22	Fin: TESCO STORES 5922,HARROW PINN,HARRO (Water for group - R)	-£3.90	£6,975.98
434	FUNDING	16-Nov-22	BANK HARROW COUNCIL 10002008110741	£763.60	£7,739.58

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435	Car/Maint	17-Nov-22	Fin: Amazon.co.uk*1M3LJ67K5,,AMAZON.CO.U (Hoover)	-£69.00	£7,670.58
436	Uniform	18-Nov-22	Fin: YAZZOO PERSONALISED,Conduit ,CANNOC	-£133.57	£7,537.01
437	IT/Web	21-Nov-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£8.40	£7,528.61
438	Trans/Fuel	21-Nov-22	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD	-£24.44	£7,504.17
439	Charity Ins	21-Nov-22	DD:TENNYSON INSURANCE L 28201899	-£46.45	£7,457.72
440	RoomHire	22-Nov-22	Nth Harrow Methodist Chur Inv 102022 94	-£90.00	£7,367.72
441	Sundry	23-Nov-22	Fin: TESCO STORES 5922,HARROW PINN,HARRO (Water for group - R)	-£3.90	£7,363.82
442	IT/Web	25-Nov-22	Fin: GOOGLE *Google Storage,,650-253-000	-£1.59	£7,362.23
443	IT/Web	25-Nov-22	Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£14.40	£7,347.83
444	Roxy Insurance	25-Nov-22	DD:Insurance Factory Lt 0000000002430888	-£30.05	£7,317.78
445	Trans/Fuel	26-Nov-22	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD	-£24.22	£7,293.56
446	LANDLORD	28-Nov-22	Watford Lettings Ltd 89 Hillside Road	-£1,000.00	£6,293.56
447	Trans/Fuel	30-Nov-22	Fin: TESCO PAY AT PUMP 3083,JOE,NORTHWOOD	-£15.05	£6,278.51
448	Sundry	30-Nov-22	Fin: TESCO STORES 5922,HARROW PINN,HARRO (Water for Group - R)	-£3.90	£6,274.61
449	Meals	30-Nov-22	Fin: HARROW GARDEN CENTRE,HEADSTON,HARRO	-£11.20	£6,263.41

2021 - 2022 Charity Totals

Owed from Andrew Samuels from Previous Year

2020-2021 Repayments (Deposit)

Balance Owed to Charity

Income	Expenses	Profit/Loss
	-	
£19,444.71	£18,123.33	£1,321.38

£334.34

£1,000.00

£1,334.34

Attendees Consolidated Written Feedback from Headstone Manor Park Sessions

Feedback from WhatsApp:

[06/10, 09:17] Zaverchand Shah: This is from Zaverchand Shah- I am always looking forward to attending my Tuesday morning exercise sessions. These sessions have helped me improve my mobility and also helped me manage pain for my advanced arthritis. I thought that I would not be able to improve my mobility in my arms and legs and The sessions changed that for me. I enjoy these sessions tremendously and it also gives me an opportunity to meet other people. I hope the sessions continue during the winter. Another point to add, prior to these sessions, I was not very stable on my feet and once sat found it difficult to get up from a chair/sofa but Andrew showed me different techniques to improve this and I now feel a lot more confident walking to the park on my own.

[06/10, 09:52] Wiseworks: Mark: My name is Mark Newman I am a assistant enablement officer for the London Borough of Harrow supporting adults with various degrees of learning disabilities in the Borough. Andrew ran a previous weekly session at Wiseworks Learning and Mental Health Unit in Harrow. The sessions in Headstone Manor Park run since the spring and through the summer are brilliant for all those who attend a vital tool to access the community and it for the winter months urgently needs a indoor venue to maintain the great standards of mind and body exercise that Andrew offers.

[06/10, 10:37] Bridget (Qigong@Cedars): I am Bridget O'Toole. I have been attending most off the. In the park since it started. I realise how unfit, how unmotivated, and that I realised I was going down hill. This activity in the park is bringing me back to health again and given me something to look forward to, along with being in company of those with the same abilities as myself. It has also given me the opportunity to mix with different cultured people, age groups as myself, and to share the some goals, to keep ourselves mobile and to be able to enjoy each other's company while doing so. Hopefully we will be able to continue with this Activities during the winter months. Thanks to Andrew and Mind Angel's.

[06/10, 10:57] Miki McManamon (HMP 2021): Hi my name is Miki McManamon. My husband and I have joined Andrew's mobility sessions in the park. It's been wonderful being able to share this activity together. My husband is not able to walk far and is nervous about exercising. Attending the sessions I was able to see his confidence in his mobility grow and he was able to exercise for two hours feeling safe and secure and enjoying the social support of the group. He felt very comfortable with the range of people and exercises and we always came away feeling fitter and uplifted. Exercise groups we have attended in the past have been mostly female. We look forward to attending the group as soon as he is able to after his operation.

[06/10, 11:23] Vicky (HMP: LBH): Hi everyone just to say this is fabulous information that you are sending through, Andrew and I are liaising with public health to find somewhere for indoor use and this is all great evidence of the impact the classes are having. I understand that exercises like this do help to improve balance and therefore reduce Falls so if you do find that the classes have helped improve your balance please do mention it more evidence the better! Vicky

[06/10, 14:41] Shuhma & Nabil Redacted (HMP2021): Hi Andrew and Janet
I been meaning to write and thank you both for the Tuesday classes

The sessions have given me something to look forward to with my ongoing health problems, nice to have something to look forward to apart from hospital appointments

Lovely group of people all with different physical abilities thus encouraging to attend the sessions

The banter within the group is really nice.

After the sessions I'm more motivated and it keeps me energised for the rest of the day. Ironically I feel energised but also sleep better on a Tuesday.

As you know Nabil and I attend the sessions together although we both have different physical problems. This is the first class in our 38 years of married life that we are attending as a couple

My confidence and mobility has improved. I was a bit nervous of exercising before as I was worried it may cause more aches and pain. But Andrew your sessions are very gentle. The few sessions I have attended have already benefited as apart from helping with my arthritis and lowering my diabetes level, it helps with my breathing.

Naturally I'm really concerned with winter approaching what will happen to the sessions.

Thankyou again

Kind regards

Shuhama

[06/10, 23:24] Terry (Qigong @Cedars): Tuesday Tuesday is a day I look forward to, the 2 hour session with Andrew. I have arthritis in my knees and shoulders and this weekly session is a gift for my wellbeing. I find that it helps my balance too. Exercising with the group is very pleasant. Thanks Andrew and Janet. Terry (sorry in two parts).

[07/10, 08:42] Frankie Redacted (HMP 2021): The headstone Park tuesday classes are a vital resource for the local community. They improved my mobility, mood, balance. They are very friendly and Andrew is an inspirational teacher. I hope we are able to continue the classes at an indoor venue very locally as the cold weather will make this unviable for most of the class.

[07/10, 21:23] Chris & Saroji (HMP2021): I look forward to the exercise class for few reasons. This is only organised exercise class I attend after the Covid lock down. I am not normally disciplined to regular exercise at home so this class I am compelled to attend because I book. Also I like the social mixing with others. Last but not the least Andrew is a very patient instructor unlike the others. And he is ably supported by Janet in every way. I hope and pray that this will continue to take place.

[11/10, 19:09] Jagdish (Qigong @Cedars): With winter approaching, when we are expected to be hit by Covid and flu, it is all the more important that these exercise classes continue for the well being of the attendees who benefit both mentally and physically. Discontinuing these classes will be a false economy and the community and NHS will pay a heavy price. I hope Andrew and Janet find an indoor venue very soon. Thanks Andrew and Janet for all your efforts. Jagdish

Feedback by Email:

Wed 06/10/2021 09:25 - Purnima <Redacted@hotmail.co.uk>

I have benefited from both the above sessions with Andrew. The exercises the balance and stretch movements have been excellent for body and mind. In addition to which the social aspect has been a lift

Purnima Patel

Sent from my iPhone

Wed 06/10/2021 11:59 - Evelyn Redacted@hotmail.com

I've been attending the mobility and Qigong sessions in the Park for several weeks now and have noticed areal improvement in my flexibility. I've had both knees replaced within the last two years and although I've been doing my 'physio' exercises daily I've realised a real improvement since I've been attending Andrew's classes.

As well as improving my mobility, I've enjoyed meeting a new group of friends as well as the fresh air. However, the air is now becoming a little more 'fresh' so we need a new venue to enable us to continue with these very worthwhile sessions. I'm sure we can all see how necessary it is that we can continue with the classes especially now that the colder months are upon us and joints begin to stiffen and it becomes more difficult to get out and about.

