



MANJU SHAHUL-HAMEED  
**F O U N D A T I O N**

---

*For Mental Health*

---

**Transforming Mental Health Stigma**

**Trustees Report**

**March 2021**

## **Who We Are**

Manju Shahul-Hameed Foundation for Mental Health is a well-established charity, founded in 2017. The charity aims to raising awareness and combat stigma about mental illness and promote mindfulness, with the intention of bringing together different communities within Croydon and the UK to empathize with those in need and to help them battle their struggles.

## **Our Vision**

Our vision is to build a future where living with mental illness will not be anything to be ashamed of and where the aged won't be left to live a lonely life. There are many such people who may be feeling insecure, vulnerable and unworthy at the moment. Unfortunately, they may end up struggling till the end of their lives, though they don't actually deserve it. Therefore, the charity focuses on letting such communities mingle with each other and thereby, support each other to lead a better life.

## **Our Mission**

Our mission is to transform mental health stigma and raise awareness. Mindfulness, Intergenerational Care and Feeding the Homeless are also key themes in our community events.

## **What We Do**

The relief of sickness and the preservation of health among people residing permanently or temporarily in London Borough of Croydon and surrounding areas in particular but not exclusively by providing preventative services including meditation and mindfulness to deal with the underlying relapsing conditions, such as stress, anxiety, anger and depression.

## **Impact and Highlights**

Since the charity was established, we have worked with over many organizations from charities to businesses. Working collaboratively with our partners, our programme continues to transform Croydon, helping local residents especially the most vulnerable in our community. Some of the organizations, that we have worked with are Age UK, Mind in Croydon, Croydon University Hospital, West Croydon Methodist church, Croydon BME Forum and Heartfulness UK.

## EVENTS

### FEEDING THE HOMELESS



Food is a crucial component of our organisation because we need to ensure that people on the street receive the right nutrition in order to have the energy to face the day ahead as they already have a lot to deal with. By providing them with good food, we can boost their immune system. Sharing and consuming food with them increases wellbeing, and possessing the ability to purchase, prepare, and cook the same foods as those around us will help them feel socially included. Homeless people are susceptible to a variety of ailments, particularly during the winter, and constant access to nutritional food enables students to excel, parents to focus on their careers, and elderly to enjoy healthy lives. The charity feeds approximately 70 homeless people in Croydon each month. In addition, the charity also organizes Chinese New Year, Easter, Indian Harvest Festival, Eid, Diwali and Christmas with the Homeless people to enable them to experience these celebrations.



- Wednesday 8<sup>th</sup> July 2020 @ 11 am
- Wednesday 15<sup>th</sup> July 2020 @ 11 am
- Wednesday 22<sup>nd</sup> July 2020 @ 11 am
- Wednesday 29<sup>th</sup> July 2020 @ 11 am - EID
- Wednesday 5<sup>th</sup> August 2020 @ 11 am
- Wednesday 12<sup>th</sup> August 2020 @ 11 am
- Wednesday 19<sup>th</sup> August 2020 @ 11 am
- Wednesday 26<sup>th</sup> August 2020 @ 11 am
- Wednesday 2<sup>nd</sup> September 2020 @ 11 am
- Wednesday 7<sup>th</sup> October 2020 @ 11 am
- Wednesday 11<sup>th</sup> November 2020 @ 11 am - DIWALI
- Wednesday 16<sup>th</sup> December 2020 @ 11 am – CHRISTMAS
- Wednesday 23<sup>rd</sup> December 2020 @ 11 am– CHRISTMAS
- Wednesday 30<sup>th</sup> December 2020 @ 11 am– NEW YEAR
- Wednesday 6<sup>th</sup> January 2021 @ 11 am
- Wednesday 10<sup>th</sup> February 2021 @ 11 am- CHINESE NEW YEAR
- Wednesday 3<sup>rd</sup> March 2021 @ 11 am

**West Croydon Methodist Church**

## INTERGENERATIONAL CARE



Intergenerational care is bringing together the young and elderly by organising multicultural events and providing opportunities for different generations to share experiences and learn from one another. These activities have numerous physical and mental health benefits, ranging from reducing loneliness and encouraging laughter to reminding the elderly of their own childhoods and time spent with their children. For the participating children, these moments are thought to boost literacy, language and social skills. To add to the celebration's uniqueness, compared to the previous years, the young children delivered lunch to senior citizens' residences. We advocate for physical and mental health, as well as for socialising, nutrition, and access to food and services. All of this is geared on preventing elders from reaching the tipping point and avoiding or delaying preventable hospitalizations and premature loss of independence. Metropot, 118 Windmill Road, provided meals for these events.



