

JOURNEY WITHIN FOUNDATION

England & Wales · Charity number 1197171

Details

Other names SACRED LIFE FOUNDATION

Status Registered

Legal form CIO

Registered 2021-12-16

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

Contact

Address 42 Rutland Road
Harrow
HA1 4JW

Phone 07890304016

Email bhavikpatel@hotmail.co.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE, FOR THE PUBLIC BENEFIT WORLDWIDE:(A) TO ADVANCE EDUCATION IN THE PHILOSOPHIES AND PRACTICES OF YOGA AND MEDITATION, IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVIDING CLASSES, COURSES AND INFORMATION; (B) TO PROMOTE PHYSICAL AND MENTAL HEALTH, IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVIDING CLASSES, COURSES AND INFORMATION RELATING TO YOGA AND MEDITATION; AND(C) TO ADVANCE SUCH OTHER PURPOSES AS ARE EXCLUSIVELY CHARITABLE UNDER THE LAWS OF ENGLAND AND WALES AS THE TRUSTEES MAY FROM TIME TO TIME DETERMINE, IN PARTICULAR BUT NOT EXCLUSIVELY BY MAKING GRANTS.

Activities: Provide courses on yoga, meditation and the associated philosophy online.

Classification

- **How:** Provides Other Finance, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- India
- United States
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£224,969	£202,445	-	-
2023-12-31	£292,250	£164,257	-	-
2022-12-31	£198,297	£106,795	-	-

Trustees

Name	Role	Appointed
Bhavik Nalinkumar Patel	Chair	2021-12-16
Mihir Kara		2021-12-16
Parth Bhatnagar		2023-02-27
Sonya Sethi		2024-02-02
Vinay Raniga		2024-01-24

JOURNEY WITHIN FOUNDATION

England & Wales - Charity number 1197171

Accounts

JOURNEY WITHIN FOUNDATION

CIO No. CE027661
Charity No. 1197171 Trustees' report

and financial statements

For the period ended

31 December 2024

Table of contents	Page
Information page	3
Trustees' report	4
Independent examiner's report	8
Statement of financial activities (incorporating the income and expenditure account)	9
Balance sheet	10
Notes to the accounts	11 to 16

JOURNEY WITHIN FOUNDATION- CHARITY NUMBER 1197171
MEMBERS OF BOARD AND PROFESSIONAL ADVISTORS

Registered charity name	JOURNEY WITHIN FOUNDATION
Charity number	1197171
Company registration number	CE027661
Registered office	42 Rutland Road, Harrow, HA1 4JW
Trustees	Bhavik Nalin Kumar Patel (Chair) Sonya Sethi (Appointed 02/02/2024) Vinay Raniga(Appointed 24/01/2024) Parth Bhatnagar (Appointed 27/02/2023) Mihir Kara(Appointed 16/12/2021)
Independent examiners	Sterling Young Limited 238, Suite 50, Merton High Street Wimbledon London- SW19 1AU England

JOURNEY WITHIN FOUNDATION- CHARITY NUMBER 1197171
TRUSTEE'S ANNUAL REPORT FOR THE PERIOD ENDED 31ST DECEMBER 2024

The trustees, who are also directors for the purposes of company law, present their report and the unaudited accounts of the charity for the period ended 31 December 2024.

The trustees confirm that the financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

REFERENCE AND ADMINISTRATIVE DETAILS

Reference and administrative details are shown in the schedule of members of the board and professional advisers on page 3 of the accounts.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The company is a charitable CIO and was incorporated on 16 December 2021. It has no share capital, and in the event of winding up the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. The Charity is governed by our memorandum and articles of association. The charitable company's governing document is the Articles of Association and the CIO constitution.

The charity has a Board of Trustees formed by votes which are based on experience and 'value add'. All Board members consequently work together to ensure the objectives of the charity are met, in order to better meet the respective purposes of the charities.

The charities Board of Trustees work together to make decisions in line with the charity's objectives. Both existing and potential trustees need to demonstrate understanding and ability to meet needs and demands of the organisation and are voted on to the Board accordingly. Day to day activities is undertaken by a mixture of volunteers and employees who report to the trustees regularly. All major decisions are considered and undertaken by the trustees collaboratively. The trustees are unpaid and give their time freely.

OBJECTIVES AND ACTIVITIES

The Charities objectives are described below.

- a. To advance education in the philosophies and practices of yoga and meditation, in particular but not exclusively by providing classes, courses and information.
- b. To promote physical and mental health, in particular but not exclusively by providing classes, courses and information relating to yoga and meditation; and
- c. To advance such other purposes as are exclusively charitable under the laws of England and Wales as the trustees may from time to time determine, in particular but not exclusively by making grants.

The charity fulfilled its advancing education objective by creating online courses in the form of videos which were available online, continues to support and promote physical and mental health in the UK.

PUBLIC BENEFIT

The charity has referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing of aims and objectives and in planning our future activities. The charity consider that the charity's aims are demonstrably to the public benefit.

JOURNEY WITHIN FOUNDATION- CHARITY NUMBER 1197171
TRUSTEE'S ANNUAL REPORT FOR THE PERIOD ENDED 31ST DECEMBER 2024

ACHIEVEMENTS AND PERFORMANCE

The Charity has continued to work on providing high-quality educational videos and courses to support to its objectives. Several courses were filmed during 2023/24 and the Charity began to showcase these courses during 2023 on social media and website launch through short videos and courses and written posts about the benefits of Yoga and Meditation and promoting practices for mental well-being across multiple platforms like Instagram and YouTube to reach thousands of people across a global audience.

