

# Make Every Move Count

England & Wales · Charity number 1179529

## Details

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Other names	FRIENDS AGAINST POVERTY, FRIENDS AGAINST POVERTY CF, FRIENDS AGAINST POVERTY CHARITABLE FOUNDATION, MEMC
Status	Registered
Legal form	CIO
Registered	2018-08-13
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	5 Aspens Place Hemel Hempstead Hertfordshire HP1 2TY
Phone	07917 782615
Email	<a href="mailto:trustees@memc.org.uk">trustees@memc.org.uk</a>
Website	<a href="http://memc.org.uk/">http://memc.org.uk/</a> ; <a href="http://friendsagainstopoverty.org/">http://friendsagainstopoverty.org/</a>

## Activities

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**Objects:** A) THE PREVENTION OR RELIEF OF POVERTY OF PEOPLE LIVING IN INDIA, NEPAL, KENYA, UGANDA, ENGLAND AND WALES, IN PARTICULAR BUT NOT EXCLUSIVELY BY:I. THE PROVISION OF GRANTS, EQUIPMENT OR ITEMS TO INDIVIDUALS IN NEED AND/OR CHARITIES AND/OR ORGANISATIONS WORKING TO PREVENT OR RELIEVE POVERTY;II. THE PROVISION OF GRANTS TO SUPPORT THE EDUCATION AND TRAINING OF MEMBERS OF ECONOMICALLY DISADVANTAGED COMMUNITIES TO MEET THEIR OWN NEEDS, GENERATE A SUSTAINABLE INCOME AND BECOME SELF-SUFFICIENT.B) THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH, INCLUDING MENTAL HEALTH, AMONG PEOPLE LIVING IN INDIA, NEPAL, KENYA, UGANDA, ENGLAND AND WALES, IN PARTICULAR BUT NOT EXCLUSIVELY BY:I. THE PROVISION OF GRANTS, EQUIPMENT OR ITEMS TO SUPPORT THE PROVISION OF NUTRITIOUS MEALS AND FOOD, ACCESS TO HEALTH CARE AND OTHER SUCH WAYS AS THE TRUSTEES MAY DETERMINE TO SUPPORT THE HEALTH OF CHILDREN AND ADULTS OF ALL AGES.C) CONSERVATION OF FLORA, FAUNA, AND THE ENVIRONMENT GENERALLY IN INDIA, NEPAL, KENYA, UGANDA, ENGLAND AND WALES IN PARTICULAR BUT NOT EXCLUSIVELY BY:I. THE PROVISION OF GRANTS, EQUIPMENT, OR ITEMS TO SUPPORT THE PLANTING OF FLORA, FAUNA, AND ENVIRONMENTAL HEALTH SUCH AS THE QUALITY OF WATER AND AIR.

**Activities:** Provision of donations, services, equipment or items to individuals, charities & organisations in need in the UK, Indian sub-continent or Africa, concerned with:a) Prevention or relief of poverty;b) Education of economically disadvantaged communities;c) Relief of sickness and preservation of health;d) Provision of nutritious food;e) Conservation of the environment;f) Relief of old age.

## Classification

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- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Environment/conservation/heritage
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

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- India
- Kenya
- Nepal
- Northern Ireland
- Scotland
- Sri Lanka
- Uganda
- Zambia
- Throughout England And Wales

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£22,901	£32,985	-	-
2024-03-31	£10,858	£6,693	-	-
2023-03-31	£42,109	£36,000	-	-
2022-03-31	£4,125	£10,000	-	-
2021-03-31	£8,506	£75	-	-

## Trustees

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Name	Role	Appointed
Amrish Shah		2020-10-23
Anant Madhav East		2020-10-23
Kaushik Shah		2021-02-19
Pradeep Kumar Shah		2020-10-23

**Make Every Move Count**

England & Wales - Charity number 1179529

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# Accounts

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# Make Every Move Count

Registered charity (England & Wales) number: 1179529

## Trustees' annual report & statement of financial activity for the year ended 31 March 2025

### Trustees

Amrish Shah

Anant East

Pradeep Kumar Shah

Kaushik Shah

# Trustees' Annual Report & Statement of Financial Activity for the year ended 31 March 2025

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# Trustees Annual Report & Statement of Financial Activity for the year ended 31 March 2025

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## Reference and administration details

### 1. Charity name & registration

#### Small charity support

The Charity is a Charitable Incorporated Organisation, number 1179529, registered with the Charity Commission for England Wales on 13 August 2018.

The Charity was previously called 'Friends Against Poverty Charitable Foundation' and was renamed 'Make Every Move Count' (also known as 'MEMC') on 24 January 2021.

The Charity is registered with HM Revenue & Customs to reclaim Gift Aid.

### 2. Charity address and contact details

<b>Address:</b>	5 Aspens Place, Hemel Hempstead, Hertfordshire, HP1 2TY, England
<b>Email:</b>	trustees@memc.org.uk
<b>Website:</b>	memc.org.uk

### 3. Names of the Trustees who manage the Charity

Name	Role	Appointed
Amrish Shah	Treasurer	23 October 2020
Anant East	Secretary	23 October 2020
Pradeep Kumar Shah		23 October 2020
Kaushik Shah		01 February 2021

### 4. Names of advisors & senior members of staff

The Charity does not have any advisors or employ any staff.

### 5. Bank

Metro Bank Plc, One Southampton Row, London WC1B 5HA, UK.

## Structure, governance & management

### 6. Type of governing document

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, where the Trustees are the only Members of the Charity.

### 7. Charitable objects

As defined in the Charity's Constitution (governing document), the Charity's objects are: *The provision of donations, services, equipment or items to individuals, charities and organisations in need in the UK, Indian sub-continent or Africa and concerned with the:*

a) *Prevention or relief of poverty; or*

b) *Education and training of members of economically disadvantaged communities to meet their own*

*needs, generate a sustainable income and become self-sufficient; or*

*c) Relief of sickness and preservation of health of people who are sick, convalescent, disabled or infirm; or*

*d) Provision of nutritious meals and food, access to healthcare and activities that have a proven beneficial effect on health; or*

*e) Conservation of flora, fauna, the environment generally or in particular geographical areas; or*

*f) Relief of the effects of old age or disability.*

## 8. Trustee selection methods

There must be at least three Charity trustees. The maximum number of trustees is 12.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the Charity trustees.