## INTRERGENERATIONAL FOOD DELIVERY

- Tuesday 14<sup>th</sup> July 2020 @ 11.30 am – 1.00 pm
- Tuesday 14<sup>th</sup> July 2020 @ 11.30 am – 1.00 pm
- Sunday, 19<sup>th</sup> July 2020 @ 11.30 am – 1.00 pm
- Tuesday 21<sup>st</sup> July 2020 @ 11.30 am – 1.00 pm
- Tuesday 30<sup>th</sup> July 2020 @ 11.30 am – 1.00 pm
- Tuesday 4<sup>th</sup> August 2020 @ 11.30 am – 1.00 pm
- Tuesday 17<sup>th</sup> September 2020 @ 11.30 am – 1.00 pm

## LAUGHTER YOGA SESSION

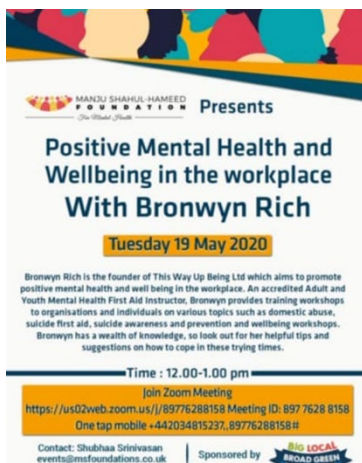


- Wednesday 16<sup>th</sup> June 2020 @ 2pm - 3pm (Online)

Our laughing yoga involves a set of movements and breathing techniques designed to encourage deliberate laughter. The more you laugh, the more capable you are of laughing at whatever life brings. The sessions are conducted by a laughter leader or teacher who maintains control of the session, explains the exercises, and provides directions to initiate and complete different laughter exercises. Laughter yoga was designed to educate people how to laugh spontaneously rather than relying on other people or things to bring them joy. The goal is to build a daily habit and bring more laughter into your life. Throughout the majority of Laughter Yoga exercises, group members keep moving, and establish eye contact with others in the group. Laughter Yoga movements are used to foster childish playfulness during the laughter session.

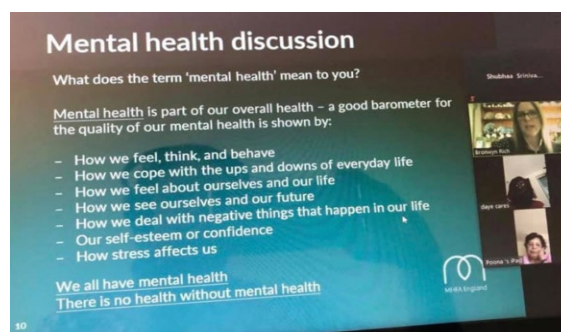


## POSITIVE MENTAL HEALTH AND WELLBEING IN THE WORK PLACE



- Tuesday, 19<sup>th</sup> May 2020 @ 12.00 – 1.00 p.m. (Online)
- Sunday, 23<sup>rd</sup> November 2020 @ 11.00 a.m. – 1.00 p.m. (Online)

Mental health is a sensitive subject, even more so during these challenging circumstances, when many people's daily lives and jobs have been severely disturbed. It is also a prevalent concern in the workplace, accounting for a significant portion of absenteeism. An essential building block to improve workplace mental health is having the ability to have open authentic conversations about it, individually and on a strategic level. This is even more critical in light of the Covid 19 pandemic's impact. Due to the fact that the epidemic has altered how people work and requires staff to adjust rapidly, it's important to communicate regularly and openly with staff in the workplace. Both the online session was led by Bronwyn Rich.