Thanks again for these sessions Andrew and Janet!

Evelyn

Wed 06/10/2021 12:31 – Pam Redacted@hotmail.co.uk

I am Pam Parkes and take part in both mobility and Qi gong classes run by Andrew and would love these classes to continue through the Winter months as they help a lot of people as well as myself to exercise at least once a week. Also the classes help the older people to help with their own health and relaxation and I would sorely miss them - they definitely help with my well being.

Wed 06/10/2021 14:42 - A menamonic Redacted@gmail.com

Hi Andrew

Hope you are well. I would like you to know

that I enjoy attending the Tuesday classes in mobility and Qi Jong. I usually look forward to Tuesday as previously, even though the Doctor has adviced me to, never felt motivated to get out and get some physical exercise.

I have felt much better after attending your classes.

After exercises, the next day, usually the strained muscles begin to ache, however after your session there is no muscle strain . While doing the exercises of course there is the pain of stretching unused muscles, but this is a good sort of pain. This is an incentive to continue to attend your classes.

I also enjoy learning Qi Jong because its a gentle exercise to develop fitness. Your simple graded method of teaching enables me to remember the sometimes complex movements easily.

Thank you for your wonderful teaching.

Best regards

Mohamed Nabil Abdul-Cader

Wed 06/10/2021 15:13 - Dinah Redacted@gmail.com

Hi Andrew and Vicky I think this class has improved the mental health (by socialising in a park) and physical health of those who attend. Everyone is very friendly, there's a range of ages, sexes and cultures and Andrew is very accepting of different abilities, which builds confidence. Personally, I enjoy the unusual stretches, being outdoors and meeting a friend.

Best wishes for finding a winter venue!

Dinah Loon

Tue 12/10/2021 22:57 - Surekha <Redacted@hotmail.com>

Hi Andrew

I have recently joined above sessions that are being run every Tuesday at Headstone Park. Just wanted to say thank you for these excellent sessions which I am finding extremely useful. I suffer from joint as well as hand and feet circulation problems. My husband who comes with me has long standing health problems and is already noticing some improvement with his mobility. I am hoping to continue with these sessions to help with my conditions as long as the weather doesn't get too cold.

It would be great if we can continue these at an indoor venue. I presume you are looking into this for the whole group. I think everyone would be very pleased if something suitable was available locally. Looking forward to next Tuesdays session.

Kind regards

Surekha

Sent from my iPhone

Annual Statement END

MIND ANGELS

England & Wales - Charity number 1176005

Accounts



MIND ANGELS

ANNUAL

STATEMENT

2020-2021

ABSTRACT

This statement details and summarises the charity's activities over the financial period of 2021-2021

Andrew Samuels (Trustee)

This year 2020-2021, the second year of the pandemic, was challenging for all areas of society. To make progress nevertheless, we were able to progress and provide support to vulnerable groups. These activities are summarised below.

Headstone Manor Park

We have successfully delivered, with the support of funding from Thames 21 and The Friends of Headstone Manor Park, outdoor mobility classes and Qigong classes for the over 60's. Attendance has averaged 30-35 participants weekly to both sessions which were run consecutively. Most of these regular attendees are from the local area but some travelling from surrounding areas and as far as Watford to attend the classes. We have all created a community of elders and some younger individuals who also benefit from the mental health benefits of the Qigong exercises. We were unable to sustain these classes over the colder months due to limited funding for an indoor space but also due to the risks related to covid and maintaining social distancing. We made the decision to stop the classes over the colder months to keep the participants safe but also recorded the classes and made them available online to benefit our community but also promote to a wider audience. We commenced the classes again at Headstone Manor Park and utilised the Thames 21 funding raised in the previous year to continue delivering outdoor again in the park and continue throughout the summer again until the Autumn. This is documented online at www.mind-angels.com/hmp2021.

Harrow Leisure Centre were not ready to commence the indoor classes again but we are on standby for when they are ready. We look forward to growing this group again to the 60-70 elderly participants previously achieved pre-pandemic.

Income/Funding

We have managed to gain further support through the work with Harrow Council where our volunteer have donated their time and experience to fund the charity. This experience has utilised skills to support Harrow residents into employment. This donation has allowed the charity to gain a regular monthly income and partly support the charity's purpose of encouraging better mental, physical and spiritual wellbeing for individuals.

Young Harrow Foundation Funding

We gained additional funding through the Young Harrow Foundation.

Children's Mental Health Pilot Delivered (7-11yrs)

A pilot of our children's mental health project, "Roxy Says", was successfully delivered with the support of Marlborough Hill Primary School in Harrow. We were able to evidence the success of increasing awareness of mental health by xx%, reducing stigma by xx% and increasing resilience by xx% within the group who completed the project. We published the results online at www.mind-angels.com/roxysays where reviews and feedback have been documented with the report.

A report for the local authority was also published at www.mind-angels.com/authority where we detail how we can use this project to support statutory services.

Wellbeing Classes/Sessions

We realise the need for mental health support which was reinforced over the course of the pandemic. The wellbeing course successfully delivered to Mind in Harrow and produced for Learn

Harlow's Wellbeing team was delivered online free of charge. These sessions were recorded and placed online at www.mind-angels.com/help to support a much wider audience. This is still available free of charge, only feedback is required.

Heathlands School, Hounslow

With the help of the school and student, we have created a support video for Heathlands School in Hounslow following the increased mental health challenges faced by students. Anxiety was recognised by the school and student as a growing problem and after being approached by the student, we liaised with the school to offer support in the form of a short video at <https://youtu.be/iBC4sOAmDuQ>.

Volunteering/Staff Costs

We have been very fortunate to have wonderful volunteers who have supported the above activities. This has allowed us to keep costs down and recognise without their efforts, none of this would be possible. This year has been challenging across the world but we have managed to maintain momentum and make a difference in line with the charity's purpose.

"To encourage better physical, mental and spiritual balance for individuals, groups and communities".

Thank you to everyone involved!

Invoices & Income Summary

Line	Inv#	Date	Description	Amount
70	1024	15-Apr-21	BANK HARROW COUNCIL 1000 2000777251 K	920.00
86	1026	14-May-21	BANK HARROW COUNCIL 1000 2000781648 K	1,012.00
110	1025	14-Jun-21	BANK HARROW COUNCIL 1000 2000786244	600.00
114	1027	17-Jun-21	BANK HARROW COUNCIL 1000 2000787471 K	897.00
170	1028/9	13-Aug-21	BANK HARROW COUNCIL 1000 2000798245 K	1,840.00
199	1030	13-Sep-21	BANK THAMES21 LIMITED INV1030	960.00
206	1031	16-Sep-21	BANK HARROW COUNCIL 1000 2000804590 K	1,178.44
233	1032	11-Oct-21	BANK THAMES21 LIMITED 1032	240.00
240	1033/4	18-Oct-21	BANK THAMES21 LIMITED 1033/4	1,020.00
243	1035	22-Oct-21	BANK HARROW COUNCIL 10002008002855	1,326.99
272	1036	17-Nov-21	BANK HARROW COUNCIL 10002008005685	763.60
280	Test	22-Nov-21	BANK SumUp Payments Acc PID124286-SUMUP	0.97
Total				10,759.00
Donations				
11	Donation	10-Dec-20	BANK A STAR TUITION SER TD EAST HERTS	50.00
12	Donation	22-Dec-20	BANK MW TUTOR CON Ttr Doc Wicker	50.00
18	Donation	07-Jan-21	BANK MW TUTOR CON Tutor Doctor 012	50.00
19	Donation	07-Jan-21	BANK A STAR TUITION SER TD EAST HERTS	50.00
20	Donation	07-Jan-21	BANK KEEN2LEARN LIMITED BOOKS	100.00
21	Donation	07-Jan-21	BANK EMPOWERING PRODIGI TDWLCC BKS SPONS	50.00
34	Donation	25-Jan-21	BANK PEGASUS ACADEMY TD ILFORD -NASRE	50.00
54	Donation	24-Mar-21	BANK CLT GBP EME-PAYOUT Crowdfunder Ltd	411.00
60	Donation	06-Apr-21	BANK Crowdfunder Ltd CROWDFUNDER UK /	18.58
Total				829.58
Funding				
48		11-Mar-21	BANK YOUNG HARROW FOUND Online Resource	1,000.00
Total				1,000.00
Income Summary				
Invoiced				10,759.00
Donations				829.58
Funding				1,000.00
Grand Total				12,588.58