Impact summary (2024)

- 100 + beneficiaries at in-person recovery retreat
- Weekly online recovery meetings serving a growing participant base
- Over 4,000 email subscribers and 622 YouTube followers
- 335 % increase in social-media reach and engagement
- Thousands reached worldwide through educational and wellbeing programmes

PLANS FOR THE FUTURE

The charity's main aspirations are to continue to follow its core objectives throughout the forthcoming years and build on the progress made to date in order to positively impact many more people in the UK and across the world.

Strategic Outlook for 2025

Looking ahead, the trustees have set the following priorities:

1. Programme Expansion: Deliver additional recovery retreats across the UK.
2. Capacity Building: Train volunteer facilitators for online and in-person support.
3. Educational Development: Broaden course offerings within Vani School and strengthen accreditation pathways.
4. Funding & Partnerships: Secure grants and collaborations to widen free service provision.
5. Evaluation & Impact: Introduce monitoring frameworks to measure outcomes in health, learning, and wellbeing.

FINANCIAL REVIEW

The charities affairs and activities for the period are presented in the financial statement set out on page 9 and the financial position at the end of the period is set out on page 10.

RESERVES POLICY

The Charity's reserves policy continues to be that of ensuring that the total unrestricted fund held within the general and designated reserves are equal to three months of budgeted unrestricted expenditure, thus ensuring that the organization would be able to wind up its affairs efficiently if faced with financial difficulties. Trustees are continuing our policy to spend down excess reserves.

GOING CONCERN

We have adequate financial resources and have the structures in place to manage the business risks. In addition, our annual budgeting and forecasting processes have taken into consideration the current economic climate and its potential impact on both our various sources of income and expenditure.

We have a reasonable expectation that we have adequate resources and control mechanisms to continue in operational existence for the foreseeable future. Further, we believe that there are no material uncertainties that may cast doubt on the charity's ability to continue as a going concern.

JOURNEY WITHIN FOUNDATION- CHARITY NUMBER 1197171
TRUSTEE'S ANNUAL REPORT FOR THE PERIOD ENDED 31ST DECEMBER 2024

RISK STATEMENT

The Trustees have assessed the major risks to which the charity is exposed to with specific regards to operations and finances of the Trust and are satisfied with the systems that are in place to mitigate major risks.

The Trustees recognize the risk associated with overspending; however, they can mitigate risks with regular cash flow reporting, reducing expenditure where there is unmatched income and increasing its volunteer base.

Other risks faced by the charity are related to the accuracy of their content. These risks are managed by the trustees by ensuring to partner with reputed and professional teachers, increasing their research, and cross- checking facts presented against multiple sources.

The trustees have reviewed their risk position and are increasing procedures to ensure further safeguarding of the charity's assets.

JOURNEY WITHIN FOUNDATION- CHARITY NUMBER 1197171
TRUSTEE'S ANNUAL REPORT FOR THE PERIOD ENDED 31ST DECEMBER 2024

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

The trustees are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees' annual report has been approved by the trustees and signed on their behalf by;



Bhavik Patel
Trustee

Date: 30/10/2025

JOURNEY WITHIN FOUNDATION- CHARITY NUMBER 1197171
INDEPENDENT EXAMINER'S REPORT FOR THE PERIOD ENDED 31ST DECEMBER 2024

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF JOURNEY WITHIN FOUNDATION ('THE CHARITY')

I report to the charity trustees on my examination of the accounts of the Charity for the period ended 31 December 2024.

Responsibilities and basis of report

As the charity's trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act ('the Act').

Having satisfied myself that the accounts of the Charity are not required to be audited 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 Charity as required; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements 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.



Shoolin Yagnik

On Behalf of

STERLING YOUNG LIMITED

Suite 50, 238 Merton High Street

Wimbledon London SW19 1AU

Date: 30/10/2025

JOURNEY WITHIN FOUNDATION- CHARITY NUMBER 1197171
STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED
31ST DECEMBER 2024

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)
FOR THE PERIOD ENDED 31 DECEMBER 2024

		Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
	Note						
INCOME							
Income from:							
Donations and legacies	2	224,969	-	292,250	292,250	-	292,250
TOTAL INCOME		224,969	-	292,250	292,250	-	292,250
EXPENDITURE							
Expenditure on: Charitable Activities:							
Direct Staff cost	3	133,434		133,434	51,849		51,849
Administrative expenses	4	69,011		69,011	109,108		109,108
TOTAL EXPENDITURE		202,445	-	202,445	160,957		160,957
Net Income/expenditure & Net movements in funds		22,524					131,293
Funds brought forward		131,293	-	131,293	-		-
Funds carry forward		153,817	-	153,817	-		-

- All of the above results are derived from continuing activities.
- There were no recognized gains and losses other than those stated above.
- The comparative Statement of Financial Activities is available in the notes to the accounts.
- The annexed notes form part of these financial statements.

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED

31ST DECEMBER 2024

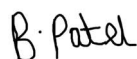
BALANCE SHEET AS AT 31 DECEMBER 2024

	Note	£	2024 £	£	2023 £
Fixed Assets					
Computer Equipment	5	730		1,095	
Intangibles		<u>46,586</u>		<u>34,763</u>	
		47,317	47,317	35,858	35,858
CURRENT ASSETS					
Debtors					
Cash at bank and in hand		<u>204,974</u>		<u>194,055</u>	
		204,974		194,055	
Creditors: amounts falling due within one year	6	<u>(10,272)</u>		<u>(10,418)</u>	
NET CURRENT ASSETS			194,702		183,637
Creditors: amounts falling due after more than one year:			-		-
NET ASSETS			<u>242,019</u>		<u>219,495</u>
FUNDS					
Restricted funds	7		-		-
Unrestricted funds					
Designated funds	7	-		-	
General fund	7	242,019		219,495	
Total unrestricted funds			<u>242,019</u>		<u>219,495</u>
			<u>242,019</u>		<u>219,495</u>

The trustees consider that the Charity is entitled to exemption from the requirement to have an audit and members have not required the Charity to obtain an audit for the year in question.

