



MIND ANGELS TRUSTEE ANNUAL REPORT

2023-24



SEPTEMBER 28, 2025
MIND ANGELS CHARITY

Mind Angels : 2023-24 Trustee Annual Report

1. Reference and Administrative Details

Mind Angels Charity
Registration# 1176005

89 Hillside Road
Northwood
Middlesex
HA6 1PZ

Trustees:

Mr Andrew Samuels
Mr Abdullatif Al Mashadani
Mr Mohammed Kadim

2. Objectives and Activities

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

3. Achievements and Performance

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

60+ Mobility and Qigong Sessions

Exercise Charts

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

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Active Communities Mondays at Harrow Leisure Centre

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

Pinner Medical Centre Patients Association

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

Headstone Manor Park / North Harrow Methodist Church

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

Kate Fassnidge Foundation (Uxbridge)

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

Indian Association Harrow

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

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

Woodfield School

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

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

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

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

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

Books Sent for Review

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

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

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

Translations

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

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

Coaching Service

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

Funding

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

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

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

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

Other Activities

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

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

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

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

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

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

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

5. Financial Review

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

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

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

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

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

Financial Summary

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

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Mind Angels 2023-2024 Yearly Statement

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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507	Trans/Fuel	30-Nov-24	Debit	BPDebitFee 29-11-24 214707338	£0.00	-£0.30	£514.12
508	Trans/Fuel	30-Nov-24	Debit	Fin: ESSO ELSTREE HILL,ELSTREE HIL,LONDO	£0.00	-£25.05	£489.07
						-	
					£13,100.25	£16,226.59	

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