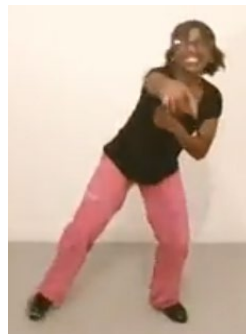


## ZUMBA SESSION



- Thursday 9<sup>th</sup> April 2020 (Online)
- Saturday 30<sup>th</sup> May 2020 (Online)

(Both the videos were uploaded on YouTube)



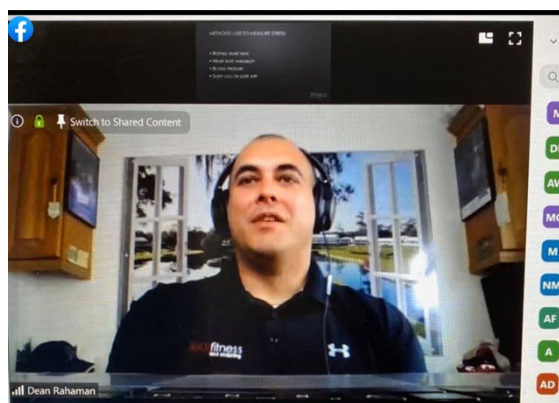
Zumba fitness is proven to improve psychological well-being, reduce stress, enhance cognitive abilities, and avoid cardiovascular disease. The focus of our program places a greater emphasis on self-awareness via exploration of space and emotion than on physical movements. Our dance therapy acts as a means of creative imagination which helps to promote positive moods amongst individuals. It's interesting to note that the emotional component, which was the one with the lowest values at the beginning, was the one with the highest values at the end of our exercise programme. We continue to create inclusive events and safe environments for individuals to reconnect with themselves and practise self-care through social-emotional arts.

## STRESS MANAGEMENT



- Tuesday 16<sup>th</sup> April 2020 @ 1pm – 2pm (Online)

Stress is a natural and unavoidable aspect of life. It has a detrimental effect on both emotional and physical wellbeing and impairs the capacity for clear thinking, effective functioning, and enjoyment of life. That is why it is critical to understand how to manage stress in order to be prepared to deal with it in the long run. Effective stress management enables you to break free from the grip that stress has on your life, allowing you to live a happier, healthier, and more productive existence. The ultimate objective should be a balanced life that includes time for work, relationships, relaxation, and fun—as well as the tenacity to persevere in the face of adversity. Our Stress Management sessions helped participants in experimenting and determining which techniques work best for them.

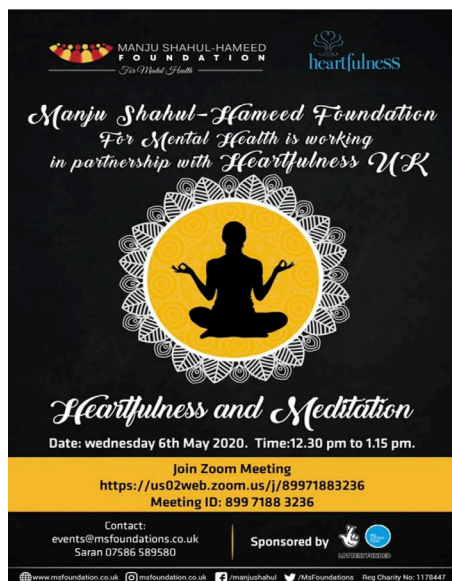


## FOOD DONATIONS

There is no greater joy than bringing a smile to someone's face or helping someone in need. Our charity organisation helped residents by donating food to Big Local Broad Green on 15th May 2020 and Age UK on 17th April 2020. The contribution was made to help the destitute with basic food items. We believe that consistent access to nutritious food enables students to excel, parents to focus on their livelihoods & seniors to maintain a healthy life. Thanks to our sponsors and volunteers for their valuable contributions.

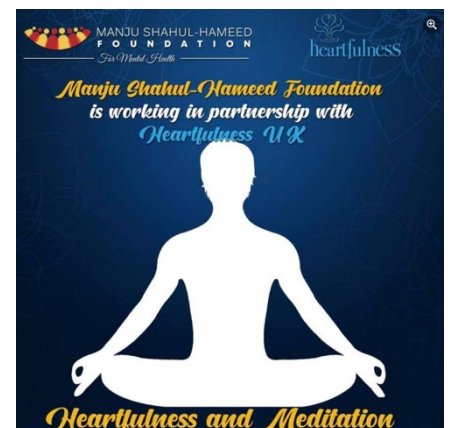
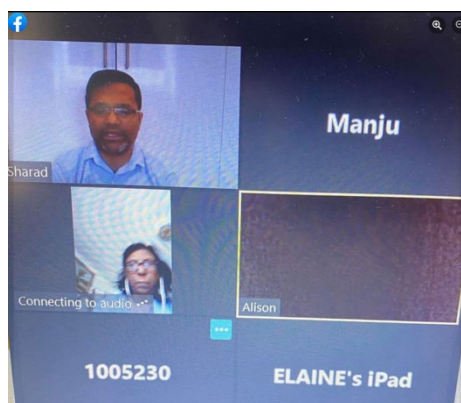