The trustees acknowledge their responsibilities for complying with the requirement of the Charities Act with respect to accounting records and the preparation of the financial statements.

The financial statements were approved, and authorized for issue, by the trustees on 30 October 2024 and signed on their behalf by:-



Bhavik Patel
Trustee

Company registration no. CE027661
Charity Number 1197171

The annexed notes form part of these financial statements.

1. ACCOUNTING POLICIES

Statement of Compliance

The financial statements have been prepared in accordance with 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 - (Charities SORP FRS 102).

The charitable company meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognized at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

General Information

The Charity is a CIO (Charitable Incorporated Organization), incorporated in England and Wales (company number: CE027661) and a charity registered in England and Wales (charity number: 1197171). The Charity's registered office address is 42 Rutland Road, Harrow, HA1 4JW

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. Key judgements that the charitable company has made which have a significant effect on the accounts include preparing forecasts and long-term business strategy. The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

Income

Income is recognized when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Donations of gifts, services and facilities

Donated professional services and donated facilities are recognized as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognized.

On receipt, donated gifts, professional services and donated facilities are recognized on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognized in expenditure in the period of receipt.

Expenditure and irrecoverable VAT

Expenditure is recognized once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of delivering services, exhibitions and other educational activities undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.
- Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, payroll and governance costs which support the charity's activities. These costs have been allocated between the direct activities of the charity on the basis of staff time.

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED

31ST DECEMBER 2024

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments.

	2024	2023
	£	£
Financial assets at amortized cost (a)	204,974	194,055
Financial liabilities at amortized cost (b)	-10,272	-10,418

- comprising all cash and cash equivalents
- comprising all creditors as detailed per Note 7, other than deferred income and taxation and social security.

Debtors

Trade and other debtors are recognized at the settlement amount due after any trade discount offered.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognized where the charity has a present obligation resulting from a past event.

Pensions

The charity provides a defined contribution pension scheme to current employees, the assets of which are held separately from those of the company in an independently administered fund. Contributions are charged to expenditure as they fall due.

Employee benefits

Short term benefits including holiday pay are recognized as an expense in the period in which the service is received.

Significant judgments and sources of estimation uncertainty

The preparation of financial statements in compliance with FRS 102 requires the use of certain critical accounting estimates. It also requires management to exercise judgment in applying the Charity's accounting policies. The key judgements that have been applied by management relate to depreciation rates.

2. DONATIONS AND LEGACIES

	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	2024	2024	2024
	£	£	£
Donations	224,969	-	224,969
	<hr/>		
	224,969		224,969
	<hr/>		

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED

31ST DECEMBER 2024

3. DIRECT STAFF COST

The key management personnel of the Charity comprise the trustees. The total amounts paid in respect of the keymanagement personnel of the Charity (including employer's National Insurance contributions and employer's pension contributions) were £nil. None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

	Direct Staff Cost	Direct Staff Cost
	2024	2023
	£	£
Direct Staff Cost:		
Direct Wages	122,567	50,339
Employer's National Insurance	7,190	
Pensions	3,677	1,510
	<u>133,434</u>	<u>51,849</u>

The number of employees earning over £60,000 in the year (exclusive of employer National Insurance contributions) were as follows:

	2024
	No.
£60,000 < £69,999	0

No trustees were reimbursed any expenses in the year or the previous year.

The average monthly number of staff employed by the Charity during the financial year was 3

4. ADMINSTRATIVE EXPENSES

	Administrative	Administrative
	cost	cost
	2024	2023
	£	£
Administrative cost :		
Computer Equipment Depreciation charge	365	365
Advertising & Marketing	1,235	1,255
Audit & Accountancy fees	4,680	5,100
Payroll Processing Fee	300	360
Bank Fees	1,675	1,379
Cleaning	-	250
General Expenses	2,435	3,552
Professional and Legal Expenses	47,247	70,868
Motor Vehicle Expenses	158	757
Printing & Stationary	69	-

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED

31ST DECEMBER 2024

IT Software and Consumables	4,034	10,730
Rent	-	1,820
Subscriptions	4,240	1,878
Travel - National	303	10,107
Travelling & Entertainment	1,948	3,783
Bank Revaluations	323	205
Total	69,011	112,409

5. TAXATION

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

6. FIXED ASSETS

	Computer Equipment At cost 2024 £	Total At cost 2024 £	Computer Equipment At cost 2023 £	Total At cost 2023 £
Cost or valuation				
At 1 April 2023	1460	1460	-	-
Additions			1,460	1,460
At 31 March 2024	1,460	1,460	1,460	1,460
Depreciation				
Brought forward	-365	-365		
Charge for the year	-365	-365	-365	-365
At 31 March 2024	-730	-730	-365	-365
Net book value			-	
At 31 March 2024	730	730	-	-

	Intangibles At cost 2023 £	Total At cost 2023 £	Intangibles At cost 2022 £	Total At cost 2022 £
Cost or valuation				
At 1 April 2023	34,763	34,763		
Additions	11,823	11,823	34,763	34,763
At 31 March 2024	46,586	46,586	34,763	34,763
Depreciation				
Charge for the year	-	-	-	-
At 31 March 2023	46,586	46,586	34,763	34,763

NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED

31ST DECEMBER 2024

Net book value

At 31 March 2023	46,586	46,586	34,763	34,763
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7. CREDITORS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors		
Taxation and social security	7,190	908
Pension payable	3,677	1,191
Other creditors	-	-
Accruals	5,700	5,100
Directors' Loan Account	3,220	3,220
	<u>19,787</u>	<u>10,419</u>

8. STATEMENT OF FUNDS - CURRENT YEAR

	Balance at 31 December 2023	Income	Expenditure	Transfers	Balance at 31 December 2024
	£	£	£	£	£
General fund	219,495	224,969	(202,445)	-	242,019
Designated funds					
Total unrestricted funds	-	224,969	(202,445)	-	242,019
Restricted funds					
Total funds	219,495	224,969	(202,445)	-	242,019

9. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Designated funds	General fund	Restricted funds	TOTAL FUNDS
	£	£	£	£
Net assets	-	242,019	-	242,019
	-	242,019	-	242,019

10. OPERATING LEASE COMMENTS

The charity has no future minimum lease payments under non-cancellable operating leases.

