



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 29/09/2022 Period start date To 31/03/2023

Period end date

Charity name: Fjord Index

Charity registration number: 1200531

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	1.) For the public's benefit, in Cameroon, to preserve and protect the health of adults and children who have been sexually abused by providing emotional, medical and psychosocial support at a sexual assault referral centre. 2.) For the public's benefit in Cameroon, to advance education in sex education and relationships amongst children aged five to sixteen by raising sex education awareness in schools and in the community.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Education, awareness raising amongst children in schools and in communities, advocacy, outreach work within communities, and providing emotional support
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have regard to the guidance issued on public benefit. This evidenced from the fact that the charity's purposes are to advance education amongst children in schools and in communities by supporting the work of schools and other educational establishments. Furthermore, the public's benefit is at the centre of our charity's purpose, in striving to protect the health of adults and children who have been sexually abused.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	

Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	

Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Income: £0 Expenditure: £0
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Not applicable
Amount of reserves held	Para 1.22	None
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	Not applicable
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no uncertainties

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	No funds received
Investment policy and objectives including any social investment policy adopted	Para 1.46	Not applicable
A description of the principal risks facing the charity	Para 1.46	Not applicable
Other		Not applicable

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees were selected based on their collective wide range of experience, knowledge, and skills. The trustees come from a wide range of backgrounds including Medicine, Social Care and Domestic Abuse Careers.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Fjord Index
Other name the charity uses	
Registered charity number	1200531
Charity's principal address	70 Edgeworth Close, London NW4 4HN

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	Brenda Isabel Rodas	Chair	1 st September 2022	
2	Dr Queen Mary Idiong	Trustee	1 st September 2022	
3	Shakira Omoshekunola Odutayo	Trustee	1 st September 2022	
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Corporate trustees – names of the directors at the date the report was approved		
Director name		
Francisca Anabor		

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Not applicable as no assets are held
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Not applicable
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Not applicable

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

Francisca Anabor

Apologies, I am currently unable to sign electronically. Regards,
Francisca Anabor

Full name(s)

Francisca Anabor

**Position (eg Secretary,
Chair, etc)**

Director

Date

23/01/2024

Accounts for My Oppo – Supporting families with PTSD

Amount raised		
£500	A sponsor payment (Golden Ticket Fight Promotions)	June 2023
£60	Donations from 'A Millennium Way'	October 2023
Total £560		
£1250	Signs for promotion	June 2023
£2000	To sponsor Golden Ticket Fight Promotions for 12 months	February 2023
Total £3250		

I regret to inform you that due to unforeseen personal challenges, including my recent divorce and the loss of my job and residence as a Royal Marine, my ability to dedicate time and resources to the charity has been significantly impacted.

A total of £3250 has been expended from my personal funds to sustain the charity during this challenging period. Despite these efforts, I find it necessary to communicate that, as I am presently undergoing treatment and facing continued uncertainties, the future of the charity may be in jeopardy.

I have apprised the Charity Commission of the current situation during a recent phone conversation, and I am committed to providing ongoing updates as circumstances evolve. I appreciate your understanding during this difficult time and will do my utmost to keep you informed of any developments regarding the charity's status.

Kind regards,

Kheiron Howard