## HEARTFULNESS AND MEDITATION

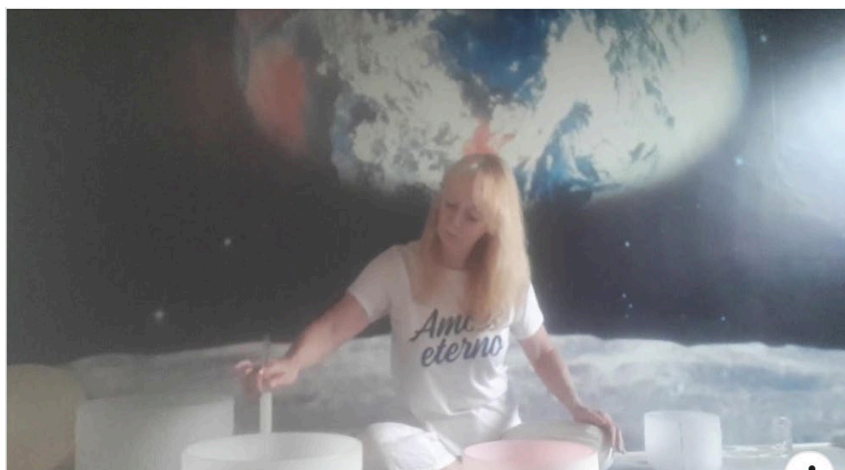


Heartfulness is a key underlying mechanism of mindfulness: it promotes psychological well-being, or optimal human functioning, by fostering a compassionate and attentive attitude toward oneself and others. Our Heartfulness and Meditation session is a sort of all-inclusive meditation that aids in increasing sleep quality, alleviating stress, and strengthening the immune system. It also paves the path for individuals for experiencing their inner self. Following regular Heartfulness and Meditation, it aids individuals in developing an awareness of our heart and the capacity to maintain poise and balance at all times. It teaches us to go deep into our hearts and to be naturally in a condition of love, serenity, and calmness.

- Wednesday 6<sup>th</sup> May 2020 @ 12.30pm – 1.15pm (Online)
- Tuesday 2<sup>nd</sup> April 2020 @ 12.30pm – 1.15pm (Online)



## SOUND BOWL REST AND RELAXATION



The singing bowls and gong sound harmonise and induce deep relaxation on both sides of the brain. It promotes overall stress alleviation and the removal of toxins from the body. Our organisation held an online workshop led by Angie Sherlock Collins on Sound Bowl Rest and Relaxation. The idea was to conduct a session at Croydon University Hospital, but due to the COVID-19 situation, Angie Sherlock Collins recorded and broadcasted the session.

- Sunday, 5<sup>th</sup> July 2020- Online

## HAPPY HEARTS AND JOYFUL SOULS



"Happy Hearts and Joyful Souls" helps with stress management, reduces your risk of illness, and boosts your energy. This course teaches participants the necessary skills for self-care by delving into the theory and consequences of stress, trauma, and poor mental health on the body and mind. It may take some trial and error to determine what method works best, what causes or triggers the mild symptoms, and what coping techniques work to help manage mental health. These abilities are intended to be passed on to others in order to foster the development of healthy and resilient communities and organisations. This course promotes healing and well-being. Bronwyn is an accredited instructor in Youth and Adult Mental Health First Aid, and she has trained a range of organisations including businesses, schools, local governments, and the military forces.