11. LEGAL STATUS

The charity is a Charitable Incorporate Organization and has no share capital.

12. RELATED PARTY TRANSACTIONS

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

JOURNEY WITHIN FOUNDATION

England & Wales - Charity number 1197171

Accounts

JOURNEY WITHIN FOUNDATION

CIO No. CE027661
Charity No. 1197171

Trustees' report and financial statements

For the period ended

31 December 2023

Table of contents	Page
Information page	3
Trustees' report	4-6
Independent examiner's report	7
Statement of financial activities (incorporating the income and expenditure account)	8
Balance sheet	9
Notes to the accounts	10 to 15

MEMBERS OF BOARD AND PROFESSIONAL ADVISORS

Registered charity name	JOURNEY WITHIN FOUNDATION
Charity number	1197171
Company registration number	CE027661
Registered office	42 Rutland Road, Harrow, HA1 4JW
Trustees	Bhavik Nalin Kumar Patel (Chair) Sonya Sethi (Appointed 02/02/2024) Vinay Raniga (Appointed 24/01/2024) Parth Bhatnagar (Appointed 27/02/2023) Mihir Kara(Appointed 16/12/2021) Aljaz Mihelic (Resigned 05/12/2023)
Independent examiners	Sterling Young Limited 238, Suite 50, Merton High Street Wimbledon London- SW19 1AU England

TRUSTEE'S ANNUAL REPORT FOR THE PERIOD ENDED 31ST December 2023

The trustees, who are also directors for the purposes of company law, present their report and the unaudited accounts of the charity for the period ended 31 December 2023.

The trustees confirm that the financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

REFERENCE AND ADMINISTRATIVE DETAILS

Reference and administrative details are shown in the schedule of members of the board and professional advisers on page 3 of the accounts.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The company is a Charitable Incorporated Organisation (CIO) established on 16 December 2021. It does not have share capital, and in the event of winding up, the members of the CIO bear no liability for its assets or personal responsibility for settling its debts and liabilities. The charity operates under its memorandum and Articles of Association, which serve as its governing documents, alongside the CIO constitution.

The charity is overseen by a Board of Trustees, appointed based on their experience and potential to add value. Together, the Board members collaborate to ensure the charity's objectives are achieved, aligning with the organisation's broader charitable purposes.

The Board of Trustees jointly makes decisions that support the charity's mission. Trustees, whether existing or prospective, must demonstrate the necessary skills and understanding to address the organisation's needs and are selected accordingly. Daily operations are carried out by a team of volunteers and employees, who report regularly to the trustees. All major decisions are collectively discussed and made by the trustees. The trustees are unpaid and contribute their time voluntarily.

OBJECTIVES AND ACTIVITIES

The charity's objectives are as follows:

- (a) To advance education in the philosophies and practices of yoga and meditation, particularly through the provision of classes, courses, and informational resources.
- (b) To promote physical and mental well-being, especially by offering yoga and meditation classes, courses, and related information.
- (c) To further any other purposes that are exclusively charitable under the laws of England and Wales, as determined by the trustees from time to time, including but not limited to awarding grants.

The charity has fulfilled its educational objective by developing and offering online video courses, and it continues to promote physical and mental health across the UK.

PUBLIC BENEFIT

The charity has taken into account the Charity Commission's general guidance on public benefit when reviewing its aims and objectives and planning future activities. The trustees believe that the charity's objectives clearly serve the public benefit.

TRUSTEE'S ANNUAL REPORT FOR THE PERIOD ENDED 31ST December 2023 (continued)

ACHIEVEMENTS AND PERFORMANCE

In 2023/24, the charity continued its efforts to provide high-quality educational videos and courses that align with its objectives. Several courses were filmed with influencers such as Radhika Das, Gaura Vani, and Gopi, and showcased across platforms like Instagram and YouTube to promote the benefits of yoga and meditation. The charity successfully launched its platform on Kajabi in May 2023, focusing on social media and email marketing, with plans to explore affiliate partnerships and paid advertisements. A significant milestone was the free meditation webinar with Jahnvi Harrison, which attracted over 1,000 signups and led to 40 course and membership purchases. The charity developed a robust 2-week social media and email campaign, supporting both free and paid courses. Looking forward, the charity is expanding its reach in India, addressing pricing and payment system challenges, and plans to further improve marketing strategies, produce more interactive courses, and launch a de-addiction brand featuring retreats and weekly meetings. Additionally, the charity has been actively engaging with influential figures and organizations to explore potential partnerships and secure financial support for future growth.

PLANS FOR THE FUTURE

The charity's primary goal is to continue pursuing its core objectives in the coming years, building on the progress achieved so far to reach and positively impact even more people in the UK and globally.

FINANCIAL REVIEW

The charities affairs and activities for the period are presented in the financial statement set out on page 8 and the financial position at the end of the period is set out on page 9.

RESERVES POLICY

The Charity's reserves policy continues to be that of ensuring that the total unrestricted fund held within the general and designated reserves are equal to three months of budgeted unrestricted expenditure, thus ensuring that the organization would be able to wind up its affairs efficiently if faced with financial difficulties. Trustees are continuing our policy to spend down excess reserves.

