



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 29/09/2022 Period start date To 31/03/2023

Period end date

Charity name: Fjord Index

Charity registration number: 1200531

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	1.) For the public's benefit, in Cameroon, to preserve and protect the health of adults and children who have been sexually abused by providing emotional, medical and psychosocial support at a sexual assault referral centre. 2.) For the public's benefit in Cameroon, to advance education in sex education and relationships amongst children aged five to sixteen by raising sex education awareness in schools and in the community.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Education, awareness raising amongst children in schools and in communities, advocacy, outreach work within communities, and providing emotional support
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have regard to the guidance issued on public benefit. This evidenced from the fact that the charity's purposes are to advance education amongst children in schools and in communities by supporting the work of schools and other educational establishments. Furthermore, the public's benefit is at the centre of our charity's purpose, in striving to protect the health of adults and children who have been sexually abused.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	

Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	

Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Income: £0 Expenditure: £0
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Not applicable
Amount of reserves held	Para 1.22	None
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	Not applicable
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no uncertainties

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	No funds received
Investment policy and objectives including any social investment policy adopted	Para 1.46	Not applicable
A description of the principal risks facing the charity	Para 1.46	Not applicable
Other		Not applicable

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees were selected based on their collective wide range of experience, knowledge, and skills. The trustees come from a wide range of backgrounds including Medicine, Social Care and Domestic Abuse Careers.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Fjord Index
Other name the charity uses	
Registered charity number	1200531
Charity's principal address	70 Edgeworth Close, London NW4 4HN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Brenda Isabel Rodas	Chair	1 st September 2022	
2	Dr Queen Mary Idiong	Trustee	1 st September 2022	
3	Shakira Omoshekunola Odutayo	Trustee	1 st September 2022	
4				
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18				
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20				

Corporate trustees – names of the directors at the date the report was approved

Corporate trustees – names of the directors at the date the Report was approved		
Director name		
Francisca Anabor		

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Not applicable as no assets are held
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Not applicable
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Not applicable

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Francisca Anabor

Apologies, I am currently unable to sign electronically. Regards,
Francisca Anabor

Full name(s)

Francisca Anabor

**Position (eg Secretary,
Chair, etc)**

Director

Date

23/01/2024

Date		In/Out	Hire Fee	Donations	Grants
1-May B/F		###			
3-May Debit	Swappan	(1,250.00)			
3-May 184	Graham	(437.48)			
3-May 186	Cleaning	(120.00)			
3-May Credit	NHS	20.00	20.00		
3-May Credit	Fridge	130.42			
4-May Credit	Sum Up	5.91			
4-May Credit	Sum Up	11.81			
6-May Credit	Sum Up	8.27			
5-May 182	Sue	(1,670.55)			
9-May Credit	Amazon	10.16		10.16	
10-May Credit	Sum Up	9.83			
12-May Credit	Sum Up	20.18			
13-May Credit	Sum Up	16.72			
17-May Credit	Sum Up	7.87			
19-May Credit	Sum Up	11.82			
23-May Debit	EE Broadb	(37.68)			
23-May Credit	Sum Up	9.34			
23-May Credit	DRI	60.00	60.00		
24-May Credit	Sum Up	59.69			
25-May 185	Fare Share	(225.00)			
26-May Credit	Sum Up	13.78			
26-May Credit	Fridge	216.20			
27-May Credit	Sum Up	3.94			
31-May Debit	Utility War	(126.87)			
31-May Credit	Sum Up	770.76	766.82		
1-Jun Debit	Swappan	(1,250.00)			
1-Jun Credit	Sum Up	11.02			
7-Jun Credit	Green Insu	50.46			
9-Jun 187	Sue	(2,403.95)			
9-Jun 189	Sue	(95.59)			
9-Jun Credit	Sum Up	10.83			
10-Jun Credit	Sum Up	1.97			
15-Jun Credit	Sum Up	8.27			
16-Jun 188	Cleaning	(150.00)			
20-Jun Credit	Sum Up	6.89			
21-Jun Credit	Sum Up	100.28			
22-Jun Debit	EE Broadb	(48.12)			
22-Jun Credit	Sum Up	11.82			
23-Jun Credit	Fridge	207.52			
24-Jun Debit	Maintainer	(600.00)			
24-Jun Credit	Sum Up	6.89			
27-Jun Debit	Green Insu	(456.83)			
28-Jun Credit	Sum Up	115.02			
29-Jun Debit	Cleaning	(130.00)			
30-Jun Debit	Utility War	(108.97)			
30-Jun Credit	Sum Up	12.80			
1-Jul STO	Swappan	(1,250.00)			
1-Jul Credit	Sharing Lif	180.00			

