

FOR THE ONE

England & Wales · Charity number 1183307

Details

Status Registered

Legal form CIO

Registered 2019-05-08

Register [View on the Charity Commission register](#)

Contact

Address The Old Forge
Church Street
Polebrook
Peterborough
PE8 5LR

Phone 01832275171

Email hannah@fortheone.net

Website www.fortheone.net

Activities

Objects: THE OBJECT OF THE CIO IS, FOR THE BENEFIT OF THE PUBLIC, IN ACCORDANCE WITH ITS CHRISTIAN ORIGINS AND HERITAGE THE RELIEF OF THOSE IN NEED BY WAY OF FINANCIAL HARDSHIP, UNEMPLOYMENT, ILL-HEALTH, DISABILITY AND/OR POOR EDUCATIONAL OR SKILLS ATTAINMENT BY PROVIDING OR ASSISTING IN THE PROVISION OF EDUCATION, TRAINING, HEALTHCARE PROJECTS AND FINANCIAL AND PRACTICAL SUPPORT WITH THE AIM OF IMPROVING THE CONDITIONS OF LIFE OF SUCH PERSONS AND ENABLING THEM TO PARTICIPATE IN SOCIETY AND BE SELF-SUFFICIENT.

Activities: We believe every man, women and child has been created with infinite worth and value. For The One seeks to bring healing, hope and restoration to those trapped in sickness and poverty. For The One does this through the following: 1) Advocating 2) Finances 3) Investing time in people 4) Assist families with practical help 5) Health education

Classification

- **How:** Provides Other Finance, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Accommodation/housing, Religious Activities, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, The General Public/mankind

Geography

- Burma
- Ukraine
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-07	£19,433	£25,834	-	-
2024-05-07	£13,319	£12,934	-	-
2023-05-07	£8,099	£16,920	-	-
2022-05-07	£14,358	£17,479	-	-
2021-05-07	£15,100	£5,800	-	-

Trustees

Name	Role	Appointed
Sally Dunn	Chair	2021-12-30
Diana Esther Maria Shaw		2019-05-08
Jane Elizabeth McDonald		2019-05-08
Michael John Brookes		2025-04-04
Peter Lloyd Waddup FCCA		2019-05-08

FOR THE ONE

England & Wales - Charity number 1183307

Accounts

ANNUAL REPORTS AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 7TH
MAY 2025

FOR THE ONE

Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1183307

FOR THE ONE

(Charitable Incorporated Organisation)

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CHARITY NUMBER: 1183307

DATE OF REGISTRATION: 8th May 2019

START OF FINANCIAL YEAR: 8th May 2024

END OF FINANCIAL YEAR: 7th May 2025

TRUSTEES AT 7TH MAY 2025: Jane McDonald
Diana Shaw
Peter Waddup
Sally Dunn
Mick Brookes
Hannah Spires

LEGAL STATUS: Charitable Incorporated Organisation

GOVERNING INSTRUMENT: CIO - Foundation Registered 8th May 2019

Objects

For the public benefit of the public, in accordance with its Christian origins and heritage the relief of those in need by way of financial hardship, unemployment, ill-health, disability and/or poor education or skills attainment by providing or assisting in the provision of education, training, healthcare projects and financial and practical support with the aim of improving the conditions of life of such persons and enabling them to participate in society and be self-sufficient.

CORRESPONDENCE ADDRESS: The Old Forge
Church Street
Polebrook
Peterborough
PE8 5LR

PRIMARY BANKERS:

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ



For The One

Trustees Annual Report

2024- 2025

For The One is a charity, driven by love, that exists to reach the poor, the broken, the oppressed and the forgotten with unconditional love through acts of service. We recognise the injustice of poverty, oppression and war. In response, we seek to meet the most critical needs of the one in front of us, through the provision of medical care, shelter, food relief and education. Working in some of the most extreme war-torn communities brings numerous challenges, however FTO continues to grow.

In addition to working directly with impoverished communities in South East Asia, FTO has partnered with SEM organisation in Ukraine to meet the desperate need of those whose lives have been devastated by war.

Ukraine

For The One provided humanitarian assistance to approximately 192 individuals, supporting 48 families across Eastern Ukraine through the distribution of medical supplies and hygiene kits. In addition to material aid, the team prioritised offering friendship, emotional support, and encouragement, recognising the importance of connection and a need for hope during times of crisis. Recipients expressed deep gratitude for both the assistance and the kindness shown to them.

Izium, a town in the Kharkiv region, is currently located approximately 29 miles from the frontline. The town was occupied by Russian forces on 7 March 2022 and later liberated on 10 September 2022. During the occupation, extensive destruction occurred, including the killing and torture of civilians, as well as the devastation of homes, livelihoods, and livestock. Following liberation, a mass grave containing over 440 bodies was discovered in a nearby forest, highlighting the severe human cost of the conflict.

Despite liberation, Izium continues to face frequent shelling. Ballistic missiles are still launched toward the town, resulting in the destruction of administrative and civilian infrastructure and the loss of civilian lives. The region is also experiencing a severe water shortage, as wells have either dried up or been destroyed. Team members reported widespread destruction of residential buildings and vehicles. Additionally, large areas were heavily mined by retreating forces, leaving very few safe roads and footpaths. Any deviation from these designated routes poses a significant risk of triggering landmines, potentially resulting in serious injury or death. The situation in Izium and the nearby town of Balakliia remains extremely challenging, with residents in urgent need of continued humanitarian support.

Local Baptist and charismatic churches have collaborated to establish a community centre that serves as a safe gathering place for residents to receive hot meals, tea, and essential supplies when available. Volunteers from the centre also travel to surrounding villages to distribute aid to individuals who are unable to travel due to age or mobility limitations. In October 2024, For The

One provided funding to its partner organisation, SEM, to support an aid mission to Izyum and Balakliia, ensuring that vulnerable residents received both practical assistance and emotional support.

Funding from For The One was used to supply adult hygiene products for individuals with limited mobility, as well as a large quantity of essential medications. These included analgesics, antipyretics, cold and flu remedies, medications for chronic conditions such as heart disease and hypertension, and various anti-fungal and antiseptic treatments. Beyond distributing supplies, the team dedicated time to listening to residents' experiences, offering emotional support, sharing messages of hope, and providing prayer.

One recipient of aid shared a tragic personal experience. His wife was killed when a rocket struck their village while she was visiting a neighbour. The man witnessed the incident while waiting for her at their gate. He was also struck by shrapnel from the same explosion, resulting in the traumatic amputation of his leg. This account underscores the profound human impact of the ongoing conflict and the urgent need for continued humanitarian assistance.



South East Asia

Over the past year, For The One has continued to respond to the physical needs of the poor, war-torn and marginalised the provision of healthcare, food, shelter and education, as well as meeting critical emotional and spiritual needs. Some of the highlights included:

- Providing **310 people within 62 families with one months worth of food relief packages** including rice, oil, meat, vegetables and eggs. Over Christmas, 2024, we provided **327 people** with a hot meal and an opportunity to hear the Christmas story.
- Walking alongside **22 individuals requiring a range of medical care and hospital treatment** for a variety of conditions including HIV, lupus, hydrocephalus, atrial septal defect (ASD) and cardiomegaly (enlarged heart), cleft palate, cancer, mental health crisis, imperforate

anus and a new prosthesis for a traumatic leg amputation. For others we have supported ongoing medication costs that far exceed their ability to afford.

- Providing **2 family with the ability to earn a living and promote self sufficiency**. 1 family living in a rural village beside a river received the gift of a fishing boat. This family can now catch fish to eat but also to sell in the local market as income. FTO supported one family by paying off a crippling debt that was fast spiralling out of control, found them regular work and got the family back up on their feet. FTO was also able to arrange a money management course to the family to help them manage their finances in the future to avoid having to borrow from loan sharks.
- Organising **2 educational trip to the city zoo and a local monkey park with 12 village children**, most of whom come from desperately poor, rural, villages with poor access to extra curricular activities or educational trips.
- Providing private **school fees for 1 child** whose life was devastated by war when he lost his leg and later his older brother was killed. FTO also provided educational resources and 1 teachers stipend for an additional **24 pre school aged children** to enable them to receive an early education in a safe, loving and nurturing environment.
- Provided **8 children with school uniforms, stationary, books, umbrellas and / or raincoats** to enable them to attend school for the next year.
- Rebuilt homes for 3 families living in poverty in rural villages, whose homes were falling down and inadequate to provide shelter from the extremely challenging seasons.
- Respond to 2 devastating natural disasters, catastrophic flooding and an earthquake.

Education

Eagle pre-school currently have 24 children enrolled in the pre-school from the local community. Many of these families are daily workers and when there is no work available, there is no food on the table that day. Due to poverty and cultural beliefs, there are few opportunities for the children to develop key skills through play. The teachers, however, are determined to continue to provide opportunities for the children in their community. During the cooler season we hired a local sports facility and held a sports day. The children had a wonderful time, it was really encouraging to see so many of them excited about joining in regardless of whether or not they won a race. For The One continues to provides educational resources to the school to enable them to find new and creative ways of learning, however getting out and being active is definitely the favourite. For The One has also provided a stipend to one of the teachers to enable her to continue working for the school on a very low salary.

Food Relief

Due to ongoing political instability, conflict, economic decline, widespread poverty, and climate-related disasters, many families and communities are experiencing significant challenges in securing sufficient food. In response, we were able to provide all 62 families, approximately 310 individuals, with a one-month supply of essential food items, including rice, eggs, vegetables, meat, and cooking oil. The families expressed profound gratitude for this support, with many moved to tears as the food packages were distributed. This assistance enabled them to build a modest level of savings, allowing their limited income to stretch further over the coming months.

Food holds deep cultural significance in many Asian communities, and the act of sharing a meal is considered a great honour. The Christmas celebration provided a meaningful opportunity for the entire village to gather and reflect on a message of hope, many encountering it for the first time. Community members worked together to prepare meals, arrange tables, and serve one another, fostering a spirit of unity and care. This occasion allowed us not only to affirm to each of the 327 villagers that they are seen, known, and valued, but also to demonstrate love through action.

Following the shared meal, everyone gathered to hear the Christmas story. The atmosphere was filled with anticipation and wonder as hundreds of men, women, and children eagerly moved closer, eager to learn about this gift of hope available to them.

Medical

Over the past year we have been able to journey alongside 22 individuals requiring a range of different medical care and hospital treatments for a variety of conditions including HIV, lupus, cleft palate, cataracts, kidney failure, hydrocephalus, atrial septal defect (ASD) and cardiomegaly (enlarged heart), cancer, mental health crisis, imperforate anus and a new prosthesis for a traumatic leg amputation. For others we have supported ongoing medication costs that far exceed their ability to afford. Below are just two of their stories:

WH, a 20-year-old woman, has a rare cardiac condition called an atrial septal defect (ASD). Due to her family's extreme poverty, her condition went undiagnosed until age 13, and they were unable to afford life-saving surgery. Over time, her heart and lungs have been overcompensating, leading to severe pulmonary hypertension and additional complications. WH has been under close medical supervision, taking daily medication and attending regular cardiology appointments, including echocardiograms, ECGs, X-rays, and blood tests. Eventually WH underwent cardiac catheterisation to assess her heart in detail. While the procedure itself was successful, it revealed that her condition is more severe than anticipated, making corrective surgery extremely high risk. Her care for now will focus on medication management whilst her

body begins to recover and gain strength. Support continues through funding for her ongoing treatment and the hope that there will be more options for correct surgery in the future.

