

# CROHN'S AND COLITIS RELIEF

England & Wales · Charity number 1187199

## Details

|                |                                                         |
|----------------|---------------------------------------------------------|
| Status         | Registered                                              |
| Legal form     | Charitable company                                      |
| Company number | <a href="#">10766434</a>                                |
| Registered     | 2020-01-03                                              |
| Register       | <a href="#">View on the Charity Commission register</a> |

## Contact

|         |                                                                                         |
|---------|-----------------------------------------------------------------------------------------|
| Address | 58 Forburg Road<br>London<br>N16 6HT                                                    |
| Phone   | 07826446670                                                                             |
| Email   | <a href="mailto:crohnscolitisrelief@gmail.com">crohnscolitisrelief@gmail.com</a>        |
| Website | <a href="https://www.crohnscolitisrelief.com/">https://www.crohnscolitisrelief.com/</a> |

## Activities

**Objects:** THE CHARITY'S OBJECTS ARE SPECIFICALLY RESTRICTED TO THE FOLLOWING:THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH, TOWARDS WHICH ENDS WE WILL:1. PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF PATIENTS SUFFERING CROHN'S DISEASE, COLITIS, AND ALL FORMS OF INFLAMMATORY BOWEL DISEASE IN THE UK, THROUGH THE PROVISION OF FINANCIAL ASSISTANCE, SUPPORT, EDUCATION AND PRACTICAL ADVICE2. ADVANCE THE EDUCATION OF THE UKÆS POPULATION IN ALL AREAS RELATING TO CROHN'S DISEASE, COLITIS, AND ALL FORMS OF INFLAMMATORY BOWEL DISEASE

**Activities:** Support for IBD/IBS patients

## Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Other Charitable Purposes
- **Who:** People With Disabilities

## Geography

- Throughout England And Wales

## Finances

| Period end | Income   | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2025-05-31 | £135,981 | £131,191    | -      | -         |
| 2024-05-31 | £145,830 | £145,235    | -      | -         |
| 2023-05-31 | £142,187 | £128,848    | -      | -         |
| 2022-05-31 | £56,951  | £49,128     | -      | -         |
| 2021-05-31 | £50,328  | £41,287     | -      | -         |

## Trustees

| Name            | Role  | Appointed  |
|-----------------|-------|------------|
| Paul Grosz      | Chair | 2017-07-17 |
| LEVI SCHAPIRO   |       | 2017-03-20 |
| Mordechai Kahan |       | 2017-07-17 |

**CROHN'S AND COLITIS RELIEF**

England & Wales - Charity number 1187199

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# Accounts

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# 2025

## ANNUAL REPORT AND ACCOUNTS

Registered Company Number: 10766434 (England and Wales)  
Registered Charity Number: 1187199



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# ABOUT

**Crohn's and Colitis Relief** stands as a beacon of support for IBD/S patients in Hackney, particularly those grappling with the harsh impacts of the cost-of-living crisis. Our mission is rooted in providing essential assistance to individuals who, due to financial constraints, found themselves compromising on the Specific Carbohydrate Diet (SCD), triggering distressing flare-ups and exacerbating their symptoms.

Recognizing the critical need in our community, our project has become a lifeline for these patients. The distribution of food vouchers has proven transformative, not only bringing symptoms under control but also relieving beneficiaries of incapacitating pain. The positive outcomes extend beyond symptom relief, impacting the overall well-being of individuals who can now engage in daily tasks with reduced stomach pain, fatigue, and other debilitating symptoms.

Beyond health improvements, our project has contributed to the financial stability of beneficiaries. Breaking free from the shackles of illness, individuals are now returning to work and

savoring precious moments with loved ones, enhancing their overall quality of life.

The impact of the project goes beyond the tangible benefits. By alleviating financial stressors, we are addressing the inflammatory effects exacerbated by stress in IBD patients. This holistic approach not only improves gut health but also fosters a comprehensive sense of well-being.

Moreover, the food vouchers empower patients to invest in their health, enabling them to access natural supplements, probiotics, vitamins, and organic foods. This newfound ability to afford essential health resources is leading to tangible improvements in bowel conditions and overall living circumstances.

Crohn's and Colitis Relief is more than an assistance program – it's a catalyst for positive change, empowering individuals to reclaim their health and lives. Together, we are building a stronger and more resilient community.

***At Crohn's and Colitis Relief, we empower lives in Hackney. Our project addresses food insecurity, alleviates symptoms, and fosters resilience, shaping a brighter future for IBD/S patients.***

# MESSAGE FROM OUR LEADERS

As leaders of this compassionate community, we share a collective commitment to fostering positive change and empowering lives. This space serves as a direct line to communicate our vision, updates, and heartfelt messages as we navigate the journey towards a healthier and brighter future together.



*In the spirit of shared compassion and resilience, we extend our heartfelt gratitude for being an integral part of the Crohn's and Colitis Relief family. Your strength and courage inspire us daily, and as leaders, our commitment to your well-being is unwavering.*

*Through challenges and triumphs, we stand united, a community bound by empathy and a shared vision for a healthier future. Your stories of resilience fuel our dedication to providing support that goes beyond alleviating symptoms – it is about restoring hope, enhancing well-being, and creating lasting positive change.*

*Your journey is our journey, and together, we navigate the path towards brighter days. Your triumphs, both big and small, remind us of the incredible power that lies within our collective spirit.*



# CASE STUDIES

## *Transformative Impact on Sarah's Journey:*



### **BACKGROUND:**

Sarah, a Hackney resident grappling with Inflammatory Bowel Disease (IBD) amid financial challenges, found herself caught in a cycle of compromised health due to the cost-of-living crisis. The need to adhere to the Specific Carbohydrate Diet (SCD) for IBD management was hindered by financial constraints, leading to distressing flare-ups.

### **INTERVENTION:**

Crohn's and Colitis Relief stepped in with its food voucher program, providing essential support to Sarah. The vouchers not only enabled her to maintain the SCD but also significantly alleviated her symptoms. The reduction in stomach pain, fatigue, and other debilitating effects allowed her to resume daily tasks and reclaim a sense of normalcy.

### **OUTCOME:**

Sarah's testimonial highlights the transformative impact of the project. Not only did the food vouchers bring her symptoms under control, but they also played a crucial role in improving her mood and overall well-being. With reduced frequency of bathroom visits and relief from acute symptoms, Sarah has experienced a noticeable improvement in her quality of life.

### **BEYOND HEALTH IMPROVEMENTS:**

The positive outcomes extended beyond health improvements. With the alleviation of financial stressors, Sarah reported enhanced gut health due to reduced stress, contributing to her overall well-being. The newfound financial stability enabled her to return to work, spending more quality time with family and friends, and achieving an improved overall quality of life.

### **INVESTING IN HEALTH:**

Sarah's ability to use the vouchers for natural supplements, probiotics, vitamins, and organic foods marked a pivotal moment in her health journey. The project empowered her to make choices that were previously out of reach, resulting in tangible improvements in bowel conditions, overall well-being, and living circumstances.

# MISSION & VISION

*Committed to those facing financial challenges, we empower individuals to lead healthy, functional lives.*

Crohn's and Colitis Relief was set up as a free service to improve the quality of life of people across the country affected by Inflammatory Bowel Disease as well as similar illnesses.

We now provide many services that help reduce incapacitating IBD/S symptoms, in order to improve patients' overall wellbeing and allow them to lead healthy, functional lives rather than being sickly/hospitalised. CCR helps over 250 beneficiaries annually across London, Manchester and Gateshead. We primarily help the Jewish-Ashkenazi community where there is an exceptionally high percentage of people suffering from IBD/S (1 in 20 people suffer from IBD/S). We target people who are financially disadvantaged as they rely heavily on our services for their wellbeing.

**CCR's volunteer support workers are here to assist families dealing with the initial shock of an Inflammatory Bowel Disease diagnosis. They provide understanding, answer questions, and recommend additional support resources.**



# PROGRAMMES

*We elevate lives with our impactful projects - from food vouchers for sustenance to therapeutic sessions for emotional well-being. Dive into wellness with swimming sessions, embark on adventures, and ensure comfort with accessible toilet installations. Each initiative is a step towards lasting positive change.*



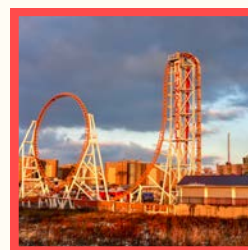
## FOOD VOUCHERS

Nourishing bodies and spirits, our past food voucher program ensured individuals with IBD had access to essential sustenance, promoting overall well-being.



## SWIMMING SESSIONS

Diving into wellness, our tailored swimming sessions provided both physical health benefits and therapeutic relief for individuals managing IBD.



## ADVENTURE ISLAND TRIP

Escaping the challenges of IBD, our past Adventure Island Trip provided a joyfilled respite and fostered positive memories for participants.



## THERAPY SESSIONS

Prioritizing mental and emotional wellbeing, our past therapy sessions provided essential support for individuals and families navigating the initial shock of an IBD diagnosis, empowering them with understanding and resources.



## DIETARY LESSONS

Our cookery and dietary lessons have helped IBD patients make informed food choices, leading to healthier diets, fewer symptoms, and improved energy levels. With greater confidence and knowledge, many now experience better gut health and overall wellbeing.



## TOYS AND EDUCATIONAL GIFTS

We spread joy among IBD and IBS patients by providing carefully chosen toys and educational gifts. Our goal was to offer comfort, happiness and learning opportunities during challenging times.

# NUMBERS



*A detailed representation of our impact, illustrating the tangible outcomes of our initiatives through compelling numbers and statistics.*

30

people participated  
in cookery and  
dietary lessons

50

people attended  
educational IBD  
workshops

200

people received  
free swimming  
sessions

20

children and  
teenagers received  
therapy sessions

160

children went  
on recreational  
trips

160

children received  
toys, games and  
crafts

45

families received  
food  
vouchers

# NUMBERS

*To date, CCR has helped over 250 IBD/IBS patients a year to:*



Feel less lonely,  
isolated or  
judged



Gain a sense of  
empowerment and  
control



Improve their coping  
skills and sense of  
adjustment



Talk openly and  
honestly about their  
feelings



Reduce distress,  
depression, stress &  
anxiety or fatigue



Get the best medical  
treatment available at  
the earliest stage  
possible



Improved lives by  
reducing stigma of  
socially & economically  
vulnerable & isolated  
people

# FEEDBACKS

***Your feedback is not just valuable; it is a testament to the positive change we can create together.***

These testimonials reflect the transformative impact of our initiatives, serving as a testament to the resilience and positive change within our community.

## **Life-Changing Convenience**

"Having a dedicated toilet at home has been a game-changer for me. I can't express how grateful I am to the Screwfix Foundation for making this possible. It has improved my life in so many ways. It has given me the confidence to invite friends and family over without having to worry about finding a bathroom in time. I feel more in control of my condition, and it has boosted my self-esteem. I can't thank them enough for the positive impact it has had on my well-being."

**- Sarah**

## **Transformative Support in Tough Times**

"In the midst of financial struggles and IBD challenges, Crohn's and Colitis Relief has been a lifeline. The food vouchers provided relief not just from symptoms but also from financial stress. The ability to invest in natural supplements and healthy foods has positively impacted my gut health and overall well-being. Thank you for the transformative support!"

**- Olivia**

## **Beyond Assistance, A Community's Empowerment**

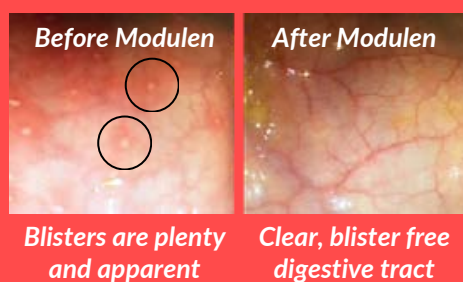
"Crohn's and Colitis Relief isn't just about assistance; it's about empowerment. The food vouchers not only addressed my nutritional needs but also contributed to my financial stability. I'm back at work, spending more time with family, and experiencing a higher quality of life. This project is a true catalyst for positive change."

**- Lily**

## **A Grateful Heart Finds Relief**

"Finding Crohn's and Colitis Relief was a gamechanger for me. The food voucher program not only helped ease the financial strain but significantly improved my IBD symptoms. Reduced pain, improved mood, and the ability to get back to daily tasks – I'm grateful for the relief and positive impact on my overall well-being."

**- Joy**



**Here are colonoscopy images of a 12 year old boy's intestine, before and after CCR supported him through the Modulen treatment**

# OUTCOMES

*Through targeted initiatives and unwavering community support, Crohn's and Colitis Relief has made a significant impact in the lives of those affected by Inflammatory Bowel Disease (IBD).*



## **Swimming**

The swimming sessions have proven highly beneficial in reducing stress levels—one of the key triggers for IBD flare-ups. Patients have experienced improvements in mood, overall health, and quality of life, with many also finding relief from joint pain. The supportive environment has helped those who previously felt self-conscious about their condition to engage socially and gain confidence. These sessions have also led to better physical strength, work performance, and symptom management.



