



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From Period start date To 31/03/2020

Period end date 31/03/2021

Charity name: Psyche Well-Being

Charity registration number: 1182620

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ol style="list-style-type: none">1. The advancement of health and prevention or relief of sickness for the public benefit through the promotion of the benefits of living a healthy lifestyle, and the importance of maintaining good personal mental and physical health by (mainly, but not exclusively) the means of broadcasting health education messages to people living in Uganda.2. To advance the education of the public in health care by the provision of lectures, workshops and educational projects devoted to healthcare, particularly mental health.
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	<ul style="list-style-type: none">- Workshops carried out in the communities, schools and universities, they include presentations and exercises to engage the audience.- Psycho-education sessions; educating individuals about specific mental health disorders, signs and symptoms and ways to manage such signs and symptoms and also ways to seek support and advice.- To facilitate interactive activities involving quizzes to promote mental well-being.- -To carry out lectures or talks on mental health - aim to make the

		lectures as interactive as possible and get the audience involved. Leaflets to be handed out at the end of every workshop or lecture.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All charity trustees have ensured that all purposes of the charity are for the public benefit only and also follow guidance by the charity Commission making sure all purposes are charitable.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	The charity has 5 volunteers in Uganda, all graduate students at Makerere University and in the community. The volunteers have been involved in sensitisation and mobilisation in some communities and schools in Uganda to educate the public and students on mental health and healthy lifestyles to promote positive mental wellbeing. The volunteers have also been involved in online workshops held to promote mental health awareness and wellbeing , focusing on the impact of the pandemic.
Other		n/a

Achievements and Performance

	SORP reference	
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Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>We have continued to carry out online workshops and presentations which involved psycho-education; educating individuals about specific mental health disorders, signs and symptoms and ways to manage such signs and symptoms and also ways to seek support and advice.</p> <p>Carried out zoom workshops on World Mental Health Day exploring and discussing impact on the pandemic, challenges and how to cope with it. This allowed beneficiaries especially young people to discuss their concerns , challenges and feelings related to schools being closed in Uganda , impact on lack of social contact and employment.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	n/a
Performance of fundraising activities against objectives set	Para 1.41	n/a
Investment performance against objectives	Para 1.41	n/a
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	No finances granted or received by the charity.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	n/a
Amount of reserves held	Para 1.22	£0
Reasons for holding zero reserves	Para 1.22	Have applied for a few grants but deemed unsuccessful. Also, it's been challenging since the pandemic to hold any fund-raising events.
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	n/a

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	n/a
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	The charity continues to face risks of being unable to carry out some of the charitable purposes as effectively due to lack of funding/grants. Also , since the pandemic , sensitization and mobilisation in the communities has been difficult due to restrictions.
Other		n/a

Structure, Governance and Management

Description of charity's trusts:		CIO
Type of governing document (trust deed, royal charter)	Para 1.25	CIO Foundation 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	<p>All current named trustees are involved in the selection and recruitment of new trustees. We aim to refer to the Trustee Recruitment Policy – Model for UK Community Foundations https://www.ukcommunityfoundations.org/wp-content/uploads/2017/01/Trustee-Recruitment-Policy_Example.pdf</p> <p>Moreover, rigorous checks will be carried out if a trustee is eligible including Disclosure and Barring service (DBS) checks and at least two references with expectations to follow charity commission guidelines and procedures.</p>

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	<p>We are have worked on the policies and procedures for the induction and ensured that all Trustees received:</p> <ul style="list-style-type: none"> - An organisational chart - Outline of current boards skills and experience - A copy of the previous year's annual report and financial report - A copy of the previous board meeting minutes (once agreement for appointment has been made by the Trustees) - Charity Commission CC3 – The essential trustee: What you need to know - Charity Commission CC60 – The Hall marks of an Effective Charity <p>All trustees will also receive ongoing training opportunities, support and guidance and policy according to Charity Commission.</p>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	n/a

Relationship with any related parties	Para 1.51	n/a
Other		

Reference and Administrative details

Charity name	Psyche Well-being
Other name the charity uses	
Registered charity number	1182620
Charity's principal address	Ware Road HERTFORD SG13 7ES

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	Shamilah Serwanga Nakiyemba		19/01/2019	
2	Barbra Ekstowicz		03/05/2019	
3	Jane Gracelyn Frederick		19/01/2019	
4				
5				
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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	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 assets from the charity's own assets	n/a

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Shamilah Serwanga Nakiyemba	
Position (eg Secretary, Chair, etc)	Chair Trustee	
Date	31/01/2023	