4-Jul Credit	Sum Up	17.70		
5-Jul Credit	Sum Up	19.67		
6-Jul 193	Graham	(256.60)		
6-Jul 194	Sue	(1,384.26)		
6-Jul Credit	PCHH	53.57		
7-Jul Credit	Sum Up	15.25		
8-Jul Credit	Sum Up	26.55		
12-Jul Credit	Sum Up	73.44		
14-Jul Credit	Sum Up	9.85		
15-Jul Credit	Sum Up	5.90		
19-Jul Credit	Sum Up	9.34		
20-Jul Credit	Sum Up	9.84		
22-Jul Debit	EE Broadb	(37.68)		
22-Jul Credit	Sum Up	6.30		
26-Jul Credit	Sum Up	39.32		
28-Jul Credit	Sum Up	11.42		
29-Jul Debit	Utility War	(199.75)		
1-Aug Credit	Sum Up	5.91		
1-Aug STO	Swappan	(1,250.00)		
1-Aug Credit	Sum Up	7.08		
3-Aug Credit	Fridge	354.53		
3-Aug Debit	196	(160.00)		
3-Aug Credit	Sum Up	15.74		
4-Aug Debit	198	(57.02)		
4-Aug Debit	197	(2,858.40)		
5-Aug Credit	Sum Up	0.98		
5-Aug Credit	Sum Up	15.93		
9-Aug Credit	Sum Up	158.28		
11-Aug Credit	Sum Up	22.64		
12-Aug Credit	Sum Up	7.27		
15-Aug Credit	Fridge	72.50		
16-Aug Credit	Sum Up	10.82		
17-Aug Credit	Sum Up	11.81		
18-Aug Credit	ESCC	1,732.50	600.00	1,132.50
19-Aug Credit	Sum Up	1.97		
22-Aug Debit	EE Broadb	(37.68)		
24-Aug Credit	Sum Up	11.82		
26-Aug 195	Fare Share	(225.00)		
26-Aug Credit	Sum Up	1.97		
31-Aug Credit	Sum Up	980.15		
31-Aug Debit	Utility War	(204.45)		
1-Sep STO	Swappan	(1,250.00)		
2-Sep 199	Cleaning	(150.00)		
2-Sep Credit	Sum up	12.01		
5-Sep Credit	Fridge	217.70		
6-Sep Credit	Sum Up	295.92		
7-Sep Credit	Sum Up	17.22		
7-Sep Credit	Fridge	79.20		
8-Sep 200	Graham	(1,127.61)		
8-Sep 201	Sue	(2,173.42)		

