

FREE THE FORGOTTEN

England & Wales · Charity number 1188376

Details

Status Registered

Legal form CIO

Registered 2020-03-06

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

Contact

Address 220 Church Road
London
NW10 9NP

Phone 02032730030

Email info@freetheforgotten.org

Website www.freetheforgotten.org

Activities

Objects: THE OBJECTS OF THE CIO ARE:TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY.FOR THE PURPOSE OF THIS CLAUSE 'SOCIALLY EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OF MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT; FINANCIAL HARDSHIP; YOUTH OR OLD AGE; ILL HEALTH (PHYSICAL OR MENTAL); SUBSTANCE ABUSE OR DEPENDENCY INCLUDING ALCOHOL AND DRUGS; DISCRIMINATION ON THE GROUNDS OF SEX, RACE, DISABILITY, ETHNIC ORIGIN, RELIGION, BELIEF, CREED, SEXUAL ORIENTATION OR GENDER RE-ASSIGNMENT; POOR EDUCATIONAL OR SKILLS ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN; POOR HOUSING (THAT IS HOUSING THAT DOES NOT MEET BASIC HABITABLE STANDARDS; CRIME (EITHER AS A VICTIM OF CRIME OR AS AN OFFENDER REHABILITATING INTO SOCIETY).

Activities: FTF prepare and inspire a new generation of the youth for constructive engagement and by linking communities to discuss sustainable community safety and development whereas a sense of helplessness, exclusion, and desperation is eradicated. To build a stronger community surrounding the North West London area by offering a range of services including Educational/Employment/Housing and Wellbeing etc.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Prevention Or Relief Of Poverty, Accommodation/housing, Economic/community Development/employment, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

Geography

- Kenya
- Somalia
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01	£60,140	£59,739	-	-
2024-04-01	£70,410	£55,678	-	-
2023-04-01	£88,443	£84,666	-	-
2022-04-01	£36,934	£36,526	-	-
2021-04-01	£0	£0	-	-

Trustees

Name	Role	Appointed
Abdillahi Mohamed	Chair	2020-02-01
Anisa Mohamed		2020-02-01
Zaki Elmi		2020-02-01

FREE THE FORGOTTEN

England & Wales - Charity number 1188376

Accounts



Trustees' report and Financial Statement for the period ended.
01 April 2024 for Free the Forgotten

Registered Charity number
1188376

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For the period ended 01 April 2024

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Free the Forgotten

Organisation Information

For the period ended 01 April 2024

TRUSTEES:

Abdillahi Mohamed	(Chair)
Zaki Elmi	(Treasurer)
Amina Hussein	(Trustee)
Anisa Mohamed	(Trustee)

Web: [www. freetheforgotten.org/](http://www.freetheforgotten.org/)

Email: info@freetheforgotten.org

REGISTERED OFFICE:

220 Church Road
London
NW10 9NP

BANKERS: Royal Bank Scotland

Northwest House,
119 Marylebone Road.
London NW1 5PY



Free the Forgotten

Report of the Trustees

For the period ended 01 April 2024

The Trustees of the Organisation present their report and statement of financial activities of the Organisation for the period ended 01 April 2024

The accounts have been prepared by the accounting policies set out in note 1 to the accounts and comply with the charities governing document, the Charities Act 2011 and Statement of Recommended Practices —Accounting and Reporting by Charities revised 2015.

PRINCIPAL ACTIVITY

The principal activity of the organisation in the year under review was the provision of advice and guidance and community events, in line with the principle of the organisation that promotes community cohesion and integration.

This report provides an overview of our activities, achievements, and financial performance over the past year, demonstrating our commitment to our mission of supporting marginalized and forgotten communities around the world.

2. Our Mission and Objectives

Free The Forgotten Charity is dedicated to empowering and supporting vulnerable individuals and communities who have been marginalized, forgotten, or overlooked. Our mission is to provide essential resources, education, and advocacy to help these individuals achieve a better quality of life, uphold their rights, and promote social justice.

Our key objectives are:

To provide immediate relief and support to marginalized communities through food, shelter, education, and healthcare programs.