Charity Name: Psyche Well-being		Charity No (if any)	1182620
Annual accounts for the period			
Period start date	4/1/2022	To	Period end date 3/31/2023

Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04
Incoming resources (Note 3)						
Incoming resources from generated funds	0		-	-	-	-
Voluntary income	0	S01	-	-	-	-
Activities for generating funds	Community sentsent	S02	-	-	-	-
Investment income	0	S03	-	-	-	-
Incoming resources from charitable activities	0	S04	-	-	-	-
Other incoming resources	0	S05	-	-	-	-
Total incoming resources		S06	-	-	-	-
Resources expended (Notes 4-8)						
Costs of Generating Funds	0		-	-	-	-
Costs of generating voluntary income	0	S07	-	-	-	-
Fundraising trading costs	0	S08	-	-	-	-
Investment management costs	0	S09	-	-	-	-
Charitable activities	every workshop or lecture.	S10	-	-	-	-
Governance costs	0	S11	-	-	-	-
Other resources expended	0	S12	-	-	-	-
Total resources expended		S13	-	-	-	-
Net incoming/(outgoing) resources before transfers		S14	-	-	-	-
Gross transfers between funds		S15	-	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)		S16	-	-	-	-
Other recognised gains/(losses)						
Gains and losses on revaluation of fixed assets for the charity's own use		S17	-	-	-	-
Gains and losses on investment assets		S18	-	-	-	-
Net movement in funds		S19	-	-	-	-
Total funds brought forward		S20	-	-	-	-
Total funds carried forward		S21	-	-	-	-

CC17a

**Total last
year
£
F05**

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Section B

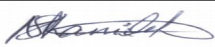
Balance sheet

	Note	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03
Fixed assets				
Tangible assets (Note 9)	B01	-	-	-
	B02	-	-	-
Investments (Note 10)	B03	-	-	-
Total fixed assets	B04	-	-	-
Current assets				
Stock and work in progress	B05	-	-	-
Debtors (Note 11)	B06	-	-	-
(Short term) investments	B07	-	-	-
Cash at bank and in hand	B08	-	-	-
Total current assets	B09	-	-	-
Creditors: amounts falling due within one year (Note 12)	B10	-	-	-
Net current assets/(liabilities)	B11	-	-	-
Total assets less current liabilities	B12	-	-	-
Creditors: amounts falling due after one year (Note 12)	B13	-	-	-
Provisions for liabilities and charges	B14	-	-	-
Net assets	B15	-	-	-
Funds of the Charity				
Unrestricted funds	B16	-		
	B17	-		
Restricted income funds (Note 13)	B18		-	
Endowment funds (Note 13)	B19			-
Total funds	B20	-	-	-

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

Signature

Print I

		Shamilah Serwa



Total this year £ F04	Total last year £ F05
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Name	Date of approval
nga Nakiyemba	3/31/2023

Note 1 Basis of preparation

This section should be completed by all charities.

1.1 Basis of accounting

These accounts have been prepared on the basis of historic cost (or fair value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP) 2019
 - and with*

✓

 Accounting Standards;
 - or

 Financial Reporting Standards for Charities 2019
 - and with the Charities Act.
- [** except for the following].

Give details in this box if a different standard has been used

* -Tick as appropriate:

- ☐ if all relevant disclosures shown in the pack have been given
- ☐ if disclosures completed in these accounts have been restricted to the minimum required by the “Financial Reporting Standards for Smaller Enterprises (FRSSE)”.

** - If no departures from the chosen standards have been made then tick the boxes.

1.2 Change in basis of accounting

There has been no change to the accounting policies (valuation basis) except for the following).

Give details in this box of any material changes that have been made

§ if no changes have been made to accounting policies then delete this section

1.3 Changes to previous accounts

No changes have been made to accounts for previous years (§)

Give details in this box of any material changes that have been made

§§ if no changes have been made to accounts for previous periods then delete this section

Accounts

st (except that investments are shown at market

nmended Practice (SORP 2005);

Smaller Enterprises (FRSSE);

followed.

then please tick "Accounting Standards";

ed to those required by the FRSSE, then please tick

n delete these words; otherwise give details of any changes

n rules and methods of accounting) since last year (§

ve been made.

hese words.

§ except for the following).

ve been made.

en delete these words.

Note 2

Accounting policies

This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.

INCOMING RESOURCES**Recognition of incoming resources**

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Incoming resources with related expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

Grants and donations

Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

Tax reclaims on donations and gifts

Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.

Contractual income and performance related grants

This is only included in the SoFA once the related goods or services have been delivered.

Gifts in kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity.

Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.

Donated services and facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Investment income

This is included in the accounts when receivable.