## **Food vouchers and cookery classes**

The food voucher program has been essential for patients facing food insecurity, enabling them to purchase nutritious, diet-specific foods that reduce inflammation and prevent flare-ups. This has helped many regain control over their symptoms, improve energy levels, and avoid frequent hospital visits. Additionally, our cookery classes, led by a certified dietitian, have empowered patients to make healthier food choices, leading to better disease management and improved health.



## **Therapy**

Therapy sessions have supported patients in managing the emotional burden of living with IBD. Participants have reported reduced anxiety and depression, as well as improved resilience and body acceptance. These sessions have contributed to fewer flare-ups and better overall health, reducing the need for medication.

# OUTCOMES



## **Patient Support**

Our patient support services, including multilingual information, healthcare advocacy, and assistance with navigating the healthcare system, have helped patients access essential services. This support has empowered them to manage their condition more effectively, leading to better health outcomes and an enhanced quality of life.



## **Adventure Island Trip**

We organised a trip to Adventure Island theme park for 80 children, many of whom had never experienced such an outing due to the limitations of their condition. For many, this was the first time they felt truly carefree. The trip allowed them to bond with peers who understood their struggles, helping them feel less isolated and more confident. Older children who successfully manage their IBD served as role models, showing the younger children that a fulfilling future is still possible. This experience gave the children a renewed sense of joy, confidence, and hope for the future.

*Transforming lives and fostering resilience, our vision at Crohn's and Colitis Relief is to build a community where every individual impacted by Inflammatory Bowel Disease experiences empowerment, improved well-being, and a brighter future.*

***In closing, this report encapsulates the collective journey of Crohn's and Colitis Relief, where every number, testimonial, and initiative tells a story of empowerment, resilience, and positive change.***

Together, we've not just addressed the challenges of Inflammatory Bowel Disease; we've built a community that fosters well-being, understanding, and support. As we reflect on the impact we've made, let it be a reminder that our commitment to transforming lives remains unwavering. With gratitude for your support and dedication, we look forward to continuing this journey, creating a healthier, more resilient future for all those affected by IBD.

***We thank you for your continued support.***

## **Contact**

### **Crohn's and Colitis Relief**

Charity no: 1187199 Company no: 10766434  
58 Forburg Road London N16 6HT  
02035196515

[www.crohnscolitisrelief.com](http://www.crohnscolitisrelief.com)  
[crohnscolitisrelief@gmail.com](mailto:crohnscolitisrelief@gmail.com)



# 2025

## REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS YEAR ENDED 31 MAY 2025

**REGISTERED COMPANY NUMBER: 10766434 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1187199**

**CROHN'S AND COLITIS RELIEF**  
**(A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE TRUSTEES AND**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MAY 2025**

Sugarwhite Meyer HS Ltd  
First Floor  
94 Stamford Hill  
London  
N16 6XS

**CROHN'S AND COLITIS RELIEF**

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FOR THE YEAR ENDED 31 MAY 2025**

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## **CROHN'S AND COLITIS RELIEF**

### **REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MAY 2025**

|                                      |                                                                                 |
|--------------------------------------|---------------------------------------------------------------------------------|
| <b>TRUSTEES</b>                      | Mr P Grosz<br>Mr M Kahan<br>Mr L Y Schapiro                                     |
| <b>COMPANY SECRETARY</b>             | Mr M Kahan                                                                      |
| <b>REGISTERED OFFICE</b>             | 58 Forburg Road<br>London<br>N16 6HT                                            |
| <b>REGISTERED COMPANY<br/>NUMBER</b> | 10766434 (England and Wales)                                                    |
| <b>REGISTERED CHARITY<br/>NUMBER</b> | 1187199                                                                         |
| <b>INDEPENDENT EXAMINER</b>          | Sugarwhite Meyer HS Ltd<br>First Floor<br>94 Stamford Hill<br>London<br>N16 6XS |

## **CROHN'S AND COLITIS RELIEF (REGISTERED NUMBER: 10766434)**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MAY 2025**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **REFERENCE AND ADMINISTRATIVE INFORMATION**

The information is shown on page 1 of the financial statements and forms part of this report.

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

The objects of the charity are the relief of sickness and the preservation of health especially Crohn's disease, colitis and all forms of inflammatory bowel disease and the advancement of education of those diseases. The trustees confirm that they have given due regard the Charity Commission's guidance on public benefit.

##### **Significant activities**

Crohn's and Colitis Relief (CCR) was set up to improve the quality of life of people across the country affected by Inflammatory Bowel Disease as well as similar related illnesses. CCR primarily targets the Jewish Ashkenazi community where there is an exceptionally high percentage of people suffering from these diseases. Our work is dedicated to funding and delivering activities to support and relieve people suffering from irritable bowel syndrome, and to improve their lives. Since a diagnosis of Inflammatory Bowel Disease can initially prove overwhelming for a patient and their family, CCR's dedicated group of volunteer support workers is available to help families to understand the condition, offer informed answers to questions and suggest further sources of support. The trustees are satisfied with progress made this year.

#### **FINANCIAL REVIEW**

##### **Financial review**

The trustees are pleased with results for the year. There was a 7% decrease in income, with an 11% decrease in expenditure. There was a surplus for the year.

##### **Reserves policy**

The trustees do not seek to maintain reserves, other than to ensure that they can continue the activities of the charity. Reserves at the year end were £39,409 (2024 - £34,619) of which £31,866 (2024 - £5,575) was restricted.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Charity constitution**

The charity is constituted as a company limited by guarantee and is governed by its Memorandum and Articles of Association dated 11 May 2017

##### **Organisational structure**

The charity has three trustees whom meet regularly in order to discuss and control its activities. All trustees and the administrator act on a voluntary basis and receive no remuneration or reimbursement of expenses. The power to appoint new trustees is vested in the board. It is not the intention of the trustees to appoint any new trustees. Should the situation change in the future, the trustees will apply suitable recruitment induction and training procedures.

##### **Risk management**

The trustees have reviewed the major risks to which the charity is exposed and confirm that they have established systems to mitigate them.

**CROHN'S AND COLITIS RELIEF (REGISTERED NUMBER: 10766434)**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MAY 2025**

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 26 March 2026 and signed on its behalf by:

Signed by:  
  
51515B31677A473...

Mr M Kahan - Trustee

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CROHN'S AND COLITIS RELIEF

### Independent examiner's report to the trustees of Crohn'S And Colitis Relief ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 May 2025.

### Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



E Meyer FCA BSc

Sugarwhite Meyer HS Ltd  
First Floor  
94 Stamford Hill  
London  
N16 6XS

26 March 2026

## CROHN'S AND COLITIS RELIEF

### STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 MAY 2025

|                                    | Notes | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | 2025<br>Total<br>funds<br>£ | 2024<br>Total<br>funds<br>£ |
|------------------------------------|-------|---------------------------|-------------------------|-----------------------------|-----------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                           |                         |                             |                             |
| Donations and legacies             | 2     | <u>42,402</u>             | <u>93,579</u>           | <u>135,981</u>              | <u>145,830</u>              |
| <b>EXPENDITURE ON</b>              |       |                           |                         |                             |                             |
| <b>Charitable activities</b>       | 3     |                           |                         |                             |                             |
| Healthcare assistance              |       | 12,789                    | 68,646                  | 81,435                      | 77,623                      |
| Awareness and coaching             |       | 14,791                    | 17,488                  | 32,279                      | 25,137                      |
| Support costs                      |       | <u>14,603</u>             | <u>2,874</u>            | <u>17,477</u>               | <u>42,475</u>               |
| <b>Total</b>                       |       | <u>42,183</u>             | <u>89,008</u>           | <u>131,191</u>              | <u>145,235</u>              |
| <b>NET INCOME</b>                  |       | 219                       | 4,571                   | 4,790                       | 595                         |
| <b>RECONCILIATION OF FUNDS</b>     |       |                           |                         |                             |                             |
| Total funds brought forward        |       | 29,044                    | 5,575                   | 34,619                      | 34,024                      |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | <u>29,263</u>             | <u>10,146</u>           | <u>39,409</u>               | <u>34,619</u>               |

The notes on page 0 form part of these financial statements

**CROHN'S AND COLITIS RELIEF (REGISTERED NUMBER: 10766434)****BALANCE SHEET  
31 MAY 2025**

|                                              | Notes | 2025<br>£     | 2024<br>£     |
|----------------------------------------------|-------|---------------|---------------|
| <b>FIXED ASSETS</b>                          |       |               |               |
| Tangible assets                              | 8     | 1,367         | 1,404         |
| <b>CURRENT ASSETS</b>                        |       |               |               |
| Debtors                                      | 9     | 37,424        | 43,330        |
| Cash at bank and in hand                     |       | 32,793        | 5,893         |
|                                              |       | <u>70,217</u> | <u>49,223</u> |
| <b>CREDITORS</b>                             |       |               |               |
| Amounts falling due within one year          | 10    | (32,175)      | (16,008)      |
| <b>NET CURRENT ASSETS</b>                    |       | <u>38,042</u> | <u>33,215</u> |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       | 39,409        | 34,619        |
| <b>NET ASSETS/(LIABILITIES)</b>              |       | <u>39,409</u> | <u>34,619</u> |
| <b>FUNDS</b>                                 | 13    |               |               |
| Unrestricted funds:                          |       |               |               |
| General fund                                 |       | 29,262        | 29,044        |
| Restricted funds:                            |       |               |               |
| Restricted fund                              |       | 10,147        | 5,575         |
| <b>TOTAL FUNDS</b>                           |       | <u>39,409</u> | <u>34,619</u> |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2025.

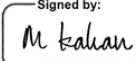
The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 26 March 2026 and were signed on its behalf by:

Signed by:  
  
 51515B31677A473...  
 Mr M Kahan - Trustee

The notes on page 0 form part of these financial statements

CROHN'S AND COLITIS RELIEF

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MAY 2025

1. ACCOUNTING POLICIES

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 15% on reducing balance

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**Going concern**

There are no material uncertainties about the charity's ability to continue.

2. DONATIONS AND LEGACIES

|           | Unrestricted funds | Restricted funds | 2025 Total funds | 2024 Total funds |
|-----------|--------------------|------------------|------------------|------------------|
|           | £                  | £                | £                | £                |
| Donations | 16,992             | -                | 16,992           | 5,536            |
| Grants    | 25,410             | 93,579           | 118,989          | 140,294          |
|           | <u>42,402</u>      | <u>93,579</u>    | <u>135,981</u>   | <u>145,830</u>   |

Grants received, included in the above, are as follows:

|            | 2025 £         | 2024 £         |
|------------|----------------|----------------|
| Charitable | <u>118,989</u> | <u>140,294</u> |

## CROHN'S AND COLITIS RELIEF

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MAY 2025

## 3. CHARITABLE ACTIVITIES COSTS

|                        | Direct<br>Costs<br>£ | Support<br>costs (see<br>note 4)<br>£ | Totals<br>£    |
|------------------------|----------------------|---------------------------------------|----------------|
| Healthcare assistance  | 81,435               | -                                     | 81,435         |
| Awareness and coaching | 32,279               | -                                     | 32,279         |
| Support costs          | 8,176                | 9,301                                 | 17,477         |
|                        | <u>121,890</u>       | <u>9,301</u>                          | <u>131,191</u> |

## 4. SUPPORT COSTS

|               | Management<br>£ | Governance<br>costs<br>£ | Totals<br>£  |
|---------------|-----------------|--------------------------|--------------|
| Support costs | <u>7,101</u>    | <u>2,200</u>             | <u>9,301</u> |

Support costs, included in the above, are as follows:

**Management**

|                                                 | 2025<br>Support<br>costs<br>£ | 2024<br>Total<br>activities<br>£ |
|-------------------------------------------------|-------------------------------|----------------------------------|
| Rent and utilities                              | 6,304                         | 12,336                           |
| Sundries                                        | 760                           | 1,794                            |
| Depreciation of tangible and heritage<br>assets | 37                            | 248                              |
|                                                 | <u>7,101</u>                  | <u>14,378</u>                    |

**Governance costs**

|                                   | 2025<br>Support<br>costs<br>£ | 2024<br>Total<br>activities<br>£ |
|-----------------------------------|-------------------------------|----------------------------------|
| Independent examiner's fee        | 1,080                         | 960                              |
| Independent examiner's other fees | 1,080                         | 960                              |
| General expenses                  | 40                            | 34                               |
|                                   | <u>2,200</u>                  | <u>1,954</u>                     |

**CROHN'S AND COLITIS RELIEF****NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MAY 2025****5. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

|                             | <b>2025</b> | <b>2024</b> |
|-----------------------------|-------------|-------------|
|                             | <b>£</b>    | <b>£</b>    |
| Depreciation - owned assets | 37          | 248         |
|                             | <u>37</u>   | <u>248</u>  |

**6. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 May 2025 nor for the year ended 31 May 2024.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 May 2025 nor for the year ended 31 May 2024.