A five-year-old boy was living with untreated HIV having contracted it through his parents. He went on to develop tuberculosis and was very sick. His parents tragically passed away, with his mother succumbing to a suspected AIDS-related illness and his father killed whilst protecting his community. Initially placed in the care of his grandmother, he faced extreme challenges, including living in an active conflict zone with limited access to food and medical care. Due to these constraints, his grandmother was unable to provide the support he required, and he was subsequently taken to an orphanage. The orphanage asked FTO for urgent assistance as the child required immediate hospital care. Funding was provided to cover his hospitalisation and subsequent treatment. He is now adjusting to life in the orphanage and steadily improving. While HIV medication is provided free of charge, additional support has been allocated to ensure he receives a nutritious diet to promote his recovery and overall health.

Shelter

Many families reside in rudimentary housing constructed from materials such as banana leaves and bamboo. While these materials are readily available and affordable, they offer limited durability and are highly vulnerable to damage from extreme weather conditions and seasonal changes. As a result, these structures often deteriorate rapidly, leading to unsafe living environments. For many households, the financial burden associated with repairing or rebuilding their homes is prohibitive, forcing them to continue living in structures that are unstable, decaying, and hazardous to their health and safety.

For The One identified three families living in extreme poverty whose homes were in a severe state of disrepair, providing little to no protection from wind and rain and posing a significant risk of collapse. In response, For The One facilitated the construction of new homes supported by concrete pillars and reinforced wooden posts to ensure greater structural stability and long-term durability. These newly built homes were substantially larger than the original structures and elevated above ground level to mitigate the impact of monsoon-related flooding, thereby offering improved safety and living conditions for the families.

Livelihood

When the mother of a rural family was diagnosed with precancerous cells associated with an aggressive form of cervical cancer, their lives were profoundly affected. With extremely limited income and barely enough food to sustain the household, the prospect of costly medical treatment seemed insurmountable. In response to this urgent need, For The One provided the necessary financial assistance and support to ensure that treatment could commence without delay. The family was later overjoyed to receive confirmation that there was no further evidence of cancer or precancerous cells in her cervix. Additionally, the family was granted funds to

purchase a fishing boat. Fishing in the river adjacent to their home serves as their primary source of income; however, they had previously been required to rent a neighbour's boat at considerable expense. Through this generous support, the family now owns their own boat, enabling them to retain the full profit from their catch and secure a more stable financial future.

Without laws or protections in place, loan sharks can operate unchecked, exploiting vulnerable people through extortionate interest rates, hidden fees, and abusive repayment practices. People who turn to these lenders often do so out of desperation, but quickly find themselves trapped in a cycle of debt that grows impossible to escape. Loan sharks often use intimidation, threats, or violence to collect payments, creating fear and emotional distress for borrowers and their families. In the absence of regulation, there is no legal recourse for victims, allowing predatory lenders to continue harming individuals and destabilising communities by stripping away financial security and personal safety. For The One was able to come alongside one such family trapped in the cycle of debilitating debt after taking out a small loan with a local loan shark with a 40-60% interest rate. After paying off the loan, FTO found the family regular work providing a good, stable income and connected the family to a local organisation who accepted their daughter into a local privately run school. In addition, FTO arranged a money management course to the family to help them manage their finances in the future.

Disaster Relief

Natural disasters inflict severe damage on communities, destroying homes, infrastructure, and agricultural land. They destroy and displace families, disrupt access to clean water, food, and healthcare, and often lead to long-term economic hardship and increased vulnerability for affected populations. For The One responded to 2 major natural disasters, flooding and an earthquake, with immediate, life saving resources and equipment. Some of these items included life jackets, emergency medical supplies and equipment, medicines, bottled water, dry food, powdered drinks, plates, bowls, spoons, large bags to salvage any belongings and sanitary pads for the women.

As we reflect on the past year, the joys and the challenges, there is a tremendous sense of both achievement and a deep humbling. Every individual we have had the privilege of serving in some capacity is not simply a project we have helped, they are people we love. Every created person holds intrinsic worth, purpose and destiny. Our hope is that as we have responded to the most basic of physical needs such as food, shelter, medicine and education, we have also met an emotional and spiritual need for friendship, hope, healing and restoration.

Risk management statement

The trustees have overall responsibility for the charity's internal control. Such a system can provide only reasonable and not absolute assurance against errors.

A register of the risks faced by the charity is maintained, identifying the major strategic and operational risks faced and how they are being managed.

The trustees are satisfied that systems are in place to monitor, manage and mitigate the charity's exposure to major risks. They consider that reviewing internal controls and risk will provide the charity with adequate risk assurance in the event of adverse conditions. They also recognise that the nature of some of the charities work requires active acceptance and management of some risks when undertaking activities to achieve the objectives of the charity.

FOR THE ONE (Charitable Incorporated Organisation)

TRUSTEES' REPORT (Continued)

FOR THE YEAR ENDED 7TH MAY 2025

Trustees' Responsibilities

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice GAAP).

The Law applicable to Charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations and the provisions of the Governing Document requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charity for that period. In preparing those financial statements, the trustees are required to:

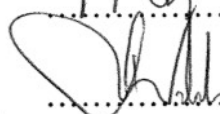
- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity SORP;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations and the provisions of the Governing Document. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on:

Signed on their behalf by Trustee:

Printed Name:

17th February 2026

PETER WADDUP

FOR THE ONE

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 7TH MAY 2025

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2024/25 £	TOTAL 2023/24 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies		£19,103	£330	£19,433	£13,319
TOTAL INCOMING RESOURCES		£19,103	£330	£19,433	£13,319
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities		£24,529	£330	£24,859	£12,154
Governance Costs		£975		£975	£780
TOTAL RESOURCES EXPENDED		£25,504	£330	£25,834	£12,934
NET INCOMING (OUTGOING) RESOURCES		-£6,401	£0	-£6,401	£385
Other recognised gains / (losses):					
Unrealised exchange gain:	A	£11,073		£11,073	£0
Net movement in funds		£4,672	£0	£4,672	£385
Funds Brought Forward		£1,367		£1,367	£982
TOTAL FUNDS CARRIED FORWARD		£6,039	£0	£6,039	£1,367

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing. Expenditure in excess of restricted income during the year was met from unrestricted funds.

FOR THE ONE
(Charitable Incorporated Organisation)
BALANCE SHEET AS AT 7TH MAY 2025

	Unrestricted Funds £	Restricted Funds £	TOTAL 2024/25 £	TOTAL 2023/24 £
Fixed Assets				
Tangible Assets	-	-	-	-
Investments	-	-	-	-
Total Fixed Assets	-	-	-	-
Current Assets				
Debtors & Prepayments	-	-	-	-
Cash at Bank and in Hand	£6,039	£0	£6,039	£2,147
Total Current Assets	£6,039	£0	£6,039	£2,147
Creditors: amounts falling due within one year	£0	£0	£0	£780
NET CURRENT ASSETS	£6,039	£0	£6,039	£1,367
TOTAL ASSETS less current liabilities	£6,039	£0	£6,039	£1,367
NET ASSETS	£6,039	£0	£6,039	£1,367
Total Funds of the Charity	£6,039	£0	£6,039	£1,367

Approved by the Trustees on:

17th February 2020

Signed on their behalf by Trustee:



Printed Name:

PETER WADDUP

FOR THE ONE

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 7TH MAY 2025

A. UNREALISTIC EXCHANGE RATE GAIN

The unrealised exchange rate gain arises from the year-end retranslation of cash balances held in Myanmar Kyat using official exchange rates. These official rates differ significantly from market rates experienced by the charity in Myanmar; the resulting gain is non-cash and does not represent additional spend on resources.

From the next financial year, the charity intends to apply an average exchange rate over defined periods (quarterly) to provide a more representative view of expenditure.

ADDITIONAL INFORMATION FOR THE YEAR ENDED 7TH MAY 2025

1. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial year.

2. STAFF COSTS AND NUMBERS

The Charity is run by volunteers and had no paid members of staff during this or the previous financial year.

3. TRUSTEES AND OTHER RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial period other than reimbursement for direct expenses incurred on behalf of the charity. No material transaction took place between the organisation and a trustee or any person connected with them (2024/25: None).

4. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

5. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

6. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

FOR THE ONE

England & Wales - Charity number 1183307

Accounts

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 7TH MAY 2024**

FOR THE ONE

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1183307

Castle View Accounting Ltd
Ground Floor Offices
53 High Street
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West Sussex
BN18 9AJ

FOR THE ONE
(Charitable Incorporated Organisation)

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FOR THE ONE
(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1183307
DATE OF REGISTRATION	8th May 2019
START OF FINANCIAL YEAR	8th May 2023
END OF FINANCIAL YEAR	7th May 2024
TRUSTEES AT 7TH MAY 2024	Jane McDonald Diana Shaw Peter Waddup Sally Dunn Hannah Spires
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Foundation Registered 8th May 2019

OBJECTS

For the public benefit of the public, in accordance with its Christian origins and heritage the relief of those in need by way of financial hardship, unemployment, ill-health, disability and/or poor education or skills attainment by providing or assisting in the provision of education, training, healthcare projects and financial and practical support with the aim of improving the conditions of life of such persons and enabling them to participate in society and be self-sufficient.

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Church Street
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PE8 5LF

PRIMARY BANKERS NatWest Bank Plc
250 Bishopgate
London
EC2M 4AA

INDEPENDENT EXAMINERS Castle View Accounting Ltd
Ground Floor Offices
53 High Street
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West Sussex
BN18 9AJ



For The One

Trustees Annual Report

2023- 2024

For The One is a charity, driven by love, that exists to reach the poor, the broken, the oppressed and the forgotten with unconditional love through acts of service. We recognise the injustice of poverty, oppression and war. In response, we seek to meet the most critical needs of the one in front of us, through the provision of medical care, shelter, food relief and education. Working in some of the most extreme war-torn communities brings numerous challenges, however FTO continues to grow.

In addition to working directly with impoverished communities, FTO has partnered with two organisations SEM, in Ukraine and Way Maker Trust, in South East Asia.

Ukraine

Kherson is a city in Kherson province of South Eastern Ukraine, located on the Black Sea and the Dnieper River. The city is divided into left and right shores of which both shores were occupied by Russia from March to November 2022. The nine month of occupation left thousands of families crushed in spirit and broken in heart. On the 11th of November 2022 the Ukrainian forces liberated the right shore, however the left is still under occupation and the Russians continue to shell the city day and night. The locals said that surviving another day is like a lottery, you never know when a rocket will hit you or your house, or when shrapnel from rockets could kill you.

In June, 2023, the situation in Kherson worsened when the Kakhovka Dam was destroyed. As a result the entire city and surrounding towns/villages flooded. All of the buildings and the fields of the city were completely covered in water. Those who could not escape in time either drowned or waited on the roofs of their houses to be evacuated by volunteers. For many residents already reeling from the war, the flood destroyed everything they had left. The people of Kherson have had to start from scratch and need everything from shelter, furniture, mattresses, blankets, hygiene items, food and medicine. Our partner on the ground, travelled with a couple and their son from Hungary, a photographer from western Ukraine and a volunteer from Kyiv region. The trip to Kherson lasted for five days, which included two days of travel to get to the destroyed city.

For The One works through local partners and organisations on the ground who not only understand the needs but also those who are well established within the community. SEM are acquainted with the regional and together with local partners know most of the people in need personally. In this instance, the biggest need was for the

elderly and disabled population. SEM were able to purchase a large number of adult hygiene pads for the elderly and those with severe disabilities in addition to bandages and medicines ranging from creams with antibiotic properties, to medications for multiple chronic illnesses.



The citizens of Kherson have suffered many terrible things but through it all they remained strong. However, the flood caused terrible loss, which appeared to be the final straw for many older people or those living with a disability. During the trip, SEM went to a small district of Kherson city, where 18 bedridden people were living. These people were not bedridden before the flood but the mental toll of losing their homes, belongings, family, friends, freedom and safety caused them to suffer tremendous psychological and physical ill health and in some cases stripped them of their independence and dignity.