GOING CONCERN

We have sufficient financial resources and established structures to effectively manage business risks. Our annual budgeting and forecasting processes account for the current economic climate and its potential impact on our income and expenditures.

We are confident that we have the necessary resources and control mechanisms to sustain operations for the foreseeable future. Additionally, we do not anticipate any material uncertainties that would affect the charity's ability to continue as a going concern.

RISK STATEMENT

The Trustees have evaluated the major risks the charity faces, particularly in relation to its operations and finances, and are confident that appropriate systems are in place to mitigate these risks.

While the Trustees acknowledge the risk of overspending, they manage this through regular cash flow reporting, reducing expenses when income is not matched, and expanding the volunteer base.

Another key risk involves the accuracy of the charity's content. To address this, the Trustees ensure partnerships with reputable, professional teachers, enhance research efforts, and verify facts against multiple sources.

The Trustees have also reviewed the charity's overall risk position and are implementing additional measures to further safeguard its assets.

TRUSTEE'S ANNUAL REPORT FOR THE PERIOD ENDED 31ST December 2023 (continued)

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

The trustees are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees' annual report has been approved by the trustees and signed on their behalf by



Bhavik Patel
Trustee
Date: 29th October 2024

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF JOURNEY WITHIN FOUNDATION ('THE CHARITY')

I report to the charity trustees on my examination of the accounts of the Charity for the period ended 31 December 2023.

Responsibilities and basis of report

As the charity's trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act ('the Act').

Having satisfied myself that the accounts of the Charity are not required to be audited 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 Charity as required; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements 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.



Shoolin Yagnik

On Behalf of

STERLING YOUNG LIMITED

Suite 50, 238 Merton High Street

Wimbledon London SW19 1AU

Date: 29th October 2024

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)
FOR THE PERIOD ENDED 31 DECEMBER 2023**

		Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
	Note						
INCOME							
Income from:							
Donations and legacies	2	292,250	-	292,250	198,297	-	198,297
TOTAL INCOME		292,250	-	292,250	198,297	-	198,297
EXPENDITURE							
Expenditure on: Charitable Activities:							
Direct Staff cost	3	51,849	-	51,849	22,600	-	22,600
Administrative expenses	4	112,408	-	112,408	84,195	-	84,195
TOTAL EXPENDITURE		164,257	-	164,257	106,795	-	106,795
Net Income/(expenditure) & Net movements in funds		127,993	-	127,993	91,502	-	91,502
Funds brought forward		91,502	-	91,502	-	-	-
Funds carry forward		219,495	-	219,495	91,502	-	91,502

- All of the above results are derived from continuing activities.
- There were no recognized gains and losses other than those stated above.
- The comparative Statement of Financial Activities is available in the notes to the accounts.
- The annexed notes form part of these financial statements.

BALANCE SHEET AS AT 31 DECEMBER 2023

	Note	£	2023 £	£	2022 £
Fixed Assets					
Computer Equipment	6	1,095			
Intangibles		34,763		-	
		<u>35,858</u>	35,858	<u>-</u>	
CURRENT ASSETS					
Debtors					
Cash at bank and in hand		194,055		97,317	
		<u>194,055</u>		<u>97,317</u>	
Creditors: amounts falling due within one year	7	(10,418)		(5,815)	
NET CURRENT ASSETS			183,637		91,502
Creditors: amounts falling due after more than one year:			-		-
NET ASSETS			<u>219,495</u>		<u>91,502</u>
FUNDS					
Restricted funds	8		-		-
Unrestricted funds					
Designated funds	8	-		-	
General fund	8	219,495		91,502	
		<u>219,495</u>		<u>91,502</u>	
Total unrestricted funds			<u>219,495</u>		<u>91,502</u>
			<u>219,495</u>		<u>91,502</u>

The trustees consider that the Charity is entitled to exemption from the requirement to have an audit and members have not required the Charity to obtain an audit for the year in question.

The trustees acknowledge their responsibilities for complying with the requirement of the Charities Act with respect to accounting records and the preparation of the financial statements.

The financial statements were approved, and authorized for issue, by the trustees on 29th October 2024 and signed on their behalf by:-

B. Patel

Bhavik Patel
Trustee

Company registration no. CE027661

Date: 29th October 2024

The annexed notes form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS

1. ACCOUNTING POLICIES

Statement of Compliance

The financial statements have been prepared in accordance with 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 - (Charities SORP FRS 102).

The charitable company meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognized at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

General Information

The Charity is a CIO (Charitable Incorporated Organization), incorporated in England and Wales (company number: CE027661) and a charity registered in England and Wales (charity number: 1197171). The Charity's registered office address is 42 Rutland Road, Harrow, HA1 4JW

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. Key judgements that the charitable company has made which have a significant effect on the accounts include preparing forecasts and long-term business strategy. The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

Income

Income is recognized when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Donations of gifts, services and facilities

Donated professional services and donated facilities are recognized as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognized.

On receipt, donated gifts, professional services and donated facilities are recognized on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognized in expenditure in the period of receipt.

Expenditure and irrecoverable VAT

Expenditure is recognized once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of delivering services, exhibitions and other educational activities undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.
- Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

ACCOUNTING POLICIES (continued)

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments.

	2023	2022
	£	£
Financial assets at amortized cost (a)	194,055	97,317
Financial liabilities at amortized cost (b)	10,418	5,815

- a) comprising all cash and cash equivalents
- b) comprising all creditors as detailed per Note 7, other than deferred income and taxation and social security.

Debtors

Trade and other debtors are recognized at the settlement amount due after any trade discount offered.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognized where the charity has a present obligation resulting from a past event.

Pensions

The charity provides a defined contribution pension scheme to current employees, the assets of which are held separately from those of the company in an independently administered fund. Contributions are charged to expenditure as they fall due.