Outgoing/Expenses Summary	
CAR Ins	326.35
Car Maint	2,290.59
Charity Ins	610.98
Energy	15.00
Healthcare	310.37
IT/Web	865.63
Meals	215.73
MKTG	1,646.22
Telecoms	347.84
Postage	1.99
Repayments	840.29
Room Hire	106.00
Stationery	288.77
Sundry	136.64
Training	320.00
Trans/Fuel	759.12
Uniform	166.18
Total Expens £ 9,247.70	

Charity Totals

Income
12,963.34

Expenses
-9247.7

Balance
3715.64

Item #	CostCODE	Date	Description	Credit	Debit	Balance
2020 Balances				1,877.91	-£3,342.98	-£2,187.26
1	IT/Web	25/10/2021	TP-Link 4G Router (Amazon)		-£73.97	-£2,261.23
3	Car/Maint	25-Oct	Euro Car Parts: Wiper Blades		-£34.09	-£2,295.32
2	Training	25-Oct	Tai Chi/Qigong Training (10 lessons)		-£160.00	-£2,455.32
4	Car/Maint	26-Oct	VS Motors: Oil Change		-£72.00	-£2,527.32
5	IT/Web	04-Nov	Replacement screen for Lenovo Yoga Laptop		-£77.34	-£2,604.66
6	Car/Maint	18-Nov	VS Motors: ABS Module Replacement		-£678.48	-£3,283.14
Cashplus Account ONLY - Too much debt						
7	CAR Ins	01-Dec-20	DD:Driver & Vehicle Lic 000000*****7114		-£26.68	£103.83
8	Trans/Fuel	02-Dec-20	Fin: SHELL & WAITROSE,140 NO,SOUTH HARRO		-£19.98	£83.85
9	MKTG	05-Dec-20	Fin: AMZN AD TJPB007ZL-1,AMS.AMAZON.CO		-£1.44	£82.41
10	Charity Ins	10-Dec-20	DD:TENNYSON INSURANCE L 28201899		-£61.55	£70.86
11	Donation	10-Dec-20	BANK A STAR TUITION SER TD EAST HERTS	£50.00		£132.41
12	Donation	22-Dec-20	BANK MW TUTOR CON Ttr Doc Wicker	£50.00		£120.86
13	Trans/Fuel	26-Dec-20	Fin: BP NORTHOLT PARK SF CO,NORTHOLT MID		-£9.01	£111.85
14	MKTG	29-Dec-20	Fin: Amazon.co.uk*MJ66O7T34,AMAZON.CO.UK (Books)		-£111.25	£0.60
15	CAR Ins	01-Jan-21	BANK ANDREW GABRIEL SAM Ins and Tax	£85.00		£85.60
16	MKTG	02-Jan-21	Fin: AMZN AD TJPB007ZL-2,AMS.AMAZON.CO		-£4.58	£81.02
17	CAR Ins	04-Jan-21	DD:Driver & Vehicle Lic 000000*****7114		-£26.68	£54.34
18	Donation	07-Jan-21	BANK MW TUTOR CON Tutor Doctor 012	£50.00		£304.34
19	Donation	07-Jan-21	BANK A STAR TUITION SER TD EAST HERTS	£50.00		£254.34
20	Donation	07-Jan-21	BANK KEEN2LEARN LIMITED BOOKS	£100.00		£204.34
21	Donation	07-Jan-21	BANK EMPOWERING PRODIGI TDWLCC BKS SPONS	£50.00		£104.34
22	Telecoms	09-Jan-21	Fin: giffgaff,Vine Street 11,London		-£10.00	£243.96
23	Trans/Fuel	09-Jan-21	Fin: SHELL & WAITROSE,140 NO,SOUTH HARRO		-£19.71	£253.96
24	Sundry	09-Jan-21	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO		-£1.50	£273.67
25	Sundry	09-Jan-21	Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO		-£11.25	£275.17
26	Car/Maint	09-Jan-21	Fin: EURO CAR PARTS P,UNIT 8 CR,115HARRO		-£17.92	£286.42

27	Charity Ins	11-Jan-21 DD:TENNYSON INSURANCE L 28201899		-£61.55	£182.41
28	Energy	13-Jan-21 Fin: METERPAY.NET TOPUP,Third ,MANCHESTE		-£15.00	£150.23
29	IT/Web	13-Jan-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£17.18	£165.23
30	Sundry	14-Jan-21 Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO		-£4.69	£145.54
31	IT/Web	16-Jan-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£12.00	£133.54
32	IT/Web	20-Jan-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£4.80	£128.74
33	Car/Maint	21-Jan-21 Fin: GSF CAR PARTS,843 HARROW ROAD,LONDO		-£20.40	£108.34
34	Donation	25-Jan-21 BANK PEGASUS ACADEMY TD ILFORD -NASRE	£50.00		£158.34
35	CAR Ins	01-Feb-21 DD:Driver & Vehicle Lic 000000*****7114		-£26.68	£111.66
36	Telecoms	01-Feb-21 Fin: giffgaff,Vine Street 11,London		-£20.00	£138.34
37	Telecoms	09-Feb-21 Fin: giffgaff,Vine Street 11,London		-£10.00	£101.66
38	Charity Ins	10-Feb-21 DD:TENNYSON INSURANCE L 28201899		-£9.91	£91.75
39	IT/Web	15-Feb-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£12.00	£79.75
40	IT/Web	20-Feb-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£4.80	£74.95
41	CAR Ins	01-Mar-21 DD:Driver & Vehicle Lic 0000000000397114		-£26.68	£48.27
42	MKTG	02-Mar-21 Fin: AMZN AD TJPB007ZL-3,Pa,AMS.AMAZON.C		-£2.41	£95.86
43	Healthcare	02-Mar-21 BANK ANDREW GABRIEL SAM Roxy Vet	£50.00		£98.27
44	Healthcare	03-Mar-21 Fin: MEDIVET STANMORE,46 THE ,STANMORE 1		-£40.50	£55.36
45	Telecoms	04-Mar-21 Fin: giffgaff,Vine Street 11,London,GBR		-£20.00	£35.36
46	Telecoms	09-Mar-21 Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£25.36
47	Charity Ins	10-Mar-21 DD:TENNYSON INSURANCE L 28201899		-£9.91	£15.45
48	Income	11-Mar-21 BANK YOUNG HARROW FOUND Online Resource	£1,000.00		£1,015.45
49	Trans/Fuel	15-Mar-21 Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£15.01	£942.00
50	IT/Web	15-Mar-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£12.00	£957.01
51	Charity Ins	15-Mar-21 DD:TENNYSON INSURANCE L 28201899		-£46.44	£969.01
52	Stationery	17-Mar-21 Mr A G Samuels 2021 Diarys		-£13.48	£928.52
53	IT/Web	20-Mar-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£4.80	£923.72
54	Donation	24-Mar-21 BANK CLT GBP EME-PAYOUT Crowdfunder Ltd	£411.00		£1,334.72
55	Trans/Fuel	30-Mar-21 Fin: ASDA PETROL 4882,CHURCH ROA,NORTHOL		-£20.00	£1,314.72
56	CAR Ins	01-Apr-21 DD:Driver & Vehicle Lic 0000000000397114		-£26.68	£1,288.04
57	Telecoms	03-Apr-21 Fin: giffgaff,Vine Street 11,London,GBR		-£20.00	£1,258.88
58	MKTG	03-Apr-21 Fin: AMZN AD TJPB007ZL-4,Pa,AMS.AMAZON.C		-£9.16	£1,278.88
59	MKTG	06-Apr-21 Fin: GOOGLE ADS1335310727,Dublin ,Dubli		-£93.26	£1,184.20

