



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	January	2024		31	December	2024

Section A Reference and administration details

Charity name Poga Latvia Children's Therapy Centre

Other names charity is known by Poga Latvia

Registered charity number (if any) 1192417

Charity's principal address 15 Vivienne Close, East Twickenham, TW1 2JX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Ruta Dimanta			
2	Janis Magons			
3	Madara Mezvieta			
4	Anda Maltais			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document	Constitution
How the charity is constituted	Charitable Incorporated Organisation
Trustee selection methods	Appointed, Nominated

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the CIO are the relief of sickness and preservation of health of children with health disorders in need by the support of therapeutic and rehabilitation facilities provided at the Poga Rehabilitation Centre in Latvia.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

During 2024 we continued active discussions with Poga Rehabilitation Centre in Latvia on the mid- and long-term marketing strategies where cooperation brings steadier flows of donations, that in turn allows us fulfilling our charitable purpose.

We supported Poga Rehabilitation Centre in Latvia with two donations:

- EUR 3,701 accumulated un-earmarked donations towards Galileo a vibration based muscle training device by Novotec Medical (Germany). This is a very popular device among the therapists of the Centre in Latvia, but only one device is available as of early 2024, so the wait for the young patients can be for up to a year. The additional device obtained (for children up to 50kg) would be lent to the children's families for training at home.
<https://www.galileo-training.com/uk-english/products/galileo-training-devices.html>
- EUR 1,300 accumulated un-earmarked donations towards Therapeutic massages to provide therapy to children and young people over the age of 18. Therapeutic massages for children with movement disorders that reduce muscle tightness, relieve pain and improve blood circulation, are particularly important after surgeries - to prevent the scars from becoming hard and raised, and sticking to the underlying tissues (muscles and bones), limiting movement.
<http://www.centrspoga.lv/en/medical-care-for-children/pediatric-massage>

We have identified similar paediatric integrated therapy centres located in the UK and will be getting in touch with them for a potential visit by specialists from Poga Rehabilitation Centre in Latvia in the near future.

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D Achievements and performance

Summary of the main achievements of the charity during the year

Building more recognition on social media with repeat Facebook birthday fundraiser donors coming forward and inviting their friends to donate towards our CIO purpose of assisting the children with mobility issues in Latvia. A stand-out donor arranged a Facebook & Instagram live stream on 2023 New Year's Eve when he accomplished 2,024 pull-ups during 6 hours and raised over £1,420.

Section E Financial review

Brief statement of the charity's policy on reserves

The charity does not have ongoing expenses as it operates thanks to Trustees and volunteers. The CIO continued building financial reserves. At this point we do not have a formal policy on reserves, however in due time a more concrete policy will be put together.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charities principal sources of funds would be

- grants by other charitable organisations
- fundraising via social media.

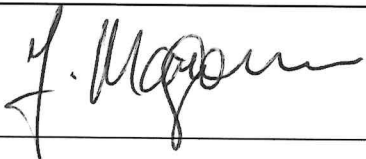
The charity does not have any paid staff or expenses (apart from bank fees once applicable). The key expenditure is payments towards purchase of relevant equipment and delivery of new therapeutic treatments by Poga Rehabilitation Centre in Latvia.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	JANIS MABEONS	ANDA MALTAIS
Position (eg Secretary, Chair, etc)	Trustee	Trustee

Date

27 05 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name

Poga Latvia Children's Therapy Centre

No (if any)

1192417

Receipts and payments accounts

CC16a

For the period
from

Period start
date

01-Jan-24

To

Period end
date

31-Dec-24

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations, grants	3,318	-	-	3,318	2,654
Bank interest	7	-	-	7	7
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	3,326	-	-	3,326	2,662
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,326	-	-	3,326	2,662
A3 Payments					
Earmarked donations	4,297	-	-	4,297	-
Bank charges	110	-	-	110	132
	-	-	-	-	-
	-	-	-	-	-
Sub total	4,407	-	-	4,407	132
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	4,407	-	-	4,407	132
Net of receipts/(payments)	- 1,082	-	-	- 1,082	2,530
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,780	-	-	4,780	2,251
Cash funds this year end	3,698	-	-	3,698	4,780

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	Two accounts	3,698	-	-
		-	-	-
		-	-	-
	Total cash funds	3,698	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
		Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
Janis Magons		JANIS MAGONS	22 05 2025	
Anda Maltais		ANDA MALTAIS	27 05 2025	