To advocate for the rights of those who are oppressed or forgotten by society, amplifying their voices on local, national, and international platforms.

To build sustainable development initiatives that foster independence, resilience, and long-term growth in underprivileged communities.

3. Achievements and Activities

Over the past year, Free The Forgotten Charity has made significant strides in delivering impactful programs and services. Below are some of the key achievements:

3.1 Humanitarian Relief Programs

Emergency Food and Shelter Aid: Provided emergency food and shelter to over 10,000 individuals in conflict-affected and disaster-prone areas. Our outreach teams worked tirelessly in partnership with local organizations to ensure aid reached those most in need.

Healthcare Initiatives: Launched mobile health clinics in three rural regions, providing essential healthcare services, including vaccinations, maternal health care, and basic medical check-ups, to over 5,000 individuals.

3.2 Educational Programs

Community Learning Centres: Established five community learning centres, which provide education to over 2,000 children and adults. These centres focus on basic literacy, numeracy, vocational training, and life skills.

Scholarship and Mentorship Program: Awarded scholarships to 150 underprivileged students and provided mentorship programs to guide them through their educational journeys.

3.3 Advocacy and Awareness Campaigns

Awareness Campaigns: Conducted three major campaigns on human rights, women's rights, and the plight of refugees. These campaigns reached an audience of over 50,000 people through social media, public forums, and collaborations with other NGOs.

Policy Advocacy: Engaged with policymakers and stakeholders at both the local and national levels to advocate for the rights of marginalized communities, contributing to the drafting of new social policies in London and surrounding areas.

4. Financial Overview

The trustees are pleased to report that Free The Forgotten Charity remains in a healthy financial position. Our income for the year totalled £ [Insert Amount], compared to £ [Insert Amount] in the previous year. The main sources of income were as follows:

Grants and Donations: £25,500

Fundraising Events: £34,898

Other Income: £10,012

Total Income for the year £70,410.00

TRUSTEES

Trustees during the year under review were:

Abdillahi Mohamed	(Chair)
Zaki Elmi	(Treasurer)
Anisa Mohamed	(Secretary)
Amina Hussein	(Member)



STATEMENT OF TRUSTEES' RESPONSIBILITIES

Organisation law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Organisation and of the profit or loss of the Organisation for that period. In preparing those financial statements, the Trustees are required to

- select suitable accounting policies and then apply them consistently
- make judgements and estimates that are reasonable and prudent
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the Organisation will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Organisation and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the Organisation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

ON BEHALF OF THE BOARD OF TRUSTEES:

Abdillahi Mohamed - Chair

Dated: 05.09.2024

Zaki Elmi - Treasurer

Dated: 05.09.2024



FREE THE FORGOTTEN
Detailed profit and loss account items
for the year ended 1 April 2024

	2024	2023
	£	£
Income		
Grants and donations	<u>35,512</u>	<u>73,129</u>
Other income		
Other income	<u>34,898</u>	<u>15,314</u>
	<u>70,410</u>	<u>88,443</u>
Staff costs		
Wages and salaries	20,549	26,530
Employer's NI	-	36
Staff training and welfare	1,900	-
Travel and subsistence	-	201
Motor expenses	815	-
Events	<u>1,629</u>	<u>2,062</u>
	<u>24,893</u>	<u>28,829</u>
Depreciation and other amounts written off assets		
Depreciation	<u>200</u>	<u>200</u>
Other charges		
Premises costs:		
Rent	2,600	2,290
Light and heat	<u>2,464</u>	<u>1,844</u>
	<u>5,064</u>	<u>4,134</u>
General administrative expenses:		
Telephone and internet	1,359	1,938
Postage	-	55
Stationery and printing	770	755
Courier services	420	-
Information and publications	-	205
Subscriptions	130	-
Insurance	222	228
Software	491	188
Repairs and maintenance	<u>506</u>	<u>2,900</u>
	<u>3,898</u>	<u>6,269</u>
Legal and professional costs:		
Accountancy fees	650	550
Consultancy fees	550	8,320
Advertising and PR	-	54
Other legal and professional	<u>723</u>	<u>477</u>
	<u>1,923</u>	<u>9,401</u>
Other		
Subcontractor costs	11,075	23,106
Commissions payable	8,625	12,729