60	Donation	06-Apr-21 BANK Crowdfunder Ltd CROWDFUNDER UK /	£18.58		£1,277.46
61	Uniform	07-Apr-21 Fin: YAZZOO PERSONALISED,Conduit ,CANNOC		-£76.66	£1,107.54
62	Uniform	08-Apr-21 Fin: YAZZOO PERSONALISED,Conduit ,CANNOC		-£51.52	£1,084.76
63	Uniform	08-Apr-21 Fin: YAZZOO PERSONALISED,Conduit ,CANNOC	£28.74		£1,136.28
64	Telecoms	09-Apr-21 Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£1,074.76
65	Trans/Fuel	12-Apr-21 Fin: ESSO HEATHROW NORTH SS,HAYES MIDDLE		-£16.99	£1,047.85
66	Charity Ins	12-Apr-21 DD:TENNYSON INSURANCE L 28201899		-£9.92	£1,064.84
67	Sundry	15-Apr-21 BANK HEGDE S SAMAY	£15.00		£1,924.40
68	IT/Web	15-Apr-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£12.00	£1,909.40
69	Charity Ins	15-Apr-21 DD:TENNYSON INSURANCE L 28201899		-£46.45	£1,921.40
70	Income	15-Apr-21 BANK HARROW COUNCIL 1000 2000777251 K	£920.00		£1,967.85
71	Car/Maint	19-Apr-21 Fin: RAC,IM BILLINGS & COLL,WWW.RAC.CO.U		-£100.00	£1,824.40
72	Trans/Fuel	20-Apr-21 Fin: BP BESSBOROUGH CONNECT,HARROW MIDDLE		-£20.00	£1,799.60
73	IT/Web	20-Apr-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£4.80	£1,819.60
74	Trans/Fuel	23-Apr-21 Fin: SAINSBURYS PFS 0075,LOMBARDY R,HAYE		-£20.03	£1,783.77
75	Uniform	23-Apr-21 Fin: YAZZOO PERSONALISED,Conduit ,CANNOC	£4.20		£1,803.80
76	Stationery	27-Apr-21 Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA		-£2.29	£1,781.48
77	Telecoms	03-May-21 Fin: giffgaff,Vine Street 11,London,GBR		-£20.00	£1,756.12
78	MKTG	03-May-21 Fin: AMZN AD TJPB007ZL-5,Pa,AMS.AMAZON.C		-£5.36	£1,776.12
79	CAR Ins	04-May-21 DD:Driver & Vehicle Lic 0000000000397114		-£27.59	£1,728.53
80	Trans/Fuel	05-May-21 Fin: ESSO DUDDEN HILL SSTN,DUDDEN,NEASDE		-£20.01	£1,708.52
81	Stationery	08-May-21 Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA		-£29.99	£1,671.56
82	Stationery	08-May-21 Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA		-£6.97	£1,701.55
83	Telecoms	10-May-21 Fin: giffgaff,Vine Street 11,London,GBR		-£10.00	£1,661.56
84	Trans/Fuel	12-May-21 Fin: TESCO PAY AT PUMP 3153,SOUTH H,HAYE		-£20.00	£1,620.56
85	Sundry	12-May-21 Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO		-£21.00	£1,640.56
86	Income	14-May-21 BANK HARROW COUNCIL 1000 2000781648 K	£1,012.00		£2,632.56
87	IT/Web	15-May-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE		-£12.00	£2,620.56
88	MKTG	17-May-21 Fin: Amazon.co.uk*MK91Y39Y4,,AMAZON.CO.U		-£20.71	£2,553.40
89	Charity Ins	17-May-21 DD:TENNYSON INSURANCE L 28201899		-£46.45	£2,574.11
90	Stationery	18-May-21 Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA		-£4.48	£2,492.64
91	Telecoms	18-May-21 Fin: WWW.GLL.ORG/MEMBERSHIP,LONDON SE18		-£25.00	£2,497.12
92	MKTG	18-May-21 Fin: AMZNMktplace,1 Principa,amazon.co.u		-£31.28	£2,522.12

93	IT/Web	19-May-21 Fin: WWW.JOHNLEWIS.COM,171 ,03456 049 04	-£140.00	£2,334.25
94	MKTG	19-May-21 Fin: ALAMY.COM LIMITED,127 OLYMP,ABINGDO	-£8.39	£2,474.25
95	Telecoms	19-May-21 Fin: WWW.GLL.ORG/MEMBERSHIP,LONDON SE18	-£10.00	£2,482.64
96	Trans/Fuel	20-May-21 Fin: ASDA PETROL 4882,CHURCH ROA,NORTHOL	-£20.00	£2,303.45
97	IT/Web	20-May-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£10.80	£2,323.45
98	MKTG	24-May-21 Fin: GOOGLE ADS1335310727,Dublin ,Dubli	-£0.74	£2,302.71
99	Trans/Fuel	27-May-21 Fin: ASDA PETROL 4882,CHURCH ROA,NORTHOL	-£20.00	£2,282.71
100	CAR Ins	01-Jun-21 DD:Driver & Vehicle Lic 0000000000397114	-£27.56	£2,255.15
101	MKTG	03-Jun-21 Fin: AMZN AD TJPB007ZL-6,Pa,AMS.AMAZON.C	-£4.34	£2,210.25
102	Trans/Fuel	03-Jun-21 Fin: ASDA PETROL 4882,CHURCH ROA,NORTHOL	-£20.56	£2,214.59
103	Telecoms	03-Jun-21 Fin: giffgaff,Vine Street 11,London,GBR	-£20.00	£2,235.15
104	Healthcare	08-Jun-21 Fin: THE GYM LIMITED,12-16 ,WWW.TGGPLC.C	-£24.98	£2,185.27
105	Sundry	09-Jun-21 Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO	-£4.00	£2,171.27
106	Telecoms	09-Jun-21 Fin: giffgaff,Vine Street 11,London,GBR	-£10.00	£2,175.27
107	Trans/Fuel	10-Jun-21 Fin: SHELL & WAITROSE,140 NO,SOUTH HARRO	-£20.01	£2,146.01
108	Sundry	10-Jun-21 Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO	-£5.25	£2,166.02
109	Sundry	14-Jun-21 Fin: WATERSTONES,2-6 HILL S,RICHMOND SUR	-£7.09	£2,738.92
110	Income	14-Jun-21 BANK HARROW COUNCIL 1000 2000786244	£600.00	£2,746.01
111	Charity Ins	15-Jun-21 DD:TENNYSON INSURANCE L 28201899	-£46.45	£2,680.47
112	IT/Web	15-Jun-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£12.00	£2,726.92
113	Car/Maint	16-Jun-21 Fin: EURO CAR PARTS P,UNIT 8 CR,115HARRO	-£25.29	£2,655.18
114	Income	17-Jun-21 BANK HARROW COUNCIL 1000 2000787471 K	£897.00	£3,552.18
115	Trans/Fuel	18-Jun-21 Fin: TESCO PFS 3153,38-42 NORTH H,S HAYE	-£20.01	£3,532.17
116	Meals	19-Jun-21 Fin: Mumbai Junction,231 Watford R,Harro	-£36.30	£3,495.87
117	IT/Web	21-Jun-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£10.80	£3,485.07
118	Trans/Fuel	24-Jun-21 Fin: TESCO PFS 3153,38-42 NORTH H,S HAYE	-£20.02	£3,465.05
119	MKTG	28-Jun-21 Fin: WWW.DIGITALPRINTING.CO,U,0289022211	-£20.95	£3,444.10
120	MKTG	29-Jun-21 Fin: WWW.DIGITALPRINTING.CO,U,0289022211	-£26.34	£3,417.76
121	MKTG	30-Jun-21 Fin: WWW.DIGITALPRINTING.CO,U,0289022211	£20.95	£3,438.71
122	CAR Ins	01-Jul-21 DD:Driver & Vehicle Lic 0000000000397114	-£27.56	£3,373.14
123	Trans/Fuel	01-Jul-21 Fin: SHELL HARROW,103 PINNER ROAD,HARROW	-£20.01	£3,400.70
124	Trans/Fuel	01-Jul-21 Fin: TESCO STORES 2020,19 LONDON,AMERSHA	-£18.00	£3,420.71
125	MKTG	02-Jul-21 Fin: AMZN AD TJPB007ZL-7,Pa,AMS.AMAZON.C	-£2.96	£3,370.18