9-Sep Credit	Sum Up	9.45	
13-Sep Credit	Sum Up	5.90	
14-Sep Credit	Sum Up	26.57	
16-Sep Credit	Sum Up	34.12	
20-Sep Credit	Fridge	164.30	
21-Sep Credit	Sum Up	5.91	
22-Sep Debit	EE Broadb	(37.68)	
23-Sep Credit	Sum Up	20.18	
26-Sep Credit	Sum Up	312.64	
28-Sep Credit	Sum Up	13.78	
30-Sep Debit	Utility War	(51.81)	
3-Oct Credit	Sum Up	1.97	
3-Oct STO	Swappan	(1,250.00)	
4-Oct Credit	Sum Up	24.10	
4-Oct 204	Graham	(556.44)	
4-Oct 203	Sue	(2,544.85)	
6-Oct Credit	Sum Up	9.84	
6-Oct 205	Small Builc	###	
7-Oct 202	Cleaning	(120.00)	
7-Oct Credit	Fridge	365.28	
7-Oct Credit	Sum Up	16.22	
11-Oct Credit	Sum Up	1.97	
13-Oct Credit	Sum Up	19.18	
14-Oct Credit	Sum Up	13.29	
17-Oct Debit	Cibus	(12.00)	
18-Oct Credit	Sum Up	21.63	
19-Oct 206	Fare Share	(225.00)	
20-Oct Credit	Sum Up	21.64	
21-Oct 207	Accountan	(75.00)	
21-Oct Credit	Sum Up	41.78	
24-Oct Credit	Fridge	312.50	15.00
24-Oct Debit	EE Broadb	(37.68)	
25-Oct Credit	Sum Up	9.85	
26-Oct Credit	Sum Up	61.17	
31-Oct Credit	Sum Up	8.86	
31-Oct Debit	Utility War	(138.43)	
1-Nov Credit	Sum Up	416.07	
1-Nov STO	Swappan	(1,250.00)	
2-Nov Credit	Xmas Stall	5.00	5.00
2-Nov Credit	Southdowr	60.00	60.00
2-Nov Credit	Sum Up	13.78	5.00
3-Nov 208	Cleaning	(150.00)	
4-Nov Credit	Sum Up	12.79	
7-Nov Credit	Fridge	184.20	
7-Nov Credit	Sum Up	15.74	
9-Nov Credit	Sum Up	3.94	
10-Nov 209	Sue	(3,194.27)	16.00
11-Nov Credit	Sum Up	13.77	
15-Nov Credit	Sum Up	19.69	
15-Nov Credit	Amazon	10.83	10.83

16-Nov Credit	Sum Up	11.81		
18-Nov Credit	Fridge	209.50	15.00	
18-Nov Credit	Sum Up	7.87		
22-Nov Credit	Sum Up	17.71		
22-Nov Debit	EE Broadb	(37.68)		
23-Nov Credit	Sum Up	17.22		
24-Nov Credit	EBC	2,500.00		2,500.00
25-Nov Credit	Sum Up	122.89		
25-Nov Credit	Sum Up	13.78		
29-Nov Credit	Sum Up	175.50		
30-Nov Debit	Utility War	(74.85)		
1-Dec Credit	Sum Up	7.87		
1-Dec STO	Swappan	(1,250.00)		
1-Dec 210	Cleaning	(120.00)		
2-Dec Credit	Fridge	235.40		
2-Dec Credit	Food Partn	1,800.00		1,800.00
2-Dec Credit	Sum Up	19.49		
5-Dec Credit	PCHH	100.00		
6-Dec Credit	Sum Up	53.59		
7-Dec Credit	Sum Up	13.78		
9-Dec Debit	Cibus	(12.00)		
9-Dec Credit	Sum Up	4.92		
13-Dec Credit	Sum Up	54.56		
14-Dec 211	Sue	(2,762.78)	24.50	
15-Dec Credit	Sum Up	12.80		
16-Dec Credit	Sum Up	16.34		
19-Dec Credit	EBC	150.00		150.00
20-Dec Credit	Sum Up	72.74		
22-Dec Credit	Sum Up	6.59		
22-Dec Debit	EE Broadb	(37.68)		
23-Dec Credit	Sum Up	16.72		
28-Dec 213	Sue	(3,345.83)	17.50	
30-Dec Debit	Utility War	(170.17)		
30-Dec 212	Cleaning	(90.00)		
3-Jan STO	Swappan	(1,250.00)		
9-Jan Credit	Donations	353.70		
9-Jan Credit	Sum Up	447.31		
9-Jan Credit	EFP	30.00	30.00	
12-Jan Debit	Cibus	(12.00)		
12-Jan Credit	HubBub	5,000.00		5,000.00
13-Jan Credit	Sum Up	1.97		1.97
16-Jan Credit	Sum Up	7.88		7.88
17-Jan Credit	Donations	125.85		125.85
18-Jan Credit	Sum Up	9.85		9.85
20-Jan Credit	Sum Up	29.50		6.89
23-Jan Debit	EE Broadb	(37.68)		
23-Jan Credit	Sum Up	10.83		5.91
25-Jan Credit	Sum Up	12.89		11.76
27-Jan Credit	Sum Up	1.97		1.97
31-Jan Credit	Sum Up	3.94		3.94

