

**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
Arundel
West Sussex
BN18 9AJ

FOR THE ONE
(Charitable Incorporated Organisation)

CONTENTS

Page 3	Legal and Administrative Information
Pages 4 to 14	Trustees' Report
Page 15	Statement of Financial Activities
Page 16	Balance Sheet
Pages 17 to 23	Notes to the Financial Statements
Page 24	Independent Examiner's Report

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.

CORRESPONDENCE ADDRESS	The Old Forge Church Street Polebrook Peterborough PE8 5LF
PRIMARY BANKERS	NatWest Bank Plc 250 Bishopgate London EC2M 4AA
INDEPENDENT EXAMINERS	Castle View Accounting Ltd Ground Floor Offices 53 High Street Arundel 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 25, 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 have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

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

Volunteer Help

The value of any voluntary help received is not included in the accounts.

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