In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the Charity effectively and in accordance with charity law.

## Activities

### 9. Statutory declaration

The Trustees confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the Charity should undertake.

## Achievements & performance

### 10. Outputs and outcomes for the Charity's beneficiaries

No trustees were appointed, or resigned, during the year. The Charity remains quorate with four trustees.

During the year, the trustees focused on fund-raising and spending those funds on activities to further the Charity's objects.

The Trustees of MEMC are also voluntary members of The Desi Ramblers, a hiking group. The Desi Ramblers organises charity fund-raising walks, with funds raised being donated to MEMC. MEMC received donations during the year raised by the following Desi Ramblers charity fund-raising walks:

- Apr-May 2024 – South West Coastal Path (St Ives) Charity Challenge
- Sep 2024 – Isle of Wight Charity Challenge
- May 2025 – Cotswold Way Charity Challenge

### 11. How the public have benefitted

The Charity did not engage in any activity during the year.

### 12. Contributing to activities run by other organisations

MEMC donated £32,985 during the year to the following charities:

- Chirag Education, Culture and Health Awareness Centre, Bihar, India.
- Watford Foodbank, UK
- Fulfilment From Food, UK
- MZ & KZ Shah Foundation, UK
- SAFA (Skills, Advice, Food Aid), UK

### 13. Trustee development

Trustees are encouraged to participate in development opportunities as and when appropriate.

## Financial review

### 14. Details of any funds materially in deficit

The Charity has no funds which are materially in deficit.

### 15. Policy on reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income;
- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves which are at least 0% of its annual turnover.

### 16. Principal sources of funding and outgoings

The Charity's principal sources of funding are donations from individuals. The Trustees aim to hold annual and ad-hoc fundraising events, as well as seeking corporate sponsorship and donations.

The Charity's outgoings will primarily be on charitable activity in line with its objects as set out in clause 2.2. The Charity seeks to be highly efficient and, besides from unavoidable card charges and fees of the Independent Examiner, aims to spend less than 1% of its income on administration overhead.

### 17. Remuneration of trustees

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost. No Trustees claimed any expenses during the year.

### 18. Financial status

MEMC's current resources from unrestricted donations are more than sufficient to meet its outgoings for at least next year.

All the indications are that this will remain the case for the foreseeable future.

### 19. Statutory statements on liabilities

The Trustees declare that:

- ✓ The Charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (e.g. any outstanding/ongoing contract or legal undertaking to buy or provide specific services);
- ✓ The Charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO (e.g. a mortgage on property owned by the Charity).

### 20. Independent Examination of the accounts

The Charity's income was below £25,000 and so no independent examination of these accounts was required or requested by the Trustees.

## Statement of financial activity


### 21. Receipts & payments accounts for the year ended 31 March 2025

#### Section A - Receipts and payments

All amounts to the nearest £	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Total funds last year
<b>A1 Receipts</b>					
Donations received	235	22,581	-	22,816	10,670
Interest received	85	-	-	85	188
<b>Sub total (Gross income for AR)</b>	<b>320</b>	<b>22,581</b>	<b>-</b>	<b>22,901</b>	<b>10,858</b>
<b>A2 Asset and investment sales</b>					
Nil	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>320</b>	<b>22,581</b>	<b>-</b>	<b>22,901</b>	<b>10,858</b>
<b>A3 Payments</b>					
Charitable activity	-	32,985	-	32,985	5,973
Administration expenses	-	-	-	-	720
<b>Sub total</b>	<b>-</b>	<b>32,985</b>	<b>-</b>	<b>32,985</b>	<b>6,693</b>
<b>A4 Asset &amp; investment purchases</b>					
Nil	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>-</b>	<b>32,985</b>	<b>-</b>	<b>32,985</b>	<b>6,693</b>
<b>Net of receipts/(payments)</b>	<b>320</b>	<b>- 10,404</b>	<b>-</b>	<b>- 10,084</b>	<b>4,165</b>
<b>A5 Transfers between funds</b>					
	74	- 74	-	-	-
<b>A6 Cash funds last year end</b>	<b>1,205</b>	<b>12,810</b>	<b>-</b>	<b>14,015</b>	<b>9,850</b>
<b>Cash funds this year end</b>	<b>1,599</b>	<b>2,332</b>	<b>-</b>	<b>3,931</b>	<b>14,015</b>

## 22. Statement of assets and liabilities as at 31 March 2025

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
<b>B1 Cash funds</b>	Metro Bank Plc	1,599	2,332	-
	<b>Total cash funds - 31/03/2025</b>	<b>1,599</b>	<b>2,332</b>	<b>-</b>
	<b>Total cash funds - 31/03/2024</b>	<b>1,205</b>	<b>12,810</b>	<b>-</b>
<b>B2 Other monetary assets</b>	Nil	-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Nil	-	-	-
<b>B4 Assets retained for charity's own use</b>	Nil	-	-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Nil	-	-	
<b>Signed by one trustee on behalf of all the trustees</b>	Signature	Print name	Date of approval	
		Amrish Shah	05/01/2026	

## 23. Notes to the accounts

### a) Accounting policies

The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the receipts and payments basis available to small charities and the Charity's own simple accounts spreadsheet.

### b) Reimbursement of out-of-pocket expenses

Out-of-pocket expenses incurred necessarily, reasonably and incidentally in the course the Charity's activities are reimbursed at cost. No Trustees received any reimbursement of out-of-pocket expenses in the financial year.

### c) Salaries & professional fees

No trustee receives any payments for the services they provide to the Charity. In the current financial year, the Charity employed no staff or external contractors.