31-Jan Debit	Utility War	(236.64)		
31-Jan 214	Fare Share	(225.00)		
31-Jan Credit	Jane C	40.00	40.00	
1-Feb STO	Swappan	(1,250.00)		
1-Feb 215	Cleaning	(120.00)		
1-Feb Credit	Sum Up	15.76	15.76	
2-Feb Credit	EBC	2,500.00		2,500.00
3-Feb Credit	Sum Up	15.74	5.91	
6-Feb Credit	Asda	300.00	300.00	
7-Feb Credit	Sum Up	13.29	3.94	
7-Feb Debit	Cibus	(12.00)		
7-Feb 218	Sue	(2,912.17)		
8-Feb Credit	Sum Up	13.29	10.34	
9-Feb 217	Castle Wat	(198.48)		
10-Feb Credit	Sum Up	1,019.69	992.95	
13-Feb Credit	Fridge	611.80	611.80	
13-Feb Credit	Sum Up	10.33	5.91	
14-Feb 216	ES Fire	(185.40)		
17-Feb Credit	Sum Up	92.85	11.82	
21-Feb Credit	Sum Up	703.91	5.91	
22-Feb Debit	EE Broadb	(37.68)		
22-Feb 219	Cuckoo Fa	(115.00)		
22-Feb Credit	Sum Up	18.70	13.78	
24-Feb Credit	Sum Up	11.32	9.85	
28-Feb Credit	Sum Up	22.73	7.87	
28-Feb Debit	Utility War	(214.19)		
28-Feb 221	Graham	(703.91)		
1-Mar STO	Swappan	(1,250.00)		
1-Mar 220	Clyde	(50.44)		
1-Mar Credit	Sum Up	15.75	15.75	
3-Mar 222	Cleaning	(120.00)		
6-Mar Credit	Sum Up	7.88	7.88	
7-Mar Credit	Sum Up	479.03	25.82	
9-Mar Credit	Sum Up	11.80	11.80	
9-Mar 224	Sue	(2,622.09)		
9-Mar 223	Maintainer	(650.00)		
10-Mar Credit	Sum Up	9.84	9.84	
15-Mar Credit	Sum Up	15.74	15.74	
20-Mar Credit	Donations	880.65	880.65	
20-Mar Credit	Sum Up	4.92	4.92	
20-Mar Credit	Sum Up	17.73	17.73	
22-Mar Debit	EE Broadb	(37.68)		
22-Mar Credit	Sum Up	20.66	20.66	
27-Mar Credit	Sum Up	18.21	9.85	
28-Mar Credit	Sum Up	554.97	40.31	
29-Mar Credit	Donations	207.38	207.38	
30-Mar Credit	Sum Up	18.20	17.22	
30-Mar 225	Cleaning	(120.00)		
31-Mar Debit	UWarehou	(255.73)		
31-Mar Credit	Sum Up	19.73	19.73	

3-Apr STO	Swappan	(1,250.00)	
3-Apr Credit	Sum Up	20.66	
5-Apr Credit	Sum Up	23.60	15.74
6-Apr Credit	Sum Up	16.22	6.39
11-Apr Credit	Sum Up	72.38	
17-Apr Credit	Donations	385.18	385.18
17-Apr Credit	E Bay	4.24	
19-Apr Credit	Sum Up	39.35	18.70
24-Apr Credit	Sum Up	17.22	
24-Apr Credit	Amazon	5.27	5.27
24-Apr Debit	EE Broadb	(33.77)	
24-Apr Credit	Donations	1,000.00	1,000.00
26-Apr Credit	Sum Up	34.92	34.92
28-Apr Credit	Sum Up	3.84	3.84
28-Apr Debit	UWarehou:	(273.34)	
28-Apr Credit	Donations	201.22	201.22
28-Apr Credit	Sum Up	66.37	38.85