- Thursday, 23<sup>rd</sup> July 2020 @ 11a.m. – 12 p.m. (Online)



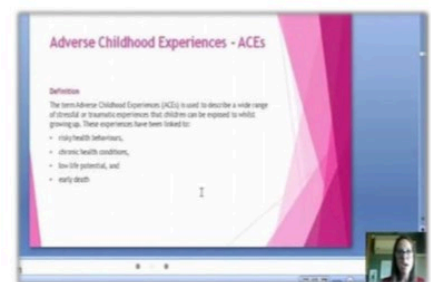


## SAFE AND SOUND



Safe and Sound creates a space for individuals to discover things that will benefit and make them happy. It is a safe space to relax and learn to let go of negative thoughts and feelings; and with the techniques we use, it aids in unblocking dislodged tension and trauma, bringing about profound relaxation and healing. We provide a variety of stress management tactics because everyone of us is unique and will benefit from a variety of approaches. This will enable to examine both good and negative stress in the job, develop techniques for recognising when the stress levels are rising and negatively affecting someone, and develop the skills and confidence necessary to manage stress through the use of a variety of time-tested approaches. This session will help in devising a self-help toolkit that can be referred at any time when someone feels the need for stress intervention or diversion. Bronwyn lead this workshop and assisted individuals in understanding and coping with stress and its affects.

- Thursday 20th August 2020 @ 11a.m. – 12p.m. (Online)



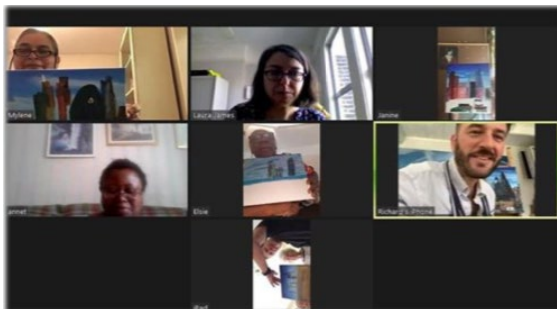
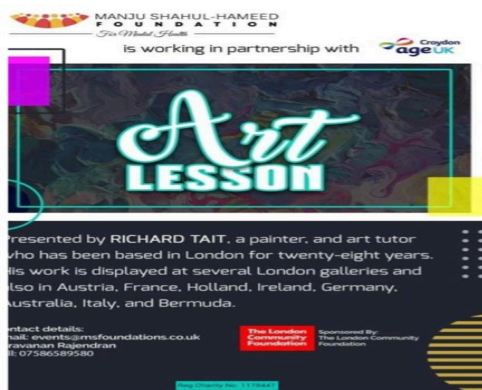
## 100 FREE MEALS



There are millions of people fighting to provide for their families with the basic necessities that many of us take for granted. Six out of ten poor children live in low-income working homes. We are worried that for far too many families, entering the labour force does not equate to escaping poverty. Our organisation provided 100 free meals during the half-term to local children in need. This was an initiative to abolish child poverty within the constraints of our limited resources.

- 27<sup>TH</sup> to 30<sup>th</sup> October 2020 @ 11a.m to 3 p.m

## ART LESSON



Participating in the Art Lesson session helps to feel more connected and more engaged with others. It is for fewer people who feel lonely in older age and for more people to maintain their friendships and connections through times of life change. Whether as an observer or a creator, the arts can help us feel less isolated in the world. They support us in establishing new social ties and re-establishing those that have been lost. Indeed, the social side of artistic activities may primary benefit to the lonely—particularly the elderly. The first thing elderly participants in art projects frequently describe is how the activity "brought them into contact with new people, made new connections, and helped them feel less isolated." The joy associated with the creation and experience of art most likely explains why art has the capacity to lift the spirits of lonely individuals and possibly boost their ability and willingness to seek out social engagement. Naturally, art has a lot of significant advantages over drugs and other interventions. Perhaps most importantly, they're enjoyable! Richard Tait, a painter and art educator located in London for 28 years presented this session.

- Thursday 20th August 2020 @ 11a.m. – 12p.m. (Online)

## MENTAL HEALTH FIRST AID COURSE

Mental Health First Aid (MHFA) is a globally recognised training course that teaches individuals how to recognise the signs and symptoms of mental illness - and how to provide first aid assistance. Working with small groups as part of our training programme will assist individuals in developing their own cohort of Mental Health First Aiders and help in minimising the impact of mental illness. Participants gained a grasp of mental health and the aspects that can affect an individual's well-being. Our organisation provided complimentary two-day adult mental health first aid programme that certified participants as mental health first aiders at the completion of the two days. Charmaine King, MHFA instructor, presented this workshop.