Free the
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	<u>19,700</u>	<u>35,835</u>
Resources expended	<u>55,678</u>	<u>84,668</u>
Surplus/ (deficit)	<u>14,732</u>	<u>3,775</u>
Balance brought Forward	<u>4,665</u>	<u>890</u>
Balance Carried Forward	<u><u>19,397</u></u>	<u><u>4,665</u></u>

FREE THE FORGOTTEN

Registered number: 1188376

**Balance Sheet
as at 1 April 2024**

	2024	2023
	£	£
Fixed assets	400	600
Current assets	23,054	8,119
Creditors: amounts falling due within one year	<u>(1,005)</u>	<u>(1,302)</u>
Net current assets	<u>22,049</u>	<u>6,817</u>
Total assets less current liabilities	22,449	7,417
Creditors: amounts falling due after more than one year	<u>(3,052)</u>	<u>(2,752)</u>
Net assets	<u>19,397</u>	<u>4,665</u>
Capital and reserves	<u>19,397</u>	<u>4,665</u>
	<u>Number</u>	<u>Number</u>
Average number of employees	4	7
FREE THE FORGOTTEN		<u> </u>

The financial statements set out on pages 4 to 7 were approved and authorised for issue by the Trustees on 5th September 2024 and signed on behalf of the charity' trustees by

Abdillahi Mohamed

Chair
Approved by the board on 05/09/2024

FREE THE FORGOTTEN

Notes to the Accounts

for the year ended 1 April 2024

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the both the requirements of the Charities Act 2011 and the Statements of Recommended Practice (SORP), “Accounting and Reporting by Charities” published in 2005.

Fund accounting

Unrestricted funds are available for use as the discretion of the trustees in furtherance of the charity’s objectives and restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donors or which have been raised by the charity for particular purposes.

Incoming resources

All Incoming resources are included upon receipt by the charity. Donations are only included in the receipts and payments account when the charity has unconditional entitlement to the resource.

Resources expended

Expenditure is recognised upon payment. As all liabilities are usually settled immediately, the charity does not carry over any material liabilities to subsequent periods.

Expenditure is accounted for under heading that relate to the nature of its purpose.

Charitable activity costs are those costs incurred directly in support of expenditure on the objects of the charity.

Grants and Donations

Grants and donations are accounted for on accruals basis. All grants have been brought into account for the period in which they relate to.

The funding received during the period was to fund the charities main objectives.

Depreciation

No Depreciation has been provided for the period.

2 Creditors: amounts falling due within one year	2024	2023
	£	£
Other creditors		
Professional Fees	650	550

3 Statement of Financial activities	2021
	£
At 2 April 2023	4665
Surplus for the year	14732
	<hr/>
At 01 April 2024	19,397

4	
Grants, Donations and Other Income	
Church Road Business Ltd	500
Training Income	10,012
Donations from the public	34,898
GLA Capacity building	24,500
Sports Foundation	<u>500</u>
Total Income for the year	70,410

5

No transactions other than the refund of out of pocket expenses for the trustees of the Charity took place during the year under review

6 Independent examiner's fees	<u>2024</u>
Accounts preparations	500
Independent examination	<u>150</u>
	650



**Independent Examiner's report to the trustees of
Free the Forgotten**

We report on the accounts of Free the Forgotten for the period ended 01 April 2024.

Respective Responsibilities of the Trustees and Examiner

As the Project's Management Committee, you are responsible for the preparation of the accounts; you consider that the audit requirement of section 43(2) of the Charities Act 2011 (the Act) does not apply and that an independent examination is needed.

It is our responsibility to examine the accounts under section 43 of the Act, to follow the procedures laid down in the General Directions given by the Charity Commission under section 43(7)(b) of the Act, and to state whether particular matters have come to our attention.

Basis of Independent Examiner's Report

Our examination was carried out by General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Project and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Management Committee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and we do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In the course of our examination, no matters have come to our attention:

- 1) This gives us reasonable cause to believe that, in any material respect the management committee has not met the requirement of the requirements to ensure that:
 - a) Proper accounting records are kept following section 41 of the Act; and
 - b) Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
- 2) To which in my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached.

