



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

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





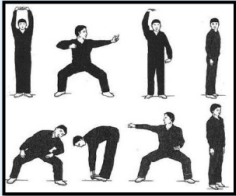
Registered Charity Number: 1176005

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*
*Charging to £4.70 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
facebook.com/everyoneactive
[@everyoneactive](https://twitter.com/everyoneactive)

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

[illegible]

Mind Angels Annual Report Statement (2022-2023)

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

Mind Angels Annual Report Statement (2022-2023)

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,GLOUCESTER		-£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,GLOUCESTER		-£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,GLOUCESTER		-£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,GLOUCESTER		-£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,GLOUCESTER		-£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

Mind Angels Annual Report Statement (2022-2023)

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

Mind Angels Annual Report Statement (2022-2023)

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*INSTATEXT ,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

Mind Angels Annual Report Statement (2022-2023)

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*INSTATEXT ,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

Mind Angels Annual Report Statement (2022-2023)

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

Mind Angels Annual Report Statement (2022-2023)

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

Mind Angels Annual Report Statement (2022-2023)

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: SOUTHAL DISCOUNT TYRE,SOUTHAL		-£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

Mind Angels Annual Report Statement (2022-2023)

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	