Once SEM had delivered the humanitarian aid to the charity headquarters, the team of local volunteers sorted out supplies for each person (food, water, cleaning and hygiene products, hygiene pads and medicines) and delivered them to all those in need. Supplies were given to those who were bedridden and a number of residents who had lost their homes to the flood. Alongside humanitarian aid, they were able to receive friendship, love and hope, a key priority for the team. Many people were so very grateful for the help and friendship they received.

While the team were there, two explosions were heard close-by as a result of a Russian drone attack, one of which exploded very close to the headquarters of a local charity. By the time the team got back to the centre, they found rocket debris at the entrance of the building. It was a miracle that nobody was hurt or killed.



The small charity SEM works with in Kherson had run out of the adult hygiene pads and medicines due to the demand being so great. Thankfully we were able to **deliver 73 bags of hygiene pads, two large boxes of medicine and one additional box of bandages and creams.** The charity's director wanted to personally thank the enormous generosity of everyone who helped provide these vital supplies. The locals, couldn't express their gratitude enough for this support, they were crying and smiling at the same time.

South East Asia

Over the past year, For The One has continued to respond to the physical needs of the poor, war-torn and marginalised the provision of healthcare, food, shelter and education, as well as meeting critical emotional and spiritual needs. Some of the highlights included:

- Providing **93 families with food relief packages** including rice, oil and eggs. Over Christmas, 2023, we provided **230 people**, including many workers from a nearby rubber plantation, with a **delicious meal** and an opportunity to hear the Christmas story.
- Walking alongside **21 individuals requiring a range of medical care and hospital treatment** for a variety of conditions including lupus, cataracts, kidney failure, hydrocephalus, atrial septal defect (ASD) and cardiomegaly (enlarged heart) and acute hypertension, chronic back pain, sepsis, cervical cancer, mental health crisis,

and a new prosthesis for a traumatic leg amputation. For others we have supported ongoing medication costs that far exceed their ability to afford.

- Providing **1 family with 6 fishing nets** to promote self sufficiency.
- Organising an **educational trip to a small theme park with 12 village children**, most of whom come from desperately poor, rural, villages with little access to education.
- Continued to support **school fees for 1 child rescued from** child slavery in a bottle cleaning factory and educational resources for an additional **50 children** to enable them to receive an education.
- Rebuilt **1 dorm house** for 4 boys attending school.
- Provided **12 children from a rural village with bunkbeds, mattresses, mosquito nets and storage boxes** to enable them to attend school during term time.
- Provided **100 clean delivery kits (CDKs)** to pregnant women currently living as refugees in a neighbouring country and internally displaced people still trapped in a war zone inside their own country.

CDKs

In August we had the privilege of partnering with a local charity established by a close friend, the 'Way Maker Trust' (WMT), to provide 100 CDKs (Clean Delivery Kits) to pregnant women currently living as refugees and internally displaced people still trapped in a war zone inside their own country. Many women and babies face the risk of sickness, disease, injury and /or death during and after childbirth from preventable causes, most commonly simple infections. Items as simple as a sterile blade for cutting the umbilical cord and a cord clamp literally save lives. The CDKs also include items such as: gloves, soap, hats, blankets, baby oil, baby powder, and swaddling cloths. Despite the huge logistical, geographical, and situational challenges of making and delivering these kits, our partner and her team of volunteers are saving lives and restoring hope to many broken and hurting women.

Education

Eagle pre-school currently have 43 children enrolled in the pre-school from the local community. Many of these families are daily workers and when there is no work available, there is no food on the table that day. Due to poverty and cultural beliefs, there are few opportunities for the children to develop key skills through play. The teachers, however, are determined to continue to provide opportunities for the children in their community. During a freak storm in March 2023, the children's play area was completely destroyed. One of our Trustees had not long lost her husband, to cancer. In his memory, a very generous gift was given to For The One which was used to rebuild the play barn with good foundations and invest in new and exciting play equipment for the children.

During the cooler season we hired a local sports facility and held the first ever sports day. The children had an fantastic time and it was really encouraging to see so many of them excited about joining in regardless of whether or not they won a race. For The One continues to provides educational resources to the school to enable them to find new and creative ways of learning, however getting out and active is definitely the favourite.

For The One were able to fund one of the teachers on a training course to better understand the requirements of children with special educational needs and how classrooms and teaching methods can be adapted to give these precious children access to an education. Although steps are being taken to improve access to education for children with special educational needs, there are still very few opportunities for these children and no provision in main stream schools.



D is a 13-years-old boy who has never been to school. When we met him he couldn't read or write. He was sent to a glass bottle cleaning factory with two of his younger

brothers to earn money for the family when he was only 8 years old, and his brothers were 6 and 7. They had to live there as it was far from their home.

Whilst at the factory they were beaten, abused, starved and forced to work long hours every single day with no break. After 5 years, D managed to escape and somehow found his way home. Some time later, one of D's younger brothers was murdered in tragic circumstances, further exacerbating his trauma. It is common in this part of Asia for families trapped in a cycle of poverty to send their young children out to work whilst parents stay at home taking care of infant siblings. Often parents are illiterate themselves and therefore the cycle repeats itself. In order to support the family and ensure they have an alternative to sending their children to work, we took time with the family to come up with some viable small business options that the mother and grandmother could run from the home. As the family live near a river they asked for fishing nets so that they could catch fish and sell them in the market. We were able to purchase 6 new fishing nets which are already being put to good use.

Given D's age and because he doesn't have a birth certificate, he is unable to register for school. However, For The One was able to organise 2-hours of private tuition with a local teacher 5 days a week. D is finally learning to read and write in both English and his native language. He has been doing exceptionally well and studying hard, even coming home with A*'s in his work book. At 14-years-old he graduated from kindergarten early, and is now studying grade one and absolutely thriving. He is full of mischief and runs everywhere. The greatest joy is to watch this once broken and traumatised little boy find healing, one day at a time. We are so very proud of him and the way he has faced everything with such courage and determination. Love is slowly unravelling his heart and healing every broken part, piece by piece.

Food Aid

Due to political crisis, conflict, economic downturn, pre-existing poverty and climate-related shocks communities are struggling to feed their families. After FTO was asked to assist in one particular village we realised the desperate need of this community. Following an in-person assessment we were able to provide all 70 families, approx 350 people, one month's supply of rice, eggs and oil. The families were delighted and so overjoyed at this gift that they wept as the food packages were handed to them. This enabled them to build up a small amount savings to spread out their income out over the coming months.

Food is very important in Asian culture and serving one another a meal is a great honour for all involved. Christmas was another great event for the whole village to come together to celebrate the message of hope, many for the very first time. Everyone came together to help cook, prepare tables and to serve. It was an opportunity to not only tell each of the 230 villagers they are seen, known and loved, but to show them love in action. After feasting together everyone gathered to hear the Christmas story. There was excitement and wonder in the atmosphere as hundreds of men, women and children fought to get as close to the front as possible, desperate to hear of this Christmas gift that was available to them.

Medical

Over the past year we have been able to journey alongside 21 individuals requiring a range of different medical care and hospital treatments for a variety of conditions including lupus, cataracts, kidney failure, hydrocephalus, atrial septal defect (ASD) and cardiomegaly (enlarged heart), chronic back pain, sepsis, cervical cancer, mental health crisis, and a new prosthesis for a traumatic leg amputation. For others we have supported ongoing medication costs that far exceed their ability to afford. Below are just a few of their stories:

AM is a 70-year-old gentleman who suffered from a traumatic injury to his left eye leaving him partially blind whilst collecting fruit from trees in the village. He was told by doctors that there was a slight chance his sight could be restored but that they would have to act quickly. The longer he waited, the less chance his sight could be saved. Unfortunately AM lives in poverty and when the family couldn't afford the cost of the surgery he was sent home. A local pastor with connections to the village contacted us to ask for help. AM had emergency surgery on his left eye in August and his sight was fully restored. He is now back at work collecting fruit for his family to sell in the market.

NS is a 20 year old who lived in a rural village with her brother, sister-in-law and their 3 children in a small bamboo house. Her parents died many years ago and it tore the family apart. Two years ago NS's legs began to swell and she found it painful to walk. The family saved what money they could to send her to the hospital. The doctors diagnosed her with rheumatoid arthritis, started her on medication and made a referral to a rheumatology consultant. At this point the family had used up all their savings and there was no money left for further treatment so NS returned home. Over the next year, NS's symptoms got progressively worse, she dropped out of school and could barely leave

the house. Her whole body became swollen, from her face down to her toes. Every movement became excruciatingly painful and she was often tired and short of breath.

When we met NS, she was acutely unwell and had lost all hope. It wasn't difficult to see the pain she was in. She timidly told us her story, the pain, the hopelessness and the fear. We asked what her dreams were for the future, at which she let out a nervous laugh and then bowed her head and wept. With some gentle persuasion, she told us she loves animals and wanted to be a vet. We took NS to the hospital where they immediately ordered multiple tests including blood, X-rays and ECG's and sent her home on medication awaiting test results. Three days later we returned to the hospital where she was diagnosed with Lupus and immediately admitted with an enlarged heart and inflamed kidneys. Lupus is an autoimmune disease with no medical cure but symptoms can be managed to maintain a good quality of life. Following diagnosis and the start of treatment NS deteriorated significantly as her whole body began to shut down. During this time NS also developed two blood clots in her brain and was later rushed to a neurosurgical hospital for specialist treatment. Despite all this, the care she received from the hospital was exceptional and after a month she was allowed home to continue her journey of recovery. We continue to love and support NS through friendship, encouragement, regular hospital visits, and financial provision to cover all medical costs. As NS is now too old to return to school For The One is funding English lessons to provide her with a skill that will open up a variety of job opportunities she wouldn't otherwise have had without completing school. We know this is a long road but we are committed to seeing NS thriving, healthy, and dreaming of an exciting future.

NN is a 2-year-old boy born with hydrocephalus, a condition where fluid builds up around the brain and creates incredible pressure in the head. The local hospitals didn't have the facilities, equipment or experience to treat him appropriately and so for a long time he struggled at home as his condition slowly deteriorated. Eventually his parents were able to both save and borrow enough money to travel to a larger city where they saw a neurosurgical team. NN successfully had a VP shunt fitted which is a device that allows the excess fluid to drain from around the brain into the stomach via a tube. Since then he has been back and forward to the hospital with life threatening bacterial infections and blockages in the shunt. The neurosurgical team were no longer able to manage NN's condition and sent the family to a tertiary centre in the south of the country. His parents left their two other children at home and made the long, dangerous journey to the city. Treatment continued but after exhausting their own savings and

capacity to borrow from family and friends they were desperate and left with the heartbreaking decision to consider taking NN home without further treatment. It was at this point that a friend of the family heard about For The One and asked us for help. We have been able to provide finances over the past 6 months to cover emergency surgery, intravenous antibiotics and anti-sickness medication plus regular blood and lumbar puncture tests, scans and other treatments, to monitor his condition. We hope NN will be well enough to return home soon and begin to thrive with his family.

KW is a 20-year-old woman with a rare cardiac abnormality called an atrial septal defect (ASD), also known as a hole in the heart. The family are very poor and lacked the funds they needed to seek medical treatment. This meant that her condition went undiagnosed until she was 13 years old at which point she was quite unwell. The family were told she would need urgent surgery to correct the defect but with no money available they went home. Now at 20, KW desperately needed surgery to save her life. KW's heart and lungs have been over compensating for so long that she now has a range of additional complications including severe hypertension and cardiomegaly, all of which required urgent treatment. Without this surgery KW won't survive. When we met with her in her home she sobbed as she described her whole life as being a constant struggle, and the battle with loss of hope, disappointment and frustration. As we begin this journey together we pray that KW will not only find physical healing but also healing for her heart, restored joy, fresh hope and excitement for the future.