Work/Sales	Rent	Utility Bills	Maintainer	Consumab	Advertising	Equipment
	1,250.00					
(437.48)			120.00			
130.42						
5.91						
11.81						
8.27						
			10.00	236.55		
9.83						
20.18						
16.72						
7.87						
11.82						
		37.68				
9.34						
59.69						
				225.00		
13.78						
216.20						
3.94						
		126.87				
3.94						
	1,250.00					
11.02						
			(50.46)			
			12.74	67.18	387.99	
(50.34)				33.25		
10.83						
1.97						
8.27						
			150.00			
6.89						
100.28						
		48.12				
11.82						
207.52						
			600.00			
6.89						
			456.83			
115.02						
			130.00			
		108.97				
12.80						
	1,250.00					
180.00						

17.70						
19.67						
(256.60)						
			12.71	44.47		
53.57						
15.25						
26.55						
73.44						
9.85						
5.90						
9.34						
9.84						
		37.68				
6.30						
39.32						
11.42						
		199.75				
5.91						
	1,250.00					
7.08						
354.53						
			160.00			
15.74						
(57.02)						
(18.90)	10.00		28.02	175.59	40.00	583.00
0.98						
15.93						
158.28						
22.64						
7.27						
72.50						
10.82						
11.81						
1.97						
		37.68				
11.82						
(225.00)						
1.97						
980.15						
		204.45				
	1,250.00					
			150.00			
12.01						
217.70						
295.92						
17.22						
79.20						
(1,127.61)						
(57.10)			91.41	99.41		230.00

9.45					
5.90					
26.57					
34.12					
164.30					
5.91					
		37.68			
20.18					
312.64					
13.78					
		51.81			
1.97					
	1,250.00				
24.10					
(556.44)			26.75	159.00	
9.84					
			###		
			120.00		
365.28					
16.22					
1.97					
19.18					
13.29					
			12.00		
21.63					
				225.00	
21.64					
41.78					
297.50					
		37.68			
9.85					
61.17					
8.86					
		138.43			
416.07					
	1,250.00				
8.78					
			150.00		
12.79					
184.20					
15.74					
3.94					
(361.57)			81.99	194.12	3.00 408.99
13.77					
19.69					

11.81					
194.50					
7.87					
17.71					
		37.68			
17.22					
122.89					
13.78					
175.50					
		74.85			
7.87					
	1,250.00				
			120.00		
235.40					
19.49					
		(100.00)			
53.59					
13.78					
			12.00		
4.92					
54.56					
(304.76)			67.38	198.64	
12.80					
16.34					
72.74					
6.59					
		37.68			
16.72					
			30.00	418.59	299.99
		170.17			
			90.00		
	1,250.00				
353.70					
447.31					
			12.00		
22.61					
		37.68			
4.92					
1.13					

		236.64		
(225.00)				
	1,250.00		120.00	
9.83				
9.35				
			12.00	
(599.56)			12.98	316.93
2.95				
		198.48		
26.74				
4.42				
			185.40	
81.03				
698.00				
		37.68		
	115.00			
4.92				
1.47				
14.86				
		214.19		
(703.91)				
	1,250.00			
(50.44)				
			120.00	
453.21				
(5.79)				315.10
			650.00	
		37.68		
8.36				
514.66				
0.98				
			120.00	
		255.73		

1,250.00

20.66

7.86

9.83

72.38

4.24

20.65

17.22

33.77

273.34

27.52

Session FeVolunteer Training

1,380.00	44.00
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1,762.50	173.54
	12.00

1,290.00 37.08

1,897.50 105.39

1,642.50 53.00

2,295.00 64.10

75.00

2,062.50 98.10

1,957.50 259.00

2,325.00 289.75

1,845.00 137.70

2,197.50 103.70