Investment gains and losses

This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

EXPENDITURE AND LIABILITIES**Liability recognition**

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance costs

Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with performance conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

Grants payable without performance conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.

Support Costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

ASSETS**Tangible fixed assets for use by charity**

These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.

Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Stocks and work in progress

These are valued at the lower of cost or market value.

**POLICIES ADOPTED
ADDITIONAL TO OR
DIFFERENT FROM THOSE
ABOVE**

Section C**Notes to the accounts****Note 3 Analysis of incoming resources**

Incoming resources may be further analysed if this would help the reader of the accounts.

	Analysis	This year £
Voluntary income		-
		-
		-
		-
		-
	Total	-
Activities for generating funds	Public fund raising	-
	Apply for grants and funding	-
	Donations from public	-
		-
		-
	Total	-
Investment income		-
		-
		-
		-
		-
	Total	-
Incoming resources from charitable activities		-
		-
		-
		-
		-
	Total	-

**Last year
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Section C**Notes to the accounts****Note 4****Analysis of resources expended**

Resources expended may be further analysed if this would help the reader of the account

	Analysis	This year £
Costs of generating voluntary income		-
		-
		-
		-
		-
	Total	-
Fundraising trading costs		-
		-
		-
		-
		-
	Total	-
Investment management costs		-
		-
		-
	Total	-
Charitable activities	Psycho-educational workshops	-
	Community sensitisation and mobilisation	-
	promotion of the benefits of living a healthy lifestyle, and	-
		-
		-
	Total	-
Governance costs		-
		-
		-
	Total	-

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Last year
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Section C**Notes to the accounts****Note 5 Support Costs**

Please complete this note if the charity has analysed its expenses using activity categories and has support costs.

Support cost type	Fundraising activity £	Charitable Activity £	Governance Activity £	Total Cost £
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Total	-	-	-	-

Note 6 Details of certain items of expenditure**6.1 Trustee expenses**

Please provide details of the amount of any payment or reimbursement of out-of-pocket expenses made to trustees or to third parties for expenses incurred by trustees. If no expenses were paid, please enter 'None' in the appropriate box(es).

Number of trustees who were paid expenses

Nature of the expenses

Total amount paid

This year	Last year
None	None
£0	£0

6.2 Fees for examination or audit of the accounts

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner or auditor. If nothing was paid please enter NONE in the appropriate box(es).

Independent examiner's or auditors' fees for reporting on the accounts

Other fees (for example: advice, consultancy, accountancy services) paid to the independent examiner or auditor

This year £	Last year £
0	0

Section C**Notes to the accounts****(c)****Note 7** **Paid employees***Please complete this note if the charity has any employees.***7.1 Staff Costs**

	This year £	Last year £
Gross wages, salaries and benefits in kind	-	-
Employer's National Insurance costs	-	-
Pension costs	-	-
Total staff costs	-	-

7.2 Average number of full-time equivalent employees in the year**The parts of the charity in which the employees work**

	This year Number	Last year Number
Fundraising	-	-
Charitable Activities	-	-
Governance	-	-
Other	-	-
Total	-	-

7.3 Defined contribution pension scheme*Please complete if a defined contribution pension scheme is operated.***Brief details of the scheme**

N/A

The costs of the scheme to the charity for the year**The amount of any contributions outstanding at the year end****The amount of any contributions prepaid at the year end**

This year £	Last year £

Section C Notes to the accounts

Section C Notes to the accounts

Grantmaking

Please complete this note if the charity made any grants or donations which in aggregate form a material part of the charitable activities undertaken.

8.1 Total value of grants

Purpose for which grants made	Grants to institutions Total amount £
None	-
	-
	-
	-
	-
	-
Total	-

8.1 Grantmaking costs

If the charity's accounts are prepared on the "activity basis" please give details of a associated with grantmaking. Please enter "Nil" if the charity does not identify and/ support costs.

Support costs of grantmaking

8.3 Grants made to institutions

If the charity has made grants to particular institutions that are material in the context of grantmaking please give details of the institution supported, purpose of the grant and the amount granted to each institution listed. Sufficient information should be given to provide a reasonable overview of the range of institutions supported.

