

Charity Number
1183019
CIO No CE017238

HAMAKOM

A Space for Wellbeing, Wisdom & Awakening

A Charitable Incorporated Organisation (CIO)

Report and Unaudited Receipts and Payments Accounts

Year ended 31 March 2022

Trustees' Annual Report for the period							
From	Year start date			To	Year end date		
	1	April	2021		31	March	2022

Section A Reference and administration details

Charity name	HAMAKOM		
Other names charity is known by			
Registered charity number (if any)	1183019		
Charity's principal address	101A Theobald Street		
	BOREHAMWOOD		
	Hertfordshire		
	Postcode	WD6 4PT	

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	Sara Gina Bensusan			Founding Trustee
2	Roland Oliver Brandman	Chair		Founding Trustee
3	Edward John Gold	Treasurer		Founding Trustee
4	Suzanne Emilia Freed			Founding Trustee

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers

Type of adviser	Name	Address
Independent Examiner	Monika Hazelton, Winston Hazelton & Co Ltd	34 Arlington Road, NW1 7HU, London

Name of chief executive or names of senior staff members

Zac H. Newman – Operations Manager

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document	Constitution adopted on 21 March 2019
How the charity is constituted	A Charitable Incorporated Organisation – Foundation
Trustee selection methods	Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at properly convened meeting of the charity Trustees.

Additional governance issues

HAMAKOM is under the overall control of the Trustees, who conduct the affairs of the charity. The Trustees meet regularly to set the policies and overall direction of the charity, to review its plans and to discuss the management of the charity. The number of Trustees shall not be less than three but there is no maximum number of the trustees that may be appointed.

The Trustees consider the board of Trustees to be the key management personnel of the charity in charge of directing and controlling the charity.

The Charity has an open recruitment procedure for new Trustees who have the appropriate skills and experience to meet the needs of the organisation, and has procedures for the induction of new Trustees.

If the charity is wound up, the members of the charity have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

Each trustee is also automatically a charity member.

All Trustees give their time freely and no trustee received remuneration during the period.

During the year the Charity's operations, administration, marketing and development was looked after by Zac H. Newman who was contracted to devote an average of at least 69 hours per calendar month to perform his duties. The yearly fees paid to Zac H. Newman amounted to £15,748 (2021: £NIL).

The fees have been benchmarked against similar positions in other non-profit organisations. This is kept under review.

Rabbi Danny Newman continued to actively support the Charity's members and participants of the retreats in their quest to spiritual wellbeing. He received an annual fee of £5,160. Rabbi Danny Newman was contracted for a half-day per week.

All duties are carried out in pursuance of HAMAKOM charitable objectives.

Summary of the objects of the charity set out in its governing document

To advance the Jewish religion in England and Wales for the benefit of the public mainly but not exclusively by:

- Providing Meditation retreats, contemplative groups, religious workshops, sacred spaces and worship services, seminars, meetings, conferences, sermons and prayer meetings, all within a Jewish setting and context;
- Contributing to good mental and physical health and spiritual wellbeing; and
- Promoting the study of spiritual and religious teachings, scriptures, practices, meditation and mindfulness.

<https://www.hamakom.community/>

Summary of the main activities undertaken for the public benefit in relation to these objects (including the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The Trustees have had due regard to the guidance issued by the Charity Commission regarding public benefit. They consider the work done by HAMAKOM to be for the public benefit as the services supplied are promoting mental and spiritual well-being, creating a community and connection between participants and offering alternative modes of prayer and religious practice which participants can take into their everyday lives. Such services are bringing people together from of all parts of the Jewish Community and beyond.

The flowing main activities are undertaken by HAMAKOM for the public benefit:

- Long and short-stay Meditation retreats;
- Sermons and prayer meetings;
- Workshops, seminars, talks, meetings;
- Provision of religious instruction and supervision;
- Provision of religious material via the internet and email.