**7. AVERAGE NUMBER OF STAFF**

The average number of staff in the year was 4 (2024 - 4)

**8. TANGIBLE FIXED ASSETS**

|                                | <b>Fixtures<br/>and<br/>fittings<br/>£</b> |
|--------------------------------|--------------------------------------------|
| <b>COST</b>                    |                                            |
| At 1 June 2024 and 31 May 2025 | 2,287                                      |
| <b>DEPRECIATION</b>            |                                            |
| At 1 June 2024                 | 883                                        |
| Charge for year                | 37                                         |
| At 31 May 2025                 | 920                                        |
| <b>NET BOOK VALUE</b>          |                                            |
| At 31 May 2025                 | 1,367                                      |
| At 31 May 2024                 | 1,404                                      |

**9. DEBTORS**

|                                      | <b>2025</b>   | <b>2024</b>   |
|--------------------------------------|---------------|---------------|
|                                      | <b>£</b>      | <b>£</b>      |
| Amounts falling due within one year: |               |               |
| Trade debtors                        | 36,710        | 41,606        |
| Prepayments                          | -             | 1,010         |
|                                      | <u>36,710</u> | <u>42,616</u> |

## CROHN'S AND COLITIS RELIEF

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MAY 2025

## 9. DEBTORS - continued

|                                               | 2025<br>£     | 2024<br>£     |
|-----------------------------------------------|---------------|---------------|
| Amounts falling due after more than one year: |               |               |
| Tax recoverable                               | 714           | 714           |
|                                               | <u>714</u>    | <u>714</u>    |
| Aggregate amounts                             | 37,424        | 43,330        |
|                                               | <u>37,424</u> | <u>43,330</u> |

## 10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                                         | 2025<br>£     | 2024<br>£     |
|-----------------------------------------|---------------|---------------|
| Bank loans and overdrafts (see note 11) | 3,121         | 5,589         |
| Trade creditors                         | 24,620        | 3,245         |
| Accruals and deferred income            | 4,434         | 7,174         |
|                                         | <u>32,175</u> | <u>16,008</u> |

## 11. LOANS

An analysis of the maturity of loans is given below:

|                                                | 2025<br>£    | 2024<br>£    |
|------------------------------------------------|--------------|--------------|
| Amounts falling due within one year on demand: |              |              |
| Bank overdrafts                                | 3,121        | 5,589        |
|                                                | <u>3,121</u> | <u>5,589</u> |

## 12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

|                     | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | 2025<br>Total<br>funds<br>£ | 2024<br>Total<br>funds<br>£ |
|---------------------|---------------------------|-------------------------|-----------------------------|-----------------------------|
| Fixed assets        | 1,367                     | -                       | 1,367                       | 1,404                       |
| Current assets      | 60,070                    | 10,147                  | 70,217                      | 49,223                      |
| Current liabilities | (32,175)                  | -                       | (32,175)                    | (16,008)                    |
|                     | <u>29,262</u>             | <u>10,147</u>           | <u>39,409</u>               | <u>34,619</u>               |

## 13. MOVEMENT IN FUNDS

|                           | At 1.6.24<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.5.25<br>£ |
|---------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                    |
| General fund              | 29,044         | 218                              | 29,262             |
| <b>Restricted funds</b>   |                |                                  |                    |
| Restricted fund           | 5,575          | 4,572                            | 10,147             |
| <b>TOTAL FUNDS</b>        | <u>34,619</u>  | <u>4,790</u>                     | <u>39,409</u>      |

## CROHN'S AND COLITIS RELIEF

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MAY 2025

#### 13. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 42,402                     | (42,184)                   | 218                       |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted fund           | 93,579                     | (89,007)                   | 4,572                     |
| <b>TOTAL FUNDS</b>        | <u>135,981</u>             | <u>(131,191)</u>           | <u>4,790</u>              |

#### Comparatives for movement in funds

|                           | At 1.6.23<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.5.24<br>£ |
|---------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                    |
| General fund              | 33,338         | (4,294)                          | 29,044             |
| <b>Restricted funds</b>   |                |                                  |                    |
| Restricted fund           | 686            | 4,889                            | 5,575              |
| <b>TOTAL FUNDS</b>        | <u>34,024</u>  | <u>595</u>                       | <u>34,619</u>      |

Comparative net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 58,104                     | (62,398)                   | (4,294)                   |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted fund           | 87,726                     | (82,837)                   | 4,889                     |
| <b>TOTAL FUNDS</b>        | <u>145,830</u>             | <u>(145,235)</u>           | <u>595</u>                |

**CROHN'S AND COLITIS RELIEF**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MAY 2025**

**14. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 May 2025.

## **CROHN'S AND COLITIS RELIEF**

England & Wales - Charity number 1187199

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# **Accounts**

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**REGISTERED COMPANY NUMBER: 10766434 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1187199**

**CROHN'S AND COLITIS RELIEF**  
**(A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE TRUSTEES AND**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MAY 2024**

Sugarwhite Meyer HS Ltd  
First Floor  
94 Stamford Hill  
London  
N16 6XS

# **CROHN'S AND COLITIS RELIEF**

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## **CROHN'S AND COLITIS RELIEF**

### **REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MAY 2024**

|                                      |                                                                                 |
|--------------------------------------|---------------------------------------------------------------------------------|
| <b>TRUSTEES</b>                      | Mr P Grosz<br>Mr M Kahan<br>Mr L Y Schapiro                                     |
| <b>COMPANY SECRETARY</b>             | Mr M Kahan                                                                      |
| <b>REGISTERED OFFICE</b>             | 58 Forburg Road<br>London<br>N16 6HT                                            |
| <b>REGISTERED COMPANY<br/>NUMBER</b> | 10766434 (England and Wales)                                                    |
| <b>REGISTERED CHARITY<br/>NUMBER</b> | 1187199                                                                         |
| <b>INDEPENDENT EXAMINER</b>          | Sugarwhite Meyer HS Ltd<br>First Floor<br>94 Stamford Hill<br>London<br>N16 6XS |

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MAY 2024**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

**REFERENCE AND ADMINISTRATIVE INFORMATION**

The information is shown on page 1 of the financial statements and forms part of this report.

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

The objects of the charity are the relief of sickness and the preservation of health especially Crohn's disease, colitis and all forms of inflammatory bowel disease and the advancement of education of those diseases.

The trustees confirm that they have given due regard the Charity Commission's guidance on public benefit.

**Significant activities**

Crohn's and Colitis Relief (CCR) was set up to improve the quality of life of people across the country affected by Inflammatory Bowel Disease as well as similar related illnesses. CCR primarily targets the Jewish Ashkenazi community where there is an exceptionally high percentage of people suffering from these diseases. Our work is dedicated to funding and delivering activities to support and relieve people suffering from irritable bowel syndrome, and to improve their lives. Since a diagnosis of Inflammatory Bowel Disease can initially prove overwhelming for a patient and their family, CCR's dedicated group of volunteer support workers is available to help families to understand the condition, offer informed answers to questions and suggest further sources of support. The trustees are satisfied with progress made this year.

**FINANCIAL REVIEW**

**Financial review**

The trustees are satisfied with results for the year. Although income was similar to the previous year there was an increase in expenditure which left the charity with a small surplus

**Reserves policy**

The trustees do not seek to maintain reserves, other than to ensure that they can continue the activities of the charity. Reserves at the year end were £34,619 (2023- £34,024) of which £5,574 (2023 - £686) were restricted.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Charity constitution**

The charity is constituted as a company limited by guarantee and is governed by its Memorandum and Articles of Association dated 11 May 2017

**Organisational structure**

The charity has three trustees whom meet regularly in order to discuss and control its activities. All trustees and the administrator act on a voluntary basis and receive no remuneration or reimbursement of expenses.

The power to appoint new trustees is vested in the continuing board. It is not the intention of the trustees to appoint any new trustees. Should the situation change in the future, the trustees will apply suitable recruitment induction and training procedures.

**Risk management**

The trustees have reviewed the major risks to which the charity is exposed and confirm that they have established systems to mitigate them.

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MAY 2024**

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 26 February 2025 and signed on its behalf by:

Mr M Kahan - Trustee

## **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CROHN'S AND COLITIS RELIEF**

### **Independent examiner's report to the trustees of Crohn'S And Colitis Relief ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 May 2024.

#### **Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

#### **Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

E Meyer FCA BSc

Sugarwhite Meyer HS Ltd  
First Floor  
94 Stamford Hill  
London  
N16 6XS

26 February 2025

# CROHN'S AND COLITIS RELIEF

## STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 MAY 2024

|                                    | Notes | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | 2024<br>Total<br>funds<br>£ | 2023<br>Total<br>funds<br>£ |
|------------------------------------|-------|---------------------------|-------------------------|-----------------------------|-----------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                           |                         |                             |                             |
| Donations and legacies             | 2     | 58,104                    | 87,726                  | 145,830                     | 142,187                     |
| <b>EXPENDITURE ON</b>              |       |                           |                         |                             |                             |
| <b>Charitable activities</b>       | 3     |                           |                         |                             |                             |
| Healthcare assistance              |       | 9,553                     | 68,070                  | 77,623                      | 59,056                      |
| Awareness and coaching             |       | 10,370                    | 14,767                  | 25,137                      | 20,415                      |
| Support costs                      |       | 42,475                    | -                       | 42,475                      | 47,804                      |
| Governance                         |       | -                         | -                       | -                           | 1,573                       |
| <b>Total</b>                       |       | 62,398                    | 82,837                  | 145,235                     | 128,848                     |
| <b>NET INCOME/(EXPENDITURE)</b>    |       | (4,294)                   | 4,889                   | 595                         | 13,339                      |
| <b>RECONCILIATION OF FUNDS</b>     |       |                           |                         |                             |                             |
| Total funds brought forward        |       | 33,338                    | 686                     | 34,024                      | 20,685                      |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | 29,044                    | 5,575                   | 34,619                      | 34,024                      |

The notes on page 0 form part of these financial statements

**CROHN'S AND COLITIS RELIEF (REGISTERED NUMBER: 10766434)****BALANCE SHEET  
31 MAY 2024**

|                                              | Notes | 2024<br>£     | 2023<br>£     |
|----------------------------------------------|-------|---------------|---------------|
| <b>FIXED ASSETS</b>                          |       |               |               |
| Tangible assets                              | 8     | 1,404         | 1,652         |
| <b>CURRENT ASSETS</b>                        |       |               |               |
| Debtors                                      | 9     | 43,330        | 24,129        |
| Cash at bank and in hand                     |       | 5,893         | 17,426        |
|                                              |       | <u>49,223</u> | <u>41,555</u> |
| <b>CREDITORS</b>                             |       |               |               |
| Amounts falling due within one year          | 10    | (16,008)      | (9,183)       |
|                                              |       | <u>33,215</u> | <u>32,372</u> |
| <b>NET CURRENT ASSETS</b>                    |       |               |               |
|                                              |       | <u>33,215</u> | <u>32,372</u> |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       |               |               |
|                                              |       | 34,619        | 34,024        |
| <b>NET ASSETS</b>                            |       | <u>34,619</u> | <u>34,024</u> |
| <b>FUNDS</b>                                 | 13    |               |               |
| Unrestricted funds:                          |       |               |               |
| General fund                                 |       | 29,044        | 33,338        |
| Restricted funds:                            |       |               |               |
| Restricted fund                              |       | 5,575         | 686           |
| <b>TOTAL FUNDS</b>                           |       | <u>34,619</u> | <u>34,024</u> |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 26 February 2025 and were signed on its behalf by:

Mr M Kahan - Trustee

The notes on page 0 form part of these financial statements

# CROHN'S AND COLITIS RELIEF

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2024

### 1. ACCOUNTING POLICIES

#### Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

#### Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

#### Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

#### Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

#### Taxation

The charity is exempt from corporation tax on its charitable activities.

#### Going concern

There are no material uncertainties about the charity's ability to continue.

### 2. DONATIONS AND LEGACIES

|           | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 2024<br>Total<br>funds<br>£ | 2023<br>Total<br>funds<br>£ |
|-----------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| Donations | 5,536                      | -                        | 5,536                       | 3,392                       |
| Grants    | 52,568                     | 87,726                   | 140,294                     | 138,795                     |
|           | <u>58,104</u>              | <u>87,726</u>            | <u>145,830</u>              | <u>142,187</u>              |

Grants received, included in the above, are as follows:

|            | 2024<br>£      | 2023<br>£      |
|------------|----------------|----------------|
| Charitable | <u>140,294</u> | <u>138,795</u> |

# CROHN'S AND COLITIS RELIEF

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MAY 2024

### 3. CHARITABLE ACTIVITIES COSTS

|                        | Direct<br>Costs<br>£ | Support<br>costs (see<br>note 4)<br>£ | Totals<br>£    |
|------------------------|----------------------|---------------------------------------|----------------|
| Healthcare assistance  | 77,623               | -                                     | 77,623         |
| Awareness and coaching | 25,137               | -                                     | 25,137         |
| Support costs          | 26,143               | 16,332                                | 42,475         |
|                        | <u>128,903</u>       | <u>16,332</u>                         | <u>145,235</u> |

### 4. SUPPORT COSTS

|               | Management<br>£ | Governance<br>costs<br>£ | Totals<br>£   |
|---------------|-----------------|--------------------------|---------------|
| Support costs | <u>14,378</u>   | <u>1,954</u>             | <u>16,332</u> |

Support costs, included in the above, are as follows:

#### Management

|                                                 | 2024<br>Support<br>costs<br>£ | 2023<br>Total<br>activities<br>£ |
|-------------------------------------------------|-------------------------------|----------------------------------|
| Rent and utilities                              | 12,336                        | 8,019                            |
| Sundries                                        | 1,794                         | 930                              |
| Depreciation of tangible and heritage<br>assets | 248                           | 292                              |
|                                                 | <u>14,378</u>                 | <u>9,241</u>                     |

#### Governance costs

|                                   | 2024<br>Support<br>costs<br>£ | 2023<br>Total<br>activities<br>£ |
|-----------------------------------|-------------------------------|----------------------------------|
| Independent examiner's fee        | 960                           | 780                              |
| Independent examiner's other fees | 960                           | 780                              |
| General expenses                  | 34                            | 13                               |
|                                   | <u>1,954</u>                  | <u>1,573</u>                     |

# CROHN'S AND COLITIS RELIEF

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MAY 2024

### 5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

|                             | 2024          | 2023          |
|-----------------------------|---------------|---------------|
|                             | £             | £             |
| Depreciation - owned assets | 248           | 292           |
| Hire of plant and machinery | 16,276        | 12,442        |
|                             | <u>16,524</u> | <u>12,734</u> |

### 6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 May 2024 nor for the year ended 31 May 2023.

#### Trustees' expenses

There were no trustees' expenses paid for the year ended 31 May 2024 nor for the year ended 31 May 2023.