As we reflect on the past year, the joys and the challenges, there is a tremendous sense of both achievement and a deep humbling. Every individual we have had the privilege of serving in some capacity is not simply a project we have helped, they are people we love. Every created person holds intrinsic worth, purpose and destiny. Our hope is that as we have responded to the most basic of physical needs such as food, shelter, medicine and education, we have also met an emotional and spiritual need for friendship, hope, healing and restoration.

Risk management statement

The trustees have overall responsibility for the charity's internal control. Such a system can provide only reasonable and not absolute assurance against errors.

A register of the risks faced by the charity is maintained, identifying the major strategic and operational risks faced and how they are being managed.

The trustees are satisfied that systems are in place to monitor, manage and mitigate the charity's exposure to major risks. They consider that reviewing internal controls and risk will provide the charity with adequate risk assurance in the event of adverse conditions. They also recognise that the nature of some of the charities work requires active acceptance and management of some risks when undertaking activities to achieve the objectives of the charity.

FOR THE ONE
(Charitable Incorporated Organisation)

TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 7TH MAY 2024

Trustees' Responsibilities

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice GAAP).

The Law applicable to Charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations and the provisions of the Governing Document requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charity for that period. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity SORP;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations and the provisions of the Governing Document. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Dec 23, 2024

Approved by the Trustees on


HannahSpires (Dec 23, 2024 11:11 GMT)

Signed on their behalf by Trustee

Printed Name: Hannah Spires

FOR THE ONE
(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 7TH MAY 2024

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2023/24 £	TOTAL 2022/23 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	3a	10,055	3,264	13,319	8,099
TOTAL INCOMING RESOURCES		10,055	3,264	13,319	8,099
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	4a	8,890	3,264	12,154	16,270
Governance Costs	4b	780	-	780	650
TOTAL RESOURCES EXPENDED		9,670	3,264	12,934	16,920
NET INCOMING (OUTGOING) RESOURCES		385	-	385	(8,821)
Funds Brought Forward		982	-	982	9,803
TOTAL FUNDS CARRIED FORWARD		1,367	-	1,367	982

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 18 to 23 form part of these financial statements.

FOR THE ONE
(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 7TH MAY 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total 07-May-24 £	Total 07-May-23 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	2,147	-	2,147	1,632
Total Current Assets		2,147	-	2,147	1,632
Creditors: amounts falling due within one year	9	780	-	780	650
NET CURRENT ASSETS		1,367	-	1,367	982
TOTAL ASSETS less current liabilities		1,367	-	1,367	982
Creditors: amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		1,367	-	1,367	982
Funds of the Charity					
General Funds		1,367	-	1,367	982
Restricted Funds	5	-	-	-	-
Total Funds		1,367	-	1,367	982

Dec 23, 2024

Approved by the Trustees on

Hannah Spires
Hannah Spires (Dec 23, 2024 11:11 GMT)

Signed on their behalf by Trustee

Printed Name: Hannah Spires

FOR THE ONE
(Charitable Incorporated Organisation)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 7TH MAY 2024**

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2015) (Second Edition, effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern

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 resource 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 has 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.

Investment Income

This is included in the accounts when receivable.

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2024

1. ACCOUNTING POLICIES (continued)

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 the trustees 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 a grant which remain in control of the charity.

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.

Pensions

Pension contributions are charged to the Statement of Financial Activities as they become payable.

Unrestricted funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds

These funds are funds set aside by the trustees out of unrestricted general funds for specific purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Reducing Balance Basis
----------------------------------	------------------------------

2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial year.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

7th May 2024 : None

7th May 2023 : None

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2024

3. INCOMING RESOURCES

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 2023/24 £	TOTAL 2022/23 £
a) Donations, Grants & Legacies					
Gifts & Donations	5	10,055	3,264	13,319	8,099
		10,055	3,264	13,319	8,099

4. RESOURCES EXPENDED

		Unrestricted Funds £	Restricted Funds £	TOTAL 2023/24 £	TOTAL 2022/23 £
a) Cost of Charitable Activities					
Bank Charges		26	-	26	36
Family Support & Shelter	5	1,711	500	2,211	1,399
Food Relief		1,126	-	1,126	2,046
Gifts & Donations		1,300	-	1,300	1,000
Insurance Costs	5	-	578	578	-
Medical Costs		3,759	-	3,759	7,112
Sundry Expenses		9	-	9	12
Travel & Subsistence	5	-	2,186	2,186	1,086
Volunteers Costs		569	-	569	428
Website Costs		390	-	390	3,150
		8,890	3,264	12,154	16,270
b) Governance Costs					
Independent Examiners Fees	9	780	-	780	650
		780	-	780	650

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2024

5. RESTRICTED FUNDS

CURRENT FINANCIAL YEAR

	Balance 08-May-23	Income	Expenditure	Transfers	Balance 07-May-24
	£	£	£	£	£
Education Fund	-	3,264	3,264	-	-
	-	3,264	3,264	-	-

PREVIOUS FINANCIAL YEAR

	Balance 08-May-22	Income	Expenditure	Transfers	Balance 07-May-23
	£	£	£	£	£
Shelter Fund	-	202	202	-	-
Education Fund	-	257	257	-	-
Ukraine Support Fund	-	1,000	1,000	-	-
Website Development Fund	-	3,120	3,120	-	-
	-	4,579	4,579	-	-

The restricted funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2024

6. INVESTMENTS

The CIO held no fixed asset investments during this or the previous financial year.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	Total 07-May-24 £	Total 07-May-23 £
Cash at Bank & in Hand	2,147	-	2,147	1,632
	2,147	-	2,147	1,632

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	Total 07-May-24 £	Total 07-May-23 £
Sundry Debtors	-	-	-	-
	-	-	-	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	Total 07-May-24 £	Total 07-May-23 £
Independent Examiners Fees	780	-	780	650
	780	-	780	650

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial year.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total 07-May-24 £	Total 07-May-23 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	1,367	-	1,367	982
Long Term Liabilities	-	-	-	-
	1,367	-	1,367	982

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2024

12. STAFF COSTS AND NUMBERS

The Charity employed no members of staff during this or the previous financial year.

13. TRUSTEES AND OTHER RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them (2022/23: None).

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

FOR THE ONE
(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of For The One on the accounts for the year ended 7th May 2024 set out on pages 16 to 23.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

K. Collaku MAAT
Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ



Date: 13th January 2025

FOR THE ONE

England & Wales - Charity number 1183307

Accounts

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 7TH MAY 2023**

FOR THE ONE

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1183307

Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS

FOR THE ONE
(Charitable Incorporated Organisation)

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FOR THE ONE
(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1183307
DATE OF REGISTRATION	8th May 2019
START OF FINANCIAL YEAR	8th May 2022
END OF FINANCIAL YEAR	7th May 2023
TRUSTEES AT 7TH MAY 2023	Hannah Spires Jane McDonald Diana Shaw Peter Waddup Sally Dunn
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Foundation Registered 8th May 2019

OBJECTS

For the public benefit of the public, in accordance with its Christian origins and heritage the relief of those in need by way of financial hardship, unemployment, ill-health, disability and/or poor education or skills attainment by providing or assisting in the provision of education, training, healthcare projects and financial and practical support with the aim of improving the conditions of life of such persons and enabling them to participate in society and be self-sufficient.

CORRESPONDENCE ADDRESS	The Old Forge Church Street Polebrook Peterborough PE8 5LF
PRIMARY BANKERS	Wise Ltd 56 Shoreditch High Street London E1 6JJ
INDEPENDENT EXAMINERS	Castle View Accounting Ltd New Barn Mudberry Lane Bosham Chichester West Sussex PO18 8TS



For The One

Trustees Annual Report

2022- 2023

For The One is a charity, driven by love, that exists to reach the poor, the broken, the oppressed and the forgotten with unconditional love through acts of service. We recognise the injustice of poverty, oppression and war. In response, we seek to meet the most critical needs of the one in front of us, through the provision of medical care, shelter, food relief and education.

For The One has undergone many un-foreseen challenges outside of our control over the past year, changing the way in which we work to ensure we continue to reach those most in need without delay or compromise. Despite the challenges For The One continues to grow and thrive and reach the most vulnerable in some the most devastated nations in the world.

This last year saw the need to upgrade and improve our website. During the process of setting up a new website, the designers suggested we re-brand For The One to better reflect who we are and what we do. We have been so blessed by the team of designers, not only by their professionalism and skill but also by their incredible kindness and determination to help us. The new website has been a fantastic resource and point of information to all of our supporters.

Since gaining charitable status 4.5 years ago, For The One has been solely focused on South East Asia. However, as the organisation has grown and the world is becoming an increasingly volatile place, we felt the need to expand our hearts and extend our hands beyond our borders. We recognise the injustice of poverty, oppression and war, and in response, seek to meet the most critical needs of the one in front of us, through the provision of medical care, shelter, food relief and education. During a short trip to Ukraine in May 2022, we were reconnected with old friends in Western Ukraine. A small team of local and international volunteers are courageously organising regular trips into some of the most difficult and dangerous places of central and Eastern Ukraine to take vital food and medical supplies. As a result of these precious friendships, a shared faith and common vision, we are expanding our reach into Ukraine through this local partnership through the provision of grants. During this financial year, FTO was able to partner with SEM, through the giving of a grant, to support two humanitarian trips into central and Eastern Ukraine.

Eastern Europe: Ukraine

Balakliia is a city in the Izyum region of Kharkiv Oblast, in Eastern Ukraine. At the time of writing Balakliia was 30 miles away from the frontline. The city and surrounding areas were some of the worst hit by the invasion in the early months of the war and as a result it quickly fell into Russian control. The war has been devastating for this region but Russian occupation made living unbearable. Balakliia was liberated by the Ukrainians in September 2022 after 6 months of occupation. Despite the relief and joy of being liberated, the people of Balakliia continue to face immense challenges simply to survive each day. The occupiers left behind a trail of destruction on an apocalyptic scale and

inflicted unspeakable acts of horror and violence on remaining residents leaving thousands of spiritually, emotionally and physically broken and traumatised people.



The remaining residence of Balakliia are predominantly the elderly and children. Most of the children who still live there are now orphans. Limited access to food, medicines and essential items have exacerbated the horrors and trauma of the war for these elderly residents and newly orphaned children. Sickness and disease is a growing problem exacerbated by months of living in damp, dark basements in freezing conditions and with poor sanitation, nutrition and lack of sunlight.

For The One was able to partner with a small local organisation on the ground, SEM (Shidno Evropejska Misija). Zsolt and his team of local and Hungarian volunteers were able to reach these desperate communities with food, medicines, generators, blankets, clothes and many other essential items. Financial support came from multiple sources across a number of different countries and organisations, all covering different aspects of the trip. This is the beauty of people coming together for a common goal and serving alongside each other. For The One was specifically able to fund the large order of medications and first aid items that had been requested by local leaders on the ground and provide the funds needed to cover the cost of fuel, food and accommodation. It's worth highlighting that the ability to cover the cost of fuel, following the dramatic rise in prices, is absolutely critical and without it the teams can not reach the people with the

supplies. The medicines and supplements requested and purchased included analgesics (painkillers), cold and virus mediations, antipyretics for fever, antihistamines, drugs for a number of acute and chronic conditions such as high blood pressure, sedatives, and a range of vitamins to supplement poor nutritional intake. First aid items such as bandages and iodine solution were vital for dressing wounds and preventing infection.