### d) Fixed assets

The Charity has not purchased or disposed of any fixed assets in the current financial year.

### e) Creditors & debtors

Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively.

### f) Rounding discrepancies

All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

## 24. Approval of the Board of Trustees

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

**Signed on behalf of the Trustees by:**

A handwritten signature in black ink, consisting of a large, stylized initial 'A' followed by a series of loops and a long, wavy tail.

**Amrish Shah**  
Treasurer

05 January 2026

**Make Every Move Count**

England & Wales - Charity number 1179529

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# Accounts

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# Make Every Move Count

Registered charity (England & Wales) number: 1179529

## Trustees' annual report & statement of financial activity for the year ended 31 March 2024

### Trustees

Amrish Shah

Anant East

Pradeep Kumar Shah

Kaushik Shah

# Trustees' Annual Report & Statement of Financial Activity for the year ended 31 March 2024

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# Trustees Annual Report & Statement of Financial Activity for the year ended 31 March 2024

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## Reference and administration details

### 1. Charity name & registration

#### Small charity support

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The Charity was previously called 'Friends Against Poverty Charitable Foundation' and was renamed 'Make Every Move Count' (also known as 'MEMC') on 24 January 2021.

The Charity is registered with HM Revenue & Customs to reclaim Gift Aid.

### 2. Charity address and contact details

<b>Address:</b>	5 Aspens Place, Hemel Hempstead, Hertfordshire, HP1 2TY, England
<b>Email:</b>	trustees@memc.org.uk
<b>Website:</b>	memc.org.uk

### 3. Names of the Trustees who manage the Charity

Name	Role	Appointed
Amrish Shah	Treasurer	23 October 2020
Anant East	Secretary	23 October 2020
Pradeep Kumar Shah		23 October 2020
Kaushik Shah		01 February 2021

### 4. Names of advisors & senior members of staff

The Charity does not have any advisors or employ any staff.

### 5. Bank

Metro Bank Plc, One Southampton Row, London WC1B 5HA, UK.

## Structure, governance & management

### 6. Type of governing document

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, where the Trustees are the only Members of the Charity.

### 7. Charitable objects

As defined in the Charity's Constitution (governing document), the Charity's objects are: *The provision of donations, services, equipment or items to individuals, charities and organisations in need in the UK, Indian sub-continent or Africa and concerned with the:*

a) *Prevention or relief of poverty; or*

b) *Education and training of members of economically disadvantaged communities to meet their own*

*needs, generate a sustainable income and become self-sufficient; or*

*c) Relief of sickness and preservation of health of people who are sick, convalescent, disabled or infirm; or*

*d) Provision of nutritious meals and food, access to healthcare and activities that have a proven beneficial effect on health; or*

*e) Conservation of flora, fauna, the environment generally or in particular geographical areas; or*

*f) Relief of the effects of old age or disability.*

## 8. Trustee selection methods

There must be at least three Charity trustees. The maximum number of trustees is 12.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the Charity trustees.

In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the Charity effectively and in accordance with charity law.

## Activities

### 9. Statutory declaration

The Trustees confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the Charity should undertake.

## Achievements & performance

### 10. Outputs and outcomes for the Charity's beneficiaries

No trustees were appointed, or resigned, during the year. The Charity remains quorate with four trustees.

During the year, the trustees focused on fund-raising and spending those funds on activities to further the Charity's objects. The Trustees of MEMC are also voluntary members of The Desi Ramblers, a hiking group. The Desi Ramblers organises charity fund-raising walks, with funds raised being donated to MEMC. MEMC received donations during the year raised by the following Desi Ramblers charity fund-raising walks:

- Apr-May 2023 – Shropshire Charity Challenge
- Apr-May 2024 – South West Coastal Path (St Ives) Charity Challenge

### 11. How the public have benefitted

The Charity did not engage in any activity during the year.

### 12. Contributing to activities run by other organisations

MEMC donated £5,973 during the year to Shishukunj International Projects, the international charity arm of Shishukunj, a registered UK charity (charity no. 284206).

### 13. Trustee development

Trustees are encouraged to participate in development opportunities as and when appropriate.

## Financial review

### 14. Details of any funds materially in deficit

The Charity has no funds which are materially in deficit.

### 15. Policy on reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income;
- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves which are at least 0% of its annual turnover.

## 16. Principal sources of funding and outgoings

The Charity's principal sources of funding are donations from individuals. The Trustees aim to hold annual and ad-hoc fundraising events, as well as seeking corporate sponsorship and donations.

The Charity's outgoings will primarily be on charitable activity in line with its objects as set out in clause 2.2. The Charity seeks to be highly efficient and, besides from unavoidable card charges and fees of the Independent Examiner, aims to spend less than 1% of its income on administration overhead.

## 17. Remuneration of trustees

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost. No Trustees claimed any expenses during the year.

## 18. Financial status

MEMC's current resources from unrestricted donations are more than sufficient to meet its outgoings for at least next year.

All the indications are that this will remain the case for the foreseeable future.

## 19. Statutory statements on liabilities

The Trustees declare that:

- ✓ The Charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (e.g. any outstanding/ongoing contract or legal undertaking to buy or provide specific services);
- ✓ The Charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO (e.g. a mortgage on property owned by the Charity).

## 20. Independent Examination of the accounts

The Charity's income was below £25,000 and so no independent examination of these accounts was required or requested by the Trustees.