### 7. AVERAGE NUMBER OF STAFF

The average number of staff in the year was 3 (2022 - 3)

### 8. TANGIBLE FIXED ASSETS

|                                | Fixtures<br>and<br>fittings<br>£ |
|--------------------------------|----------------------------------|
| <b>COST</b>                    |                                  |
| At 1 June 2023 and 31 May 2024 | 2,287                            |
| <b>DEPRECIATION</b>            |                                  |
| At 1 June 2023                 | 635                              |
| Charge for year                | 248                              |
| At 31 May 2024                 | 883                              |
| <b>NET BOOK VALUE</b>          |                                  |
| At 31 May 2024                 | 1,404                            |
| At 31 May 2023                 | 1,652                            |

### 9. DEBTORS

|                                      | 2024          | 2023          |
|--------------------------------------|---------------|---------------|
|                                      | £             | £             |
| Amounts falling due within one year: |               |               |
| Trade debtors                        | 41,606        | 22,405        |
| Prepayments                          | 1,010         | 1,010         |
|                                      | <u>42,616</u> | <u>23,415</u> |

# CROHN'S AND COLITIS RELIEF

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MAY 2024

### 9. DEBTORS - continued

|                                               | 2024<br>£     | 2023<br>£     |
|-----------------------------------------------|---------------|---------------|
| Amounts falling due after more than one year: |               |               |
| Tax recoverable                               | 714           | 714           |
|                                               | <u>714</u>    | <u>714</u>    |
| Aggregate amounts                             | 43,330        | 24,129        |
|                                               | <u>43,330</u> | <u>24,129</u> |

### 10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                                         | 2024<br>£     | 2023<br>£    |
|-----------------------------------------|---------------|--------------|
| Bank loans and overdrafts (see note 11) | 5,589         | -            |
| Trade creditors                         | 3,245         | 6,591        |
| Accruals and deferred income            | 7,174         | 2,592        |
|                                         | <u>16,008</u> | <u>9,183</u> |

### 11. LOANS

An analysis of the maturity of loans is given below:

|                                                | 2024<br>£    | 2023<br>£ |
|------------------------------------------------|--------------|-----------|
| Amounts falling due within one year on demand: |              |           |
| Bank overdrafts                                | 5,589        | -         |
|                                                | <u>5,589</u> | <u>-</u>  |

### 12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

|                     | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | 2024<br>Total<br>funds<br>£ | 2023<br>Total<br>funds<br>£ |
|---------------------|---------------------------|-------------------------|-----------------------------|-----------------------------|
| Fixed assets        | 1,404                     | -                       | 1,404                       | 1,652                       |
| Current assets      | 43,648                    | 5,575                   | 49,223                      | 41,555                      |
| Current liabilities | (16,008)                  | -                       | (16,008)                    | (9,183)                     |
|                     | <u>29,044</u>             | <u>5,575</u>            | <u>34,619</u>               | <u>34,024</u>               |

### 13. MOVEMENT IN FUNDS

|                           | At 1.6.23<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.5.24<br>£ |
|---------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                    |
| General fund              | 33,338         | (4,294)                          | 29,044             |
| <b>Restricted funds</b>   |                |                                  |                    |
| Restricted fund           | 686            | 4,889                            | 5,575              |
| <b>TOTAL FUNDS</b>        | <u>34,024</u>  | <u>595</u>                       | <u>34,619</u>      |

# CROHN'S AND COLITIS RELIEF

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MAY 2024

### 13. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 58,104                     | (62,398)                   | (4,294)                   |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted fund           | 87,726                     | (82,837)                   | 4,889                     |
| <b>TOTAL FUNDS</b>        | <u>145,830</u>             | <u>(145,235)</u>           | <u>595</u>                |

### Comparatives for movement in funds

|                           | At 1.6.22<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.5.23<br>£ |
|---------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                    |
| General fund              | 11,873         | 21,465                           | 33,338             |
| <b>Restricted funds</b>   |                |                                  |                    |
| Restricted fund           | 8,812          | (8,126)                          | 686                |
| <b>TOTAL FUNDS</b>        | <u>20,685</u>  | <u>13,339</u>                    | <u>34,024</u>      |

Comparative net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 108,338                    | (86,873)                   | 21,465                    |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted fund           | 33,849                     | (41,975)                   | (8,126)                   |
| <b>TOTAL FUNDS</b>        | <u>142,187</u>             | <u>(128,848)</u>           | <u>13,339</u>             |

**CROHN'S AND COLITIS RELIEF**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MAY 2024**

**14. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 May 2024.

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# Accounts

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CROHN'S AND  
COLITIS RELIEF

Fighting the condition with love and care

2023

# ANNUAL REPORT

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# ABOUT

**At Crohn's and Colitis Relief, we empower lives in Hackney. Our project addresses food insecurity, alleviates symptoms, and fosters resilience, shaping a brighter future for IBD/S patients.**

Crohn's and Colitis Relief stands as a beacon of support for IBD/S patients in Hackney, particularly those grappling with the harsh impacts of the cost-of-living crisis. Our mission is rooted in providing essential assistance to individuals who, due to financial constraints, found themselves compromising on the Specific Carbohydrate Diet (SCD), triggering distressing flare-ups and exacerbating their symptoms.

Recognizing the critical need in our community, our project has become a lifeline for these patients. The distribution of food vouchers has proven transformative, not only bringing symptoms under control but also relieving beneficiaries of incapacitating pain. The positive outcomes extend beyond symptom relief, impacting the overall well-being of individuals who can now engage in daily tasks with reduced stomach pain, fatigue, and other debilitating symptoms.

Beyond health improvements, our project has contributed to the financial stability of beneficiaries. Breaking free from the shackles of illness, individuals are now returning to work and savoring precious moments with loved ones, enhancing their overall quality of life.

The impact of the project goes beyond the tangible benefits. By alleviating financial stressors, we are addressing the inflammatory effects exacerbated by stress in IBD patients. This holistic approach not only improves gut health but also fosters a comprehensive sense of well-being.

Moreover, the food vouchers empower patients to invest in their health, enabling them to access natural supplements, probiotics, vitamins, and organic foods. This newfound ability to afford essential health resources is leading to tangible improvements in bowel conditions and overall living circumstances.

Crohn's and Colitis Relief is more than an assistance program – it's a catalyst for positive change, empowering individuals to reclaim their health and lives. Together, we are building a stronger and more resilient community.

# MESSAGE FROM OUR LEADERS

As leaders of this compassionate community, we share a collective commitment to fostering positive change and empowering lives. This space serves as a direct line to communicate our vision, updates, and heartfelt messages as we navigate the journey towards a healthier and brighter future together.



*In the spirit of shared compassion and resilience, we extend our heartfelt gratitude for being an integral part of the Crohn's and Colitis Relief family. Your strength and courage inspire us daily, and as leaders, our commitment to your well-being is unwavering.*

*Through challenges and triumphs, we stand united, a community bound by empathy and a shared vision for a healthier future. Your stories of resilience fuel our dedication to providing support that goes beyond alleviating symptoms – it is about restoring hope, enhancing well-being, and creating lasting positive change.*

*Your journey is our journey, and together, we navigate the path towards brighter days. Your triumphs, both big and small, remind us of the incredible power that lies within our collective spirit.*



# CASE STUDIES

## Transformative Impact on Sarah's Journey

### BACKGROUND:

Sarah, a Hackney resident grappling with Inflammatory Bowel Disease (IBD) amid financial challenges, found herself caught in a cycle of compromised health due to the cost-of-living crisis. The need to adhere to the Specific Carbohydrate Diet (SCD) for IBD management was hindered by financial constraints, leading to distressing flare-ups.

### INTERVENTION:

Crohn's and Colitis Relief stepped in with its food voucher program, providing essential support to Sarah. The vouchers not only enabled her to maintain the SCD but also significantly alleviated her symptoms. The reduction in stomach pain, fatigue, and other debilitating effects allowed her to resume daily tasks and reclaim a sense of normalcy.

### OUTCOME:

Sarah's testimonial highlights the transformative impact of the project. Not only did the food vouchers bring her symptoms under control, but they also played a crucial role in improving her mood and overall well-being. With reduced frequency of bathroom visits and relief from acute symptoms, Sarah has experienced a noticeable improvement in her quality of life.

### BEYOND HEALTH IMPROVEMENTS:

The positive outcomes extended beyond health improvements. With the alleviation of financial stressors, Sarah reported enhanced gut health due to reduced stress, contributing to her overall well-being. The newfound financial stability enabled her to return to work, spending more quality time with family and friends, and achieving an improved overall quality of life.

### INVESTING IN HEALTH:

Sarah's ability to use the vouchers for natural supplements, probiotics, vitamins, and organic foods marked a pivotal moment in her health journey. The project empowered her to make choices that were previously out of reach, resulting in tangible improvements in bowel conditions, overall well-being, and living circumstances.

# MISSION & VISION

Committed to those facing financial challenges, we empower individuals to lead healthy, functional lives.

Crohn's and Colitis Relief was set up as a free service to improve the quality of life of people across the country affected by Inflammatory Bowel Disease as well as similar illnesses.

We now provide many services that help reduce incapacitating IBD/S symptoms, in order to improve patients' overall wellbeing and allow them to lead healthy, functional lives rather than being sickly/hospitalised. CCR helps over 250 beneficiaries annually across London, Manchester and Gateshead. We primarily help the Jewish-Ashkenazi community where there is an exceptionally high percentage of people suffering from IBD/S (1 in 20 people suffer from IBD/S). We target people who are financially disadvantaged as they rely heavily on our services for their wellbeing.

CCRs volunteer support workers are here to assist families dealing with the initial shock of an Inflammatory Bowel Disease diagnosis. They provide understanding, answer questions, and recommend additional support resources.



# PROGRAMS

Elevate lives with our impactful projects - from food vouchers for sustenance to therapeutic sessions for emotional well-being.

Dive into wellness with swimming sessions, embark on adventures, and ensure comfort with accessible toilet installations. Each initiative is a step towards lasting positive change.



## Food Vouchers

Nourishing bodies and spirits, our past food voucher program ensured individuals with IBD had access to essential sustenance, promoting overall well-being.



## Swimming Sessions

Diving into wellness, our tailored swimming sessions provided both physical health benefits and therapeutic relief for individuals managing IBD.



## Adventure Island Trip

Escaping the challenges of IBD, our past Adventure Island Trip provided a joy-filled respite and fostered positive memories for participants.



## Toilet Installations

Enhancing comfort and dignity, our completed toilet installations program created accessible environments tailored to the needs of individuals with IBD, improving daily living.



## Therapy Sessions

Prioritizing mental and emotional well-being, our past therapy sessions provided essential support for individuals and families navigating the initial shock of an IBD diagnosis, empowering them with understanding and resources.



## Toys and Educational Gifts

Prioritizing mental and emotional well-being, our past therapy sessions provided essential support for individuals and families navigating the initial shock of an IBD diagnosis, empowering them with understanding and resources.

# NUMBERS

A detailed representation of our impact, illustrating the tangible outcomes of our initiatives through compelling numbers and statistics.

40

people for  
swimming program

100

families received  
food vouchers

150

children with toys and  
educational games

6

toilet installations

250

therapy sessions

80

children on the trip to  
Adventure Island



# NUMBERS

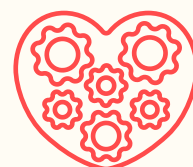
To date CCR has helped over **250 IBD/IBS patients** a year to:



Feel less lonely,  
isolated or judged



Gain a sense of  
empowerment and control



Improve their coping skills  
and sense of adjustment



Talk openly and honestly  
about their feelings



Reduce distress, depression,  
stress & anxiety or fatigue



Get the best medical  
treatment available at the  
earliest stage possible



Improved lives by reducing stigma  
of socially & economically  
vulnerable & isolated people

# FEEDBACKS

Your feedback is not just valuable; it is a testament to the positive change we can create together.

These testimonials reflect the transformative impact of our initiatives, serving as a testament to the resilience and positive change within our community.

