



# Trustees' Annual Report for the period

		Period start date			Period end date		
From		01	June	2022	To	31	May 2023

## Section A Reference and administration details

Charity name	Sai Grace Trust CIO
Other names charity is known by	
Registered charity number (if any)	1183278
Charity's principal address	19 GREENSIDE DARSHAM, SAXMUNDHAM
Postcode	IP17 3FB

### 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	Rev LEONORA VAWN VAN GILS	Chair		
2	ANGELA DIANNE KING	Trustee	12 December 2022	
3	TONNI NEWSON	Trustee	12 December 2022	

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

Name	Dates acted if not for whole year
Rev LEONORA VAWN VAN GILS	
ANGELA DIANNE KING	12 December 2022
TONNI NEWSON	12 December 2022

### 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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## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Governed by a Constitution
How the charity is constituted (eg. trust, association, company)	Constituted as a Charitable Incorporated Organisation (CIO)
Trustee selection methods (eg. appointed by, elected by)	Appointment by existing Board of Trustees

## Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

## Section C

## Objectives and activities

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

The advancement of spiritual, emotional and psychological health and well-being in particular, but not exclusively, by:-

- (a) The provision of counselling, guidance and advice to those in need thereof;
- (b) Advancing education and understanding of the practice and philosophy of yoga and meditation;
- (c) The practice of non-denominational spiritual and pastoral services; particularly, but not exclusively, in accordance with the teachings of Sri Sathya Sai Baba, and to promote awareness of those teachings to the public.

To further such charitable purposes as the charity trustees see fit from time to time, in particular but not exclusively through the provision of grants in India towards relief in need and the provision of education

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

Herewith is the 4th Annual Report of Sai Grace Trust CIO.

Since moving to smaller premises in January 2022, Reverend Leonora van Gils continues to run Sai Grace Trust CIO to the best of her abilities. Services continue to be held, although with a smaller amount of people attending. Counselling and pastoral care is the main focus of Rev van Gils, as there are many people struggling with health and uncertainty for their future.

On 27/28 August 2022, a Spiritual Retreat was held in Darsham Village Hall for 60 participants. Rev Van Gils conducted several talks, as well as guided meditations each morning. Prayers for World Peace were recited every evening. Devotional singing and prayers for Peace were also held by well-known musicians and guest speakers.

Donations were made to British Humanitarian Aid, in aid of helping the plight of the Ukrainian people. Donations were also made to Seva Street CIO, to support the homeless in London.

23 November 2022 saw a Service at Sai Grace new premises, for celebrations on the occasion of Sri Sathya Sai Baba's birthday.

For Christmas, it was decided to support the Sai Prema Foundation (Vsl Sai Prema) from Lithuania, who are destining the funds, for the humanitarian service project, called 'A Light for Ukraine' delivering

urgent medical supplies, and humanitarian aid to stranded Ukrainian people, who are greatly suffering in their war torn country. A donation continues to be sent every month.

Sai Grace premises were decorated with Christmas decorations and a small service was held in the traditional Christian tradition on holy Christmas 2022.

Sadly, the two Trustees Ann and Geoffrey Steinberg, retired on 12 December, after 3 full years of splendid service to Sai Grace Trust.

The two new Trustees are, Mrs Angela Dianne King and Ms Tonni Newson.

New Year 2023 was celebrated with an Inter-Faith Service, at Sai Grace premises.

During the winter months, Rev van Gils managed to finish her Autobiography, chronicling the years she spent in India with Sri Sathya Sai Baba, as well as writing about her challenges in life. Since publication on 24 April 2023, many people who have read her book, have called with urgent request for help with personal issues. Therefore, Reverend van Gils counselling has doubled in volume.

Recently, which is a great honour, the book was selected by the British Library/Legal Deposit Books and 6 copies of it will be securely preserved, while also being made accessible in the reading rooms of the Legal Deposit Libraries which are: The British Library, National Library of Scotland, The Bodleian Library Oxford University, National Library of Wales, Cambridge University Library, The Library of Trinity College Dublin.

Herewith closes the 4th Annual Report of Sai Grace Trust, who is trying to stay afloat with donations having dropped dramatically.

#### Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

It feels important to have granted a stable and constant support to people's spiritual, emotional and psychological wellbeing providing counselling, guidance and advice in person, like during the Summer Retreat and with constant appointments at Sai Grace New Premises and over the phone.

Many people have reported an improvement in their wellbeing, as well as their peace of mind, and many others have benefitted from the support given by the Trust to external charities, furthering education, as well as services to homeless and needy people.

## Section D

## Achievements and performance

Summary of the main achievements of the charity during the year

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

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**Details of any funds materially in deficit**

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**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

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**Section F**

**Other optional information**

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**Section G**

**Declaration**

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

**Signed on behalf of the charity's trustees**

**Signature(s)**

<i>Leonora van Gils</i>	
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**Full name(s)**

Leonora Van Gils	
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**Position (eg Secretary, Chair, etc)**

Chair	
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**Date**

<i>12 October 2023</i>
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## Receipts and payments accounts

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For the period  
from

Period start date  
01/06/2022

To

Period end date  
31/05/2023

### 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 £
<b>A1 Receipts</b>					
Donations - Individual	1.287	-	-	1.287	3.166
<b>Sub total (Gross income for AR)</b>	1.287	-	-	1.287	3.166
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	1.287	-	-	1.287	3.166
<b>A3 Payments</b>					
Direct Expenses	1.461	-	-	1.461	1.125
Cleaning	-	-	-	-	-
Accountant fee	300	-	-	300	300
Bank Fee	-	-	-	-	25
Charitable Donations	1.921	-	-	1.921	3.825
Entertainment	-	-	-	-	-
General Expenses	-	-	-	-	5.370
Photography	-	-	-	-	-
Printing & Stationery	-	-	-	-	-
Repairs and Maintenance	-	-	-	-	-
	3.682	-	-	3.682	10.645
<b>A4 Asset and investment purchases, (see table)</b>					
Lawnmower	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	3.682	-	-	3.682	10.645
<b>Net of receipts/(payments)</b>	- 2.395	-	-	- 2.395	- 7.479
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	3.866	-	-	3.866	11.044
<b>Cash funds this year end</b>	1.770	-	-	3.866	3.866

### 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 £
<b>B1 Cash funds</b>				
	Cash at Bank	1.770	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	1.770	-	-
	(agree balances with receipts and payments account(s))	OK	OK	Agreement Error
		Unrestricted	Restricted	Endowment

	Details	to nearest £	to nearest £	to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
<i>Leonora van Gils</i>	LEONORA VAN GILS	20/10/2023