## Statement of financial activity

### 21. Receipts & payments accounts for the year ended 31 March 2024

Section A - Receipts and payments					
All amounts to the nearest £	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Total funds last year
<b>A1 Receipts</b>					
Donations received	21	10,649	-	10,670	42,076
Interest received	188	-	-	188	33
<b>Sub total (Gross income for AR)</b>	<b>209</b>	<b>10,649</b>	<b>-</b>	<b>10,858</b>	<b>42,109</b>
<b>A2 Asset and investment sales</b>					
Nil	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>209</b>	<b>10,649</b>	<b>-</b>	<b>10,858</b>	<b>42,109</b>
<b>A3 Payments</b>					
Charitable activity	-	5,973	-	5,973	36,000
Administration expenses	720	-	-	720	-
<b>Sub total</b>	<b>720</b>	<b>5,973</b>	<b>-</b>	<b>6,693</b>	<b>36,000</b>
<b>A4 Asset &amp; investment purchases</b>					
Nil	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>720</b>	<b>5,973</b>	<b>-</b>	<b>6,693</b>	<b>36,000</b>
<b>Net of receipts/(payments)</b>	<b>-511</b>	<b>4,676</b>	<b>-</b>	<b>4,165</b>	<b>6,109</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>1,716</b>	<b>8,134</b>	<b>-</b>	<b>9,850</b>	<b>3,741</b>
<b>Cash funds this year end</b>	<b>1,205</b>	<b>12,810</b>	<b>-</b>	<b>14,015</b>	<b>9,850</b>

## 22. Statement of assets and liabilities as at 31 March 2024

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
<b>B1 Cash funds</b>	Metro Bank Plc	1,205	12,810	-
	<b>Total cash funds - 31/03/2024</b>	<b>1,205</b>	<b>12,810</b>	-
	Total cash funds - 31/03/2023	1,716	8,134	-
<b>B2 Other monetary assets</b>	Nil	-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>	Nil	-	-	-
<b>B4 Assets retained for charity's own use</b>	Nil	-	-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	Nil	-	-	
<b>Signed by one trustee on behalf of all the trustees</b>	Signature 	Print name Amrish Shah	Date of approval 23/11/2024	

## 23. Notes to the accounts

### a) Accounting policies

The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the receipts and payments basis available to small charities and the Charity's own simple accounts spreadsheet.

### b) Reimbursement of out-of-pocket expenses

Out-of-pocket expenses incurred necessarily, reasonably and incidentally in the course the Charity's activities are reimbursed at cost. No Trustees received any reimbursement of out-of-pocket expenses in the financial year.

### c) Salaries & professional fees

No trustee receives any payments for the services they provide to the Charity. In the current financial year, the Charity employed no staff or external contractors.

### d) Fixed assets

The Charity has not purchased or disposed of any fixed assets in the current financial year.

### e) Creditors & debtors

Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively.

### f) Rounding discrepancies

All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

## 24. Approval of the Board of Trustees

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

**Signed on behalf of the Trustees by:**

A handwritten signature in black ink, consisting of a large, stylized initial 'A' followed by a series of loops and a long, wavy tail.

**Amrish Shah**  
Treasurer

23 November 2024

**Make Every Move Count**

England & Wales - Charity number 1179529

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# Accounts

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# Make Every Move Count

Registered charity (England & Wales) number: 1179529

## Trustees' annual report & statement of financial activity for the year ended 31 March 2023

### Trustees

Amrish Shah

Anant East

Pradeep Kumar Shah

Kaushik Shah

# Trustees' Annual Report & Statement of Financial Activity for the year ended 31 March 2023

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# Trustees Annual Report & Statement of Financial Activity for the year ended 31 March 2023

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## 1 Reference and administration details

### 1.1 Charity name & registration

#### Small charity support

The Charity is a Charitable Incorporated Organisation, number 1179529, registered with the Charity Commission for England Wales on 13 August 2018.

The Charity was previously called 'Friends Against Poverty Charitable Foundation' and was renamed 'Make Every Move Count' (also known as 'MEMC') on 24 January 2021.

The Charity is registered with HM Revenue & Customs to reclaim Gift Aid.

### 1.2 Charity address and contact details

<b>Address:</b>	5 Aspens Place, Hemel Hempstead, Hertfordshire, HP1 2TY, England
<b>Email:</b>	trustees@memc.org.uk
<b>Website:</b>	memc.org.uk

### 1.3 Names of the Trustees who manage the Charity

Name	Role	Appointed	Resigned
Amrish Shah	Treasurer	23 October 2020	
Anant East	Secretary	23 October 2020	
Pradeep Kumar Shah		23 October 2020	
Kaushik Shah		01 February 2021	
<i>Mila Shah</i>	<i>Chair</i>	<i>23 October 2020</i>	<i>14 October 2022</i>
<i>Dhimant Shah</i>		<i>01 February 2021</i>	<i>14 October 2022</i>

### 1.4 Names of advisors & senior members of staff

The Charity does not have any advisors or employ any staff.

### 1.5 Bank

Metro Bank Plc, One Southampton Row, London WC1B 5HA, UK.

## 2 Structure, governance & management

### 2.1 Type of governing document

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, where the Trustees are the only Members of the Charity.

### 2.2 Charitable objects

As defined in the Charity's Constitution (governing document), the Charity's objects are: *The provision of donations, services, equipment or items to individuals, charities and organisations in need in the UK, Indian sub-continent or Africa and concerned with the:*

- a) Prevention or relief of poverty; or*
- b) Education and training of members of economically disadvantaged communities to meet their own needs, generate a sustainable income and become self-sufficient; or*

- c) Relief of sickness and preservation of health of people who are sick, convalescent, disabled or infirm; or*
- d) Provision of nutritious meals and food, access to healthcare and activities that have a proven beneficial effect on health; or*
- e) Conservation of flora, fauna, the environment generally or in particular geographical areas; or*
- f) Relief of the effects of old age or disability.*

## 2.3 Trustee selection methods

There must be at least three Charity trustees. The maximum number of trustees is 12.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the Charity trustees.

In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the Charity effectively and in accordance with charity law.

## 3 Activities

### 3.1 Statutory declaration

The Trustees confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the Charity should undertake.

## 4 Achievements & performance

### 4.1 Outputs and outcomes for the Charity's beneficiaries

No trustees were appointed during the year. The former Chair and another trustee resigned during the year, on 14 October 2022. The Charity remains quorate and the remaining Trustees have not appointed a new Chair.