## Life-Changing Convenience

*"Having a dedicated toilet at home has been a game-changer for me. I can't express how grateful I am to the Screwfix Foundation for making this possible. It has improved my life in so many ways. It has given me the confidence to invite friends and family over without having to worry about finding a bathroom in time. I feel more in control of my condition, and it has boosted my self-esteem. I can't thank them enough for the positive impact it has had on my well-being."*

- Sarah

## A Grateful Heart Finds Relief

*"Finding Crohn's and Colitis Relief was a game-changer for me. The food voucher program not only helped ease the financial strain but significantly improved my IBD symptoms. Reduced pain, improved mood, and the ability to get back to daily tasks – I'm grateful for the relief and positive impact on my overall well-being."*

- Joy

## Beyond Assistance, A Community's Empowerment

*"Crohn's and Colitis Relief isn't just about assistance; it's about empowerment. The food vouchers not only addressed my nutritional needs but also contributed to my financial stability. I'm back at work, spending more time with family, and experiencing a higher quality of life. This project is a true catalyst for positive change."*

- Lily

## Transformative Support in Tough Times

*"In the midst of financial struggles and IBD challenges, Crohn's and Colitis Relief has been a lifeline. The food vouchers provided relief not just from symptoms but also from financial stress. The ability to invest in natural supplements and healthy foods has positively impacted my gut health and overall well-being. Thank you for the transformative support!"*

- Olivia

# CONCLUSION

Through targeted initiatives and unwavering community support, Crohn's and Colitis Relief has made a significant impact in the lives of those affected by Inflammatory Bowel Disease (IBD).



## Comprehensive Well-being:

Food vouchers alleviate symptoms and enhance overall well-being, while activities like swimming sessions and adventure island trips provide therapeutic outlets for individuals managing Inflammatory Bowel Disease.



## Improved Quality of Life

Toilet installations, facilitated through partnerships like the one with the Screwfix Foundation, significantly enhance daily life, offering convenience and boosting confidence. Emotional support from volunteer workers contributes to an improved quality of life for those dealing with the shock of an IBD diagnosis.



## Empowerment and Community Impact

Crohn's and Colitis Relief goes beyond tangible benefits, fostering community, empowerment, and resilience. Testimonials and success stories reflect the organization's commitment to positive change and building a stronger community for everyone affected by IBD.

**Transforming lives and fostering resilience, our vision at Crohn's and Colitis Relief is to build a community where every individual impacted by Inflammatory Bowel Disease experiences empowerment, improved well-being, and a brighter future.**



**In closing, this report encapsulates the collective journey of Crohn's and Colitis Relief, where every number, testimonial, and initiative tells a story of empowerment, resilience, and positive change.**

Together, we've not just addressed the challenges of Inflammatory Bowel Disease; we've built a community that fosters well-being, understanding, and support. As we reflect on the impact we've made, let it be a reminder that our commitment to transforming lives remains unwavering. With gratitude for your support and dedication, we look forward to continuing this journey, creating a healthier, more resilient future for all those affected by IBD.

**We thank you for your continued support.**

## Contact

**Crohn's and Colitis Relief**

Charity no: 1187199 Company no: 10766434

58 Forburg Road London N16 6HT

02035196515

[www.crohnscolitisrelief.com](http://www.crohnscolitisrelief.com) 

[crohnscolitisrelief@gmail.com](mailto:crohnscolitisrelief@gmail.com) 

REGISTERED COMPANY NUMBER: 10766434 (England and Wales)  
REGISTERED CHARITY NUMBER: 1187199

**CROHN'S AND COLITIS RELIEF  
(A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE TRUSTEES AND  
FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MAY 2023**

Sugarwhite Meyer HS Ltd  
First Floor  
94 Stamford Hill  
London  
N16 6XS

## **CROHN'S AND COLITIS RELIEF**

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| <b>Report of the Trustees</b>               | <b>2 to 3</b>  |
| <b>Independent Examiner's Report</b>        | <b>4</b>       |
| <b>Statement of Financial Activities</b>    | <b>5</b>       |
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**CROHN'S AND COLITIS RELIEF**  
**REFERENCE AND ADMINISTRATIVE DETAILS**  
**FOR THE YEAR ENDED 31 MAY 2023**

|                                      |                                                                                 |
|--------------------------------------|---------------------------------------------------------------------------------|
| <b>TRUSTEES</b>                      | Mr P Grosz<br>Mr M Kahan<br>Mr L Y Schapiro                                     |
| <b>COMPANY SECRETARY</b>             | Mr M Kahan                                                                      |
| <b>REGISTERED OFFICE</b>             | 58 Forburg Road<br>London<br>N16 6HT                                            |
| <b>REGISTERED COMPANY<br/>NUMBER</b> | 10766434 (England and Wales)                                                    |
| <b>REGISTERED CHARITY<br/>NUMBER</b> | 1187199                                                                         |
| <b>INDEPENDENT EXAMINER</b>          | Sugarwhite Meyer HS Ltd<br>First Floor<br>94 Stamford Hill<br>London<br>N16 6XS |

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MAY 2023**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

**REFERENCE AND ADMINISTRATIVE INFORMATION**

The information is shown on page 1 of the financial statements and forms part of this report.

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

The objects of the charity are the relief of sickness and the preservation of health especially Crohn's disease, colitis and all forms of inflammatory bowel disease and the advancement of education of those diseases.

**Significant activities**

Crohn's and Colitis Relief (CCR) was set up to improve the quality of life of people across the country affected by Inflammatory Bowel Disease as well as similar related illnesses. CCR primarily targets the Jewish Ashkenazi community where there is an exceptionally high percentage of people suffering from these diseases. Our work is dedicated to funding and delivering activities to support and relieve people suffering from irritable bowel syndrome, and to improve their lives. Since a diagnosis of Inflammatory Bowel Disease can initially prove overwhelming for a patient and their family, CCR's dedicated group of volunteer support workers is available to help families to understand the condition, offer informed answers to questions and suggest further sources of support. The trustees are satisfied with progress made this year.

**FINANCIAL REVIEW**

**Financial review**

The trustees are pleased with results for the year. There was about a ten per cent increase in income. This enabled the trustees to give help and advice to more people suffering CCR and their relatives.

**Reserves policy**

The trustees do not seek to maintain reserves, other than to ensure that they can continue the activities of the charity. Reserves at the year end were £34,024 (2022 - £20,865) of which £686 (2022 - £8,812 ) were restricted.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Charity constitution**

The charity is constituted as a company limited by guarantee and is governed by its Memorandum and Articles of Association dated 11 May 2017

**Organisational structure**

The charity has three trustees whom meet regularly in order to discuss and control its activities. All trustees and the administrator act on a voluntary basis and receive no remuneration or reimbursement of expenses. The power to appoint new trustees is vested in the board. It is not the intention of the trustees to appoint any new trustees. Should the situation change in the future, the trustees will apply suitable recruitment induction and training procedures.

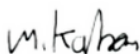
**Risk management**

The trustees have reviewed the major risks to which the charity is exposed and confirm that they have established systems to mitigate them.

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MAY 2023**

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on ..... and signed on its behalf by:



.....  
Mr M Kahan - Trustee

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CROHN'S AND COLITIS RELIEF

### Independent examiner's report to the trustees of Crohn'S And Colitis Relief ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 May 2023.

### Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

  
E Meyer FCA BSc

Sugarwhite Meyer HS Ltd  
First Floor  
94 Stamford Hill  
London  
N16 6XS

Date: .....

# CROHN'S AND COLITIS RELIEF

## STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 MAY 2023

|                                    | Notes | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | 2023<br>Total<br>funds<br>£ | 2022<br>Total<br>funds<br>£ |
|------------------------------------|-------|---------------------------|-------------------------|-----------------------------|-----------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                           |                         |                             |                             |
| Donations and legacies             | 2     | 108,338                   | 33,849                  | 142,187                     | 56,951                      |
| <b>EXPENDITURE ON</b>              |       |                           |                         |                             |                             |
| <b>Charitable activities</b>       | 3     |                           |                         |                             |                             |
| Healthcare assistance              |       | 25,206                    | 33,850                  | 59,056                      | 25,350                      |
| Awareness and coaching             |       | 12,290                    | 8,125                   | 20,415                      | -                           |
| Charitable                         |       | -                         | -                       | -                           | 9,062                       |
| Support costs                      |       | 47,804                    | -                       | 47,804                      | 13,269                      |
| Governance                         |       | 1,573                     | -                       | 1,573                       | 1,447                       |
| <b>Total</b>                       |       | 86,873                    | 41,975                  | 128,848                     | 49,128                      |
| <b>NET INCOME/(EXPENDITURE)</b>    |       | 21,465                    | (8,126)                 | 13,339                      | 7,823                       |
| <b>RECONCILIATION OF FUNDS</b>     |       |                           |                         |                             |                             |
| Total funds brought forward        |       | 11,873                    | 8,812                   | 20,685                      | 12,862                      |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | 33,338                    | 686                     | 34,024                      | 20,685                      |

The notes on page 0 form part of these financial statements

**BALANCE SHEET**  
**31 MAY 2023**

|                                              | Notes | 2023<br>£            | 2022<br>£            |
|----------------------------------------------|-------|----------------------|----------------------|
| <b>FIXED ASSETS</b>                          |       |                      |                      |
| Tangible assets                              | 8     | 1,652                | 1,944                |
| <b>CURRENT ASSETS</b>                        |       |                      |                      |
| Debtors                                      | 9     | 24,129               | 26,403               |
| Cash at bank                                 |       | 17,426               | 10,125               |
|                                              |       | <u>41,555</u>        | <u>36,528</u>        |
| <b>CREDITORS</b>                             |       |                      |                      |
| Amounts falling due within one year          | 10    | (9,183)              | (17,787)             |
| <b>NET CURRENT ASSETS</b>                    |       | <u>32,372</u>        | <u>18,741</u>        |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       | <u>34,024</u>        | <u>20,685</u>        |
| <b>NET ASSETS/(LIABILITIES)</b>              |       | <u><u>34,024</u></u> | <u><u>20,685</u></u> |
| <b>FUNDS</b>                                 | 12    |                      |                      |
| Unrestricted funds:                          |       |                      |                      |
| General fund                                 |       | 33,338               | 11,873               |
| Restricted funds:                            |       |                      |                      |
| Restricted fund                              |       | <u>686</u>           | <u>8,812</u>         |
| <b>TOTAL FUNDS</b>                           |       | <u><u>34,024</u></u> | <u><u>20,685</u></u> |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on ..... and were signed on its behalf by:



Mr M Kahan - Trustee

The notes on page 0 form part of these financial statements

# CROHN'S AND COLITIS RELIEF

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2023

### 1. ACCOUNTING POLICIES

#### Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

#### Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

#### Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

#### Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

#### Taxation

The charity is exempt from corporation tax on its charitable activities.

#### Going concern

There are no material uncertainties about the charity's ability to continue.

### 2. DONATIONS AND LEGACIES

|           | Unrestricted<br>funds | Restricted<br>funds | 2023<br>Total<br>funds | 2022<br>Total<br>funds |
|-----------|-----------------------|---------------------|------------------------|------------------------|
|           | £                     | £                   | £                      | £                      |
| Donations | 3,394                 | -                   | 3,394                  | 15,450                 |
| Grants    | 104,944               | 33,849              | 138,793                | 41,501                 |
|           | <u>108,338</u>        | <u>33,849</u>       | <u>142,187</u>         | <u>56,951</u>          |

Grants received, included in the above, are as follows:

|              | 2023<br>£      | 2022<br>£     |
|--------------|----------------|---------------|
| Charitable   | 138,795        | 41,501        |
| Other grants | (2)            | -             |
|              | <u>138,793</u> | <u>41,501</u> |

# CROHN'S AND COLITIS RELIEF

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MAY 2023

### 3. CHARITABLE ACTIVITIES COSTS

|                        | Direct<br>Costs<br>£ | Support<br>costs (see<br>note 4)<br>£ | Totals<br>£    |
|------------------------|----------------------|---------------------------------------|----------------|
| Healthcare assistance  | 59,056               | -                                     | 59,056         |
| Awareness and coaching | 20,415               | -                                     | 20,415         |
| Support costs          | 38,563               | 9,241                                 | 47,804         |
| Governance             | -                    | 1,573                                 | 1,573          |
|                        | <u>118,034</u>       | <u>10,814</u>                         | <u>128,848</u> |

### 4. SUPPORT COSTS

|               | Management<br>£ | Other 2<br>£ | Governance<br>costs<br>£ | Totals<br>£   |
|---------------|-----------------|--------------|--------------------------|---------------|
| Support costs | 292             | 8,949        | -                        | 9,241         |
| Governance    | -               | -            | 1,573                    | 1,573         |
|               | <u>292</u>      | <u>8,949</u> | <u>1,573</u>             | <u>10,814</u> |

Support costs, included in the above, are as follows:

#### Management

|                                              | 2023<br>Support<br>costs<br>£ | 2022<br>Total<br>activities<br>£ |
|----------------------------------------------|-------------------------------|----------------------------------|
| Depreciation of tangible and heritage assets | 292                           | 343                              |

#### Other 2

|                    | 2023<br>Support<br>costs<br>£ | 2022<br>Total<br>activities<br>£ |
|--------------------|-------------------------------|----------------------------------|
| Rent and utilities | 8,019                         | 1,269                            |
| Subscription       | 930                           | 1,494                            |
|                    | <u>8,949</u>                  | <u>2,763</u>                     |

#### Governance costs

|                                   | 2023<br>Governance<br>£ | 2022<br>Total<br>activities<br>£ |
|-----------------------------------|-------------------------|----------------------------------|
| Independent examiner's fee        | 780                     | 540                              |
| Independent examiner's other fees | 780                     | 540                              |
| General expenses                  | 13                      | 2,394                            |
|                                   | <u>1,573</u>            | <u>3,474</u>                     |

# CROHN'S AND COLITIS RELIEF

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MAY 2023

### 5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

|                             | 2023<br>£     | 2022<br>£    |
|-----------------------------|---------------|--------------|
| Depreciation - owned assets | 292           | 343          |
| Hire of plant and machinery | 12,442        | 1,943        |
|                             | <u>12,442</u> | <u>1,943</u> |

### 6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 May 2023 nor for the year ended 31 May 2022.

#### Trustees' expenses

There were no trustees' expenses paid for the year ended 31 May 2023 nor for the year ended 31 May 2022.