The Trustees are also satisfied that the objectives of the CIO will be met through the various activities being undertaken.

**Additional details of
objectives and activities**

HAMAKOM receives general donations which are used for general purposes of the Charity, and specifically restricted donations (Dana) for teachers who lead the meditation during the retreats.

When applicable, the participants are required to cover the external costs of the retreats, such as food and accommodation costs.

The Trustees would like to thank the following important volunteers:

Bev Miriam Cohen, Gidon Fineman, Rabbi Lisa Barrett, Mika Hadar, Dr Matthew Rosen Marsh, Beverley Crowne.

Furthering the Charity objectives and providing the activities would not be possible without the charity's benefactors. The Trustees wish to record their gratitude to all the individuals and organisations who donated their money and time to support HAMAKOM.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

HAMAKOM continued to adapt creatively in response to Covid-19.

In May 2021 the Charity's annual Spring residential retreat took place online, taught by one of the world's foremost teachers of Jewish mindfulness and meditation, with 90 people in attendance.

In June 2021 the Charity began to hold a monthly online drop-in event, which continues to this day.

Also in June Charity held a one-day online retreat led by one of its faculty members.

In August 2021 the Charity held a one-day in-person retreat, its first in-person event since the onset of Covid-19. This was a success!

In September 2021 the Charity was represented at an in-person event for Rosh Hashanah, Jewish New Year, where one of its faculty members taught an introduction to Jewish meditation. They were invited back the following year.

In November 2021 the Charity held another one-day in-person retreat at a different venue in London. This event was run in a hybrid form, with people joining virtually as well as in person. It was a success!

The Charity planned to hold its annual December retreat in-person for the first time since 2019. The Omicron variant necessitated a pivot to an online format at short notice. Nonetheless, the online retreat proceeded smoothly, with attendees from the UK, France, and the USA. This retreat was led by another of the world's foremost teachers of Jewish mindfulness and meditation.

In January 2022 the Charity held a one-day online retreat led by a visiting teacher.

In March 2022, and following excellent feedback from the January event, the Charity held a one-day in-person retreat led by the same teacher. Some participants also joined this event virtually.

Brief statement of the charity's policy on reserves

In order to provide sufficient funds to cover on going management and administration costs the Trustees have decided that the charity's unrestricted reserves should be kept equal to a total of no less than six months of management costs, general office costs and bank charges.

During the year this amount was calculated to be circa £12,000.

At 31 March 2022 the unrestricted reserves stand at a surplus of £17,545.

The Trustees are committed to reviewing the major risks which the Charity faces on a regular basis and believe that maintaining reserves no lower than the levels set in the board's policy, combined with a regular review of the controls over the key financial systems, will provide sufficient resources in the event of unforeseen and/or adverse circumstances arising.

Details of any funds materially in deficit

None

Further financial review details

The Charity's principal sources of funds are public donations, donations received from trusts and foundations, members' donations and fees charged to participants for events to cover the costs of running the events. During the year, Institutional donations included in the total donations of £19,838 amounted to £13,000 (2021: total donations were £10,997 including from institutions: £8,000).

The Trustees are aware of a legal duty to act only in the best interests of the Charity. The Trustees expect to consider any conditions attached to donations to ensure that they meet the aims and objectives of HAMAKOM and do not conflict with these.

The Trustees take a prudent view regarding the investment of surplus funds. The Trustees have considered the most appropriate policy for investing funds and have decided funds invested in CAF bank accounts currently meet their requirements.

The Trustees consider that there are no material uncertainties related to events or conditions that cast significant doubt upon the Charity's ability to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of approval of the accounts. In particular the trustees considered the Charity's budget projection. The Trustees made enquires and have concluded that there is a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future.

COVID-19 Pandemic:

The Trustees considered the issue of the Charity's sustainability in the light of COVID-19 and concluded that it had adequate reserves at present and that the principal sources of core cost funding were not under threat.

