

MUST BE ME

England & Wales · Charity number 1179393

Details

Other names MBM

Status Registered

Legal form CIO

Registered 2018-07-31

Register [View on the Charity Commission register](#)

Contact

Address Office T15
Hurlingham Studios
Ranelagh Gardens
London
SW6 3PA

Phone 07875221013

Email info@mustbeme.org

Website www.mustbeme.org

Activities

Objects: 1. FOR THE PUBLIC BENEFIT TO ADVANCE EDUCATION IN THE SUBJECT OF PERSONAL SAFETY AND SELF-DEFENCE TRAINING AND MORE GENERALLY THROUGH THE DEVELOPMENT OF INDIVIDUAL CAPABILITIES, COMPETENCIES AND SKILLS.2. THE PRESERVATION AND PROTECTION OF HEALTH IN PARTICULAR BY PROVIDING OR ASSISTING IN THE PROVISION OF SELF-DEFENCE AND PERSONAL SAFETY EDUCATION OR TRAINING.

Activities: .

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** Education/training
- **Who:** The General Public/mankind

Geography

- Kenya
- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	-	-	-	-
2024-03-31	-	-	-	-
2023-03-31	-	-	-	-
2022-03-31	£0	£0	-	-
2021-03-31	£150	£0	-	-
2020-03-31	£150	£0	-	-
2019-03-31	£150	£0	-	-

Trustees

Name	Role	Appointed
MAYRA GAZEL	Chair	2018-07-31
Gulsen Eren		2021-02-18

MUST BE ME

England & Wales - Charity number 1179393

Accounts



Trustees' Annual Report for the period

From **01/04/2021** Period start date To **31/03/2022**
Period end date

Charity name: Must Be Me

Charity registration number: 1179393

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit to advance education in the subject of personal safety and self-defence training and more generally through the development of individual capabilities, competencies and skills.
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	The preservation and protection of health in particular by providing or assisting in the provision of self-defence and personal safety education or training.
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 read and understood all relevant correspondence with regards to the guidance issued by the Charity Commission on the public benefit.

Achievements and Performance

	SORP reference	
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<p>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.</p>	<p>Para 1.20</p>	<p>In the past reporting year, the charity has encountered difficulties in serving its mission due to circumstances and restrictions that had come into effect due to the Covid-19 pandemic. During this time, Must Be Me has continued to conduct research into the way in which it may best serve to benefit the public. In an effort to re-strategise following the pandemic, Must Be Me has begun its efforts towards creating a strong online presence, through which it can facilitate its services to a larger audience regardless of any health and safety-related conditions that may arise again in the future. Although online teaching had been deemed unsafe in the previous year, the team at Must Be Me has researched methodology through which online safety education can be delivered through safe and accurate means. Must Be Me will continue to work on this endeavour, and plans to launch a large-scale teaching platform in 2024.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>Due to the unprecedented changes the Covid-19 pandemic has brought to education and teaching styles, Must Be Me has changed its objectives in this reporting year.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>Due to unpreceded circumstances, Must Be Me ceased fundraising activities for the reporting year. This has been due to the fact that the organisation did not find it ethical to fundraise with no end goal in sight, given its changing objectives.</p>

Financial Review

<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p>The charity is in a competent financial position, with the holding amount of 300GBP being stored in its bank account. The reason for this is that the activation of fundraising efforts has been paused until Must Be Me's new objectives following changes created by the Covid-19 Pandemic are clearly demonstrated.</p>
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Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The current reserves are held in order to ensure that the CIO has an amount of funds in its account for any emergency use regarding the fees for holding a bank account.
Amount of reserves held	Para 1.22	300 GBP
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no uncertainties about the operations of the charity per se, however there are many surrounding the circumstances imposed by the Covid-19 virus pandemic. Given the change brought onto the world by the Covid-19 Pandemic and following shifts in the economy, teaching, and governance, Must Be Me has found it relevant to strategise to improve its offerings for the best benefit of its beneficiaries.

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	Thus far, the principal source of funds has solely been the trustees as greater funds have not been required for operations.
Investment policy and objectives including any social investment policy adopted	Para 1.46	The funds have not been and will not be invested for the upcoming year; they will be held in the CIO's account for use on the classes and any external costs accumulated.
A description of the principal risks facing the charity	Para 1.46	The principal risk facing the charity is the changing education landscape brought on by the social and emotional changes that have taken place from Spring of 2020 onwards. To adapt to change and mitigate any risk in providing help to its beneficiaries, Must Be Me will continue to implement current and relevant objectives.

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	CIO
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	The founder and chair of the CIO, Mayra Gazel, is the sole person with the ability to elect a new trustee. Other trustees and/or future volunteers may recommend new trustees as they deem fit.

