



## Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	June	2023		31	May	2024

### 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	CAROLE ANN ALDERMAN	Trustee	5 February 2024	
3	TONI 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	
CAROLE ANN ALDERMAN	5 February 2024
TONI 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 5th Annual Report of Sai Grace Trust CIO.

Since Sai Grace Trust moved to smaller premises, we are still actively operating in furtherance of our purposes the best we can, to help as many people as possible, who come our way.

We started off the year, collaborating with Yoga Teacher Oleksandr Ukrainsv, teaching local residents the ancient art of Yoga and meditation.

Throughout the winter, at Sai Grace's premises, Oleksandr Ukrainsv held several prayer-rituals of Hindu tradition that he specializes in, along with Reverend Leonora van Gils conducting Inter-Faith prayers and offering counselling for the spiritual, emotional and psychological health and well-being of several individuals and families requesting it, whilst they were going through personal and family crisis.

As reported by the beneficiaries of the above-mentioned activities, prayers and rituals, the results are felt as encouraging and very helpful.

Monthly Inter-Faith Services are held regularly.

Through regular donations, Sai Grace Trust continues to support the charitable initiative called "A Light for Ukraine" in collaboration with the VSI Sai Prema Foundation from Lithuania, helping the suffering Ukrainian Population, with a team of volunteers in Ukraine, giving detailed and

reliable reports of the humanitarian services offered in Ukraine. Reverend Leonora van Gils continues with her pastoral care, dedicating many hours per week, helping people either in person or over the phone. Reverend Leonora van Gils continues to promote awareness to the teachings of Sri Sathya Sai Baba, as well as the teachings of those Spiritual Masters and Leaders, promoting the emotional and psychological health and well-being of Humanity.

#### **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, 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**

**Details of any funds materially in deficit**

**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.

## Section F

## Other optional information

## 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>	
Full name(s)	Leonora Van Gils	
Position (eg Secretary, Chair, etc)	Chair	
Date	20 October 2024	



## Receipts and payments accounts

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For the period  
from

Period start date  
01/06/2023

To

Period end date  
31/05/2024

### 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	1,223	-	-	1,223	1,287
<b>Sub total (Gross income for AR)</b>	1,223	-	-	1,223	1,287
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	1,223	-	-	1,223	1,287
<b>A3 Payments</b>					
Direct Expenses	162	-	-	162	1,461
Cleaning	-	-	-	-	-
Accountant fee	-	-	-	-	300
Bank Fee	-	-	-	-	-
Charitable Donations	1,242	-	-	1,242	1,921
Entertainment	-	-	-	-	-
General Expenses	-	-	-	-	-
Photography	-	-	-	-	-
Printing & Stationery	-	-	-	-	-
Repairs and Maintenance	-	-	-	-	-
	1,404	-	-	1,404	3,682
<b>A4 Asset and investment purchases. (see table)</b>					
Lawnmower	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	1,404	-	-	1,404	3,682
<b>Net of receipts/(payments)</b>	181	-	-	181	2,395
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	1,770	-	-	1,770	-
<b>Cash funds this year end</b>	1,589	-	-	-	1,770

### 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	1,589	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	1,589	-	-

(agree balances with receipts and payments account(s))

OK

OK

Agreement Error

	Details	Unrestricted to nearest £	Restricted to nearest £	Endowment to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature

Print Name

Date of approval

Leonora van Gils

LEONORA VAN GILS

20/10/2024