### 7. AVERAGE NUMBER OF STAFF

The average number of staff in the year was 3 (2020 - 1)

### 8. TANGIBLE FIXED ASSETS

|                                | Fixtures<br>and<br>fittings<br>£ |
|--------------------------------|----------------------------------|
| <b>COST</b>                    |                                  |
| At 1 June 2022 and 31 May 2023 | 2,287                            |
| <b>DEPRECIATION</b>            |                                  |
| At 1 June 2022                 | 343                              |
| Charge for year                | 292                              |
| At 31 May 2023                 | 635                              |
| <b>NET BOOK VALUE</b>          |                                  |
| At 31 May 2023                 | 1,652                            |
| At 31 May 2022                 | 1,944                            |

### 9. DEBTORS

|                                      | 2023<br>£     | 2022<br>£     |
|--------------------------------------|---------------|---------------|
| Amounts falling due within one year: |               |               |
| Trade debtors                        | 22,405        | 25,393        |
| Prepayments                          | 1,010         | 1,010         |
|                                      | <u>23,415</u> | <u>26,403</u> |

# CROHN'S AND COLITIS RELIEF

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MAY 2023

### 9. DEBTORS - continued

|                                               | 2023<br>£     | 2022<br>£     |
|-----------------------------------------------|---------------|---------------|
| Amounts falling due after more than one year: |               |               |
| Tax recoverable                               | 714           | -             |
|                                               | <u>714</u>    | <u>-</u>      |
| Aggregate amounts                             | 24,129        | 26,403        |
|                                               | <u>24,129</u> | <u>26,403</u> |

### 10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                                 | 2023<br>£    | 2022<br>£     |
|---------------------------------|--------------|---------------|
| Trade creditors                 | 6,591        | 12,493        |
| Social security and other taxes | -            | 1,898         |
| Net Wages control               | -            | 1,284         |
| Accruals and deferred income    | 2,592        | 2,112         |
|                                 | <u>9,183</u> | <u>17,787</u> |

### 11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

|                     | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | 2023<br>Total<br>funds<br>£ | 2022<br>Total<br>funds<br>£ |
|---------------------|---------------------------|-------------------------|-----------------------------|-----------------------------|
| Fixed assets        | 1,652                     | -                       | 1,652                       | 1,944                       |
| Current assets      | 40,869                    | 686                     | 41,555                      | 36,528                      |
| Current liabilities | (9,183)                   | -                       | (9,183)                     | (17,787)                    |
|                     | <u>33,338</u>             | <u>686</u>              | <u>34,024</u>               | <u>20,685</u>               |

### 12. MOVEMENT IN FUNDS

|                           | At 1.6.22<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.5.23<br>£ |
|---------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                    |
| General fund              | 11,873         | 21,465                           | 33,338             |
| <b>Restricted funds</b>   |                |                                  |                    |
| Restricted fund           | 8,812          | (8,126)                          | 686                |
| <b>TOTAL FUNDS</b>        | <u>20,685</u>  | <u>13,339</u>                    | <u>34,024</u>      |

# CROHN'S AND COLITIS RELIEF

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MAY 2023

### 12. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 108,338                    | (86,873)                   | 21,465                    |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted fund           | 33,849                     | (41,975)                   | (8,126)                   |
| <b>TOTAL FUNDS</b>        | <u>142,187</u>             | <u>(128,848)</u>           | <u>13,339</u>             |

### Comparatives for movement in funds

|                           | At 1.6.21<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.5.22<br>£ |
|---------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                    |
| General fund              | 12,862         | (989)                            | 11,873             |
| <b>Restricted funds</b>   |                |                                  |                    |
| Restricted fund           | -              | 8,812                            | 8,812              |
| <b>TOTAL FUNDS</b>        | <u>12,862</u>  | <u>7,823</u>                     | <u>20,685</u>      |

Comparative net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 46,951                     | (47,940)                   | (989)                     |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted fund           | 10,000                     | (1,188)                    | 8,812                     |
| <b>TOTAL FUNDS</b>        | <u>56,951</u>              | <u>(49,128)</u>            | <u>7,823</u>              |

**CROHN'S AND COLITIS RELIEF**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MAY 2023**

**13. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 May 2023.

**CROHN'S AND COLITIS RELIEF**

England & Wales - Charity number 1187199

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# Accounts

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# LET THE CAT OUT THE BAG

The year  
stigma was  
eliminated

Year ended  
31 May 2022



CROHN'S AND  
COLITIS RELIEF  
Fighting the condition with love and care

---

Crohn's and Colitis Relief guides and supports people with Crohn's Disease or Colitis throughout England. This year, we ran a ground-breaking awareness event for parents and caregivers of children with IBD/S. We brought doctors and professionals to speak and saw much success in educating the community and reducing stigma.

At the event, many people came forth expressing interest in more support for adults with IBD/S. They are frequently bedridden and riddled with pain, all while putting on a brave face for the sake of their families. The stigma surrounding chronic illness means they often have no one to unburden themselves to, and certainly nobody in the same situation. They felt that monthly support groups would help them feel so validated, as well as giving them the opportunity to share tips and tricks for recovery and remission.

Next year's plan is to run regular, in-person, support groups, and employ a support worker.



# HOW WE HELP

- ✓ Children in treatment can borrow keyboards and books to learn the instrument.
- ✓ Assistance in claiming DLA and PIP, including providing evidence of your condition.
- ✓ Therapy or coaching sessions for people going through treatment and their families.
- ✓ Dietary specific food for patients in hospital. We also have dieticians to advise patients.
- ✓ We stock a supply of Modulen and other supplies for times of emergency.
- ✓ Buddy and befriending system for children to get to know others like them.
- ✓ Provision of illness-related equipment, such as toilet installations, washing machines or freezers.
- ✓ Accompanying patients to appointments as patient advocates or interpreters as needed.
- ✓ Speeding up diagnostic tests and emergency appointments.
- ✓ Laptops are lent to hospitalised patients.



# FEEDBACK



Thank you so much to CCR for lending me a keyboard when I was so sick. Learning to play the piano helped me forget about my pain and carried me through my toughest time. Music is my new escape.

Much appreciation for the outstanding awareness event last week – it's high time we recognised how real and common IBD is, so we could be there for each other in times of need.

It's unbelievable how something as simple as a cookbook can go the longest way. I was completely overwhelmed when I was diagnosed with IBS but CCR provided comfort, direction and of course the outstanding SCD cookbook, 'A Taste of Wellness'.

# CONTENTS OF THE FINANCIAL STATEMENTS



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| Independent Examiner's Report        | 9 to 10  |
| Statement of Financial Activities    | 11       |
| Balance Sheet                        | 12 to 13 |
| Notes to the Financial Statements    | 14 to 21 |

# REFERENCE AND ADMINISTRATIVE DETAILS

|                           |                                                                                    |
|---------------------------|------------------------------------------------------------------------------------|
| TRUSTEES                  | Mr P Grosz<br>Mr M Kahan<br>Mr L Y Schapiro                                        |
| COMPANY SECRETARY         | Mr M Kahan                                                                         |
| REGISTERED OFFICE         | 58 Forburg Road<br>London<br>N16 6HT                                               |
| REGISTERED COMPANY NUMBER | 10766434                                                                           |
| REGISTERED CHARITY NUMBER | 1187199                                                                            |
| INDEPENDENT EXAMINER      | Sugarwhite<br>Meyer HS Ltd<br>First Floor<br>94 Stamford Hill<br>London<br>N16 6XS |



# TRUSTEES' REPORT

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

## REFERENCE AND ADMINISTRATIVE INFORMATION

The information is shown on page 1 of the financial statements and forms part of this report.

## OBJECTIVES AND ACTIVITIES

### Objectives and aims

The objects of the charity are the relief of sickness and the preservation of health especially Crohn's disease, colitis and all forms of inflammatory bowel disease and the advancement of education of those diseases.

### Significant activities

Crohn's and Colitis Relief (CCR) was set up to improve the quality of life of people across the country affected by Inflammatory Bowel Disease as well as similar related illnesses. CCR primarily targets the Jewish Ashkenazi community where there is an exceptionally high percentage of people suffering from these diseases. Our work is dedicated to funding and delivering activities to support and relieve people suffering from irritable bowel syndrome, and to improve their lives. Since a diagnosis of Inflammatory Bowel Disease can initially prove overwhelming for a patient and their family, CCR's dedicated group of volunteer support workers is available to help families to understand the condition, offer informed answers to questions and suggest further sources of support. The trustees are satisfied with progress made this year.

## FINANCIAL REVIEW

### Financial review

The trustees are pleased with results for the year. There was about a ten per cent increase in income. This enabled the trustees to give help and advice to more people suffering CCR and their relatives.

# TRUSTEES' REPORT

## Reserves policy

The trustees do not seek to maintain reserves, other than to ensure that they can continue the activities of the charity. Reserves at the year end were £20,685 (2021 - £12,862) of which £8,812 (2021 - Nil ) were restricted.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

### Charity constitution

The charity is constituted as a company limited by guarantee and is governed by its Memorandum and Articles of Association dated 11 May 2017

### Organisational structure

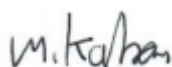
The charity has three trustees whom meet regularly in order to discuss and control its activities. All trustees and the administrator act on a voluntary basis and receive no remuneration or reimbursement of expenses. The power to appoint new trustees is vested in the board. It is not the intention of the trustees to appoint any new trustees. Should the situation change in the future, the trustees will apply suitable recruitment induction and training procedures.

### Risk management

The trustees have reviewed the major risks to which the charity is exposed and confirm that they have established systems to mitigate them.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 8 November 2022 and signed on its behalf by:



Mr M Kahan - Trustee



# INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

## **Independent examiner's report to the trustees of Crohn's and Colitis Relief ('the Company')**

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

### **Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

### **Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

# INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

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



S Steinhaus FCA  
Sugarwhite Meyer HS Ltd  
First Floor  
94 Stamford Hill  
London  
N16 6XS

8 November 2022



# STATEMENT OF FINANCIAL ACTIVITIES

|                                    | Notes | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 2022<br>total<br>funds<br>£ | 2021<br>total<br>funds<br>£ |
|------------------------------------|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                            |                          |                             |                             |
| Donations and legacies             | 2     | 46,951                     | 10,000                   | 56,951                      | 50,328                      |
| <b>EXPENDITURE ON</b>              |       |                            |                          |                             |                             |
| Charitable activities              | 3     |                            |                          |                             |                             |
| Medical Assistance                 |       | 25,085                     | 265                      | 25,350                      | 38,484                      |
| Charitable                         |       | 8,561                      | 501                      | 9,062                       | 1,758                       |
| Governance                         |       | 1,736                      | -                        | 1,736                       | 1,045                       |
| Support costs                      |       | 12,558                     | 422                      | 12,980                      | -                           |
| Total                              |       | 47,940                     | 1,188                    | 49,128                      | 41,287                      |
| <b>NET INCOME/(EXPENDITURE)</b>    |       |                            |                          |                             |                             |
|                                    |       | (989)                      | 8,812                    | 7,823                       | 9,041                       |
| <b>RECONCILIATION OF FUNDS</b>     |       |                            |                          |                             |                             |
| Total funds brought forward        |       | 12,862                     | -                        | 12,862                      | 3,821                       |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | <b>11,873</b>              | <b>8,812</b>             | <b>20,685</b>               | <b>12,862</b>               |

# BALANCE SHEET

## 31 MAY 2022

|                                              | Notes | 2022<br>£     | 2021<br>£     |
|----------------------------------------------|-------|---------------|---------------|
| <b>FIXED ASSETS</b>                          |       |               |               |
| Tangible assets                              | 8     | 1,944         | 2,287         |
|                                              |       |               |               |
| <b>CURRENT ASSETS</b>                        |       |               |               |
| Debtors                                      | 9     | 26,403        | 175           |
| Cash at bank                                 |       | 10,125        | 17,260        |
|                                              |       | 36,528        | 17,435        |
|                                              |       |               |               |
| <b>CREDITORS</b>                             |       |               |               |
| Amounts falling due within one year          | 10    | (17,787)      | (6,860)       |
|                                              |       |               |               |
| <b>NET CURRENT ASSETS</b>                    |       | 18,741        | 10,575        |
|                                              |       |               |               |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       | 20,685        | 12,862        |
|                                              |       |               |               |
| <b>NET ASSETS</b>                            |       | 20,685        | 12,862        |
|                                              |       |               |               |
| <b>FUNDS</b>                                 |       |               |               |
| Unrestricted funds                           | 12    | 11,873        | 12,862        |
| Restricted funds                             |       | 8,812         | -             |
| <b>TOTAL FUNDS</b>                           |       | <b>20,685</b> | <b>12,862</b> |

# BALANCE SHEET

## 31 MAY 2022

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2022.