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	All new trustees must become familiar with the actions and objectives of the charity, as well as its procedures and policies. This will be done through inducting all new trustees, through giving them access to copies of Must Be Me's constitution, vulnerable persons policy, and media policy. Trustees will be given a copy of the CIO's latest Trustees' Annual Report and statement of accounts. Once the new trustees have signed that they have read and understood all of these documents, they will proceed to being briefed on the safety improvement classes being taught by the charity, so that they are familiar and comfortable with all of the procedures.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The charity's organisational structure is hierarchical, in that all final decisions must go through the chair in order to be approved and finalised. Despite this, all of the trustees and/ or volunteers are welcomed to share their thoughts and opinions both verbally and in writing, in order to ensure that all decisions made are for the benefit of the charity. The charity has a lawyer and accountant, who are there to advise on any issues may they be of legal or financial nature. The constitution contains further information on steps to take shall there be any issues with the governance and organisational structure of the charity.
Relationship with any related parties	Para 1.51	The CIO maintains positive relations with all charitable partners acquired, to work towards the mutual benefit of fundraising and/or raising awareness; dependent on the agreed-upon outcome of the collaboration.

Reference and Administrative details

Charity name	Must Be Me
Other name the charity uses	MBM
Registered charity number	1179393
Charity's principal address	Office T15, Hurlingham Studios, Ranelagh Gardens, London, SW6 3PA, United Kingdom

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	Mayra Gazel	Chair		Mayra Gazel
2	Gulsen Eren			
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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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)		
Full name(s)	Mayra Gazel	
Position (eg Secretary, Chair, etc)	Founder and Chair	
Date	30/01/2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name	No (if any)
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Receipts and payments accounts

For the period from	Period start date 01/04/2021	To	Period end date 31/03/2022
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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 £
A1 Receipts				
	300	-	-	300
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	300	-	-	300
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	300	-	-	300
A3 Payments				
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	-	-	-	-
Net of receipts/(payments)	300	-	-	300
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	300	-	-	300

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds		-	-
		-	-
		-	-
	Total cash funds	300	-

(agree balances with receipts and payments account(s))

OK

Unrestricted funds
to nearest £

OK

Restricted funds
to nearest £

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

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

Signature

Print Name

Mayra Gazel

Mayra Gazel

CC16a



Last year
to the nearest £

300
-
-
-
-
-
-
-
300

-
-

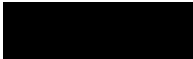
300

-
-
-
-
-
-
-
-
-
-
-

-

-

300
-
-
300



Endowment funds
to nearest £

-
-
-
-

OK

Endowment funds
to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval

30/01/2023

MUST BE ME

England & Wales - Charity number 1179393

Accounts



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' Annual Report for the period

From 01/04/2020 To 31/03/2021

Charity name: Must Be Me (MBM)

Charity registration number: 1179393

Contact: info@mustbeme.org, mayra@mustbeme.org

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit to advance education in the subject of personal safety and self-defence training and more generally through the development of individual capabilities, competencies and skills.
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	The preservation and protection of health in particular by providing or assisting in the provision of self-defence and personal safety education or training.
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 read and understood all relevant correspondence with regards to the guidance issued by the Charity Commission on the public benefit.

Achievements and Performance

	SORP reference	
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<p>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.</p>	<p>Para 1.20</p>	<p>During this past year, the charity has encountered difficulties in serving its mission due to circumstances and restrictions that have come into effect due to the Covid-19 virus pandemic. In this time, Must Be Me has continues to conduct research into the areas in which it may most beneficially operate for the public benefit. The fundraising strategy implemented in the last year has also become obsolete, and MBM has thus had to rewind and restart strategizing regarding the upcoming year. Given uncertainties going forward, this has meant looking to partner with organisations that are still operational in particular areas. The chair of MBM has decided that teaching our classes online is not a viable solution due to safety concerns, and we have thus begun to develop a plan of what our activities will look like going forward should the pandemic not dissolve within the next business year. To increase its benefit to the public in these difficult times, MBM has begun reaching out to other charities operating to achieve similar causes, and constructing a plan to work together towards achieving our missions going forward.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>Due to the Covid-19 virus pandemic, Must Be Me has been unable to pursue its fundraising and teaching goals for this year. In lieu of this, the year was spent reconstructing a pandemic-proof plan going forward.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>Due to unpreceded circumstances, Must Be Me ceased fundraising activities for the 2020 year. This has been due to the fact that we have had to pause our classes in line with government restrictions, and therefore did not find it ethical to fundraise with no end goal in sight.</p>