Kyiv oblast was one of the first regions hit by Russia's invasion of Ukraine on 24th February, 2022. Kyiv Oblast is made up of many towns and villages on the outskirts of the capital city, Kyiv. Much of this region was occupied by the Russians right at the beginning of March, 2022, following massive bombardment and widespread destruction. By the end of April 2022, the region was liberated by the Ukrainian military, much to the joy of the Ukrainian people. Much of the region was completely destroyed or broken, not just the buildings and infrastructure, but the bodies and souls of the citizens as well.



Borodianka is one of these towns in the Bucha region of Kyiv oblast, 30 miles Northwest of the capital, Kyiv. Most people in Borodianka owned farms, with many animals and large areas of cultivated land. Despite humanitarian corridors being established, it is

unclear how many managed to escape. Roads into and out of the town are littered with burnt out cars and vehicles. Borodianka was heavily shelled by Russian rockets on 1st of March 2022 and as a result, eight large apartment buildings were completely destroyed and many people were killed. When the apartment blocks were hit by rockets, locals wanted to launch a rescue operation to find people who were buried under the rubble, both those buried alive and the dead. The Russian soldiers refused to allow anyone to dig through the rubble, or even to bury the people who had died. It wasn't until the Borodianka was liberated by the Ukrainian military that the locals could search for the bodies of those who had died in the destroyed buildings. This meant that even those who survived the initial shelling, died under the rubble.

When the Ukrainian military successfully launched a counter offensive and liberated the Kyiv region, residents of Borodianka were deeply relieved, but the reality was that this nightmare was not going to disappear with the Russian soldiers. There were no shops, pharmacies, or clinics that were functioning. All the farm animals had been killed, food stores had been stolen or eaten, their houses were destroyed and most had lost multiple family members. Volunteers from across Europe started to arrive in Borodianka and began building temporary shelters for families on their farm land. This meant families could stay together at home and begin the slow and painful process of rebuilding out of the ashes. A year later, there are still no shops, pharmacies or clinics in Borodianka. Residents are forced to travel into the city to buy basic food items and medicine. With the majority of remaining residents being the elderly, travelling into the city is near impossible because of mobility and lack of finances. Many people are suffering greatly.

Our partners and a small group of volunteers from across Ukraine gathered together to respond to the desperate needs of people in Borodianka and the surrounding villages. The team purchased food, medicines and essential items, loaded the supplies into 3 vans, and drove to Borodianka. For The One was able to provide the funds to cover the cost of the medicines and fuel for delivery. Medications were purchased to meet specific needs in the town and surrounding villages, these included tablets for chronic conditions such as heart disease, high blood pressure, sedatives, painkillers, cold and flu tablets and first aid items such as bandages. A total of 40 people received critical food packages and medicines.



While Zsolt and his team were in Kyiv oblast, they had the privilege of visiting 20 families in Borodianka and the surrounding villages. All of these families had lost at least one family member as a direct result of the war and subsequent occupation. The families here find comfort in one another, united by their shared, harrowing experiences. No words are needed to explain the horrors of what each person has experienced, they all know.

Our partnership with SEM has been a real highlight of our year and we have loved serving alongside such hard working, dedicated and faithful friends. Further trips will be planned for the future to respond to the needs as they are presented to us.

South East Asia

Over the past year we have been able to assist **17 individuals through medical and / or surgical treatments** for a range of acute and chronic conditions. Conditions ranging from lupus, cataracts, TB of the spine, cancer, encephalitis, traumatic limb amputation, thyroidectomy, kidney stones, a mental health crisis and many more. We **relocated and rebuilt 1 shelter for a family** whose home was falling apart and they had been told by the land owner to leave. A total of **92 families received food relief**. Our family food packages include a bag of rice, bottle of oil, and at times, a selection of food items such as eggs, potatoes, onions, garlic , chilli and noodles. In addition to our medical, food and shelter support we were also able to support a small, rural **pre school with vital educational supplies for 38 children**, aged 3-6 years old, and begin the process of **rebuilding an outside, undercover play area**.



Healthcare is often out of reach for many people living in poverty. There are many reasons for this, however three of the most common are lack of finances, geographical challenges and / or the absence of any health care facilities within an appropriate distance. Many people have to walk on foot for days to reach a medical facility and in

many of these cases, the nearest hospitals/clinics are often not equipped, resourced, or staffed well enough to deal with anything more than minor illnesses or injuries. The following two stories are of two of our medical beneficiaries:

Martha (not her real name) is 20 years old and lives in a rural village with her brother, sister in law and their 3 children. Her parents died many years ago and it tore the family apart. Two years ago her legs began to swell and she found it painful to walk. The family saved what money they could to send her to the hospital. The doctors diagnosed her with rheumatoid arthritis, started her on medication and made a referral to a rheumatology consultant. At this point the family had used up all their savings and there was no money left for further treatment so Martha returned home. Over the next year, Martha's symptoms got progressively worse, she dropped out of school and could barely leave the house. Her whole body became swollen, from her face down to her toes. Every movement became excruciatingly painful and she was often tired and short of breath.

When we met Martha, she was acutely unwell and had lost all hope. It wasn't difficult to see the pain she was in. She timidly told us her story, the pain, the hopelessness and the fear. We asked Martha what her dreams were for the future, at which she let out a nervous laugh and with some gentle persuasion, she told us she loves animals and wanted to be a vet. At that point she broke down and wept. We accompanied Martha to the hospital where they ordered multiple tests including bloods, X-rays and ECG's and sent her home on medication awaiting test results. Three days later we returned to the hospital where she was diagnosed with Lupus and immediately admitted with an enlarged heart and inflamed kidneys. Lupus is an autoimmune disease with no cure but symptoms can be managed to maintain a good quality of life. Martha's condition continued to deteriorate as the doctors and nurses found it hard to address one complication after another. After partially losing the sight in one of her eyes, she was transferred to a larger general hospital where she was diagnosed with 2 blood clots behind her eye. Treatment was started immediately in order to save her life. After over a month in the hospital, Martha began to respond to treatment and her condition improved enough to return home. We continued to love and support Martha and her family through friendship, encouragement, regular hospital visits, and financial provision to cover all medical costs. We know this is a long road but we are committed to seeing Martha thriving, healthy, back in school, and dreaming of her future as a vet.

Thomas (not his real name) is an 11 year old boy from a mountainous region of South East Asia. He lived in a small village with his parents and siblings. One day, whilst Thomas was playing outside his house he was hit by a large, flying, steel object, traumatically amputating the right leg just below the knee and badly damaging his left leg.

With the nearest hospital a days drive away, we had to act quickly to ensure any chance of survival. A small trauma team on the ground were able to control the bleeding and stabilise Thomas just enough to transfer him to a bigger inner city hospital that could deal with the complexities of traumatic injuries on this scale. Thanks to the quick actions of all those on the ground, Thomas eventually had surgery that not only saved his remaining leg but also saved his life. With very minimal pain relief, multiple surgeries and being far away from home, Thomas was overwhelmed and desperate to go home. Just weeks after the incident, his brother was killed in a second horrific incident. Overwhelmed with grief and unspeakable trauma, the family chose to return home to say goodbye to their son/brother. This is not the choice we would have made for them, but we were learning, and continue to learn, how to navigate and balance the need for medical/surgical treatment alongside the complexities of trauma and grief. With most mobile data and phone lines cut in this region, communication was incredibly difficult but we continued to be in contact with the family where possible and monitor recovery as best as we could.

For The One was able to cover all the costs of Thomas' medical bills including all transportation cost, accommodation and food. It was also an opportunity to offer a variety of support to the whole family including friendship, love and offer hope. Just 8 months after the incident, Thomas was accepted for assessment at a prosthetic clinic specialising in children and they were ready to receive him immediately. The day the first photo was shared of Thomas standing with his new prosthetic leg we felt two things. On one hand our hearts ached as we recalled the trauma and pain this little boy has suffered, and we grieved everything he has lost. But on the other hand, we were overwhelmed with joy to see Thomas standing upright on two legs for the first time in 8 months and with a smile on his face. He is alive and for that we are so grateful. But it doesn't end there, with his physical healing well on its way, our heart is to see Thomas find complete healing emotionally too. Thomas continues to thrive as he adapts to life with a prosthetic leg. He will need ongoing help and support, particularly as he grows but we are so proud of him.



With global food prices increasing beyond peoples ability to pay, climate change and critical food shortages, many people are struggling to put food on the table each day and are unable to provide a healthy and balanced diet to maintain health and wellbeing. As such, this puts a further strain on the health care system as more people are requiring access to health care. Handing out food relief is only a short term solution for many of these families to address an urgent need. Where possible we try to look at individual situations and work out whether we can provide support, to set up or improve, small businesses to generate income and encourage self sufficiency and independence. FTO was able to support one family living besides a river with 6 fishing nets. This has enabled the family to catch their own fish for curries but also provide a small income to help support food or rent costs.



Education is vitally important and a means of breaking cycles of poverty. FTO has been investing time and resources into a small, rural, pre school of 38 children, aged 3-6 years old. It is well known that the development of a child aged 0-5 years is critical for building a solid foundation to build on for the rest of their lives. As well as providing a range of educational materials for the children and supporting the two teachers with a monthly gift, we were also able to begin rebuilding the outdoor play area that had been destroyed in a storm. The covered, outdoor play barn provides a safe space for the children to explore, learn and develop through play. It also encourages exercise and healthy living practices, something that is not encouraged in many local communities.

As we reflect on the past year, the joys and the challenges, there is a tremendous sense of both achievement and a deep humbling. Every individual we have had the privilege of serving in some capacity is not simply a project we have helped, they are people we love. Every created person holds intrinsic worth, purpose and destiny. Our hope is that as we have responded to the most basic of physical needs such as food, shelter, medicine and education, we have also met an emotional and spiritual need for friendship, hope, healing and restoration.

Risk management statement

The trustees have overall responsibility for the charity's internal control. Such a system can provide only reasonable and not absolute assurance against errors.

A register of the risks faced by the charity is maintained, identifying the major strategic and operational risks faced and how they are being managed.

The trustees are satisfied that systems are in place to monitor, manage and mitigate the charities exposure to major risks. They consider that reviewing internal controls and risk will provide the charity with adequate risk assurance in the event of adverse conditions. They also recognise that the nature of some of the charities work requires active acceptance and management of some risks when undertaking activities to achieve the objectives of the charity.

FOR THE ONE
(Charitable Incorporated Organisation)

TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 7TH MAY 2023


Trustees' Responsibilities

The Charities Act 2011 require the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue in existence.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 20/12/2023

Signed on their behalf by Trustee 

Printed Name: HANNAH SPIRES

FOR THE ONE
(Charitable Incorporated Organisation)

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 7TH MAY 2023**

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2022/23 £	TOTAL 2021/22 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	3a	3,520	4,579	8,099	14,358
TOTAL INCOMING RESOURCES		3,520	4,579	8,099	14,358
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	4a	11,691	4,579	16,270	16,879
Governance Costs	4b	650	-	650	600
TOTAL RESOURCES EXPENDED		12,341	4,579	16,920	17,479
NET INCOMING (OUTGOING) RESOURCES		(8,821)	-	(8,821)	(3,121)
Funds Brought Forward		9,803	-	9,803	12,924
TOTAL FUNDS CARRIED FORWARD		982	-	982	9,803

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

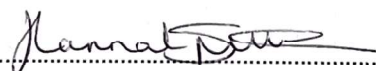
The notes on pages 17 to 22 form part of these financial statements.