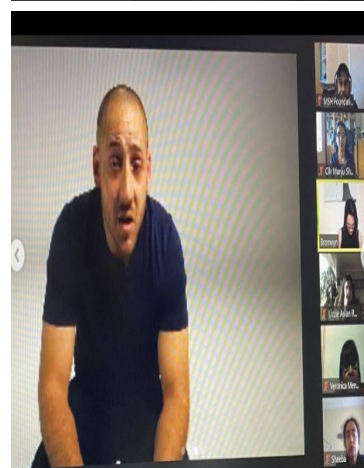
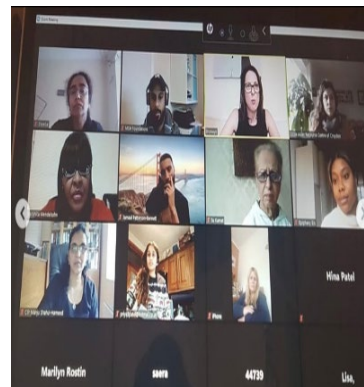
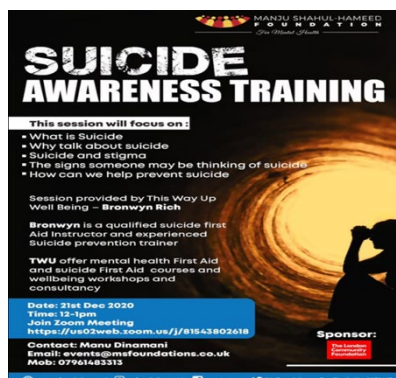
- Youth Mental Health First Aid Course – Wednesday & Thursday, 23 & 24 September 2020 @ 9a.m. – 5 p.m.
- Adult Mental Health First Aid Course – Thursday & Friday, 26<sup>th</sup> & 27<sup>th</sup> November @ 9a.m. – 5 p.m.
- Adult Mental Health First Aid Course- Thursday & Friday, 20th & 21st January 2021 @ 9a.m. – 5 p.m.
- Adult Mental Health First Aid Course- Saturday & Sunday, 13<sup>th</sup> & 14th March 2021 @ 9a.m. – 5 p.m.



## SUICIDE AWARENESS

Suicide Awareness Training is very important for all members of the society to acquire the knowledge, skills, and confidence to support those who are at risk. Through participation in our suicide awareness workshop, individuals gained essential knowledge on suicide prevention, mental health, and self-harm. Along with assisting someone who may be contemplating suicide, the individual can also assist in the reduction of stigma by encouraging open discussions about it. Suicide and poor mental health are intricately related. Each suicide is a tragedy that has far-reaching consequences for families, towns, and entire countries, as well as those left behind. Suicidal sentiments are frequently perplexing, terrifying, and convoluted. This is why suicide awareness can be very important as it trains others to reduce the immediate risk of a suicide and increase the support for a person at risk. Bronwyn Rich, a licenced suicide first aid instructor and seasoned educator in the field of suicide prevention, delivered this course through Zoom.

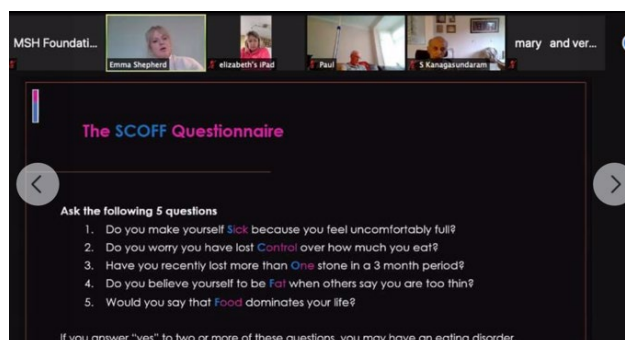
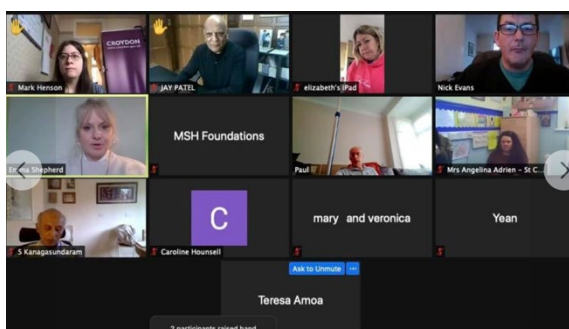
- Monday 21<sup>st</sup> December 2020 @ 12p.m. – 1 p.m. (Online)
- Friday, 26<sup>th</sup> February 2021 @ 12p.m. – 1 p.m. (Online)