126	Stationery	03-Jul-21 Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	-£3.98	£3,346.20
127	Telecoms	03-Jul-21 Fin: giffgaff,Vine Street 11,London,GBR	-£20.00	£3,350.18
128	Healthcare	07-Jul-21 DD:THE GYM LIMITED 5516114A-THE-GYM	-£24.98	£3,321.22
129	Stationery	08-Jul-21 Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	-£12.88	£3,288.32
130	Trans/Fuel	08-Jul-21 Fin: SAINSBURYS PFS 0075,LOMBARDY R,HAYE	-£20.02	£3,301.20
131	Telecoms	09-Jul-21 Fin: giffgaff,Vine Street 11,London,GBR	-£10.00	£3,278.32
132	Stationery	10-Jul-21 Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	-£20.48	£3,257.84
133	Charity Ins	15-Jul-21 DD:TENNYSON INSURANCE L 28201899	-£46.45	£3,199.39
134	IT/Web	15-Jul-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£12.00	£3,245.84
135	Trans/Fuel	16-Jul-21 Fin: ESSO EMPIRE SSTN,518 DUNSTABLE,LUTO	-£21.11	£3,178.28
136	Stationery	17-Jul-21 Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	-£70.06	£3,108.22
137	Trans/Fuel	19-Jul-21 Fin: SHELL HEADINGTON,LONDON ROAD,OXFORD	-£25.11	£3,083.11
138	MKTG	19-Jul-21 Fin: Amazon.co.uk*FQ7B113E5,,AMAZON.CO.U	-£201.79	£2,881.32
139	MKTG	20-Jul-21 Fin: A1 POSTERS,Cwm Y Than Go,3531436900	-£40.56	£2,840.76
140	IT/Web	21-Jul-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£10.80	£2,829.96
141	Meals	21-Jul-21 Fin: Village Hotel,Centenni,London Watfo	-£37.00	£2,792.96
142	MKTG	22-Jul-21 Fin: WWW.DIGITALPRINTING.CO,440289022211	-£66.62	£2,726.34
143	Sundry	23-Jul-21 Fin: BOOTS 1643,8-10 ST ANNES CENT,HARRO	-£7.50	£2,718.84
144	Repayment	24-Jul-21 BANK ANDREW GABRIEL SAM AGSamuels owing		£20.61
145	Sundry	24-Jul-21 Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO	-£3.23	£2,736.22
146	Uniform	24-Jul-21 Fin: BALCONY SHIRTS LTD ,UXBRIDGE	-£38.00	£2,698.22
147	Stationery	24-Jul-21 Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	-£12.10	£2,686.12
148	Trans/Fuel	26-Jul-21 Fin: SHELL & WAITROSE,140 NO,SOUTH HARRO	-£20.02	£2,666.10
149	Sundry	26-Jul-21 Fin: KASMANI PHARMACY,6 NORTHFIELD ,HAYE	-£4.79	£2,661.31
150	MKTG	26-Jul-21 Fin: WIMBA,High Street,EDGWARE,GBR	-£275.00	£2,386.31
151	Meals	26-Jul-21 Fin: SumUp *NoshyCircle,17 Lyndhu,Pinne	-£21.50	£2,364.81
152	Meals	26-Jul-21 Fin: KFC-ST ANN'S,UNIT 4/5,HARROW,GBR	-£8.26	£2,356.55
153	Repayment	30-Jul-21 BANK ANDREW GABRIEL SAM AGSamuels		£15.90
154	Trans/Fuel	30-Jul-21 Fin: SHELL HARROW,103 PINNER ROAD,HARROW	-£20.01	£2,352.44
155	Repayment	30-Jul-21 Fin: COFFEE 2 COCKTAILS,51 HIGH ST,HARRO	-£15.90	£2,336.54
156	Healthcare	02-Aug-21 DD:SPORTS & LEISURE MAN SLM98006990	-£35.00	£2,301.54
157	CAR Ins	02-Aug-21 DD:Driver & Vehicle Lic 0000000000397114	-£27.56	£2,273.98
158	Telecoms	02-Aug-21 Fin: AMZN AD TJPB007ZL-8,Pa,AMS.AMAZON.C	-£2.84	£2,271.14

159	Telecoms	03-Aug-21 Fin: giffgaff,Vine Street 11,London,GBR	-£20.00	£2,251.14
160	Sundry	03-Aug-21 Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO	-£3.00	£2,248.14
161	Postage	04-Aug-21 Fin: POST OFFICE SELF SERVI,3,SOUTHAMPTO	-£1.99	£2,246.15
162	Sundry	04-Aug-21 Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO	-£2.00	£2,244.15
163	MKTG	05-Aug-21 Fin: ADOBE STOCK TRIAL,4-6 ,ADOBE.LY/BIL	-£23.99	£2,220.16
164	MKTG	05-Aug-21 Fin: AMZNMktplace,1 Principa,amazon.co.u	-£196.84	£2,023.32
165	Trans/Fuel	07-Aug-21 Fin: SHELL & WAITROSE,140 NO,SOUTH HARRO	-£20.01	£2,003.31
166	Healthcare	09-Aug-21 DD:THE GYM LIMITED 5516114A-THE-GYM	-£24.98	£1,978.33
167	Telecoms	09-Aug-21 Fin: giffgaff,Vine Street 11,London,GBR	-£10.00	£1,968.33
168	Trans/Fuel	10-Aug-21 Fin: TFL BUSINESS BOPS WEB,,0343 222 222	-£17.50	£1,950.83
169	Sundry	12-Aug-21 Fin: NYA*BFT Automation,Blue Cash ,Londo	-£4.20	£1,946.63
170	Income	13-Aug-21 BANK HARROW COUNCIL 1000 2000798245 K	£1,840.00	£3,786.63
171	Meals	13-Aug-21 Fin: MCDONALDS,HIGH STREET,UXBRIDGE,GBR	-£1.09	£3,785.54
172	IT/Web	16-Aug-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£12.00	£3,773.54
173	Charity Ins	16-Aug-21 DD:TENNYSON INSURANCE L 28201899	-£46.45	£3,727.09
174	Trans/Fuel	16-Aug-21 Fin: SHELL HARROW,103 PINNER ROAD,HARROW	-£20.02	£3,707.07
175	MKTG	17-Aug-21 Fin: AMZNMktplace,1 Principa,amazon.co.u	-£129.99	£3,577.08
176	IT/Web	19-Aug-21 Fin: MOBILE GIFT AND ACCESS,St. An,HARRO	-£14.99	£3,562.09
177	IT/Web	19-Aug-21 Fin: AMZNMKTPLACE AMAZON.CO,,AMAZON.CO.U	-£177.09	£3,385.00
178	Meals	19-Aug-21 Fin: STARBUCKS,UNIT 17,HARROW,GBR	-£2.60	£3,382.40
179	IT/Web	20-Aug-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£10.80	£3,371.60
180	Trans/Fuel	23-Aug-21 Fin: TESCO PFS 3917,LONDON ROAD,AMERSHAM	-£20.06	£3,351.54
181	Sundry	24-Aug-21 Fin: POST OFFICE SELF SERVI,3,SOUTHAMPTO	-£8.95	£3,342.59
182	MKTG	25-Aug-21 Fin: AMZ*Fuzion,1 Principal ,AMAZON.CO.U	£129.99	£3,472.58
183	Sundry	26-Aug-21 Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO	-£2.00	£3,470.58
184	Trans/Fuel	31-Aug-21 Fin: SHELL & WAITROSE,140 NO,SOUTH HARRO	-£20.18	£3,450.40
185	Sundry	31-Aug-21 Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO	-£12.00	£3,438.40
186	Meals	01-Sep-21 Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	-£5.00	£3,433.40
187	Healthcare	01-Sep-21 DD:SPORTS & LEISURE MAN SLM98006990	-£35.00	£3,398.40
188	CAR Ins	01-Sep-21 DD:Driver & Vehicle Lic 0000000000397114	-£27.56	£3,370.84
189	MKTG	03-Sep-21 Fin: AMZN AD TJPB007ZL-9,Pa,AMS.AMAZON.C	-£3.52	£3,367.32
190	Telecoms	03-Sep-21 Fin: giffgaff,Vine Street 11,London,GBR	-£20.00	£3,347.32
191	Repayment	04-Sep-21 Mr A G Samuels Owed	-£500.00	£2,847.32