FOR THE ONE
(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 7TH MAY 2023

	Note	Unrestricted Funds £	Restricted Funds £	Total 07-May-23 £	Total 07-May-22 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	1,632	-	1,632	10,403
Total Current Assets		1,632	-	1,632	10,403
Creditors: amounts falling due within one year	9	650	-	650	600
NET CURRENT ASSETS		982	-	982	9,803
TOTAL ASSETS less current liabilities		982	-	982	9,803
Creditors: amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		982	-	982	9,803
Funds of the Charity					
General Funds		982	-	982	9,803
Restricted Funds	5	-	-	-	-
Total Funds		982	-	982	9,803

Approved by the Trustees on 20th December 2023

Signed on their behalf by Trustee 

Printed Name: HANNAH SIRES

FOR THE ONE
(Charitable Incorporated Organisation)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 7TH MAY 2023**

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2015) (Second Edition, effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern

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 resource 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 has 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.

Investment Income

This is included in the accounts when receivable.

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2023

1. ACCOUNTING POLICIES (continued)

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 the trustees 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 a grant which remain in control of the charity.

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.

Pensions

Pension contributions are charged to the Statement of Financial Activities as they become payable.

Unrestricted funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds

These funds are funds set aside by the trustees out of unrestricted general funds for specific purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Reducing Balance Basis
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2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial year.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

7th May 2023 : None

7th May 2022 : None

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2023

3. INCOMING RESOURCES

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 2022/23 £	TOTAL 2021/22 £
a) Donations, Grants & Legacies					
Gifts & Donations	5	3,520	4,579	8,099	14,358
		3,520	4,579	8,099	14,358

4. RESOURCES EXPENDED

		Unrestricted Funds £	Restricted Funds £	TOTAL 2022/23 £	TOTAL 2021/22 £
a) Cost of Charitable Activities					
Bank Charges		36	-	36	69
Books & Publications		-	-	-	2,485
Family Support & Shelter	5	940	459	1,399	2,125
Food Relief		2,046	-	2,046	4,479
Gifts & Donations	5	-	1,000	1,000	4,966
Medical Costs		7,112	-	7,112	2,459
Sundry Expenses		12	-	12	146
Travel & Subsistence		1,086	-	1,086	-
Volunteers Costs		428	-	428	151
Website Costs	5	30	3,120	3,150	-
		11,691	4,579	16,270	16,879
b) Governance Costs					
Independent Examiners Fees	9	650	-	650	600
		650	-	650	600

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2023

5. RESTRICTED FUNDS

CURRENT FINANCIAL YEAR

	Balance 08-May-22 £	Income £	Expenditure £	Transfers £	Balance 07-May-23 £
Shelter Fund	-	202	202	-	-
Education Fund	-	257	257	-	-
Ukraine Support Fund	-	1,000	1,000	-	-
Website Development Fund	-	3,120	3,120	-	-
	-	4,579	4,579	-	-

PREVIOUS FINANCIAL YEAR

	Balance 08-May-21 £	Income £	Expenditure £	Transfers £	Balance 07-May-22 £
Food Relief Fund	-	190	190	-	-
Medical Fund	-	1,091	1,091	-	-
Shelter Fund	-	301	301	-	-
Volunteers Support Fund	-	11	11	-	-
	-	1,592	1,592	-	-

Restricted funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2023

6. INVESTMENTS

The CIO held no fixed asset investments during this or the previous financial year.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	Total 07-May-23 £	Total 07-May-22 £
Cash at Bank & in Hand	1,632	-	1,632	10,403
	1,632	-	1,632	10,403

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	Total 07-May-23 £	Total 07-May-22 £
Sundry Debtors	-	-	-	-
	-	-	-	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	Total 07-May-23 £	Total 07-May-22 £
Independent Examiners Fees	650	-	650	600
	650	-	650	600

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial year.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total 07-May-23 £	Total 07-May-22 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	982	-	982	9,803
Long Term Liabilities	-	-	-	-
	982	-	982	9,803

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2023

12. STAFF COSTS AND NUMBERS

The Charity employed no members of staff during this or the previous financial year.

13. TRUSTEES AND OTHER RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them. (2021/22: None)

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

FOR THE ONE
(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of For The One on the accounts for the year ended 7th May 2023 set out on pages 15 to 22.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

K. Collaku MAAT
Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS


Date: 22nd December 2023

FOR THE ONE

England & Wales - Charity number 1183307

Accounts

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 7TH MAY 2022**

FOR THE ONE

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1183307

Castle View Accounting Ltd

New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS

FOR THE ONE
(Charitable Incorporated Organisation)

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FOR THE ONE

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1183307
DATE OF REGISTRATION	8th May 2019
START OF FINANCIAL YEAR	8th May 2021
END OF FINANCIAL YEAR	7th May 2022
TRUSTEES AT 7TH MAY 2022	Hannah Spires Jane McDonald Diana Shaw Peter Waddup Sally Dunn (Appointed 30th December 2021)
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Foundation Registered 8th May 2019

OBJECTS

For the public benefit of the public, in accordance with its Christian origins and heritage the relief of those in need by way of financial hardship, unemployment, ill-health, disability and/or poor education or skills attainment by providing or assisting in the provision of education, training, healthcare projects and financial and practical support with the aim of improving the conditions of life of such persons and enabling them to participate in society and be self-sufficient.

CORRESPONDENCE ADDRESS	The Old Forge Church Street Polebrook Peterborough PE8 5LF
PRIMARY BANKERS	Wise Ltd 56 Shoreditch High Street London E1 6JJ
INDEPENDENT EXAMINERS	Castle View Accounting Ltd New Barn Mudberry Lane Bosham Chichester West Sussex PO18 8TS

FOR THE ONE

(Charitable Incorporated Organisation)

TRUSTEES' REPORT FOR THE YEAR ENDED 7TH MAY 2022

This past year has seen many significant challenges resulting in changes to the way in which we run the charity, for the safety and protection of our volunteers and beneficiaries.

Getting money into this South East Asian country is always challenging, but following a major political change in early 2021 it became almost impossible for a period of time. It was heartbreakingly frustrating to see the desperate need of this beautiful nation and not be able to respond with the practical help we knew we could have given.

The feeling of helplessness and hopelessness tend to come hand in hand. For many people who were only just surviving before the political changes, life has now become unbearable. People really are desperate just to survive each day.

During late 2021, For The One was finally able to respond to the crisis and get small amounts of money into the country to address the ever worsening national food shortage, lack of medical facilities, and shelter. However, due to the collapse of the health care system, accessing health care was challenging and at times impossible. This forced us to focus primarily on food and shelter until doors were opened and we were able to find hospitals and doctors who were able to treat those most in need.

Food

For The One continues to reach some of the most desperate communities in and around the city. Over a 6 month period we were able to provide regular food parcels to 505 families plus 100 orphaned children, reaching a total of 2,545 individual people for a period of between 2-8 weeks. Basic food items included rice, potatoes, oil, noodles, eggs, onions and garlic.

Many people are malnourished and underweight as an indirect consequence of the current situation in country. Lack of food and good nutrition have cause a spike in illness and disease as the health of the population continues to decline. In order to proactively address this growing health crisis, we were able to support some of the most vulnerable communities with food and good nutrition.

Utilising local knowledge and contacts we were able to reach the most vulnerable with food parcels. Local leaders and FTO volunteers worked together to identify the most desperate and then organised distribution.

The following 2 quotes came from some of our beneficiaries:

“Please thank the people who donated these food packages for their loving concern towards us. We have been praying for provision as we are finding it so hard to earn money and buy food at the moment. Today our prayers have been answered and I am so happy. Thank you.”

“This morning I had no oil left to cook a curry for my family. I had to go and ask a neighbour if they could lend me a small amount which they kindly did, even though things are hard for them too. I was so worried about how I would repay their generosity. Then unexpectedly we were visited by your team and they gave us food packages. Inside I found oil, rice, onions, eggs, salt and rice noodles. Oh thank you for being the answer to our prayers.”

Shelter

Shelter is a basic fundamental right for all of humanity. Inadequate and/or lack of shelter exacerbates poor health outcomes and significantly increases the chances of sickness and injury. We have been able to build/re-build 15 homes that were dangerously unstable and for those who found themselves homeless. These homes are traditionally made of wood, bamboo and banana leaves so are very basic in their construction but they provide a safe place to stay and shelter from extreme weather. Each of the beneficiary families contributed to the construction of their new homes in some capacity, mostly in the physical building once the construction materials had been provided, others were able to provide some simple materials in addition to the supplies provided by For The One.

FOR THE ONE

(Charitable Incorporated Organisation)

TRUSTEES' REPORT (Continued) FOR THE YEAR ENDED 7TH MAY 2022

Medical

We were able to provide 2 oxygen concentrators and face masks to 2 facilities treating patients with Covid-19 and medicines to 70 children in a local orphanage.

In the chaos of Covid-19, the absence of hospitals, doctors or nurses and a shortage of oxygen, many people were trying to manage their symptoms and/or dying at home. In response, as the world closed their doors to protect themselves, many local faith organisations opened up their doors to the sick and dying to care for them. In most cases, these facilities had no PPE, no equipment, no training, only a sacrificial heart to be the answer to so much suffering. Through a very generous gift, For The One was able to purchase 2 oxygen concentrators capable of generating their own oxygen supply. These machines went to two different facilities, one in a city in the South and one in the North of the country. These oxygen concentrators were saving lives every day and we are so thankful to have had the opportunity to help in this way.

Towards the end of this past year, health facilities slowly began re-opening and providing health care services. We have been able to treat/begin treatment for 4 individuals waiting desperately for medical help. Below is a brief overview of their stories:

KK is 34 years old and from the city. Her father died when she was young leaving her mother to raise her and her brother alone. In 2017 whilst studying at college, KK began to suffer with excruciating abdominal pain. A trip to the hospital revealed a mass attached to the uterus and growing steadily. At the time, with no money for treatment and having been told she would likely need a hysterectomy, she decided to return home and wait. Between 2017-22 the mass grew leaving KK looking 6 months pregnant and in constant pain. Tragically, in 2021, KK's brother died suddenly. One of our amazing volunteers was introduced to KK. We were able to get KK seen by a wonderful surgeon who was not only very experienced, but also incredibly kind and understanding. They promised to do all they could to remove the tumour without the need for a full hysterectomy but admitted this was unlikely. After 5 hours of surgery the surgeons managed to isolate and remove the whole tumour without the hysterectomy. And a few days later results came back to confirm it was benign. Seven days after the surgery, KK got to return home and is doing exceptionally well.

SNA is a farmer from the South West of the country. A hunting rifle was accidentally discharged whilst slung over his shoulder and he was shot in the foot. With limited health care facilities he was forced to travel 3 days to the city for treatment. Initial attempts to remove the bullet and repair the damage failed and surgeons told him that his only option was amputation. The cost of the surgery was beyond his ability to pay and so he waited in excruciating pain for 7 months trying to work out what to do. Returning home to his young family in this state was not an option, he was the only bread winner. SNA has been trialling a course of medication and regular wound care as an alternative to amputation, however we are not sure this is the right course of action. According to the surgeons, the challenge is that the bullet is lodged in a very difficult position and they do not feel it is possible to remove it without causing further damage. However both surgical amputation and conservative management will both significantly affect mobility. This case is still ongoing.

UNH is a 71 year old from the West of the country. He made his way to the city in a desperate search for help. He had been suffering from weight loss and extreme back pain for many months. It's been a complex journey of medical consultations, tests, surgeries and treatments with no diagnosis and UNH continued to deteriorate. Eventually he was diagnosed with TB in the bone and doctors told his friends to take him home to die but we chose to fight a little harder. UNH slowly began to make small improvements and now he is not only nearing the end of treatment but thriving and excited to go home to his family.