Employee benefits

Short term benefits including holiday pay are recognized as an expense in the period in which the service is received.

Significant judgments and sources of estimation uncertainty

The preparation of financial statements in compliance with FRS 102 requires the use of certain critical accounting estimates. It also requires management to exercise judgment in applying the Charity's accounting policies. The key judgements that have been applied by management relate to depreciation rates.

2. DONATIONS AND LEGACIES

	Unrestricted Funds	Restricted Funds	Total Funds
	2023	2023	2023
	£	£	£
Donations	292,250	-	292,250
	<u>292,250</u>		<u>292,250</u>

3. DIRECT STAFF COST

The key management personnel of the Charity comprise the trustees. The total amounts paid in respect of the keymanagement personnel of the Charity (including employer's National Insurance contributions and employer's pension contributions) were £nil. None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

	2023 £	2022 £
Direct Wages	50,339	22,000
Pensions	1,510	600
	51,849	22,600

The number of employees earning over £60,000 in the year (exclusive of employer National Insurance contributions) were as follows:

	2023 No.
£60,000 < £69,999	0

No trustees were reimbursed any expenses in the year or the previous year.

The average monthly number of staff employed by the Charity during the financial year was 3

4. ADMINSTRATIVE EXPENSES

	2023 £	2022 £
Administrative cost:		
Computer Equipment Depreciation charge	365	-
Advertising & Marketing	1,255	-
Audit & Accountancy fees	5,100	1,100
Payroll Processing Fee	360	140
Bank Fees	1,379	1,582
Cleaning	250	-
General Expenses	3,552	75,464
Legal Expenses	70,868	1,212
Motor Vehicle Expenses	757	136
IT Software and Consumables	10,730	-
Rent	1,820	-

Subscriptions	1,878	268
Travel - National	10,107	-
Travelling & Entertainment	3,783	4,293
Bank Revaluations	205	-
Total	112,409	84,195

5. TAXATION

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

6. FIXED ASSETS

Tangible assets are stated in the balance sheet at cost, less accumulated depreciation and any accumulated impairment losses. The cost of tangible assets includes directly attributable incremental costs incurred in their acquisition and installation.

Depreciation:

Depreciation is charged so as to write off the cost of assets over their estimated useful lives, as follows:

Assets class	Depreciation rate and method			
Computer equipment	25% on cost			
	Computer Equipment	Total	Computer Equipment	Total
	At cost	At cost	At cost	At cost
	2023	2023	2022	2022
	£	£	£	£
Cost or valuation				
At 1st Jan 2023	-	-	-	-
Additions	1,460	1,460	-	-
At 31 st Dec 2023	1,460	1,460	-	-
Depreciation				
Charge for the year	-365	-365	-	-
At 31 st Dec 2023	1,095	1,095	-	-
Net book value				
At 31 st Dec 2023	1,095	1,095	-	-
	Total	Total		

	Intangibles		Intangibles	
	At cost	At cost	At cost	At cost
	2023	2023	2022	2022
	£	£	£	£
Cost or valuation				
At 1 st Jan 2023	-	-	-	-
Additions	34,763	34,763	-	-
At 31 st Dec 2023	34,763	34,763	-	-
Amortization				
Charge for the year	-	-	-	-
At 31 st Dec 2023	-	-	-	-
Net book value				
At 31 st Dec 2023	34,763	34,763	-	-

7. CREDITORS: FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors		
Taxation and social security	908	1,794
Pension payable	1,191	467
Other creditors	-	2,314
Accruals	5,100	1,240
Directors' Loan Account	3,220	-
	10,419	5,815

8. STATEMENT OF FUNDS - CURRENT YEAR

	Balance at	Income	Expenditure	Transfers	Balance at
	31 December				31 December
	2022				2023
	£	£	£	£	£
General fund	91,502	292,250	-164,257	-	219,495
Designated funds	-	-	-	-	-
Total unrestricted funds	-	292,250	-164,257	-	219,495
Restricted funds	-				
Total funds	91,502	292,250	-164,257	-	219,495

9. ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year	Designated funds £	General funds £	Restricted funds £	Total funds £
Net assets	-	219,495	-	219,495
	-	219,495	-	219,495

10. OPERATING LEASE COMMENTS

The charity has no future minimum lease payments under non-cancellable operating leases.

11. LEGAL STATUS

The charity is a Charitable Incorporate Organization and has no share capital.

12. RELATED PARTY TRANSACTIONS

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

JOURNEY WITHIN FOUNDATION

England & Wales - Charity number 1197171

Accounts

JOURNEY WITHIN FOUNDATION

CIO No. CE027661

Charity No. 1197171

Trustees' report and financial statements

For the period ended

31 December 2022

**JOURNEY WITHIN FOUNDATION
CONTENTS PAGE
FOR THE PERIOD ENDED 31 DECEMBER 2022**

	Page
Information page	1
Trustees' report	2
Independent examiner's report	5
Statement of financial activities (incorporating the income and expenditure account)	6
Balance sheet	7
Notes to the accounts	8 to 12

JOURNEY WITHIN FOUNDATION
MEMBERS OF THE BOARD AND PROCESSIONAL ADVISERS

Registered charity name	JOURNEY WITHIN FOUNDATION
Charity number	1197171
Company registration number	CE027661
Registered office	42 Rutland Road, Harrow, HA1 4JW
Trustees	Bhavik Nalinkumar Patel (Chair) Aljaz Mihelic (Appointed 27/09/2023) Parth Bhatnagar (Appointed 27/02/2023) Mihir Kara Mabick Thapa (Resigned 28/02/2023)
Independent examiners	Khariwal Associates 35 Bedford Road Moor Park HA6 2AX

**JOURNEY WITHIN FOUNDATION
TRUSTEES' ANNUAL REPORT
FOR THE PERIOD ENDED 31 DECEMBER 2022**

The trustees, who are also directors for the purposes of company law, present their report and the unaudited accounts of the charity for the period ended 31 December 2022.