192	MKTG	06-Sep-21 Fin: ADOBE STOCK,4-6 Riverw,ADOBE.LY/BIL	-£23.99	£2,823.33
193	Trans/Fuel	06-Sep-21 Fin: SAINSBURYS PETROL,LOMBARDY RET,HAYE	-£20.07	£2,803.26
194	MKTG	07-Sep-21 Fin: GRIFFIN DESIGNS/S4W,119 S,CHICHESTE	-£49.00	£2,754.26
195	Healthcare	07-Sep-21 DD:THE GYM LIMITED 5516114A-THE-GYM	-£24.98	£2,729.28
196	Telecoms	09-Sep-21 Fin: giffgaff,Vine Street 11,London,GBR	-£10.00	£2,719.28
197	Meals	09-Sep-21 Fin: Village Hotel Lo. Watf,London Watfo	-£46.00	£2,673.28
198	Charity Ins	10-Sep-21 DD:TENNYSON INSURANCE L 28201899	-£10.01	£2,663.27
199	Funding	13-Sep-21 BANK THAMES21 LIMITED INV1030		£3,623.27
200	Repayment	13-Sep-21 Mr A G Samuels Owed	-£20.02	£3,603.25
201	Sundry	13-Sep-21 Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO	-£5.50	£3,597.75
202	IT/Web	15-Sep-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£12.00	£3,585.75
203	Healthcare	15-Sep-21 Fin: PETS AT HOME LTD ,GREENFORD	-£10.00	£3,575.75
204	IT/Web	15-Sep-21 Fin: IFON-TOUCH UK LTD,12 ST ANNS ,HARRO	-£20.00	£3,555.75
205	Charity Ins	15-Sep-21 DD:TENNYSON INSURANCE L 28201899	-£46.45	£3,509.30
206	Income	16-Sep-21 BANK HARROW COUNCIL 1000 2000804590 K		£4,687.74
207	MKTG	17-Sep-21 Fin: GOOGLE ADS1335310727,Dublin ,Dubli	-£32.12	£4,655.62
208	MKTG	18-Sep-21 Fin: AMZNMktplace,1 Principa,amazon.co.u	-£129.89	£4,525.73
209	IT/Web	20-Sep-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£28.92	£4,496.81
210	Trans/Fuel	22-Sep-21 Fin: TESCO-STORES -6144,HARROW APO,HARRO	-£3.40	£4,493.41
211	Trans/Fuel	23-Sep-21 Fin: SHELL HARROW,103 PINNER ROAD,HARROW	-£19.91	£4,473.50
212	MKTG	25-Sep-21 Fin: GOOGLE *Google Storage,,650-253-000	-£1.59	£4,471.91
213	Trans/Fuel	27-Sep-21 Fin: MOTO CHIEVELEY,OXFORD ,THATCHAM. BE	-£60.01	£4,411.90
214	Charity Ins	27-Sep-21 DD:TENNYSON INSURANCE L 28201899	-£10.03	£4,401.87
215	Stationery	28-Sep-21 Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	-£23.76	£4,378.11
216	CAR Ins	01-Oct-21 DD:Driver & Vehicle Lic 0000000000397114	-£27.56	£4,350.55
217	MKTG	02-Oct-21 Fin: AMZN AD TJPB007ZL-10,P,AMS.AMAZON.C	-£3.02	£4,347.53
218	Telecoms	04-Oct-21 Fin: giffgaff,Vine Street 11,London,GBR	-£20.00	£4,327.53
219	MKTG	05-Oct-21 Fin: ADOBE STOCK,4-6 Riverw,ADOBE.LY/BIL	-£23.99	£4,303.54
220	IT/Web	05-Oct-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£6.00	£4,297.54
221	Stationery	05-Oct-21 Fin: POST OFFICE SELF SERVI,3,SOUTHAMPTO	-£1.83	£4,295.71
222	Sundry	05-Oct-21 Fin: ST GEORGES HARROW LTD,ST GEOR,HARRO	-£2.00	£4,293.71
223	Meals	06-Oct-21 Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	-£3.50	£4,290.21
224	Meals	06-Oct-21 Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	-£5.50	£4,284.71

225	Meals	06-Oct-21 Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	-£3.00	£4,281.71
226	Healthcare	07-Oct-21 DD:THE GYM LIMITED 5516114A-THE-GYM	-£24.98	£4,256.73
227	Meals	07-Oct-21 Fin: iZ *26 WENZELS THE,29 MARKE,UXBRIDG	-£3.50	£4,253.23
228	Meals	07-Oct-21 Fin: NYA*BFT Automation,Red Cash 0,Londo	-£4.20	£4,249.03
229	Meals	08-Oct-21 Fin: PRET A MANGER,EDEN WAL,UNIT 5 EDEN	-£4.80	£4,244.23
230	Meals	08-Oct-21 Fin: MCDONALDS,UNIT 4 WINDSO,BEACONSFIEL	-£1.98	£4,242.25
231	Repayment	08-Oct-21 Mr A G Samuels Owed Inv 1035	-£300.00	£3,942.25
232	Telecoms	09-Oct-21 Fin: giffgaff,Vine Street 11,London,GBR	-£10.00	£3,932.25
233	Funding	11-Oct-21 BANK THAMES21 LIMITED 1032	£240.00	£4,172.25
234	Stationery	11-Oct-21 Fin: WONDER.LEGAL,28 rue du chem,PARIS 1	-£9.99	£4,162.26
235	Car/Maint	13-Oct-21 Fin: SOUTHALL DISCOUNT TYRE,451 ,SOUTHAL	-£54.00	£4,108.26
236	Meals	13-Oct-21 Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	-£11.20	£4,097.06
237	Meals	13-Oct-21 Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	-£1.00	£4,096.06
238	Charity Ins	15-Oct-21 DD:TENNYSON INSURANCE L 28201899	-£46.45	£4,049.61
239	IT/Web	16-Oct-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£12.00	£4,037.61
240	Funding	18-Oct-21 BANK THAMES21 LIMITED 1033/4	£1,020.00	£5,057.61
241	Trans/Fuel	18-Oct-21 Fin: TESCO PFS 3153,38-42 NORTH H,S HAYE	-£12.60	£5,045.01
242	IT/Web	20-Oct-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£13.20	£5,031.81
243	Income	22-Oct-21 BANK HARROW COUNCIL 10002008002855	£1,326.99	£6,358.80
244	Charity Ins	25-Oct-21 DD:TENNYSON INSURANCE L 28201899	-£10.03	£6,348.77
245	MKTG	25-Oct-21 Fin: GOOGLE *Google Storage,,650-253-000	-£1.59	£6,347.18
246	Car/Maint	26-Oct-21 Fin: EURO CAR PARTS P,UNIT 8 CR,115HARRO	-£34.09	£6,313.09
247	MKTG	26-Oct-21 Fin: Amazon.co.uk*5H2ZO01N5,,AMAZON.CO.U	-£73.97	£6,239.12
248	Sundry	27-Oct-21 Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO	-£6.00	£6,233.12
249	Car/Maint	27-Oct-21 Fin: VS MOTORS ,WEMBLEY	-£72.00	£6,161.12
250	Trans/Fuel	28-Oct-21 Fin: SHELL HARROW,103 PINNER ROAD,HARROW	-£20.02	£6,141.10
251	CAR Ins	01-Nov-21 DD:Driver & Vehicle Lic 0000000000397114	-£27.56	£6,113.54
252	Telecoms	03-Nov-21 Fin: giffgaff,Vine Street 11,London,GBR	-£20.00	£6,093.54
253	Healthcare	03-Nov-21 Fin: EVERYONE ACTIVE-DOM,3 WATLI,HINCKLE	-£39.99	£6,053.55
254	Meals	03-Nov-21 Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	-£6.80	£6,046.75
255	Trans/Fuel	03-Nov-21 Fin: TESCO PAY AT PUMP 3153,SOUTH H,HAYE	-£21.49	£6,025.26
256	IT/Web	04-Nov-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£6.00	£6,019.26
257	MKTG	05-Nov-21 Fin: ADOBE STOCK,4-6 Riverw,ADOBE.LY/BIL	-£23.99	£5,995.27

