



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

Harrow'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		£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		£5,035.44
280	Income	22-Nov-21 BANK SumUp Payments Acc PID124286-SUMUP		£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