[illegible]**Total grants to institutions**

(c)

Aggregate form a

Grants to individuals Total amount £
-
-
-
-
-
-
-

*Any support cost
or allocate*

£0

*Next of its
and total paid to
the understanding*

Total amount of grants paid £
-
-
-
-
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Section C

Notes to the accounts

Note 9 Tangible fixed assets

Please complete this note if the charity has any tangible fixed assets

9.1 Cost or valuation

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Payments on account and assets under construction	Total
	£	£	£	£	£	£
Balance brought forward	-	-	-	-	-	-
Additions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers *	-	-	-	-	-	-
Balance carried forward	-	-	-	-	-	-

9.2 Accumulated depreciation and impairment provisions

**Basis	SL or RB	SL or RB	SL or RB	SL or RB	SL or RB
** Rate					

Balance brought forward	-	-	-	-	-	-
Depreciation charge for year	-	-	-	-	-	-
Impairment provisions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers*	-	-	-	-	-	-
Balance carried forward	-	-	-	-	-	-

9.3 Net book value

Brought forward	-	-	-	-	-	-
Carried forward	-	-	-	-	-	-

9.4 Revaluation

If any fixed assets have been revalued please give details of the valuer and method of valuation

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* The "transfers" row is for movements between fixed asset categories.

** Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

Section C**Notes to the accounts****Note 10 Investment assets**

Please complete this note if the charity has any investment assets.

10.1 Fixed assets investments

	£
Carrying (market) value at beginning of year	-
Add: additions to investments at cost	-
Less: disposals at carrying value	-
Add/(deduct): net gain/(loss) on revaluation	-
Carrying (market) value at end of year	-

Please provide below:

10.2 A breakdown of the market values of investments shown above agreeing with the sheet row B03.

10.3 A breakdown of the income from investments agreeing with SOFA row S03.

Analysis of investments

	10.2 Market value at year end £
Investment properties	-
Investments listed on a recognised stock exchange or held in common investment funds, open ended investment companies, unit trusts or other collective investment schemes	-
Investments in subsidiary or connected undertakings and companies	-
Securities not listed on a recognised Stock Exchange	-
Cash held as part of the investment portfolio	-
Other investments	-
Total	-

10.4 Material investment holdings

If any single investment is material in terms of its value (for example represents more than 10% of the value of the charity's total investments) please provide details.

Investment held	
Market Value	

(cc)

balance

10.3 Income from investments for the year £
-
-
-
-
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-

in 5 per cent

Note 11 Debtors and prepayments

Please complete this note if the charity has any debtors or prepayments.

Analysis of debtors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Trade debtors	-	-	-	-
Amounts due from subsidiary and associated undertakings	-	-	-	-
Other debtors	-	-	-	-
Prepayments and accrued income	-	-	-	-
Total	-	-	-	-

Note 12 Creditors and accruals

Please complete this note if the charity has any creditors or accruals.

12.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Amounts due to subsidiary and associated undertakings	-	-	-	-
Other creditors	-	-	-	-
Accruals and deferred income	-	-	-	-
Total	-	-	-	-

12.2 Security over assets

If any loan, overdraft or other creditor holds a charge or other security over any assets of the charity please provide details.

n/a

Section C**Notes to the accounts****Note 13****Endowment and restricted income funds**

Please complete this section if the charity has any endowment or restricted income funds.

13.1 Funds held

Please give a brief description of any of the following type of funds held by the charity:

- permanent endowment funds (PE);
- expendable endowment funds (EE); and
- restricted income funds, including special trusts, of the charity (R).

Fund Name	Type PE, EE or R	Purpose and Restrictions
none		n/a

13.2 Movements of major funds

Please give details of the movements of the major funds summarised in the restricted and endowment columns of the Statement of Financial Activities.

Fund names	Fund balances brought forward £	Incoming resources £	Outgoing resources £	Transfers £	Gains and losses £	Fund balances carried forward £
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
Total Funds	-	-	-	-	-	-

13.3 Transfers between funds

Please give details of any transfers between funds.

From Fund (Name)	To Fund (Name)	Reason	Amount

Section C**Notes to the accounts****Note 14****Transactions with related parties**

If the charity has any transactions with related parties (other than the trustee expenses note 6) details of such transactions should be provided in this note. If there are no transactions, please enter "None" in the relevant boxes.

14.1 Remuneration and benefits

Please give the amount of, and legal authority for, any remuneration or other benefits paid to or other related parties by the charity or any institution or company connected with it.

Name of trustee or connected party	Legal authority (eg order, governing document)	Amounts paid or received
		This year £

14.2 Loans

Please give details of and amounts owing to or from the charity's trustees or other related parties at the year end.

	Name of trustee or connected party	Legal authority	Amount
			This year £
Due to trustees and related parties			
Due from trustees and related parties			

14.3 Other transaction(s) with trustees or related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a related party has a material interest.

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	This year £

(co

**s explained in
sactions to**

aid to a trustee

or benefit value
Last year £

ed parties by

t owing
Last year £

h a trustee or

Last year £

Note 15	Additional Disclosures
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The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.
