



MIND ANGELS

ANNUAL

STATEMENT

2021-2022

ABSTRACT

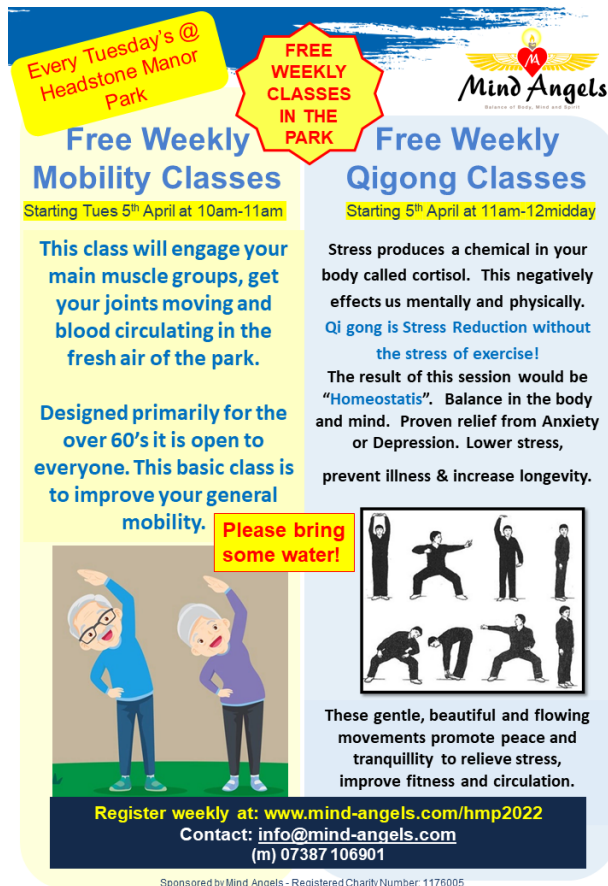
This statement details and summarises the charity's activities over the financial period of 2021-2022

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

Need
Talk

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





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

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/helppay		-£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,London		-£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 JOSE		-£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,DISCOVER,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 LIMITED UK21/8432989/127	£161.00		£2,171.01
274	Trans/Fuel	09-Jul-22	Fin: TESCO PAY AT PUMP 3153,SOUTH H,HAYES		-£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,DISCOVER,GLOUCESTER		-£30.00	£2,110.99
277	Healthcare	12-Jul-22	DD:CLUBWISE SOFTWARE LIMITED EF117940		-£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,DISCOVER,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,London	£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,NORTHWOO	-£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,NORTHWOO	-£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,NORTHWOO	-£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

	Income	Expenses	Profit/Loss
2021 - 2022 Charity Totals	£19,444.71	£18,123.33	£1,321.38
Owed from Andrew Samuels from Previous Year	£334.34		
2020-2021 Repayments (Deposit)	£1,000.00		
Balance Owed to Charity	£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 an 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 of the. In the park since it started. I realise how unfit, how unmotivated, and that I realised I was going downhill. 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 same 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