.....
Anderson Pierce and Co
Accountants and Business Advisers
14 Alexandria Rd
London W13 0NR

05 Sept 2024

FREE THE FORGOTTEN

England & Wales - Charity number 1188376

Accounts



Free the
FORGOTTEN

Trustees' report and Financial Statement for the period ended.
01 April 2023 for Free the Forgotten

Registered Charity number
1188376



Free the
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Free The Forgotten

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For the period ended 01 April 2023

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Free the Forgotten

Organisation Information
For the period ended 01 April 2023

TRUSTEES:

Abdillahi Mohamed	(Chair)
Zaki Elmi	(Treasurer)
Amina Hussein	(Trustee)
Anisa Mohamed	(Trustee)

Web: [www. freetheforgotten.org/](http://www.freetheforgotten.org/)

Email: info@freetheforgotten.org

REGISTERED OFFICE:

220 Church Road
London
NW10 9NP

BANKERS: Royal Bank Scotland

Northwest House,
119 Marylebone Road.
London NW1 5PY



Free the Forgotten

Report of the Trustees

For the period ended 01 April 2023

The Trustees of the Organisation present their report and statement of financial activities of the Organisation for the period ended 01 April 2023

The accounts have been prepared by the accounting policies set out in note 1 to the accounts and comply with the charities governing document, the Charities Act 2011 and Statement of Recommended Practices —Accounting and Reporting by Charities revised 2015.

PRINCIPAL ACTIVITY

The principal activity of the organisation in the year under review was the provision of advice and guidance and community events, in line with the principle of the organisation that promotes community cohesion and integration.

TRUSTEES

Trustees during the year under review were:

Abdillahi Mohamed	(Chair)
Zaki Elmi	(Treasurer)
Anisa Mohamed	(Secretary)
Amina Hussein	(Member)

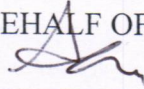
STATEMENT OF TRUSTEES' RESPONSIBILITIES

Organisation law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Organisation and of the profit or loss of the Organisation for that period. In preparing those financial statements, the Trustees are required to

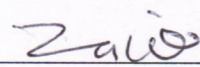
- select suitable accounting policies and then apply them consistently
- make judgements and estimates that are reasonable and prudent
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the Organisation will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Organisation and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the Organisation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

ON BEHALF OF THE BOARD OF TRUSTEES:


Abdillahi Mohamed - Chair

Dated: 03.08.2023


Zaki Elmi - Treasurer

Dated: 03.08.2023



FREE THE FORGOTTEN
Detailed profit and loss account items
for the year ended 1 April 2023

	2023	2022
	£	£
Income		
Donations	73,129	36,934
Other grants	<u>15,314</u>	<u>-</u>
Total Income	<u>88,443</u>	<u>36,934</u>
Staff costs		
Wages and salaries	26,530	15,852
Employer's NI	36	157
Travel and subsistence	201	437
Events	<u>2,062</u>	<u>-</u>
	<u>28,829</u>	<u>16,446</u>
Depreciation and other amounts written off assets		
Depreciation	<u>200</u>	<u>200</u>
Other charges		
Premises costs:		
Rent	2,290	2,290
Service charges	-	950
Light and heat	<u>1,844</u>	<u>607</u>
	<u>4,134</u>	<u>3,847</u>
General administrative expenses:		
Telephone and internet	1,938	771
Postage	55	40
Stationery and printing	755	488
Information and publications	205	-
Bank charges	-	2,385
Insurance	228	-
Software	188	-
Repairs and maintenance	<u>2,900</u>	<u>260</u>
	<u>6,269</u>	<u>3,944</u>
Legal and professional costs:		
Accountancy fees	550	300
Consultancy fees	8,320	188
Advertising and PR	54	-
Other legal and professional	<u>477</u>	<u>117</u>
	<u>9,401</u>	<u>605</u>
Other		
Subcontractor costs	<u>35,835</u>	<u>11,484</u>
	<u>35,835</u>	<u>11,484</u>