Since early March 2020 the Charity has been affected by COVID-19.

However, as the world starts to recover from the pandemic and the undeniably huge impact of COVID-19 on the mental health and wellbeing, the charities such as HAMAKOM can play increasingly important role in the society.

The Trustees are of the view that the pandemic has not affected the Charity's work but offered new opportunities and definitely strengthen HAMAKOM's position in its path to wellbeing, wisdom and awakening.

Section F Other optional information

Plans for the future:


HAMAKOM short- and long-term plans are:

- to continue to hold residential retreats in the winter and spring;
- to offer an additional, longer retreat in the summer;
- to run a family spirituality retreat with activities suitable for children;
- to continue our range of online opportunities for meditation, learning, spirituality and connection;
- to develop the work we have recently begun in schools, in order to support the wellbeing of children;
- to continue working with the Jewish Association for Mental Illness to provide meditation sessions to their community;
- to continue offering classes in individual Jewish communities;
- to increase our reach across the world, especially in Europe and South Africa;
- to continue to develop our relationships with similar organisations around the world, including: The Institute for Jewish Spirituality (based in the US); Awakened Heart Project (based in the US); Or HaLev (based in Israel); Applied Jewish Spirituality (based in Israel).
- to build and open a residential meditation/spirituality retreat centre, intentional community and organic farm in the countryside, within an hour's drive of London.

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Roland Oliver Brandman	
Position (eg Secretary, Chair, etc)	Chairman	
Date	30.01.2023	

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

HAMAKOM

**On accounts for the
year ended**

31 March 2022

**Charity
no**

1183019

Set out on pages

9 and 10

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 March 2022.

**Responsibilities and
basis of report**

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

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the 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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date:

Name:

Monika Hazelton FCCA

**Relevant professional
qualification(s) or body
(if any):**

Winston Hazelton & Co Ltd
Chartered Certified Accountants

Address:

34 Arlington Road

London

NW1 7HU

Section B

Disclosure

None

Receipts and Payments Accounts			
For the year from	01 April 2021	To	31 March 2022
Charity name		HAMAKOM	
Registered Charity No		1183019	

Section A Receipts and payments


	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Dana	-	4,273	-	4,273	7,074
Retreats	22,773	-	-	22,773	7,640
Donations	19,838	-	-	19,838	10,997
Online courses	150	-	-	150	115
Interest received	1	-	-	1	5
Sub total (Gross income for AR)	42,762	4,273	-	47,035	25,831
A2 Asset and investment sales					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	42,762	4,273	-	47,035	25,831
A3 Payments					
Dana including related faculty fees	-	6,056	-	6,056	5,975
Cost of retreats	7,002	-	-	7,002	5,824
Management costs	20,908	-	-	20,908	27,000
Faculty fees	525	-	-	525	1,603
General office expenses	2,249	-	-	2,249	1,200
Bank charges	121	121	-	242	144
Insurance	509	-	-	509	499
Sub total	31,314	6,177	-	37,491	42,245
A4 Asset and investment purchases					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	31,314	6,177	-	37,491	42,245
Net of receipts / (payments)	11,448	(1,904)	-	9,544	(16,414)
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	6,097	2,030	-	8,127	-
Cash funds this year end	17,545	126	-	17,671	(16,414)

Receipts and Payments Accounts			
For the year from	01 April 2021	To	31 March 2022
Charity name		HAMAKOM	
Registered Charity No		1183019	

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank current account	8,957	-	-
	Gold deposit account	6,828	-	-
	Teachers current account	1,760	126	-
	Total cash funds	17,545	126	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
	Winston Hazelton & Co - Independent Examination	Unrestricted	2,400	-
	Zac H. Newman - March fee	Unrestricted	1,400	-

Signed on behalf of all the trustees

	Roland Oliver Brandman	30.01.2023
Signature	Print Name	Date of approval