During the year, the trustees focused on fund-raising and spending those funds on activities to further the Charity's objects. The Trustees of MEMC are also voluntary members of The Desi Ramblers, a hiking group. The Desi Ramblers organises charity fund-raising walks, with funds raised being donated to MEMC. MEMC received donations during the year raised by the following Desi Ramblers charity fund-raising walks:

- May 2022 – Dartmoor Charity Challenge
- September 2022 – The West Highland Way Charity Challenge
- May 2023 – Shropshire Charity Challenge

### 4.2 How the public have benefitted

The Charity did not engage in any activity during the year.

### 4.3 Contributing to activities run by other organisations

MEMC donated £36,000 during the year to Shishukunj International Projects, the international charity arm of Shishukunj, a registered UK charity (charity no. 284206).

### 4.4 Trustee development

Trustees are encouraged to participate in development opportunities as and when appropriate.

## 5 Financial review

### 5.1 Details of any funds materially in deficit

The Charity has no funds which are materially in deficit.

### 5.2 Policy on reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income;
- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves which are at least 0% of its annual turnover.

### 5.3 Principal sources of funding and outgoings

The Charity's principal sources of funding are donations from individuals. The Trustees aim to hold annual and ad-hoc fundraising events, as well as seeking corporate sponsorship and donations.

The Charity's outgoings will primarily be on charitable activity in line with its objects as set out in clause 2.2. The Charity seeks to be highly efficient and, asides from unavoidable card charges and fees of the Independent Examiner, aims to spend less than 1% of its income on administration overhead.

### 5.4 Remuneration of trustees

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost. No Trustees claimed any expenses during the year.

### 5.5 Financial status

MEMC's current resources from unrestricted donations are more than sufficient to meet its outgoings for at least next year.

All the indications are that this will remain the case for the foreseeable future.

### 5.6 Statutory statements on liabilities

The Trustees declare that:

- ✓ The Charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (*e.g.* any outstanding/ongoing contract or legal undertaking to buy or provide specific services); and
- ✓ The Charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO (*e.g.* a mortgage on property owned by the Charity).

### 5.7 Independent examiner's report on the accounts

The Charities income exceeded £25,000 for the first time and has appointed Chirag Malde of Malde & Co. as the independent examiner to review these accounts.

## 6 Statement of financial activity


### 6.1 Receipts & payments accounts for the year ended 31 March 2023

#### Section A - Receipts and payments

All amounts to the nearest £	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Total funds last year
<b>A1 Receipts</b>					
Donations received	16	42,060	-	42,076	4,123
Interest received	33	-	-	33	2
<b>Sub total (Gross income for AR)</b>	<b>49</b>	<b>42,060</b>	<b>-</b>	<b>42,109</b>	<b>4,125</b>
<b>A2 Asset and investment sales</b>					
Nil	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>49</b>	<b>42,060</b>	<b>-</b>	<b>42,109</b>	<b>4,125</b>
<b>A3 Payments</b>					
Charitable activity	-	36,000	-	36,000	10,000
Administration expenses	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>36,000</b>	<b>-</b>	<b>36,000</b>	<b>10,000</b>
<b>A4 Asset &amp; investment purchases</b>					
Nil	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>-</b>	<b>36,000</b>	<b>-</b>	<b>36,000</b>	<b>10,000</b>
<b>Net of receipts/(payments)</b>	<b>49</b>	<b>6,060</b>	<b>-</b>	<b>6,109</b>	<b>- 5,875</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>1,667</b>	<b>2,074</b>	<b>-</b>	<b>3,741</b>	<b>9,616</b>
<b>Cash funds this year end</b>	<b>1,716</b>	<b>8,134</b>	<b>-</b>	<b>9,850</b>	<b>3,741</b>

## 6.2 Statement of assets and liabilities as at 31 March 2023

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
<b>B1 Cash funds</b>	Metro Bank Plc	1,716	8,134	-
	<b>Total cash funds - 31/03/2023</b>	<b>1,716</b>	<b>8,134</b>	<b>-</b>
	<i>Total cash funds - 31/03/2022</i>	<i>1,667</i>	<i>2,074</i>	<i>-</i>
		Unrestricted funds	Restricted funds	Endowment funds
<b>B2 Other monetary assets</b>	Nil	-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>	Nil	-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for charity's own use</b>	Nil	-	-	-
		Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	Nil	-	-	
	Signature	Print name	Date of approval	
<b>Signed by one trustee on behalf of all the trustees</b>		Amrish Shah	02/11/2023	

### 6.3 Notes to the accounts

a) Accounting policies

The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the receipts and payments basis available to small charities and the Charity's own simple accounts spreadsheet.

b) Reimbursement of out-of-pocket expenses

Out-of-pocket expenses incurred necessarily, reasonably and incidentally in the course the Charity's activities are reimbursed at cost. No Trustees received any reimbursement of out-of-pocket expenses in the financial year.

c) Salaries & professional fees

No trustee receives any payments for the services they provide to the Charity. In the current financial year, the Charity employed no staff or external contractors.

d) Fixed assets

The Charity has not purchased or disposed of any fixed assets in the current financial year.

e) Creditors & debtors

Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively.

f) Rounding discrepancies

All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

### 6.4 Approval of the Board of Trustees

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

**Signed on behalf of the Trustees by:**



Amrish Shah (Treasurer)

Date: 02 November 2023

## **7 Independent Examiner's Report to the Trustees of Make Every Move Count**

### **Year ended 31 March 2023**

I report to the trustees on my examination of the financial statements of Make Every Move Count ('the charity') for the year ended 31 March 2023.

#### **Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Trustee's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### **Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



**Chirag Malde**  
**Independent Examiner**

99 Kenton Road  
Kenton Harrow  
Middlesex  
HA3 0AN

02. November 2023

**Make Every Move Count**

England & Wales - Charity number 1179529

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# Accounts

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# Make Every Move Count

Registered charity (England & Wales) number: 1179529

## Trustees' annual report & statement of financial activity for the year ended 31 March 2022

### Trustees

Amrish Shah

Anant East

Kaushik Shah

Pradeep Kumar Shah

# Trustees' Annual Report & Statement of Financial Activity

## for the year ended 31 March 2021

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# Trustees Annual Report & Statement of Financial Activity for the year ended 31 March 2021

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## 1 Reference and administration details

### 1.1 Charity name & registration

#### Small charity support

The Charity is a Charitable Incorporated Organisation, number 1179529, registered with the Charity Commission for England Wales on 13 August 2018.