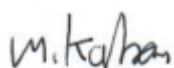
The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

1. ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
2. preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 8 November 2022 and were signed on its behalf by:



Mr M Kahan - Trustee



# NOTES TO THE FINANCIAL STATEMENTS

## 1. ACCOUNTING POLICIES

### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

# NOTES TO THE FINANCIAL STATEMENTS

## Going concern

There are no material uncertainties about the charity's ability to continue.

## 2. DONATIONS AND LEGACIES

|                  | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 2022<br>total<br>funds<br>£ | 2021<br>total<br>funds<br>£ |
|------------------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| <b>Donations</b> | 15,451                     | -                        | 15,451                      | 1,517                       |
| <b>Grants</b>    | 31,500                     | 10,000                   | 41,500                      | 48,811                      |
|                  | <b>46,951</b>              | <b>10,000</b>            | <b>56,951</b>               | <b>50,328</b>               |

Grants received, included in the above, are as follows:

|                   | 2022<br>£     | 2021<br>£     |
|-------------------|---------------|---------------|
| <b>Charitable</b> | <b>41,500</b> | <b>48,811</b> |

## 3. CHARITABLE ACTIVITIES COSTS

|                           | Direct<br>Costs<br>£ | Support<br>Costs (see<br>note 4)<br>£ | Totals<br>£   |
|---------------------------|----------------------|---------------------------------------|---------------|
| <b>Medical Assistance</b> | 23,856               | 1,494                                 | 25,350        |
| <b>Charitable</b>         | 9,062                | -                                     | 9,062         |
| <b>Governance</b>         | -                    | 1,736                                 | 1,736         |
| <b>Support costs</b>      | 9,341                | 3,639                                 | 12,980        |
|                           | <b>42,259</b>        | <b>6,869</b>                          | <b>49,128</b> |

# NOTES TO THE FINANCIAL STATEMENTS

## 4. SUPPORT COSTS

|                    | Management<br>£ | Other 2<br>£ | Gover<br>nance<br>costs<br>£ | Totals<br>£  |
|--------------------|-----------------|--------------|------------------------------|--------------|
| Medical Assistance | -               | 1,494        | -                            | 1,494        |
| Governance         | -               | -            | 1,736                        | 1,736        |
| Support costs      | 343             | 524          | 2,772                        | 3,639        |
|                    | <b>343</b>      | <b>2,018</b> | <b>4,508</b>                 | <b>6,869</b> |

Support costs, included in the above, are as follows:

| Management                                   | 2022<br>Support<br>costs<br>£ | 2021<br>Total<br>activities<br>£ |
|----------------------------------------------|-------------------------------|----------------------------------|
| Sundries                                     | -                             | 1,758                            |
| Depreciation of tangible and heritage assets | 343                           | -                                |
|                                              | <b>343</b>                    | <b>1,758</b>                     |

| Other 2              | Medical<br>Assistance<br>£ | 2022<br>Support<br>costs<br>£ | 2022<br>Total<br>activities<br>£ | 2021<br>Total<br>activities<br>£ |
|----------------------|----------------------------|-------------------------------|----------------------------------|----------------------------------|
| Rent rates and water | -                          | 524                           | 524                              | -                                |
| Subscription         | 1,494                      | -                             | 1,494                            | -                                |
|                      | <b>1,494</b>               | <b>524</b>                    | <b>2,018</b>                     | <b>-</b>                         |

# NOTES TO THE FINANCIAL STATEMENTS

## 4. SUPPORT COSTS - continued

| Governance costs                     | Gover<br>nance<br>£ | Support<br>costs<br>£ | 2022<br>total<br>activities<br>£ | 2021<br>Total<br>activities<br>£ |
|--------------------------------------|---------------------|-----------------------|----------------------------------|----------------------------------|
| Insurance                            | 643                 | -                     | 643                              | -                                |
| Light and heat                       | -                   | 745                   | 745                              | -                                |
| Independent<br>examiner's fee        | 540                 | -                     | 540                              | 516                              |
| Independent<br>examiner's other fees | 540                 | -                     | 540                              | 516                              |
| General expenses                     | 13                  | 2,027                 | 2,040                            | 13                               |
|                                      | <b>1,736</b>        | <b>2,772</b>          | <b>4,508</b>                     | <b>1,045</b>                     |

## 5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

|                             | 2022<br>£ | 2021<br>£ |
|-----------------------------|-----------|-----------|
| Depreciation - owned assets | 343       | -         |
| Hire of plant and machinery | 1,943     | -         |

## 6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 May 2022 nor for the year ended 31 May 2021.

### Trustees' expenses

There were no trustees' expenses paid for the year ended 31 May 2022 nor for the year ended 31 May 2021.

# NOTES TO THE FINANCIAL STATEMENTS

## 7. AVERAGE NUMBER OF STAFF

The average number of staff in the year was 3 (2020 - 1)

## 8. TANGIBLE FIXED ASSETS

|                                | Fixtures and fittings<br>£ |
|--------------------------------|----------------------------|
| <b>COST</b>                    |                            |
| At 1 June 2021 and 31 May 2022 | 2,287                      |
| <b>DEPRECIATION</b>            |                            |
| Charge for year                | 343                        |
| <b>NET BOOK VALUE</b>          |                            |
| At 31 May 2022                 | 1,944                      |
| At 31 May 2021                 | 2,287                      |

## 9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|               | 2022<br>£     | 2021<br>£  |
|---------------|---------------|------------|
| Trade debtors | 25,393        | 175        |
| Prepayments   | 1,010         | -          |
|               | <b>26,403</b> | <b>175</b> |

# NOTES TO THE FINANCIAL STATEMENTS

## 10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                                        | 2022<br>£     | 2021<br>£    |
|----------------------------------------|---------------|--------------|
| <b>Trade creditors</b>                 | 12,493        | 5,828        |
| <b>Social security and other taxes</b> | 1,898         | -            |
| <b>Net Wages control</b>               | 1,284         | -            |
| <b>Accruals and deferred income</b>    | 2,112         | 1,032        |
|                                        | <b>17,787</b> | <b>6,860</b> |

## 11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

|                            | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 2022<br>total<br>funds<br>£ | 2021<br>total<br>funds<br>£ |
|----------------------------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| <b>Fixed assets</b>        | 1,944                      | -                        | 1,944                       | 2,287                       |
| <b>Current assets</b>      | 27,716                     | 8,812                    | 36,528                      | 17,435                      |
| <b>Current liabilities</b> | (17,787)                   | -                        | (17,787)                    | (6,860)                     |
|                            | <b>11,873</b>              | <b>8,812</b>             | <b>20,685</b>               | <b>12,862</b>               |

## 12. MOVEMENT IN FUNDS

|                           | At 1.6.21<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.5.22<br>£ |
|---------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b> | 12,862         | (989)                            | 11,873             |
| <b>Restricted funds</b>   | -              | 8,812                            | 8,812              |
| <b>TOTAL FUNDS</b>        | <b>12,862</b>  | <b>7,823</b>                     | <b>20,685</b>      |

# NOTES TO THE FINANCIAL STATEMENTS

## 12. MOVEMENT IN FUNDS – continued

Net movement in funds, included in the above, are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> | 46,951                     | (47,940)                   | (989)                     |
| <b>Restricted funds</b>   | 10,000                     | (1,188)                    | 8,812                     |
| <b>TOTAL FUNDS</b>        | <b>56,951</b>              | <b>(49,128)</b>            | <b>7,823</b>              |

### Comparatives for movement in funds

|                           | At<br>1.6.20<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.5.21<br>£ |
|---------------------------|-------------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b> | 3,821             | 9,041                            | 12,862             |
| <b>TOTAL FUNDS</b>        | <b>3,821</b>      | <b>9,041</b>                     | <b>12,862</b>      |

Comparative net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> | 28,828                     | (19,787)                   | 9,041                     |
| <b>Restricted funds</b>   | 21,500                     | (21,500)                   | -                         |
| <b>TOTAL FUNDS</b>        | <b>50,328</b>              | <b>(41,287)</b>            | <b>9,041</b>              |

# NOTES TO THE FINANCIAL STATEMENTS

## **13. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 May 2022.

## **CROHN'S AND COLITIS RELIEF**

England & Wales - Charity number 1187199

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# **Accounts**

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Easing their  
pain,



Hope in the  
dark.

# ***ABOUT US***

## **About Our Foundation...**

### **We Help People to Overcome Stigma & Barriers.**

Crohn's and Colitis Relief (CCR) was set up as a free service to improve the quality of life of people across the country affected by Inflammatory Bowel Disease as well as similar related illnesses. CCR primarily targets the Jewish Ashkenazi community where there is an exceptionally high percentage of people suffering from these diseases. Our work is dedicated to funding and delivering activities to support and relieve people suffering from IBD/IBS, and to improve their lives.

Since a diagnosis of Inflammatory Bowel Disease can initially prove overwhelming for a patient and their family, CCR's dedicated group of volunteer support workers is available to help families to understand the condition, offer informed answers to questions and suggest further sources of support.



**"We make a living by what we get,  
but we make a life by what we give"**

**Winston Churchill**

# PROJECTS

## Library

A lending resource consisting of DVDs, recipe books and publications specifically relevant to the cultural needs of our users.

## Diet

- Culturally specific:
- Dietary advice from dieticians
- Delivering dietary specific foods to hospital patients
- Support groups
- Cookery/baking lessons
- Healthy living classes.

## Awareness Raising

- School heads and teachers
- Hospital staff on particular needs of Crohn's and Colitis sufferers in the cultural context.

## Linking Schools

Raising awareness of IBD/S among children via arts and crafts, making get well soon cards; and festival celebrations.

## Support

Financial support for initial medical consultations, stool and blood tests, MRI & colonoscopy imaging in emergency cases, phone and email support, face to face meetings with IBD patients/parents, following up hospital referrals to speed things up, stock of items in case of emergency.

## Medication

Collecting patients' prescribed medication from the hospital or pharmacy. Sick patients don't always have the strength to leave the house, especially if they are anaemic or constantly need the bathroom.

# PROJECTS

## Respite

Patients and their families need to unwind after surgery. We plan to finance holiday accommodation, camp/day camp fees, hotel stays and special travel expenses.

## Sports

Exercise for keeping fit and relieving stress such as personal trainers, swimming, cycling and other sports.

## Transport

Provision of free transport to medical appointments, surgery, colonoscopy/endoscopy, and individualised travel if needed to attend school, work or anywhere else.

## Visitors

Due to covid we were limited with visits and entertainment in hospital or at home. Therefore we had a hotline for people to call for support. The volunteers would give out gifts and arrange for therapists, mental health counsellors, a cheer up squad, music lessons, lego therapy, magicians and educational games.

## Modulen

Modulen support for children including incentives, buddy and befriending; liaising with school and family; family trips, fridge for school/work to store Modulen and equipment packs for making Modulen.

## Benefits

Help with accessing benefits and grants to support patients who are unable to work due to IBD through assisting with form filling for DLA and PIP claims.

Have a heart, lend a hand,

stand out and **MAKE A DIFFERENCE.**

# ***WHAT THEY SAY...***



## **- Sandy -**

"I once called CCR at three in the morning in severe abdominal pain. Their volunteer coordinator contacted Hatzolah and ensured that I was taken to the hospital where I am regularly treated rather than to the nearest A&E. The continuity of care by the same medical team resulted in relief of sickness, as well as therapy, counselling, and improving the regularity and safety of drug monitoring."

## **- Ruthy -**

"As an IBD patient, I was concerned about stigma and hesitant to engage in treatment. CCR supported me in obtaining medical support and I began treatment and a diet immediately. This stopped the progression of the disease and surgery was not needed. CCR also worked to relieve my stress, fear of pain, illness and fear of stigma by involving community activists and other charity organisations such as Bikur Cholim and Camp Simcha to support my family and me."

## **- Josh -**

"My wife was in hospital following surgery and was left with a stoma. She constantly suffered anxiety, had no appetite and was losing weight drastically. But then CCR volunteers came to visit her. They gave her support and sang to her, which reduced her anxiety. They brought fresh and enticing food daily to increase her appetite. They encouraged her to eat so that she would put on weight and regain her strength, physically and emotionally."

# FACTS & FIGURES

250

Supported over 250 patients to date, through practical advice; emotional support, medical referrals and hospital advocacy; accompanying them to appointments; providing interpreters as needed; transport to and from hospital; arranging special food and signposting to doctors and other resources.

We created a local emergency resource supply of Modulen (a Crohn's friendly nutritional formula) and stomach pouch bags, available at all hours if needed in cases of emergency.

8

weekly culturally appropriate feature articles, disseminated across the community, containing medical articles written by senior doctors in the IBD field, also used as resource information packs.