D is a 7-year-old orphan from a children's home on the outskirts of the city. He was born with talipes which is also known as club foot. We had been waiting for 2 years to take him to a hospital to begin the process of straightening his feet, but due to covid and then significant challenges in country, it's been impossible. But finally, in the middle of April, we saw an orthopaedic surgeon. The plan was to complete 3 cycles of wearing a cast for 3 weeks (total of 9 weeks) followed by surgery. We have successfully managed to complete 1 cast cycle and now awaiting a review before beginning the second cycle.

FOR THE ONE

(Charitable Incorporated Organisation)

**TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 7TH MAY 2022**

Additional Support

In order to address an emotional and spiritual health/need, we have also been able to place a special Children's Book into the hands of 305 children and adults. These books are beautifully illustrated with lots of colourful pictures and easy to understand local language. Many of these families are illiterate and so it is the older children who will read their new story books to their adult family members and younger siblings. We chose to give a book to all the children who wanted one regardless of their ability to read because one day, they will! In the mean time, they can enjoy all the pictures and create stories from them. Many of these children have never owned their own story book and so they were incredibly excited.

Despite the many challenges this past year, we have been able to reach many of the most vulnerable in and around the city with the most basic human rights such as food, shelter and medical help. None of this would have been possible without the hard work and dedication of the local volunteers who consistently give up their own time and energy to serve the beneficiaries with radical love, respect and kindness.

Risk Management

The trustees have overall responsibility for the charity's internal control. Such a system can provide only reasonable and not absolute assurance against errors.

A register of the risks faced by the charity is maintained, identifying the major strategic and operational risks faced and how they are being managed.

The trustees are satisfied that systems are in place to monitor, manage and mitigate the charities exposure to major risks. They consider that reviewing internal controls and risk will provide the charity with adequate risk assurance in the event of adverse conditions. They also recognise that the nature of some of the charities work requires active acceptance and management of some risks when undertaking activities to achieve the objectives of the charity.

Trustees' Responsibilities

The Charities Act 2011 require the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the trust will continue in existence.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on12/10/22.....

Signed on their behalf by Trustee 

Printed Name: HANNAH SPIRES

FOR THE ONE

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 7TH MAY 2022

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2021/22 £	TOTAL 2020/21 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	3a	12,766	1,592	14,358	15,100
TOTAL INCOMING RESOURCES		12,766	1,592	14,358	15,100
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	4a	15,287	1,592	16,879	5,250
Governance Costs	4b	600	-	600	550
TOTAL RESOURCES EXPENDED		15,887	1,592	17,479	5,800
NET INCOMING (OUTGOING) RESOURCES		(3,121)	-	(3,121)	9,300
Funds Brought Forward		12,924	-	12,924	3,624
TOTAL FUNDS CARRIED FORWARD		9,803	-	9,803	12,924

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 9 to 14 form part of these financial statements.

FOR THE ONE

(Charitable Incorporated Organisation)

**BALANCE SHEET
AS AT 7TH MAY 2022**

	Note	Unrestricted Funds £	Restricted Funds £	Total 07-May-22 £	Total 07-May-21 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	10,403	-	10,403	13,474
Total Current Assets		10,403	-	10,403	13,474
Creditors: amounts falling due within one year	9	600	-	600	550
NET CURRENT ASSETS		9,803	-	9,803	12,924
TOTAL ASSETS less current liabilities		9,803	-	9,803	12,924
Creditors: amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		9,803	-	9,803	12,924
Funds of the Charity					
General Funds		9,803	-	9,803	12,924
Restricted Funds	5	-	-	-	-
Total Funds		9,803	-	9,803	12,924

Approved by the Trustees on 12/10/2022

Signed on their behalf by Trustee 

Printed Name: HANNAH SPIRES.

FOR THE ONE
(Charitable Incorporated Organisation)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 7TH MAY 2022**

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern

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 resource 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 has 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.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included 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.

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2022

1. ACCOUNTING POLICIES (continued)

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 the trustees 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 a grant which remain in control of the charity.

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.

Pensions

Pension contributions are charged to the Statement of Financial Activities as they become payable.

Unrestricted funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds

These funds are funds set aside by the trustees out of unrestricted general funds for specific purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Reducing Balance Basis
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2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial year.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

7th May 2022 : None

7th May 2021 : None

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2022

3. INCOMING RESOURCES

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 2021/22 £	TOTAL 2020/21 £
a) Donations, Grants & Legacies					
Gifts & Donations	5	12,766	1,592	14,358	15,100
		12,766	1,592	14,358	15,100

4. RESOURCES EXPENDED

		Unrestricted Funds £	Restricted Funds £	TOTAL 2020/21 £	TOTAL 2020/21 £
a) Cost of Charitable Activities					
Bank Charges		69	-	69	-
Books & Publications		2,485	-	2,485	-
Family Support & Shelter	5	1,824	301	2,125	2,524
Food Relief	5	4,289	190	4,479	516
Gifts & Donations	5	4,966	-	4,966	350
Medical Costs		1,368	1,091	2,459	1,509
Sundry Expenses		146	-	146	350
Volunteers Costs		140	11	151	-
		15,287	1,592	16,879	5,250
b) Governance Costs					
Independent Examiners Fees	9	600	-	600	550
		600	-	600	550

FOR THE ONE

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 7TH MAY 2022

5. RESTRICTED FUNDS

CURRENT FINANCIAL YEAR

	Balance 08-May-21	Income	Expenditure	Transfers	Balance 07-May-22
	£	£	£	£	£
Food Relief Fund	-	190	190	-	-
Medical Fund	-	1,091	1,091	-	-
Shelter Fund	-	301	301	-	-
Volunteers Support Fund	-	11	11	-	-
	-	1,592	1,592	-	-

PREVIOUS FINANCIAL YEAR

	Balance 08-May-20	Income	Expenditure	Transfers	Balance 07-May-21
	£	£	£	£	£
Food Relief Fund	-	120	120	-	-
Shelter Fund	-	804	804	-	-
Volunteers Support Fund	-	350	350	-	-
	-	1,274	1,274	-	-

Restricted funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2022

6. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	Total 07-May-22 £	Total 07-May-21 £
Cash at Bank & in Hand	10,403	-	10,403	13,474
	10,403	-	10,403	13,474

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	Total 07-May-22 £	Total 07-May-21 £
Sundry Debtors	-	-	-	-
	-	-	-	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	Total 07-May-22 £	Total 07-May-21 £
Independent Examiners Fees	600	-	600	550
	600	-	600	550

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial period.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total 07-May-22 £	Total 07-May-21 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	9,803	-	9,803	12,924
Long Term Liabilities	-	-	-	-
	9,803	-	9,803	12,924

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2022

12. STAFF COSTS AND NUMBERS

The Charity employed no members of staff during this or the previous financial year.

13. TRUSTEES AND OTHER RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them. (2020/21: None)

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

FOR THE ONE
(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of For The One on the accounts for the year ended 7th May 2022 set out on pages 7 to 14.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

K. Collaku MAAT
Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS


Date: 19th October 2022

FOR THE ONE

England & Wales - Charity number 1183307

Accounts

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 7TH MAY 2021**

FOR THE ONE

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1183307

Castle View Accounting Ltd
Old Printing House Square
Unit 16, Tarrant Street
Arundel
West Sussex
BN18 9JF

FOR THE ONE
(Charitable Incorporated Organisation)

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FOR THE ONE

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER 1183307

DATE OF REGISTRATION 8th May 2019

START OF FINANCIAL YEAR 8th May 2020

END OF FINANCIAL YEAR 7th May 2021

TRUSTEES AT 7TH MAY 2021
Hannah Spires
Jane McDonald
Diane Shaw
Peter Waddup

LEGAL STATUS Charitable Incorporated Organisation

GOVERNING INSTRUMENT CIO - Foundation Registered 8th May 2019

OBJECTS

For the public benefit of the public, in accordance with its Christian origins and heritage the relief of those in need by way of financial hardship, unemployment, ill-health, disability and/or poor education or skills attainment by providing or assisting in the provision of education, training, healthcare projects and financial and practical support with the aim of improving the conditions of life of such persons and enabling them to participate in society and be self-sufficient.

CORRESPONDENCE ADDRESS
The Old Forge
Church Street
Polebrook
Peterborough
PE8 5LF

PRIMARY BANKERS
National Westminster Bank Plc
250 Bishopsgate
London
EC2M 4AA

INDEPENDENT EXAMINERS
Castle View Accounting Ltd
Old Printing House Square
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Arundel
West Sussex
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FOR THE ONE
(Charitable Incorporated Organisation)

TRUSTEES' REPORT
FOR THE YEAR ENDED 7TH MAY 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The charity is controlled by its governing document.

Risk Management

The trustees have reviewed the risks to which the charity is exposed and have ensured that appropriate controls are in place to provide reasonable assurance against fraud and error.

For The One was established in May 2019. At For The One, we believe every man, women and child has been created with infinite worth and value. For The One seeks to bring healing, hope and restoration to those trapped in sickness and poverty. For The One does this through the following:

1. Advocate for and empower the sick, vulnerable and poor men, women and children in Myanmar through the provision of health care and health education.
2. Give financial and practical assistance to those who require urgent health care but are financially or physically unable to access help themselves.
3. Invest in individuals with the giving of time, taking them to hospital appointments, advocating on their behalf and providing the finances for treatment, and so journeying with them to see health and wholeness restored.
4. Assist the families of those undergoing medical treatments, in particular money earning adults, both practically and financially through housing, food, education and income earning initiatives.
5. Respond to individual and national emergencies such as food insecurity, natural disasters or loss of shelter.

Fundraising Standards & Regulations

Our fundraising activities are simple and involve the generous individual donations given through family and friends. We do not use direct marketing techniques which could unfairly target vulnerable people or contravene their right to privacy. We do not engage with external contractors for fundraising.

ACHIEVEMENT AND PERFORMANCE

Overview

Medical Response

Over the past year, For The One has supported 3 individuals and their families through intensive hospital treatment for a variety of health conditions. Each individual in our care received financial, practical, emotional and spiritual support tailored to their unique needs. In most cases, this support was extended to the family in order to meet the most basic of needs for all those involved in caring for the individual. Supporting whole families is vital in ensuring support networks are strong and family members feel empowered and valued. The individuals being cared for are as followed:

- 5 year old girl with malignant germ cell tumour
- 48 year old women with breast cancer and undiagnosed secondary cancers
- 19 year old with facial fractures following an accident

FOR THE ONE

(Charitable Incorporated Organisation)

TRUSTEES' REPORT (Continued) FOR THE YEAR ENDED 7TH MAY 2021

Malignant Germ Cell Tumour

NB (name not revealed for safety) is a 5 year old girl from Chin State, Western Myanmar. She lives in a small rural village in the mountains with her Mother, Father and 4 siblings. Her mother is the only bread winner working 5 days a week as a farm labourer. The farm is far from their home and so the mother would live in a tiny hut with many other people during the week and travel home to her sick husband and other children at the weekend.

They just about make enough of a living to put food on the table and provide basic necessities. At the age of 4 years old, NB developed a small lump on her neck that appeared to grow rapidly. The family walked for hours to attend a small clinic looking for answers but with limited facilities and no diagnostic equipment they were unable to offer any help. NB and her mum then travelled for several days to reach the nearest town where there was a larger hospital. With blood tests and an ultrasound being inconclusive, NB and her Mum made the difficult decision to make the 4 day journey by bus to the largest city in Myanmar, Yangon. With no money and just the clothes on their backs they clung onto the only thing they had, hope.