The Charity was previously called 'Friends Against Poverty Charitable Foundation' and was renamed 'Make Every Move Count' (also known as 'MEMC') on 24 January 2021.

The Charity is registered with HM Revenue & Customs to reclaim Gift Aid.

### 1.2 Charity address and contact details

Address: 5 Aspens Place, Hemel Hempstead, Hertfordshire, HP1 2TY, England

e-mail: trustees@memc.org.uk

Website: memc.org.uk

### 1.3 Names of the Trustees who manage the Charity

	<u>Role</u>	<u>Appointed</u>	<u>Resigned</u>
Amrish Shah	Treasurer	23 October 2020	
Anant East	Secretary	23 October 2020	
Kaushik Shah		01 February 2021	
Pradeep Kumar Shah		23 October 2020	
<i>Dhimant Shah</i>		<i>01 February 2021</i>	<i>14 October 2022</i>
<i>Mila Shah</i>		<i>23 October 2020</i>	<i>14 October 2022</i>

### 1.4 Names of advisors & senior members of staff

None. The Charity does not have any advisors or staff.

### 1.5 Bank

Metro Bank Plc, One Southampton Row, London WC1B 5HA, UK.

## 2 Structure, governance & management

### 2.1 Type of governing document

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, where the Trustees are the only Members of the Charity.

### 2.2 Charitable objects

As defined in the Charity's Constitution (governing document), the Charity's objects are: *The provision of donations, services, equipment or items to individuals, charities and organisations in need in the UK, Indian sub-continent or Africa and concerned with the:*

*a) Prevention or relief of poverty; or*

*b) Education and training of members of economically disadvantaged communities to meet their own needs, generate a sustainable income and become self-sufficient; or*

- c) Relief of sickness and preservation of health of people who are sick, convalescent, disabled or infirm; or*
- d) Provision of nutritious meals and food, access to healthcare and activities that have a proven beneficial effect on health; or*
- e) Conservation of flora, fauna, the environment generally or in particular geographical areas; or*
- f) Relief of the effects of old age or disability*

## 2.3 Trustee selection methods

There must be at least three Charity trustees. The maximum number of trustees is 12.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the Charity trustees.

In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the Charity effectively and in accordance with charity law.

## 3 Activities

### 3.1 Statutory declaration

The Trustees confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the Charity should undertake.

## 4 Achievements & performance

### 4.1 Outputs and outcomes for the Charity's beneficiaries

No trustees were appointed during the year, but the former Chair and another trustee resigned after the year-end, on 14 October 2022. The remaining Trustees have to meet to consider voting a new Chair and appointing any new trustees.

During the year, the trustees focused on fund-raising and spending those funds on activities to further the Charity's objects.

### 4.2 How the public have benefitted

The Charity did not engage in any activity during the year.

### 4.3 Contributing to activities run by other organisations

The Charity did not engage in any activity during the year.

### 4.4 Trustee development

Trustees are encouraged to participate in development opportunities as and when appropriate.

## 5 Financial review

### 5.1 Details of any funds materially in deficit

The Charity has no funds which are materially in deficit.

### 5.2 Policy on reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income;*
- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and*

potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves which are at least 0% of its annual turnover.

### 5.3 Principal sources of funding and outgoings

The Charity's principal sources of funding are donations from individuals. The Trustees aim to hold annual and ad-hoc fundraising events, as well as seeking corporate sponsorship and donations.

The Charity's outgoings will primarily be on charitable activity in line with its objects as set out in clause 2.2. The Charity seeks to be highly efficient and aims to spend less than 1% of its income on administration overhead.

### 5.4 Remuneration of trustees

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

### 5.5 Financial status

Though modest, MEMC's current resources from unrestricted donations are more than sufficient to meet its outgoings for at least next year.

All the indications are that this will remain the case for the foreseeable future.

### 5.6 Statutory statements on liabilities

The Trustees declare that:

- ✓ The Charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (*e.g.* any outstanding/ongoing contract or legal undertaking to buy or provide specific services); and
- ✓ The Charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO (*e.g.* a mortgage on property owned by the Charity).

### 5.7 Independent examiner's report on the accounts

The Charity has not appointed an independent examiner to review these accounts. The Charity will appoint one should income exceed £25,000 in any financial year.

**Approved by the Trustees and signed on their behalf by:**

Amrish Shah (Treasurer)

Date: 09 November 2022

## 6 Statement of financial activity

### 6.1 Receipts & payments accounts for the year ended 31 March 2022

Section A Receipts and payments					
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
<b>A1 Receipts</b>					
Donations received	963	3,160	-	4,123	8,506
Interest received	2	-	-	2	-
<b>Sub total (Gross income for AR)</b>	<b>965</b>	<b>3,160</b>	<b>-</b>	<b>4,125</b>	<b>8,506</b>
<b>A2 Asset and investment sales</b>					
Nil	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>965</b>	<b>3,160</b>	<b>-</b>	<b>4,125</b>	<b>8,506</b>
<b>A3 Payments</b>					
Charitable donations	8,858	1,142	-	10,000	-
Administration expenses	-	-	-	-	75
<b>Sub total</b>	<b>8,858</b>	<b>1,142</b>	<b>-</b>	<b>10,000</b>	<b>75</b>
<b>A4 Asset and investment purchases</b>					
Nil	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>8,858</b>	<b>1,142</b>	<b>-</b>	<b>10,000</b>	<b>75</b>
<b>Net of receipts/(payments)</b>	<b>- 7,893</b>	<b>2,018</b>	<b>-</b>	<b>- 5,875</b>	<b>8,431</b>
<b>A5 Transfers between funds</b>	<b>8,450</b>	<b>- 8,450</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>1,110</b>	<b>8,506</b>	<b>-</b>	<b>9,616</b>	<b>1,185</b>
<b>Cash funds this year end</b>	<b>1,667</b>	<b>2,074</b>	<b>-</b>	<b>3,741</b>	<b>9,616</b>