We have a medical Advisory Board to include gastro doctors, surgeons and other medical professionals in the field.

We established a culturally sensitive buddy and befriending service connecting patients with their peers who are suffering similar conditions.

200

Open day awareness event - held in conjunction with Jewish Digest, another IBD charity which focuses on IBD awareness. 200 people attended; all IBD sufferers and parents/carers of children with IBD.

30

Provided cultural training and literature to 30 IBD medical registrars, surgeons and consultants from 10 hospitals in London and Manchester.

## **CROHN'S AND COLITIS RELIEF**

### **CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2021**

|                                             | <b>Page</b>    |
|---------------------------------------------|----------------|
| <b>Reference and Administrative Details</b> | <b>1</b>       |
| <b>Report of the Trustees</b>               | <b>2 to 3</b>  |
| <b>Independent Examiner's Report</b>        | <b>4</b>       |
| <b>Statement of Financial Activities</b>    | <b>5</b>       |
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## **CROHN'S AND COLITIS RELIEF**

### **REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MAY 2021**

|                                      |                                                                                 |
|--------------------------------------|---------------------------------------------------------------------------------|
| <b>TRUSTEES</b>                      | Mr P Grosz<br>Mr M Kahan<br>Mr L Y Schapiro                                     |
| <b>COMPANY SECRETARY</b>             | Mr M Kahan                                                                      |
| <b>REGISTERED OFFICE</b>             | 58 Forburg Road<br>London<br>N16 6HT                                            |
| <b>REGISTERED COMPANY<br/>NUMBER</b> | 10766434 (England and Wales)                                                    |
| <b>REGISTERED CHARITY<br/>NUMBER</b> | 1187199                                                                         |
| <b>INDEPENDENT EXAMINER</b>          | Sugarwhite Meyer HS Ltd<br>First Floor<br>94 Stamford Hill<br>London<br>N16 6XS |

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MAY 2021**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

**REFERENCE AND ADMINISTRATIVE INFORMATION**

The information is shown on page 1 of the financial statements and forms part of this report.

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

The objects of the charity are the relief of sickness and the preservation of health especially Crohn's disease, colitis and all forms of inflammatory bowel disease and the advancement of education of those diseases.

**Significant activities**

Crohn's and Colitis Relief (CCR) was set up to improve the quality of life of people across the country affected by Inflammatory Bowel Disease as well as similar related illnesses. CCR primarily targets the Jewish Ashkenazi community where there is an exceptionally high percentage of people suffering from these diseases. Our work is dedicated to funding and delivering activities to support and relieve people suffering from irritable bowel syndrome, and to improve their lives. Since a diagnosis of Inflammatory Bowel Disease can initially prove overwhelming for a patient and their family, CCR's dedicated group of volunteer support workers is available to help families to understand the condition, offer informed answers to questions and suggest further sources of support. The trustees are satisfied with progress made this year.

**FINANCIAL REVIEW**

**Financial review**

The trustees are pleased with results for the year. There was an almost fivefold increase in income. This enabled the trustees to give help and advice to more people suffering CCR and their relatives.

**Reserves policy**

The trustees do not seek to maintain reserves, other than to ensure that they can continue the activities of the charity. Reserves at the year end were £12,862 (2020 - £3,321).

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Charity constitution**

The charity is constituted as a company limited by guarantee and is governed by its Memorandum and Articles of Association dated 11 May 2017

**Organisational structure**

The charity has three trustees whom meet regularly in order to discuss and control its activities. All trustees and the administrator act on a voluntary basis and receive no remuneration or reimbursement of expenses.

The power to appoint new trustees is vested in the board. It is not the intention of the trustees to appoint any new trustees. Should the situation change in the future, the trustees will apply suitable recruitment induction and training procedures.

**Risk management**

The trustees have reviewed the major risks to which the charity is exposed and confirm that they have established systems to mitigate them.

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MAY 2021**

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 24 February 2022 and signed on its behalf by:

A handwritten signature in dark ink, appearing to read 'M. Kahan', is written over a faint, dotted rectangular line.

Mr M Kahan - Trustee

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CROHN'S AND COLITIS RELIEF

### Independent examiner's report to the trustees of Crohn'S And Colitis Relief ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 May 2021.

#### Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

#### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



S Steinhaus FCA  
Sugarwhite Meyer HS Ltd  
First Floor  
94 Stamford Hill  
London  
N16 6XS

24 February 2022

# CROHN'S AND COLITIS RELIEF

## STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 MAY 2021

|                                    | Notes | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | 2021<br>Total<br>funds<br>£ | 2020<br>Total<br>funds<br>£ |
|------------------------------------|-------|---------------------------|-------------------------|-----------------------------|-----------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                           |                         |                             |                             |
| Donations and legacies             | 2     | 28,828                    | 21,500                  | 50,328                      | 10,347                      |
| <b>EXPENDITURE ON</b>              |       |                           |                         |                             |                             |
| <b>Charitable activities</b>       | 3     |                           |                         |                             |                             |
| Medical Assistance                 |       | 16,984                    | 21,500                  | 38,484                      | 5,638                       |
| Charitable                         |       | 1,758                     | -                       | 1,758                       | 762                         |
| Governance                         |       | 1,045                     | -                       | 1,045                       | 1,024                       |
| <b>Total</b>                       |       | <u>19,787</u>             | <u>21,500</u>           | <u>41,287</u>               | <u>7,424</u>                |
| <b>NET INCOME</b>                  |       | <u>9,041</u>              | <u>-</u>                | <u>9,041</u>                | <u>2,923</u>                |
| <b>RECONCILIATION OF FUNDS</b>     |       |                           |                         |                             |                             |
| Total funds brought forward        |       | 3,821                     | -                       | 3,821                       | 898                         |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | <u><u>12,862</u></u>      | <u><u>-</u></u>         | <u><u>12,862</u></u>        | <u><u>3,821</u></u>         |

The notes on page 0 form part of these financial statements

**CROHN'S AND COLITIS RELIEF (REGISTERED NUMBER: 10766434)**

**BALANCE SHEET  
31 MAY 2021**

|                                              | <b>Notes</b> | <b>2021<br/>£</b> | <b>2020<br/>£</b> |
|----------------------------------------------|--------------|-------------------|-------------------|
| <b>FIXED ASSETS</b>                          |              |                   |                   |
| Tangible assets                              | 7            | 2,287             | -                 |
| <b>CURRENT ASSETS</b>                        |              |                   |                   |
| Debtors                                      | 8            | 175               | 6,500             |
| Cash at bank                                 |              | <u>17,260</u>     | <u>1,284</u>      |
|                                              |              | 17,435            | 7,784             |
| <b>CREDITORS</b>                             |              |                   |                   |
| Amounts falling due within one year          | 9            | (6,860)           | (3,963)           |
| <b>NET CURRENT ASSETS</b>                    |              | <u>10,575</u>     | <u>3,821</u>      |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |              | 12,862            | 3,821             |
| <b>NET ASSETS/(LIABILITIES)</b>              |              | <u>12,862</u>     | <u>3,821</u>      |
| <b>FUNDS</b>                                 | 11           |                   |                   |
| Unrestricted funds:                          |              |                   |                   |
| General fund                                 |              | <u>12,862</u>     | <u>3,821</u>      |
| <b>TOTAL FUNDS</b>                           |              | <u>12,862</u>     | <u>3,821</u>      |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

**BALANCE SHEET - continued**  
**31 MAY 2021**

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 24 February 2022 and were signed on its behalf by:

A handwritten signature in dark ink, appearing to read 'M. Kahan', is written over a faint, dotted rectangular line.

Mr M Kahan - Trustee

# CROHN'S AND COLITIS RELIEF

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2021

### 1. ACCOUNTING POLICIES

#### Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

#### Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

#### Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

#### Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

#### Taxation

The charity is exempt from corporation tax on its charitable activities.

#### Going concern

There are no material uncertainties about the charity's ability to continue.

### 2. DONATIONS AND LEGACIES

|           | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 2021<br>Total<br>funds<br>£ | 2020<br>Total<br>funds<br>£ |
|-----------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| Donations | 1,517                      | -                        | 1,517                       | 10,101                      |
| Grants    | 27,311                     | 21,500                   | 48,811                      | 246                         |
|           | <u>28,828</u>              | <u>21,500</u>            | <u>50,328</u>               | <u>10,347</u>               |

Grants received, included in the above, are as follows:

|              | 2021<br>£     | 2020<br>£  |
|--------------|---------------|------------|
| Charitable   | 48,811        | -          |
| Other grants | -             | 246        |
|              | <u>48,811</u> | <u>246</u> |

# CROHN'S AND COLITIS RELIEF

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MAY 2021

### 3. CHARITABLE ACTIVITIES COSTS

|                    | Direct<br>Costs<br>£ | Support<br>costs (see<br>note 4)<br>£ | Totals<br>£   |
|--------------------|----------------------|---------------------------------------|---------------|
| Medical Assistance | 38,484               | -                                     | 38,484        |
| Charitable         | -                    | 1,758                                 | 1,758         |
| Governance         | -                    | 1,045                                 | 1,045         |
|                    | <u>38,484</u>        | <u>2,803</u>                          | <u>41,287</u> |

### 4. SUPPORT COSTS

|            | Management<br>£ | Governance<br>costs<br>£ | Totals<br>£  |
|------------|-----------------|--------------------------|--------------|
| Charitable | 1,758           | -                        | 1,758        |
| Governance | -               | 1,045                    | 1,045        |
|            | <u>1,758</u>    | <u>1,045</u>             | <u>2,803</u> |

Support costs, included in the above, are as follows:

#### Management

|          | 2021<br>Charitable<br>£ | 2020<br>Total<br>activities<br>£ |
|----------|-------------------------|----------------------------------|
| Sundries | <u>1,758</u>            | <u>762</u>                       |

#### Governance costs

|                                   | 2021<br>Governance<br>£ | 2020<br>Total<br>activities<br>£ |
|-----------------------------------|-------------------------|----------------------------------|
| Independent examiner's fee        | 516                     | 432                              |
| Independent examiner's other fees | 516                     | 432                              |
| General expenses                  | <u>13</u>               | <u>160</u>                       |
|                                   | <u>1,045</u>            | <u>1,024</u>                     |

### 5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 May 2021 nor for the year ended 31 May 2020.

#### Trustees' expenses

There were no trustees' expenses paid for the year ended 31 May 2021 nor for the year ended 31 May 2020.

# CROHN'S AND COLITIS RELIEF

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MAY 2021

### 6. AVERAGE NUMBER OF STAFF

The average number of staff in the year was 3 (2020 - 1)

### 7. TANGIBLE FIXED ASSETS

|                       | Fixtures<br>and<br>fittings<br>£ |
|-----------------------|----------------------------------|
| <b>COST</b>           |                                  |
| Additions             | 2,287                            |
| <b>NET BOOK VALUE</b> |                                  |
| At 31 May 2021        | 2,287                            |
| At 31 May 2020        | -                                |

### 8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|               | 2021<br>£ | 2020<br>£ |
|---------------|-----------|-----------|
| Trade debtors | 175       | 6,500     |

### 9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                              | 2021<br>£ | 2020<br>£ |
|------------------------------|-----------|-----------|
| Trade creditors              | 5,828     | 3,099     |
| Accruals and deferred income | 1,032     | 864       |
|                              | 6,860     | 3,963     |

### 10. ANALYSIS OF NET ASSETS BETWEEN FUNDS

|                     | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | 2021<br>Total<br>funds<br>£ | 2020<br>Total<br>funds<br>£ |
|---------------------|---------------------------|-------------------------|-----------------------------|-----------------------------|
| Fixed assets        | 2,287                     | -                       | 2,287                       | -                           |
| Current assets      | 17,435                    | -                       | 17,435                      | 7,784                       |
| Current liabilities | (6,860)                   | -                       | (6,860)                     | (3,963)                     |
|                     | 12,862                    | -                       | 12,862                      | 3,821                       |

# CROHN'S AND COLITIS RELIEF

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MAY 2021

### 11. MOVEMENT IN FUNDS

|                           | At 1.6.20<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.5.21<br>£ |
|---------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                    |
| General fund              | 3,821          | 9,041                            | 12,862             |
| <b>TOTAL FUNDS</b>        | <u>3,821</u>   | <u>9,041</u>                     | <u>12,862</u>      |

Net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 28,828                     | (19,787)                   | 9,041                     |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted fund           | 21,500                     | (21,500)                   | -                         |
| <b>TOTAL FUNDS</b>        | <u>50,328</u>              | <u>(41,287)</u>            | <u>9,041</u>              |

### Comparatives for movement in funds

|                           | At 1.6.19<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.5.20<br>£ |
|---------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                    |
| General fund              | 898            | 2,923                            | 3,821              |
| <b>TOTAL FUNDS</b>        | <u>898</u>     | <u>2,923</u>                     | <u>3,821</u>       |

Comparative net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 10,347                     | (7,424)                    | 2,923                     |
| <b>TOTAL FUNDS</b>        | <u>10,347</u>              | <u>(7,424)</u>             | <u>2,923</u>              |

**CROHN'S AND COLITIS RELIEF**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MAY 2021**

**12. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 May 2021.

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CROHN'S AND  
COLITIS RELIEF

Fighting the condition with love and care

Thank  
you for  
your  
support!!