Resources expended	<u>84,668</u>	<u>36,526</u>
Surplus/ (deficit)	<u>3,775</u>	<u>408</u>
Balance brought Forward	<u>890</u>	<u>482</u>
Balance Carried Forward	<u><u>4,665</u></u>	<u><u>890</u></u>



FREE THE FORGOTTEN

Registered number:

1188376

Balance Sheet

as at 1 April 2023

	2023	2022
	£	£
Fixed assets	600	800
Current assets	8,119	3,890
Creditors: amounts falling due within one year	<u>(1,302)</u>	<u>(2,729)</u>
Net current assets	<u>6,817</u>	<u>1,161</u>
Total assets less current liabilities	7,417	1,961
Creditors: amounts falling due after more than one year	<u>(2,752)</u>	<u>(1,071)</u>
Net assets	<u>4,665</u>	<u>890</u>
 Reserves		
Unrestricted funds B/F	<u>890</u>	<u>408</u>
Income and expenditure current year	<u>3,775</u>	<u>482</u>
Net funds	<u>4,665</u>	<u>890</u>

The financial statements set out on pages 4 to 7 were approved and authorised for issue by the Trustees on 3rd August 2023 and signed on behalf of the charity' trustees by

Abdillahi Mohamed

Director

Approved by the board on 3 August 2023



FREE THE FORGOTTEN

Notes to the Accounts

for the year ended 1 April 2023

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the both the requirements of the Charities Act 2011 and the Statements of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in 2005.

Fund accounting

Unrestricted funds are available for use as the discretion of the trustees in furtherance of the charity's objectives and restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donors or which have been raised by the charity for particular purposes.

Incoming resources

All Incoming resources are included upon receipt by the charity. Donations are only included in the receipts and payments account when the charity has unconditional entitlement to the resource.

Resources expended

Expenditure is recognised upon payment. As all liabilities are usually settled immediately, the charity does not carry over any material liabilities to subsequent periods.

Expenditure is accounted for under heading that relate to the nature of its purpose.

Charitable activity costs are those costs incurred directly in support of expenditure on the objects of the charity.

Grants and Donations

Grants and donations are accounted for on accruals basis. All grants have been brought into account for the period in which they relate to.

The funding received during the period was to fund the charities main objectives.

Depreciation



Depreciation

No Depreciation has been provided for the period.

2 Creditors: amounts falling due within one year	2023	2022
	£	£
Other creditors		
Professional Fees	550	300

3 Statement of Financial activities	2021
	£
At 2 April 2022	890
Surplus for the year	3775
At 01 April 2023	4,665

4 Grants and Donations	
Donations from the public	64,929
LB Brent	<u>15,314</u>
Total grants and donations	88,443

5

No transactions other than the refund of out of pocket expenses for the trustees of the Charity took place during the year under review

6 Independent examiner's fees	2023
Accounts preparations	400
Independent examination	<u>150</u>
	550



**Independent Examiner's report to the trustees of
Free the Forgotten**

We report on the accounts of Free the Forgotten for the period ended 01 April 2023.

Respective Responsibilities of the Trustees and Examiner

As the Project's Management Committee, you are responsible for the preparation of the accounts; you consider that the audit requirement of section 43(2) of the Charities Act 2011 (the Act) does not apply and that an independent examination is needed.

It is our responsibility to examine the accounts under section 43 of the Act, to follow the procedures laid down in the General Directions given by the Charity Commission under section 43(7)(b) of the Act, and to state whether particular matters have come to our attention.

Basis of Independent Examiner's Report

Our examination was carried out by General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Project and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Management Committee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and we do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In the course of our examination, no matters have come to our attention:

- 1) This gives us reasonable cause to believe that, in any material respect the management committee has not met the requirement of the requirements to ensure that:
 - a) Proper accounting records are kept following section 41 of the Act; and
 - b) Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
- 2) To which in my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached.