## MENTAL HEALTH & EATING DISORDER

Mental health is a sensitive subject, even more so during these challenging circumstances, when many people's daily lives and jobs have been severely disturbed. If you have an eating disorder and are experiencing depression, irritation, or loneliness, you will likely use food to regulate your emotions. Thus developing an unhealthy relationship with food and your body weight resulting to the consumption of either an insufficient amount of food or an excessive amount. There are different types of eating disorders. The organisation hosted a mental health and eating disorder seminar to raise awareness about the dangers of eating disorders and how to avoid them.

- Monday 15<sup>th</sup> March 2020 @ 12p.m. – 1 p.m





## SILVER SUNDAY



- Sunday, 4<sup>th</sup> October 2020  
@ 3p.m. – 4 p.m. (Online)



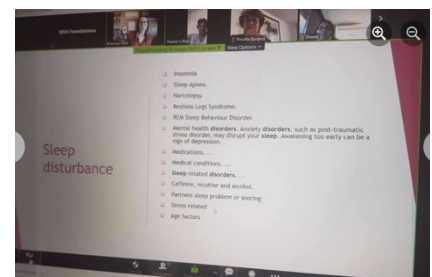
Silver Sunday is an effective way of bringing attention to the issue of loneliness among older adults. Celebrating the contribution of older people to society, also increases their happiness and wellbeing and presents an opportunity to bring generations together. The charity held its first-ever Silver Sunday in Croydon as a fantastic example of community collaboration in tackling isolation and loneliness. We organised enjoyable events and activities for senior citizens with the goal of uniting people and tackling the issue of loneliness. Additionally, our programme included dance performances and laughter yoga sessions, bringing people together to appreciate and celebrate this great day. This workshop was co-hosted by Croydon veterans and the following charities: Croydon Commitment, Age UK, Big Local Broad Green, Croydon BME Forum, and the ARCC.

## SLEEP HYGIENE



Sleep hygiene is a term that refers to sound sleeping practises. Proper sleep hygiene is important due to the critical nature of sleep for mental and physical health, as well as general quality of life. The purpose of sleep hygiene is to develop a variety of healthy habits that will aid in getting a good night's sleep. A healthy sleep environment, as well as everyday activities that promote regular, uninterrupted sleep, are necessary characteristics of effective sleep hygiene. Maintaining a routine, developing a peaceful night-time ritual, exercising frequently, keeping your bedroom dark and at a suitable temperature, and regulating what you eat and drink can all have an effect on the quality of your sleep. The Way Up Well Being sponsored this workshop, which was presented by Bronwyn Rich.

- Monday, 25<sup>th</sup> January 2020 @ 12 to 1 p.m.





## **Our Supporters**

Manju Shahul-Hameed Foundation for Mental Health would not exist without the support of businesses and our funders. We would like to thank the following for their generosity between April 2020 - March 2021.

- London Community Foundation
- Broad Green Big Local
- Red House
- British Malayali
- Wates Giving
- The Nudge Foundation
- Heartfulness UK
- The Lottery Fund
- Indo Ceylone Spice
- Clock Tower Café
- Bombaylicious
- Thulsi Dining

## **Feedback**

See how our programmes and events have helped people in the community.

*“The more you enjoy your exercise routine, the more likely you are to stick with it. Helped in distress and making me happy” – ZUMBA, 09.04. 2020*

*“Practicing deep breathing helped me relax and get good sleep” - STRESS MANAGEMENT, 16.04.2020.*

*“Met support team from the charity in June, very kind, open and friendly” - LAUGHTER YOGA, 16.06.2020.*

*“I felt good about myself involving in supporting and giving shoulders to the senior citizens” - INTERGENERATIONAL CARE, 14.07.2020.*

*"I love joy. It's my favourite word. Everyone needs positive energy most times and we are a library that lives to provide these kinds of resources that help people live their best life possible"* - HAPPY HEARTS & JOYFUL SOULS, 23.07.2020