The trustees confirm that the financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

REFERENCE AND ADMINISTRATIVE DETAILS

Reference and administrative details are shown in the schedule of members of the board and professional advisers on page 1 of the accounts.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The company is a charitable CIO and was incorporated on 16 December 2021. It has no share capital, and in the event of winding up the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. The Charity is governed by our memorandum and articles of association. The charitable company's governing document is the Articles of Association and the CIO constitution.

The charity has a Board of Trustees formed by votes which are based on experience and 'value add'. All Board members consequently work together to ensure the objectives of the charity are met, in order to better meet the respective purposes of the charities.

The charities Board of Trustees work together to make decisions in line with the charity's objectives. Both existing and potential trustees need to demonstrate understanding and ability to meet needs and demands of the organisation and are voted on to the Board accordingly. Day to day activities is undertaken by a mixture of volunteers and employees who report to the trustees regularly. All major decisions are considered and undertaken by the trustees collaboratively. The trustees are unpaid and give their time freely.

OBJECTIVES AND ACTIVITIES

The Charities objectives are described below.

- (a) to advance education in the philosophies and practices of yoga and meditation, in particular but not exclusively by providing classes, courses and information.
- (b) to promote physical and mental health, in particular but not exclusively by providing classes, courses and information relating to yoga and meditation; and
- (c) to advance such other purposes as are exclusively charitable under the laws of England and Wales as the trustees may from time to time determine, in particular but not exclusively by making grants.

The charity fulfilled its advancing education objective by creating online courses in the form of videos which were available online, continues to support and promote physical and mental health in the UK.

PUBLIC BENEFIT

The charity has referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing of aims and objectives and in planning our future activities. The charity consider that the charity's aims are demonstrably to the public benefit.

ACHIEVEMENTS AND PERFORMANCE

The Charity has continued to work on providing high-quality educational videos and courses to support to its objectives. Several courses were filmed during 2022/23 and the Charity began to showcase these courses during 2023 on social media and website launch through short videos and courses and written posts about the benefits of Yoga and Meditation and promoting practices for mental well-being across multiple platforms like Instagram and YouTube to reach thousands of people across a global audience.

PLANS FOR THE FUTURE

The charity's main aspirations are to continue to follow its core objectives throughout the forthcoming years and build on the progress made to date in order to positively impact many more people in the UK and across the world.

FINANCIAL REVIEW

The charities affairs and activities for the period are presented in the financial statement set out on page 6 and the financial position at the end of the period is set out on page 7.

RESERVES POLICY

The Charity's reserves policy continues to be that of ensuring that the total unrestricted fund held within the general and designated reserves are equal to three months of budgeted unrestricted expenditure, thus ensuring that the organisation would be able to wind up its affairs efficiently if faced with financial difficulties. Trustees are continuing our policy to spend down excess reserves.

GOING CONCERN

We have adequate financial resources and have the structures in place to manage the business risks. In addition, our annual budgeting and forecasting processes have taken into consideration the current economic climate and its potential impact on both our various sources of income and expenditure.

We have a reasonable expectation that we have adequate resources and control mechanisms to continue in operational existence for the foreseeable future. Further, we believe that there are no material uncertainties that may cast doubt on the charity's ability to continue as a going concern.

RISK STATEMENT

The Trustees have assessed the major risks to which the charity is exposed to with specific regards to operations and finances of the Trust and are satisfied with the systems that are in place to mitigate major risks.

The Trustees recognise the risk associated with overspending; however, they can mitigate risks with regular cash flow reporting, reducing expenditure where there is unmatched income and increasing its volunteer base.

Other risks faced by the charity are related to the accuracy of their content. These risks are managed by the trustees by ensuring to partner with reputed and professional teachers, increasing their research, and cross-checking facts presented against multiple sources.

The trustees have reviewed their risk position and are increasing procedures to ensure further safeguarding of the charity's assets.

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

The trustees are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees' annual report has been approved by the trustees and signed on their behalf by;



Bhavik Patel
Trustee

24 October 2023

**JOURNEY WITHIN FOUNDATION
FOR THE PERIOD ENDED 31 DECEMBER 2022
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF JOURNEY WITHIN FOUNDATION ('THE CHARITY')**

I report to the charity trustees on my examination of the accounts of the Charity for the period ended 31 December 2022.

Responsibilities and basis of report

As the charity's trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act ('the Act').

Having satisfied myself that the accounts of the Charity are not required to be audited 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 Charity as required; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements 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.

M. Khariwal

M Khariwal ACCA
Khariwal Associates Limited
35 Bedford Road
Moor Park
HA6 2AX

24 October 2023

**JOURNEY WITHIN FOUNDATION
STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)
FOR THE PERIOD ENDED 31 DECEMBER 2022**

		Unrestricted Funds	Designated Funds	Total Funds
	Note	2022 £	2022 £	2022 £
INCOME				
Income from:				
Donations and legacies	2	198,297	-	198,297
TOTAL INCOME		<u>198,297</u>	<u>-</u>	<u>198,297</u>
EXPENDITURE				
Expenditure on:				
Charitable Activities:			-	
Development of courses		106,795	-	106,795
TOTAL EXPENDITURE	3	<u>106,795</u>	<u>-</u>	<u>106,795</u>
Net income / (expenditure) & Net movement in funds		<u>91,502</u>	<u>-</u>	<u>91,502</u>
Funds brought forward	9	-	-	-
Funds carried forward	9	<u><u>91,502</u></u>	<u><u>-</u></u>	<u><u>91,502</u></u>

All of the above results are derived from continuing activities.