We were introduced to NB and her Mum in a shopping centre car park following a 'tip off' from a local friend of their situation. At For The One, we arranged, attended and funded all hospital care with NB. To date this includes:

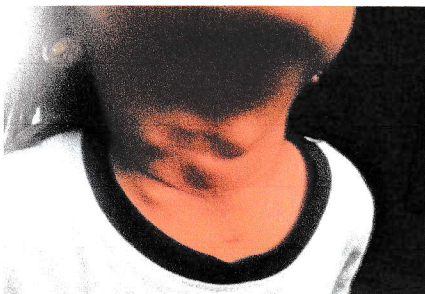
- Regular blood tests
- CT scans
- MRI scans
- Ultrasound scans
- Aspiration biopsy
- Two surgeries to remove the tumour
- Multiple referrals to specialist departments
- Chemotherapy

Following the second surgery to remove the aggressively growing tumours, half the biopsy was sent to Thailand and the other stayed in Myanmar to determine the histology.

Unfortunately NB was given the diagnosis of a malignant germ cell tumour and referred to the oncology team for treatment options. Chemotherapy was started in March 2020 and completed in August 2020, just six months later.

NB completed 9 cycles of chemotherapy throughout the Covid-19 lockdown but despite the brutality of her treatments she remained really well. She surprised the doctors and nurses at every turn and we are so proud of her. NB then had 6 months of monthly check up appointments with regular blood tests and ultrasounds. Unfortunately before the 6 months were up, the political situation changed dramatically and it was no longer safe for NB to attend the hospital. Thanks to the quick actions of the FTO volunteers, we managed to get NB and her Mum on a bus back to their home village in the mountains.

We remain in contact with NB and her family. To date, she is thriving, growing fast and there is no physical evidence of any tumour regrowth.



FOR THE ONE

(Charitable Incorporated Organisation)

TRUSTEES' REPORT (Continued) FOR THE YEAR ENDED 7TH MAY 2021

Facial Fractures

In March 2021, a 19-year-old boy from one of our orphanages had a nasty accident involving the water pump lever and as a result sustained a broken jaw and lost his front teeth. He needed to have surgery to secure his jaw with a few metal plates and re-set his teeth but this was going to cost far more than he could afford. For The One was able to fund the surgery and provide support as he recovered.

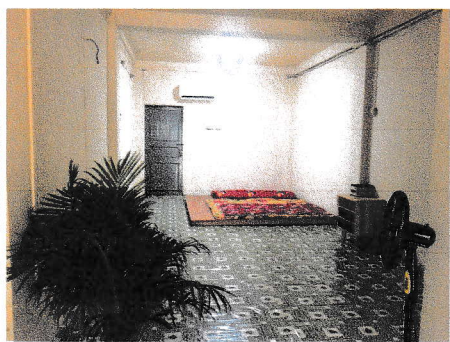
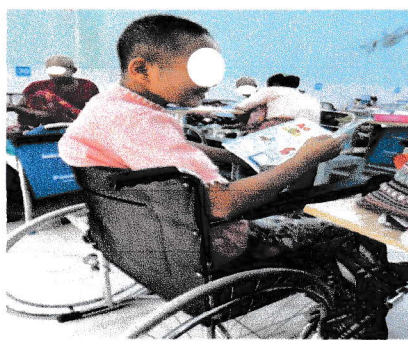
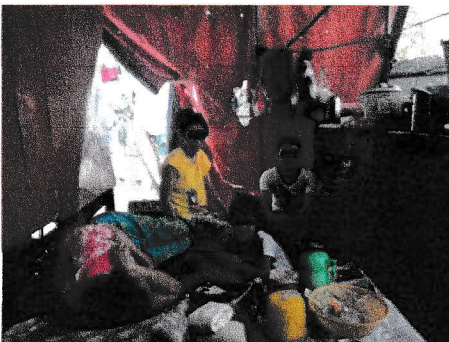
Breast Cancer and Late Stage Secondary Cancer of the Bones

MSB (name not revealed) was a 48 year old women from the Irrawaddy area in Myanmar. In January 2019, two seemingly minor accidents left MSB with a fractured arm and pelvis. With inadequate health care services in many rural communities and injuries so severe, MSB was transferred to the former capital city of Yangon for treatment. Whilst undergoing treatment and routine blood tests she was diagnosed with an aggressive form of breast cancer. The family sold everything, including their home and moved to the city for treatment. As a result, they ended up homeless and living in the corridors of the hospital.

For The One was introduced to MSB in the hospital when she was at her most desperate and had lost all hope. For The One was able to provide accommodation, food relief and basic necessities such as hygiene packs, blankets and clothing. Whilst supporting the family, For The One provided the finances to cover all of MSB hospital bills including chemotherapy, radiotherapy, regular bloods and diagnostic tests as well as attending all hospital appointments and inpatient stays. For The One was able to visit the family on a weekly basis to offer comfort, support, encouragement and hope. Over the following few months it was discovered that the cancer had spread into her bones, from her skull to her pelvis and would be treated palliatively. Stepping up our response, For The One continued to fight for full healing and restoration. Sadly, MSB passed away in August 2020 surrounded by her family.

The family have been doing really well despite the heartache of losing their sister/aunty. In June we were able to rent a ground for apartment to provide the family with a safe, clean and dry place to live. A far cry from the bamboo and tarpaulin shack they had been living in. FTO continued to provide the cost of the rent for the family whilst they healed and sort to earn enough income to support themselves. Since then, MSB's sister has been working really hard to build a small business selling materials and essential household items and begin to financially support themselves. Due to Covid-19 restrictions the local market she normally sold in was closed and she was unable to earn any income there. In response to this, she used what little money they had saved and set up shop outside the front of their apartment.

MSB's brother 'PKW' is a wonderful man who has walked a journey of great pain, brokenness and rejection. He has battled addictions of many kinds for years, held in bondage by the lie that he was worthless, insignificant and a lost cause. This was manifest in many damaging behaviours including drug and alcohol abuse. We have had the privilege of walking alongside this man over the past few years and watching him come alive as he experienced what it meant to be known, loved and accepted. Recently, PKW has given up the alcohol and has moved back home to support the family and help run the small business.



FOR THE ONE
(Charitable Incorporated Organisation)

TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 7TH MAY 2021

Food Relief

The situation in Myanmar is a humanitarian disaster on every level. One area of huge concern is the nationwide food shortages and exponential increase in prices for the food that is still available. FTO has been able to respond to a some of this need in providing food support to 2 orphanages feeding 90 children for 2 months . We have also been able to provide regular food relief to struggling families, including our families being supported through treatment.



FUTURE DEVELOPMENTS

For The One seeks to continue expanding our reach into all of Myanmar, providing individuals in desperate need of medical/hospital treatment, food relief and shelter with critical funds and support.

To see those we are caring for find healing, hope and restoration as they return home to their families and lives.

To find creative ways of supporting families longer term to encourage independence where possible. Setting up and establishing small business opportunities for families to generate their own income is key in promoting self sufficiency.

FOR THE ONE
(Charitable Incorporated Organisation)

TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 7TH MAY 2021


Trustees' Responsibilities

The Charities Act 2011 require the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the trust will continue in existence.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 23rd August 2021

Signed on their behalf by Trustee 

Printed Name:

JANE McDONALD

FOR THE ONE

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 7TH MAY 2021

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2020/21 £	TOTAL 2019/20 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	3a	13,826	1,274	15,100	9,535
TOTAL INCOMING RESOURCES		13,826	1,274	15,100	9,535
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	4a	3,976	1,274	5,250	5,911
Governance Costs	4b	550	-	550	-
TOTAL RESOURCES EXPENDED		4,526	1,274	5,800	5,911
NET INCOMING (OUTGOING) RESOURCES		9,300	-	9,300	3,624
Funds Brought Forward		3,624	-	3,624	-
TOTAL FUNDS CARRIED FORWARD		12,924	-	12,924	3,624

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

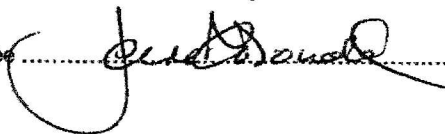
The notes on pages 11 to 17 form part of these financial statements.

FOR THE ONE
(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 7TH MAY 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total 07-May-21 £	Total 07-May-20 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	13,474	-	13,474	3,624
Total Current Assets		13,474	-	13,474	3,624
Creditors: amounts falling due within one year	9	550	-	550	-
NET CURRENT ASSETS		12,924	-	12,924	3,624
TOTAL ASSETS less current liabilities		12,924	-	12,924	3,624
Creditors: amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		12,924	-	12,924	3,624
Funds of the Charity					
General Funds		12,924	-	12,924	3,624
Restricted Funds	5	-	-	-	-
Total Funds		12,924	-	12,924	3,624

Approved by the Trustees on 23rd August 2021

Signed on their behalf by Trustee 

Printed Name:
JAMES McDONALD

FOR THE ONE

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 7TH MAY 2021

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern

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 resource 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 has 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.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included 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.

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2021

1. ACCOUNTING POLICIES (continued)

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 the trustees 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 a grant which remain in control of the charity.

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.

Pensions

Pension contributions are charged to the Statement of Financial Activities as they become payable.

Unrestricted funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds

These funds are funds set aside by the trustees out of unrestricted general funds for specific purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Reducing Balance Basis
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2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial year.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

7th May 2021 : None

7th May 2020 : None

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2021

3. INCOMING RESOURCES

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 2020/21 £	TOTAL 2019/20 £
a) Donations, Grants & Legacies					
Gifts & Donations	5	13,826	1,274	15,100	9,535
		13,826	1,274	15,100	9,535

4. RESOURCES EXPENDED

		Unrestricted Funds £	Restricted Funds £	TOTAL 2020/21 £	TOTAL 2019/20 £
a) Cost of Charitable Activities					
Covid 19 - Food Relief		-	-	-	367
Family Support & Shelter	5	1,720	804	2,524	345
Food Relief	5	396	120	516	958
Gifts & Donations	5	-	350	350	372
Medical Transport Costs		300	-	300	925
Medical Treatments		1,209	-	1,209	2,904
Sundry Expenses		350	-	350	40
		3,976	1,274	5,250	5,911
b) Governance Costs					
Independent Examiners Fees	9	550	-	550	-
		550	-	550	-

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2021

5. RESTRICTED FUNDS

CURRENT FINANCIAL YEAR

	Balance 08-May-20	Income	Expenditure	Transfers	Balance 07-May-21
	£	£	£	£	£
Food Relief Fund	-	120	120	-	-
Shelter Fund	-	804	804	-	-
Volunteers Support Fund	-	350	350	-	-
	-	1,274	1,274	-	-

PREVIOUS FINANCIAL YEAR

	Balance 08-May-19	Income	Expenditure	Transfers	Balance 07-May-20
	£	£	£	£	£
Medical Treatments Fund	-	87	87	-	-
Orphanage Support Fund	-	372	372	-	-
	-	459	459	-	-

Restricted funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

FOR THE ONE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 7TH MAY 2021

6. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	Total 07-May-21 £	Total 07-May-20 £
Cash at Bank & in Hand	13,474	-	13,474	3,624
	13,474	-	13,474	3,624

8. DEBTORS AND PREPAYMENTS

The CIO held no debtors during during this or the previous financial period.

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	Total 07-May-21 £	Total 07-May-20 £
Independent Examiners Fees	550	-	550	-
	550	-	550	-

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial period.

FOR THE ONE

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 7TH MAY 2021

11. STAFF COSTS AND NUMBERS

The Charity employed no members of staff during this or the previous financial year.

12. TRUSTEES AND OTHER RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them. (2019/20: None)

13. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

14. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

15. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

FOR THE ONE
(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of For The One on the accounts for the year ended 7th May 2021 set out on pages 9 to 16.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

W.M Hall LLB
Castle View Accounting Ltd
Old Printing House Square
Unit 16, Tarrant Street
Arundel
West Sussex
BN18 9JF



Date: 25th August 2021