A. Abdulahi

03 August 2023

.....
Anderson Pierce and Co
Accountants and Business Advisers
14 Alexandria Rd
London W13 0NR

FREE THE FORGOTTEN

England & Wales - Charity number 1188376

Accounts

Registered number
1188376

FREE THE FORGOTTEN

Accounts

31 March 2022

FREE THE FORGOTTEN
Report and accounts
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FREE THE FORGOTTEN
Company Information

Directors

Secretary

113 Harlesden High Street, London, England, NW10 4TR

Accountants

Anderson Pierce and Co

14 Alexandria Road

West Ealing

London

W13 0NR

Registered number

1188376

FREE THE FORGOTTEN
Accountants' Report

Accountants' report to the directors of
FREE THE FORGOTTEN

You consider that the company is exempt from an audit for the year ended 31 March 2022. You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year.

In accordance with your instructions, we have prepared the accounts which comprise the Profit and Loss Account and the Balance Sheet from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.

Anderson Pierce and Co
Accountants

14 Alexandria Road
West Ealing
London
W13 0NR

20 January 2023

FREE THE FORGOTTEN
Profit and Loss Account
for the year ended 31 March 2022

	2022	2021
	£	£
Turnover	36,934	8,169
Staff costs	(23,194)	(3,554)
Depreciation and other amounts written off assets	(200)	-
Other charges	(13,132)	(4,133)
Profit before taxation	<u>408</u>	<u>482</u>
Profit	<u>408</u>	<u>482</u>
balance B/F	482	-
BALANCE C/F	<u><u>890</u></u>	<u><u>482</u></u>

FREE THE FORGOTTEN**Registered number: 1188376****Balance Sheet****as at 31 March 2022**

	2022	2021
	£	£
Fixed assets	800	-
Current assets	3,890	482
Creditors: amounts falling due within one year	<u>(2,730)</u>	<u>-</u>
Net current assets	<u>1,160</u>	<u>482</u>
Total assets less current liabilities	1,960	482
Creditors: amounts falling due after more than one year	<u>(1,070)</u>	<u>-</u>
Net assets	<u>890</u>	<u>482</u>
Capital and reserves	<u>890</u>	<u>482</u>
	Number	Number
Average number of employees	<u>6</u>	<u>1</u>

The company is a private company limited by shares and incorporated in England. Its registered office is .

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Abdillahi Mohamed

Director

Approved by the board on 20 January 2023

FREE THE FORGOTTEN
Detailed profit and loss account items
for the year ended 31 March 2022

This schedule does not form part of the statutory accounts

	2022	2021
	£	£
Sales		
Sales	36,934	8,169
	<hr/>	<hr/>
Staff costs		
Wages and salaries	15,852	3,554
Employer's NI	157	-
Temporary staff and recruitment	6,748	-
Travel and subsistence	437	-
	<hr/>	<hr/>
	23,194	3,554
	<hr/>	<hr/>
Depreciation and other amounts written off assets		
Depreciation	200	-
	<hr/>	<hr/>
Other charges		
Premises costs:		
Rent	2,290	2,990
Service charges	950	491
Light and heat	607	-
Cleaning	4,736	-
	<hr/>	<hr/>
	8,583	3,481
	<hr/>	<hr/>
General administrative expenses:		
Telephone and internet	771	125
Stationery and printing	488	72
Courier services	40	-
Bank charges	2,385	205
Repairs and maintenance	260	-
	<hr/>	<hr/>
	3,944	402
	<hr/>	<hr/>
Legal and professional costs:		
Accountancy fees	300	250
Consultancy fees	188	-
Other legal and professional	117	-
	<hr/>	<hr/>
	605	250
	<hr/>	<hr/>
	13,132	4,133
	<hr/>	<hr/>

FREE THE FORGOTTEN

England & Wales - Charity number 1188376

Accounts



Free the Forgotten

31st January 2022

Trustees Report.

As we all know, the pandemic was a very difficult time for all of us.

During this time we have not been able to be in business.

Staff have not been operating as usual.

Please accept our trustee report as NIL.

Your sincerely,

Mr Abdillahi Mohamed

Executive Director.

Free the forgotten 220 Church Road London, London NW10 9NP United Kingdom

Tel: 02032730030 Mobile: 07759296078 Charity Number: 1188376

www.freetheforgotten.org info@freetheforgotten.org