There were no recognised gains and losses other than those stated above.

The comparative Statement of Financial Activities is available in the notes to the accounts. The annexed notes form part of these financial statements.

**JOURNEY WITHIN FOUNDATION
BALANCE SHEET
AS AT 31 DECEMBER 2022**

	Note	£	2022 £
CURRENT ASSETS			
Debtors	8	-	
Cash at bank and in hand		<u>97,317</u>	
		97,317	
Creditors: amounts falling due within one year	8	(5,815)	
NET CURRENT ASSETS			91,502
Creditors: amounts falling due after more than one year:	8		-
NET ASSETS			91,502
FUNDS			
Restricted funds	9		-
Unrestricted funds			
Designated funds	9	-	
General fund	9	<u>91,502</u>	
Total unrestricted funds			91,502
			91,502

The trustees consider that the Charity is entitled to exemption from the requirement to have an audit and members have not required the Charity to obtain an audit for the year in question.

The trustees acknowledge their responsibilities for complying with the requirement of the Charities Act with respect to accounting records and the preparation of the financial statements.

The financial statements were approved, and authorised for issue, by the trustees on 24 October 2023 and signed on their behalf by:-

B. Patel

Bhavik Patel
Trustee
Company registration no. CE027661

The annexed notes form part of these financial statements.

**JOURNEY WITHIN FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2022**

1. ACCOUNTING POLICIES

Statement of Compliance

The financial statements have been prepared in accordance with 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 - (Charities SORP FRS 102).

The charitable company meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

General Information

The Charity is a CIO (Charitable Incorporated Organisation), incorporated in England and Wales (company number: CE027661) and a charity registered in England and Wales (charity number: 1197171). The Charity's registered office address is 42 Rutland Road, Harrow, HA1 4JW

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. Key judgements that the charitable company has made which have a significant effect on the accounts include preparing forecasts and long-term business strategy. The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of delivering services, exhibitions and other educational activities undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.
- Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

**JOURNEY WITHIN FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2022**

1. ACCOUNTING POLICIES (continued)

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, payroll and governance costs which support the charity's activities. These costs have been allocated between the direct activities of the charity on the basis of staff time.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments.

	2022
	£
Financial assets at amortised cost (a)	97,317
Financial liabilities at amortised cost (b)	5,815

(a) comprising all cash and cash equivalents

(b) comprising all creditors as detailed per Note 8, other than deferred income and taxation and social security.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event.

Pensions

The charity provides a defined contribution pension scheme to current employees, the assets of which are held separately from those of the company in an independently administered fund. Contributions are charged to expenditure as they fall due.

Employee benefits

Short term benefits including holiday pay are recognised as an expense in the period in which the service is received.

Significant judgments and sources of estimation uncertainty

The preparation of financial statements in compliance with FRS 102 requires the use of certain critical accounting estimates. It also requires management to exercise judgment in applying the Charity's accounting policies. The key judgements that have been applied by management relate to depreciation rates.

**JOURNEY WITHIN FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2022**

2. DONATIONS AND LEGACIES

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
Donations	198,297	-	198,297
	<u>198,297</u>	<u>-</u>	<u>198,297</u>

3. EXPENDITURE

CURRENT YEAR

	Direct Staff costs £	Direct costs £	Support costs £	Total 2022 £
Charitable activities:	22,600	81,513	2,682	106,795
	<u>22,600</u>	<u>81,513</u>	<u>2,682</u>	<u>106,795</u>

Details of support costs are given in Note 4.

4. SUPPORT COSTS

	2022 £
Governance costs:	
Examination fee for the year	1,100
Other support costs	
Bank Charges	1,582
	<u>2,682</u>

5. NET INCOME FOR THE YEAR

	2022 £
This is stated after charging:	
Examination fee for the year	<u>1,100</u>

**JOURNEY WITHIN FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2022**

6. EMPLOYEE AND KEY MANAGEMENT PERSONNEL

The key management personnel of the Charity comprise the trustees. The total amounts paid in respect of the key management personnel of the Charity (including employer's National Insurance contributions and employer's pension contributions) were £nil. None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

	2022
	£
The aggregate payroll costs were:	
Wages and salaries	22,000
Social security costs	-
Employer pension contributions	600
	<u>22,600</u>

The number of employees earning over £60,000 in the year (exclusive of employer National Insurance contributions) were as follows:

	2022
	No.
£60,000 < £69,999	0

No trustees were reimbursed any expenses in the year or the previous year.

The average monthly number of staff employed by the Charity during the financial year amounted to:

	2022
	No.
Staff	1.0
	<u>1.0</u>

7. TAXATION

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

8. CREDITORS: amounts falling due within one year

	2022
	£
Trade creditors	
Taxation and social security	1,794
Pension payable	467
Other creditors	2,314
Accruals	1,240
	<u>5,815</u>

**JOURNEY WITHIN FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2022**

9. STATEMENT OF FUNDS - CURRENT YEAR

	Balance at 16 December 2021 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2022 £
General fund	-	198,297	(106,795)	-	91,502
Designated funds				-	
Total unrestricted funds	-	198,297	(106,795)	-	91,502
Restricted funds	-				
Total funds	-	198,297	(106,795)	-	91,502

10. ANALYSIS OF NET ASSETS BETWEEN FUNDS

CURRENT YEAR

	Designated funds £	General fund £	Restricted funds £	Total funds £
Net current assets	-	91,502	-	91,502
	-	91,502	-	91,502

11. OPERATING LEASE COMMITMENTS

The charity has no future minimum lease payments under non-cancellable operating leases.

12. LEGAL STATUS

The charity is a Charitable Incorporate Organisation and has no share capital.

13. RELATED PARTY TRANSACTIONS

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.