### 6.2 Statement of assets and liabilities as at 31 March 2022

Section B Statement of assets and liabilities at the end of the period					
Categories	Details	Unrestricted funds	Restricted funds	Endowment funds	
		to nearest £	to nearest £	to nearest £	
<b>B1 Cash funds</b>	Metro Bank Plc	1,667	2,074	-	
	<b>Total cash funds</b>	<b>1,667</b>	<b>2,074</b>	<b>-</b>	
	(agree balances with receipts and payments account(s))	OK	OK	OK	
		<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>	
	<b>Details</b>	to nearest £	to nearest £	to nearest £	
<b>B2 Other monetary assets</b>	Nil	-	-	-	
	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>	
<b>B3 Investment assets</b>	Nil	-	-	-	
	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>	
<b>B4 Assets retained for the charity's own use</b>	Nil	-	-	-	
	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>	<b>When due (optional)</b>	
<b>B5 Liabilities</b>	Nil	-	-	-	
Signed by one trustee on behalf of all the trustees	Signature	Print name		Date of approval	
		Amrish Shah		09/11/2022	

## 6.3 Notes to the accounts

- a) Accounting policies  
The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the receipts and payments basis available to small charities and the Charity's own simple accounts spreadsheet.
- b) Reimbursement of out-of-pocket expenses  
Out-of-pocket expenses incurred necessarily, reasonably and incidentally in the course the Charity's activities are reimbursed at cost. No Trustees received any reimbursement of out-of-pocket expenses in the financial year.
- c) Salaries & professional fees  
No trustee receives any payments for the services they provide to the Charity. In the current financial year, the Charity employed no staff or external contractors;
- d) Fixed assets  
The Charity has not purchased or disposed of any fixed assets in the current financial year;
- e) Creditors & debtors  
Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively.
- f) Rounding discrepancies  
All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

## 6.4 Approval of the Board of Trustees

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

**Signed on behalf of the Trustees by:**



Amrish Shah (Treasurer)

Date: 23 November 2022

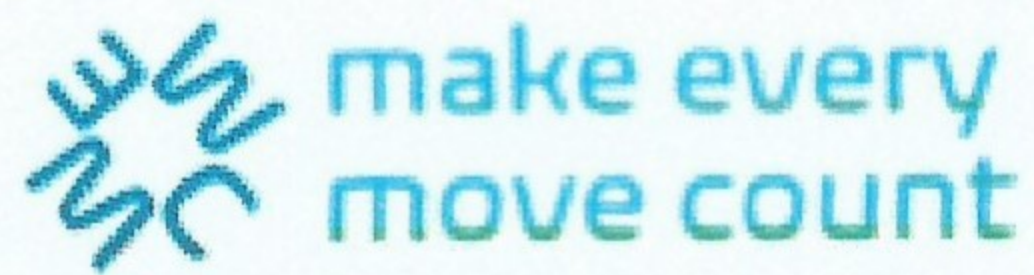
**Make Every Move Count**

England & Wales - Charity number 1179529

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# Accounts

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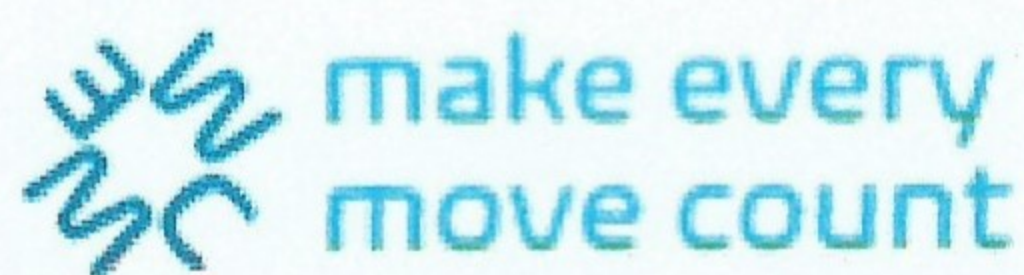
# Make Every Move Count

Registered charity (England & Wales) number: 1179529

## Trustees' annual report & statement of financial activity for the year ended 31 March 2021

### Trustees

Amrish Shah  
Anant East  
Dhimant Shah  
Kaushik Shah  
Mila Shah  
Pradeep Kumar Shah



# Trustees' Annual Report & Statement of Financial Activity for the year ended 31 March 2021

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# Trustees Annual Report & Statement of Financial Activity for the year ended 31 March 2021

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## 1 Reference and administration details

### 1.1 Charity name & registration

#### Small charity support

The Charity is a Charitable Incorporated Organisation, number 1179529, registered with the Charity Commission for England Wales on 13 August 2018.

The Charity was previously called 'Friends Against Poverty Charitable Foundation' and was renamed 'Make Every Move Count' (also known as 'MEMC') on 24 January 2021.

The Charity is registered with HM Revenue & Customs to reclaim Gift Aid.

### 1.2 Charity address and contact details

Address: 5 Aspens Place, Hemel Hempstead, Hertfordshire, HP1 2TY, England

e-mail: trustees@memc.org.uk

Website: memc.org.uk

### 1.3 Names of the Trustees who manage the Charity

	<b>Role</b>	<b>Appointed</b>	<b>Resigned</b>
Amrish Shah	Treasurer	23 October 2020	
Anant East	Secretary	23 October 2020	
Dhimant Shah		01 February 2021	
Kaushik Shah		01 February 2021	
Mila Shah	Chair	23 October 2020	
Pradeep Kumar Shah		23 October 2020	
<i>Dipan Ramniklal Shah</i>		<i>13 August 2018</i>	<i>04 December 2020</i>
<i>Bhupesh Devraj Jivraj Shah</i>		<i>13 August 2018</i>	<i>04 December 2020</i>
<i>Parul Vinod Scampion</i>		<i>13 August 2018</i>	<i>23 October 2020</i>
<i>Dhaval Mistry</i>		<i>13 August 2018</i>	<i>23 October 2020</i>

### 1.4 Names of advisors & senior members of staff

None. The Charity does not have any advisors or staff.