258	IT/Web	05-Nov-21 Fin: LAPTOP-LCD-SCREEN,5, Hig,0203355952	-£77.34	£5,917.93
259	Car/Maint	05-Nov-21 Fin: VS MOTORS ,WEMBLEY	-£438.85	£5,479.08
260	Trans/Fuel	06-Nov-21 Fin: TFL TRAVEL CH,VICTORIA,TFL.GOV.UK/C	-£3.10	£5,475.98
261	Healthcare	08-Nov-21 DD:THE GYM LIMITED 5516114A-THE-GYM	-£24.98	£5,451.00
262	Training	08-Nov-21 Danuta Bruchon ASamuels Harrow	-£160.00	£5,291.00
263	Telecoms	09-Nov-21 Fin: giffgaff,Vine Street 11,London,GBR	-£10.00	£5,281.00
264	Car Maint	10-Nov-21 Mr A G Samuels P/worn Tyre	-£25.00	£5,256.00
265	Car/Maint	10-Nov-21 Fin: EURO CAR PARTS P,UNIT 8 CR,115HARRO	-£39.99	£5,216.01
266	Meals	10-Nov-21 Fin: HARROW MUSEUM,171 UXBRIDGE RO,HARRO	-£9.00	£5,207.01
267	IT/Web	12-Nov-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£6.00	£5,201.01
268	Trans/Fuel	13-Nov-21 Fin: SHELL HARROW,103 PINNER ROAD,HARROW	-£20.06	£5,180.95
269	Charity Ins	15-Nov-21 DD:TENNYSON INSURANCE L 28201899	-£46.45	£5,134.50
270	Stationery	15-Nov-21 Fin: RYMAN,9 ST GEORGES CEN,ST. ANNS ROA	-£76.48	£5,058.02
271	IT/Web	16-Nov-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£12.00	£5,046.02
272	Income	17-Nov-21 BANK HARROW COUNCIL 10002008005685	£763.60	£5,809.62
273	Meals	17-Nov-21 Fin: iZ *51 WENZELS THE,48 ST ANNE,HARRO	-£3.50	£5,806.12
274	Room Hire	17-Nov-21 Fin: HARROW ARTS CENTRE,UXBRIDGE R,HARRO	-£53.00	£5,753.12
275	Sundry	17-Nov-21 Fin: BOOTS,0784,16 ST GEORGES S/CE,HARRO	-£10.34	£5,742.78
276	Trans/Fuel	19-Nov-21 Fin: SHELL HARROW,103 PINNER ROAD,HARROW	-£20.03	£5,722.75
277	Car/Maint	19-Nov-21 Fin: VS MOTORS ,WEMBLEY	-£678.48	£5,044.27
278	IT/Web	20-Nov-21 Fin: 1 AND 1 IONOS LTD,DISCOVE,GLOUCESTE	-£13.20	£5,031.07
279	Repayment	21-Nov-21 BANK ANDREW GABRIEL SAM AGS blocked card	£4.37	£5,035.44
280	Income	22-Nov-21 BANK SumUp Payments Acc PID124286-SUMUP	£0.97	£5,036.41
281	Repayment	23-Nov-21 Fin: WM MORRISONS STORE,16 NEPTUNE,HARRO	-£4.37	£5,032.04
282	Trans/Fuel	24-Nov-21 Fin: SHELL HARROW,103 PINNER ROAD,HARROW	-£15.04	£5,017.00
283	Charity Ins	25-Nov-21 DD:TENNYSON INSURANCE L 28201899	-£10.03	£5,006.97
284	MKTG	25-Nov-21 Fin: GOOGLE *Google Storage,,650-253-000	-£1.59	£5,005.38
285	Room Hire	25-Nov-21 Fin: HARROW ARTS CENTRE,UXBRIDGE R,HARRO	-£53.00	£4,952.38
286	Sundry	30-Nov-21 Fin: WILKO RETAIL LIMITED,ST GEORG,HARRO	-£10.35	£4,942.03

Charity Totals

Income	Expenses	Balance
12,963.34	-£9,247.70	3,715.64

Owed to Andrew Samuels from Previous Year	-1465.07
2020-2021 Repayments	-£799.41
Balance Still Owed	-£665.66

Accounts

Date	Description	Amt In	Amt Out	Balance
	2019 Balances	3330.19	-3990.06	-722.19

24-Dec	MindAngelsTablet (EE: 07375 080622)		-£30.00	-£752.19
12-Dec	MindAngels Mobile Number (07387 106901)		-£12.00	-£764.19
10-Dec	MyWebsite Business (Contract 75945667)		-£1.20	-£765.39
24-Dec	Instant Domain (Contract 54936906)		-£17.96	-£783.35
24-Dec	E-Mail Marketing Basic (Contract 74273926)		-£4.80	-£788.15
	Inv# 1019 - Headstone Manor Park	180		-£608.15
05-Dec	Petrol		-£17.00	-£625.15
13-Dec	Petrol		-£15.02	-£640.17
17-Dec	Diar (Christmas)		-£20.40	-£660.57
18-Dec	Library printing		-£2.20	-£662.77
19-Dec	Postage		-£2.70	-£665.47
19-Dec	Motor Oil & Antifreeze		-£10.75	-£676.22
27-Dec	Petrol		-£15.21	-£691.43
30-Dec	Spark Plugs		-£25.26	-£716.69
16-Jan	MindAngelsTablet (EE: 07375 080622)		-£30.00	-£746.69
21-Jan	MindAngels Mobile Number (07387 106901)		-£10.00	-£756.69
08-Jan	MyWebsite Business (Contract 75945667)		-£1.20	-£757.89
03-Jan	E-Mail Marketing Basic (Contract 74273926)		-£4.80	-£762.69
	Inv# 1020 - Harrow Leisure Centre	250		-£512.69
	Inv# 1021 - Headstone Manor Park	180		-£332.69
	35 Workbooks ordered from Wiseworks		-£147.00	-£479.69
04-Jan	Petrol		-£14.00	-£493.69
07-Jan	Trustee Meeting (Food Provided)		-£21.45	-£515.14
14-Jan	Motor Oil		-£10.00	-£525.14
14-Jan	Petrol		-£17.00	-£542.14
17-Jan	Anti-freeze		-£5.75	-£547.89
30-Jan	Petrol		-£9.97	-£557.86
21-Feb	MindAngelsTablet (EE: 07375 080622)		-£30.00	-£587.86
17-Feb	MindAngels Mobile Number (07387 106901)		-£12.00	-£599.86

18-Mar	MyWebsite Business (Contract 75945667)		-£1.20	-£601.06
	Driver & Vehicle Lic 0000000000397114 (Car Tax)			-£601.06
	Inv# 1022 - Harrow Leisure Centre	125		-£476.06
03-Feb	Anti-freeze		-£5.75	-£481.81
01-Mar	Marlborough Hill/Xirocco (50 copies)		-£205.00	-£686.81
26-Mar	MindAngelsTablet (EE: 07375 080622)		-£24.00	-£710.81
17-Mar	MindAngels Mobile Number (07387 106901)		-£12.00	-£722.81
18-Mar	MyWebsite Business (Contract 75945667)		-£1.20	-£724.01
19-Mar	Instant Domain (Contract 54936906)		-£17.96	-£741.97
20-Mar	E-Mail Marketing Basic (Contract 74273926)		-£4.80	-£746.77
	Inv# 1023 - Headstone Manor Park	130		-£616.77
27-Mar	Dell Laptop (Gumtree)		-£150.00	-£766.77
New Charity Account: Transactions below combined until full switch over		Credit	Debit	Balance
09-Apr	BANK ANDREW GABRIEL SAM Mthly car tax	28		-£738.77
09-Apr	BANK ANDREW GABRIEL SAM Car Ins	61		-£677.77
24-Apr	MindAngelsTablet (EE: 07375 080622)		-£30.00	-£707.77
27-Apr	MindAngels Mobile Number (07387 106901)		-£10.00	-£717.77
07-May	Instant Domain (Contract 54936906)		-£18.00	-£735.77
09-Apr	Driver & Vehicle Lic 0000000000397114 (Car Tax)		-£28.00	-£763.77
09-Apr	TENNYSON INSURANCE L 28201899 (Car Insurance)		-£61.00	-£824.77
28-Apr	Facebook Ads		-£11.31	-£836.08
06-May	Last Payment to EE for tablet		-£30.00	-£866.08
28-May	MindAngels Mobile Number (07387 106901)		-£10.00	-£876.08
07-May	MyWebsite Business (Contract 75945667)		-£1.20	-£877.28
07-May	Instant Domain (Contract 54936906)		-£18.00	-£895.28
20-May	E-Mail Marketing Basic (Contract 74273926)		-£4.80	-£900.08
26-May	Facebook Ads		-£5.14	-£905.22
11-May	Google Ads		-£63.36	-£968.58
10-May	Charity Insurance 2/10 Instalments (Last payment - Jan 21)		-£56.88	-£1,025.46
17-May	Petrol		-£14.97	-£1,040.43
05-May	Facebook Ads		-£8.55	-£1,048.98
11-May	DD:TENNYSON INSURANCE L 28201899		-£51.61	-£1,100.59
31-May	BANK ANDREW GABRIEL SAM AGSamuels	£75.00		-£1,025.59

