



# **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, asides 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>	<b>74</b>	<b>- 74</b>	<b>-</b>	<b>-</b>	<b>-</b>
<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	-	-	-
	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	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 stylized 'A' followed by a series of loops and a long horizontal stroke.

**Amrish Shah**

Treasurer

05 January 2026