### 1.5 Bank

Metro Bank Plc, One Southampton Row, London WC1B 5HA, UK.

## 2 Structure, governance & management

### 2.1 Type of governing document

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, where the Trustees are the only Members of the Charity.

### 2.2 Charitable objects

As defined in the Charity's Constitution (governing document), the Charity's objects are: *The provision of donations, services, equipment or items to individuals, charities and organisations in need in the UK, Indian sub-continent or Africa and concerned with the:*

- a) *Prevention or relief of poverty; or*
- b) *Education and training of members of economically disadvantaged communities to meet their own needs, generate a sustainable income and become self-sufficient; or*
- c) *Relief of sickness and preservation of health of people who are sick, convalescent, disabled or infirm; or*
- d) *Provision of nutritious meals and food, access to healthcare and activities that have a proven beneficial effect on health; or*
- e) *Conservation of flora, fauna, the environment generally or in particular geographical areas; or*  
*Relief of the effects of old age or disability*

## 2.3 Trustee selection methods

There must be at least three Charity trustees. The maximum number of trustees is 12.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the Charity trustees.

In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the Charity effectively and in accordance with charity law.

## 3 Activities

### 3.1 Statutory declaration

The Trustees confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the Charity should undertake.

## 4 Achievements & performance

### 4.1 Outputs and outcomes for the Charity's beneficiaries

Six new trustees were appointed during the year and four existing trustees resigned. The Charity's objects were reviewed and revised and the new trustees focused on raising funds to be spent on activities to further the Charity's objects in the following financial year.

### 4.2 How the public have benefitted

The Charity did not engage in any activity during the year.

### 4.3 Contributing to activities run by other organisations

The Charity did not engage in any activity during the year.

### 4.4 Trustee development

Trustees are encouraged to participate in development opportunities as and when appropriate.

## 5 Financial review

### 5.1 Details of any funds materially in deficit

The Charity has no funds which are materially in deficit.

### 5.2 Policy on reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income;

- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves which are at least 0% of its annual turnover.

### 5.3 Principal sources of funding and outgoings

The Charity's principal sources of funding are donations from individuals. The Trustees aim to hold annual and ad-hoc fundraising events, as well as seeking corporate sponsorship and donations.

The Charity's outgoings will primarily be on charitable activity in line with its objects as set out in clause 2.2. The Charity seeks to be highly efficient and aims to spend less than 1% of its income on administration overhead.

### 5.4 Remuneration of trustees

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

### 5.5 Financial status

Though modest, MEMC's current resources from unrestricted donations are more than sufficient to meet its outgoings for at least next year.

All the indications are that this will remain the case for the foreseeable future.

### 5.6 Statutory statements on liabilities

The Trustees declare that:

- ✓ The Charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (*e.g.* any outstanding/ongoing contract or legal undertaking to buy or provide specific services); and
- ✓ The Charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO (*e.g.* a mortgage on property owned by the Charity).

### 5.7 Independent examiner's report on the accounts

The Charity has not appointed an independent examiner to review these accounts. The Charity will appoint one should income exceed £25,000 in any financial year.

**Approved by the Trustees and signed on their behalf by:**



Mila Shah (Chair)

Date: 11 April 2021

## 6 Statement of financial activity

### 6.1 Receipts & payments accounts for the year ended 31 March 2021

#### Section A Receipts and payments

All amounts to the nearest £	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
<b>A1 Receipts</b>					
Donations received	-	8,506	-	8,506	750
<i>Sub total (Gross income for AR)</i>	-	8,506	-	8,506	750
<b>A2 Asset and investment sales</b>					
Nil	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-
<b>Total receipts</b>	-	8,506	-	8,506	750
<b>A3 Payments</b>					
Charitable activity	-	-	-	-	1,000
Administration expenses	75	-	-	75	-
<i>Sub total</i>	75	-	-	75	1,000
<b>A4 Asset &amp; investment purchases</b>					
Nil	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-
<b>Total payments</b>	75	-	-	75	1,000
<b>Net of receipts/(payments)</b>	- 75	8,506	-	8,431	- 250
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,185	-	-	1,185	-
<b>Cash funds this year end</b>	1,110	8,506	-	9,616	- 250

### 6.2 Statement of assets and liabilities as at 31 March 2021

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
<b>B1 Cash funds</b>	Metro Bank Plc	1,110	8,506	-
	<b>Total cash funds</b>	1,110	8,506	-
	(agree balances with receipts and payments accounts)	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
<b>B2 Other monetary assets</b>	Nil	-	-	-
	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>	Nil	-	-	-
	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for charity's own use</b>	Nil	-	-	-
	<b>Details</b>	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	Nil	-	-	-
	<b>Signature</b>	<b>Print name</b>	<b>Date of approval</b>	
Signed by one trustee on behalf of all the trustees		Mila Shah	11 April 2021	

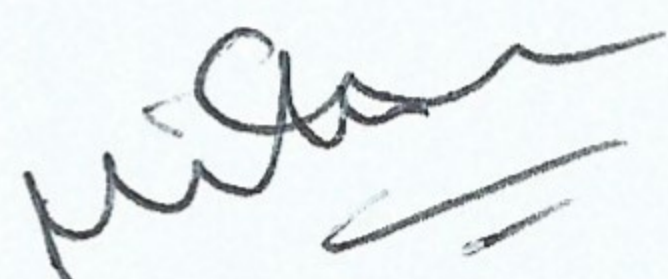
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### 6.4 Approval of the Board of Trustees

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

**Signed on behalf of the Trustees by:**



Mila Shah (Chair)

Date: 11 April 2021