*"The therapy has been completely LIFE CHANGING for my son! My son have attempted many different therapeutic interventions over the developmental years and unfortunately were discouraged with the outcomes. The positive results on this session have provided our family with encouragement and hope"* - SAFE AND SOUND, 20.08.2020

*"Great & informative! Practice real life situations in typical settings such as home & school!"* - YOUTH MENTAL HEALTH & FIRST AID, 23.09.2020

*"I believe that the arts are a way to release stress & handle daily life, I tend to receive many benefits from the arts myself as I like to get involved with many events and different art forms. They keep me strong and determined when doing many things in life, not just the art forms that I take part in, but other challenges or tasks that I have to get through."* - ART LESSON, 20.08.2020

*"I learned what resilience is and how to be assertive and content with the fast pace work life amidst the pandemic. I loved the mental wellbeing session. Grateful for attending it"* – POSITIVE MENTAL HEALTH & WELLBEING IN WORKPLACE, 19.05.2020

*"It helped me understand the way I think, feel, and act. Also, it helped me in determining how I can manage stress, interact with others, and make good decisions for myself."* – ADULT MENTAL HEALTH FIRST AID COURSE, 13.03.2021

*"Excellent – I really enjoyed it since it was so informative and participatory, as well as thought-provoking. I learned a lot of information."* - SUICIDE PREVENTION TRAINING COURSE, 26.02.2021



Registered Charity Number: 1176447

Website: [www.msfoundations.co.uk](http://www.msfoundations.co.uk)



Twitter : @MSHFoundations



Instagram : [msfoundations.co.uk](https://www.instagram.com/msfoundations.co.uk)



Facebook : Manju Shahul Hameed Foundation for Mental Health



YouTube : Manju Shahul Hameed Foundation for Mental Health

**Declaration:**

The trustees declare that they have approved the above Trustee Report of 2021.

Signed on behalf of the Charities Trustees:

Signature:

Full Name:

Toni Eva Letts OBE

Position:

Chairman.

Date:

27. 1. 2022





CHARITY COMMISSION  
FOR ENGLAND AND WALES

MANJU SHAHUL-HAMEED FOUNDATION FOR MENTAL 1176447

## Receipts and payments accounts

CC16a

For the period  
from

01/04/2020

To

31/03/2021

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Grants and Contracts	980	13,600	-	14,580	
Donations	220	-	-	220	4,500
Income from Activities	1,060	-	-	1,060	2,513
Fundraising Events	140	-	-	140	10,006
Just Giving	-	-	-	-	
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>2,400</b>	<b>13,600</b>	<b>-</b>	<b>16,000</b>	<b>17,019</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>2,400</b>	<b>13,600</b>	<b>-</b>	<b>16,000</b>	<b>17,019</b>
<b>A3 Payments</b>					
Rent and Room Hire	29	146	-	175	224
Activities	6,109	8,914	-	15,023	6,504
Fundraising Costs	343	1,751	-	2,094	8,463
Refreshments and Consumables	238	44	-	282	854
Gifts	12	461	-	473	540
Insurance	322	-	-	322	331
Bank Charges		47	-	47	-
Equipment Costs		598	-	598	-
Printing, Postage and Stationery	48	662	-	710	546
Marketing	122	969	-	1,091	523
	-	-	-	-	-
<b>Sub total</b>	<b>7,222</b>	<b>13,592</b>	<b>-</b>	<b>20,814</b>	<b>17,985</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>7,222</b>	<b>13,592</b>	<b>-</b>	<b>20,814</b>	<b>17,985</b>
<b>Net of receipts/(payments)</b>	<b>- 4,822</b>	<b>8</b>	<b>-</b>	<b>- 4,814</b>	<b>- 966</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>7,452</b>	<b>-</b>	<b>-</b>	<b>7,452</b>	<b>8,418</b>
<b>Cash funds this year end</b>	<b>2,630</b>	<b>8</b>	<b>-</b>	<b>2,638</b>	<b>7,452</b>



## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Cash at Bank	2,630	8	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	2,630	8	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

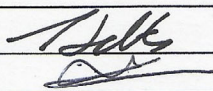
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Toni Eva Letts	27.1.22
	MANJU SETHAL-THANEED	27/01/22