Financial Review

<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p>The charity is in a competent financial position, with the holding amount of 300GBP being stored in its bank account. The reason for this is that the activation of fundraising efforts has been paused until the restrictions around the Covid-19 virus pandemic become clearer going forward.</p>
<p>Statement explaining the policy for holding reserves stating why they are held</p>	<p>Para 1.22</p>	<p>The current reserves are held in order to ensure that the CIO has an amount of funds in its account for any emergency use regarding the fees for holding a bank account.</p>
<p>Amount of reserves held</p>	<p>Para 1.22</p>	<p>300 GBP</p>
<p>Reasons for holding zero reserves</p>	<p>Para 1.22</p>	<p>N/A</p>
<p>Details of fund materially in deficit</p>	<p>Para 1.24</p>	<p>N/A</p>

Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no uncertainties about the operations of the charity per se, however there are many surrounding the circumstances imposed by the Covid-19 virus pandemic. Must Be Me plans to resume classes whenever it is ethical and safe to do so.
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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	Thus far, the principal source of funds has solely been the trustees. In the upcoming year, fundraising initiatives will be put into place in order to ensure that funds come in from external sources.
Investment policy and objectives including any social investment policy adopted	Para 1.46	The funds have not been and will not be invested for the upcoming year; they will be held in the CIO's account for use on the classes and any external costs accumulated.
A description of the principal risks facing the charity	Para 1.46	The principal risk facing the charity is currently the Covid-19 virus pandemic, and the restrictions imposed for the benefit of the public due to it. If, within the next year, these restrictions do not ease, it will mean that the charity will be unable to continue its operations. This however, does not put the charity in any direct risk as we have not taken outside funding, and thus do not hold any unfulfilled promises towards stakeholders.

Structure, Governance and Management

Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	CIO
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	The founder and chair of the CIO, Mayra Gazel, is the sole person with the ability to elect a new trustee. Other trustees and/or future volunteers may recommend new trustees as they deem fit.

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	All new trustees must become familiar with the actions and objectives of the charity, as well as its procedures and policies. This will be done through inducting all new trustees, through giving them access to copies of Must Be Me's constitution, vulnerable persons policy, and media policy. Trustees will be given a copy of the CIO's latest Trustees' Annual Report and statement of accounts. Once the new trustees have signed that they have read and understood all of these documents, they will proceed to being briefed on the safety improvement classes being taught by the charity, so that they are
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		familiar and comfortable with all of the procedures.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The charity's organisational structure is hierarchical, in that all final decisions must go through the chair in order to be approved and finalised. Despite this, all of the trustees and/ or volunteers are welcomed to share their thoughts and opinions both verbally and in writing, in order to ensure that all decisions made are for the benefit of the charity. The charity has a lawyer and accountant, who are there to advise on any issues may they be of legal or financial nature. The constitution contains further information on steps to take shall there be any issues with the governance and organisational structure of the charity.
Relationship with any related parties	Para 1.51	The CIO is to maintain good relations with all charitable partners acquired, to work towards the mutual benefit of fundraising and/or raising awareness; dependent on the agreed upon outcome of the collaboration.

Reference and Administrative details

Charity name	Must Be Me
Other name the charity uses	MBM
Registered charity number	1179393
Charity's principal address	Office T16, Ranelagh Gardens, London, SW6 3PA, United Kingdom

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	Mayra Gazel	Trustee and Chair	Year	
2	Gulsen Eren	Trustee	Year	Mayra Gazel

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such	N/A

assets from the charity's own assets	
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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Lawyer	Sarah Albury	Mishcon de Reya, Africa House, 70 Kingsway, Holborn, London WC2B 6AH
Accountant	Khalid Kadeer	Ifs Chartered Certified Accountants, 383 Durnsford Road, Wimbledon, London, SW19 8EF
Accountant	Jessica Xiong	Ifs Chartered Certified Accountants, 383 Durnsford Road, Wimbledon, London, SW19 8EF

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mayra Gazel	
Position	Chair, Trustee	Trustee
Date	28/01/2022	



Receipts and payments accounts

For the period from	01/04/2020	To	31/03/2021
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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 £
A1 Receipts					
	300	-	-	300	150
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	300	-	-	300	150
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	300	-	-	300	150
A3 Payments					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	-	-	-	-
Net of receipts/(payments)	300	-	-	300	150
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	300	-	-	300	150

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 £
B1 Cash funds				
		-	-	-
		-	-	-
		-	-	-
	Total cash funds	300	-	-



	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			
Details			
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

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

	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			
Details			
	0	-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			
Details			
	0	-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
	Mayra Gazel	28/01/2021
	Gulsen Eren	28/01/2021