02-Jun	DD:Driver & Vehicle Lic 0000000000397114 (Tax)		-£53.45	-£1,079.04
10-Jun	DD:TENNYSON INSURANCE L 28201899		-£51.61	-£1,130.65
30-Jun	BANK ANDREW GABRIEL SAM Ins and Tax	£100.00		-£1,030.65
09-Jun	MindAngelsTablet (GIFFGAFF: 07375 080622)		-£20.00	-£1,050.65
30-Jun	MindAngels Mobile Number (07387 106901)		-£10.00	-£1,060.65
09-Jun	MyWebsite Business (Contract 75945667)		-£1.20	-£1,061.85
23-Jun	E-Mail Marketing Basic (Contract 74273926)		-£4.80	-£1,066.65
18-Jun	Petrol		-£17.02	-£1,083.67
21-Jun	Petrol		-£14.07	-£1,097.74
11-Jun	Petrol		-£20.00	-£1,117.74
24-Jun	Printing Cartridges & Paper		-£30.50	-£1,148.24
01-Jul	DD:Driver & Vehicle Lic 0000000000397114 (Tax)		-£26.68	-£1,174.92
10-Jul	DD:TENNYSON INSURANCE L 28201899		-£61.55	-£1,236.47
31-Jul	BANK ANDREW GABRIEL SAM Insurance	£78.00		-£1,158.47
07-Jul	MyWebsite Business (Contract 75945667)		-£1.20	-£1,159.67
18-Aug	Instant Domain (Contract 54936906)		-£18.00	-£1,177.67
18-Aug	E-Mail Marketing Basic (Contract 74273926)		-£4.80	-£1,182.47
07-Jul	MindAngelsTablet (GIFFGAFF: 07375 080622)		-£20.00	-£1,202.47
29-Jul	MindAngels Mobile Number (07387 106901)		-£10.00	-£1,212.47
01-Jul	Petrol		-£10.00	-£1,222.47
04-Jul	Petrol		-£20.28	-£1,242.75
07-Jul	Postage		-£1.40	-£1,244.15
16-Jul	Petrol		-£20.00	-£1,264.15
30-Jul	Petrol		-£19.97	-£1,284.12
03-Aug	BANK ANDREW GABRIEL SAM Tax Ins	£30.00		-£1,254.12
03-Aug	DD:Driver & Vehicle Lic 0000000000397114 (Tax)		-£26.68	-£1,280.80
10-Aug	DD:TENNYSON INSURANCE L 28201899		-£61.55	-£1,342.35
05-Aug	Google Ads		-£100.00	-£1,442.35
18-Aug	MyWebsite Business (Contract 75945667)		-£1.20	-£1,443.55
18-Aug	Instant Domain (Contract 54936906)		-£18.00	-£1,461.55
12-Aug	MindAngelsTablet (GIFFGAFF: 07375 080622)		-£20.00	-£1,481.55
27-Aug	MindAngels Mobile Number (07387 106901)		-£10.00	-£1,491.55
05-Aug	Petrol		-£18.00	-£1,509.55

12-Aug	Coolant & Oil		-£10.75	-£1,520.30
12-Aug	Petrol		-£13.00	-£1,533.30
20-Aug	Petrol		-£15.07	-£1,548.37
28-Aug	Petrol		-£16.01	-£1,564.38
29-Aug	Motor Oil		-£5.00	-£1,569.38
28-Sep	BANK KEEN2LEARN LIMITED TUTOR DOCTOR	£50.00		-£1,519.38
01-Sep	DD:Driver & Vehicle Lic 0000000000397114 (Tax)		-£26.68	-£1,546.06
09-Sep	BANK ANDREW GABRIEL SAM car ins	£60.00		-£1,486.06
10-Sep	DD:TENNYSON INSURANCE L 28201899		-£61.55	-£1,547.61
10-Sep	BANK ANDREW GABRIEL SAM pres folders	£36.91		-£1,510.70
11-Sep	Fin: giffgaff,Vine Street 11,London,GBR		-£20.00	-£1,530.70
11-Sep	BANK ANDREW GABRIEL SAM MindAngelsTablet	£21.00		-£1,509.70
14-Sep	BANK ANDREW GABRIEL SAM oil coolant	£11.00		-£1,498.70
21-Sep	BANK A STAR TUITION SER TD EAST HERTS	£50.00		-£1,448.70
22-Sep	Fin: WWW.DIGITALPRINTING.CO,U,0289022211		-£44.05	-£1,492.75
08-Sep	Google Ads		-£35.24	-£1,527.99
10-Sep	Pres Folders		-£36.91	-£1,564.90
14-Sep	Coolant		-£11.00	-£1,575.90
13-Oct	MyWebsite Business (Contract 75945667)		-£1.20	-£1,577.10
22-Sep	Instant Domain (Contract 54936906)		-£15.72	-£1,592.82
13-Oct	E-Mail Marketing Basic (Contract 74273926)		-£4.80	-£1,597.62
11-Sep	MindAngels Mobile Number (07387 106901)		-£21.00	-£1,618.62
04-Sep	Google Ads		-£40.45	-£1,659.07
03-Sep	Petrol		-£15.93	-£1,675.00
07-Sep	Petrol		-£20.01	-£1,695.01
08-Sep	Trustee Meeting (Food Provided)		-£22.30	-£1,717.31
19-Sep	Petrol		-£14.99	-£1,732.30
28-Sep	Petrol		-£15.03	-£1,747.33
01-Oct	DD:Driver & Vehicle Lic 0000000000397114 (Tax)		-£26.68	-£1,774.01
07-Oct	BANK PEGASUS ACADEMY TUTOR DOC ILFORD	£50.00		-£1,724.01
08-Oct	BANK ATEC ACADEMICS LTD TUTOR DOCTOR	£50.00		-£1,674.01
12-Oct	DD:TENNYSON INSURANCE L 28201899		-£61.55	-£1,735.56
12-Oct	BANK EMPOWERING PRODIGI TD BOOKS SPONSOR	£50.00		-£1,685.56

15-Oct	Fin: giffgaff,Vine Street 11,London,GBRMindAngelsTablet (GIFFGAFF: 07375 080622)		-£20.00	-£1,705.56
19-Oct	Fin: ARGOS LTD,489-99 AVEBURY BO,INTERNE (Printer)		-£39.98	-£1,745.54
22-Oct	BANK MW TUTOR CON Tutor Doctor 092	£50.00		-£1,695.54
13-Oct	MyWebsite Business (Contract 75945667)		-£1.20	-£1,696.74
13-Oct	Instant Domain (Contract 54936906)		-£17.96	-£1,714.70
13-Oct	E-Mail Marketing Basic (Contract 74273926)		-£4.80	-£1,719.50
20-Oct	MindAngels Mobile Number (07387 106901)		-£10.00	-£1,729.50
01-Oct	Petrol		-£15.01	-£1,744.51
09-Oct	Petrol		-£14.00	-£1,758.51
15-Oct	Petrol		-£20.00	-£1,778.51
21-Oct	Stationery		-£3.99	-£1,782.50
22-Oct	Ink Cartridge		-£17.50	-£1,800.00
23-Oct	Postage/Stationary		-£3.98	-£1,803.98
23-Oct	Postage (Packs to W. Way and The Aldreton)		-£6.26	-£1,810.24
26-Oct	Spark Plug Tool		-£5.20	-£1,815.44
26-Oct	Spark Plug		-£4.50	-£1,819.94
26-Oct	Bulb		-£4.09	-£1,824.03
02-Nov	DD:Driver & Vehicle Lic 0000000000397114 (Tax)		-£26.68	-£1,850.71
02-Nov	Fin: SHELL HARROW,103 PINNER ROAD,HARROW		-£15.02	-£1,865.73
05-Nov	Fin: SHELL & WAITROSE,140 NO,SOUTH HARRO		-£9.33	-£1,875.06
09-Nov	Fin: Amazon.co.uk*M74GY3AZ4,,AMAZON.CO.U (Winston Way Books)		-£111.25	-£1,986.31
09-Nov	BANK ANDREW GABRIEL SAM MA Insurance	£62.00		-£1,924.31
10-Nov	DD:TENNYSON INSURANCE L 28201899		-£61.55	-£1,985.86
17-Nov	BANK EMPOWERING PRODIGI TDWLCC BKS SPONS	£50.00		-£1,935.86
19-Nov	Fin: giffgaff,Vine Street 11,London,GBR (GIFFGAFF: 07375 080622)		-£20.00	-£1,955.86
27-Nov	BANK ATEC ACADEMICS LTD TUTOR DOCTOR	£50.00		-£1,905.86
28-Nov	BANK PEGASUS ACADEMY TD ILFORD -NASRE	£50.00		-£1,855.86
06-Nov	Insurance		-£62.00	-£1,917.86
10-Nov	MyWebsite Business (Contract 75945667)		-£30.00	-£1,947.86
09-Nov	Instant Domain (Contract 54936906)		-£12.00	-£1,959.86
20-Nov	MindAngels Mobile Number (07387 106901)		-£10.00	-£1,969.86
14-Nov	Antifreeze		-£5.75	-£1,975.61
14-Nov	Petrol		-£10.00	-£1,985.61

19-Nov	Audi Diagnostics for Car Fault Lights		-£20.00	-£2,005.61
21-Nov	Petrol		-£20.00	-£2,025.61
25-Nov	Postage - Returned Cheque to Xerox		-£0.65	-£2,026.26
24-Nov	Car Tax		-£150.00	-£2,176.26
24-Nov	Facebook Ads		-£11.00	-£2,187.26

Total 2019-2020 = £1,877.91 -£3,342.98

Balance from A. Samuels during 2019-20 to support Mind Angels = -£1,465.07