

PROSPERITY

England & Wales · Charity number 1197263

Details

Status Registered

Legal form CIO

Registered 2021-12-21

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

Contact

Address 54 Oakham Drive
Coalville
Leicestershire
United Kingdom
LE67 4SY

Phone 07581084500

Email info@prosperitycio.com

Website prosperitycio.com

Activities

Objects: THE OBJECTS OF THE CIO ARE: THE PRESERVATION AND PROTECTION OF GOOD MENTAL HEALTH AND WELLBEING FOR THE PUBLIC BENEFIT IN THE UK BY: A) PROVIDING SUPPORT, ADVICE, EDUCATION AND COUNSELLING THROUGH THE ORGANISATION OF PUBLIC WORKSHOPS, SEMINARS, EVENTS; B) EMPOWERING AND EDUCATING YOUNG PEOPLE AND ADULTS WITH GUIDANCE ON PHYSICAL, EMOTIONAL AND SOCIAL WELLBEING

Activities: Prosperity CIO is a mental health and wellbeing charity which works with young people, adults, professionals and the wider community. We support young people and adults with good mental health and wellbeing by providing support, advice, education and counselling through the organisation of public workshops, seminars and events.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-01		-	-	-
2024-07-01		-	-	-
2023-07-01	£5,600	£11,961		-
2022-07-01	£16,244	£13,422		-

Trustees

Name	Role	Appointed
RIA KAUR	Chair	2021-12-01
Arjan Singh Johal		2021-12-01
Barinder Singh		2022-04-03

PROSPERITY

England & Wales - Charity number 1197263

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From Prosperity CIO

Period start date: 2nd July 2022

Period end date: 1st July 2023

Charity name: Prosperity CIO

Charity registration number: 1197263

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The preservation and protection of good mental health for the public benefit within the UK by: We are a mental health charity which works with young people, adults, professionals and the wider community. We support all with good mental health and wellbeing. 'It is important to be heard and not observed.'
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	Summary of the activities in relation to Prosperity CIO purpose from 02/07/2022- 01/07/2023
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	This statement confirms that the Trustees of ProsperityCIO have had regard to the guidance issued by the Charity Commission on public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A

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

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	December 2022- Fightback Charity Fundraising event. Prosperity CIO organised and supported a boxing event by involving local members of the community struggling with mental health. ProsperityCIO supported through a 10 week training camp. The participants were given life coaching and mental health counselling. They were given boxing training from Respect Fitness and the opportunity to participate within a charity boxing event. This raised funds for ProsperityCIO to support other members of the community with mental health workshops and counselling. The participants in this event experienced an improved physical, emotional and mental health wellbeing as a result of this. We created community cohesion and a support network for these participants to access additional mental health support. We worked with 26 participants within this programme. We have ran Men's mental health workshops through funding from The National Lottery. Prosperity CIO then launched our #MENTalk project around male mental health and suicide prevention. This project began to engage men to access counselling mental health support from Prosperity CIO. We created workshops in June 2022 for men struggling with mental health. We worked with around 45 men within in the community from disadvantaged backgrounds and hard to reach communities and covered topics around suicide prevention, stigma associated with mental heath, understanding anxiety and depression and steps and coping strategies for better and improved mental

		health. We signposted to existing organisations and mental health charities for additional support. Workshops around: - Alcohol awareness - Sucide Prevention - Anxiety Awareness - Depression Awareness - Drug Awareness We delivered sessions that presented key knowledge, awareness and next steps for support from specialists. Clients received one-to-one counselling sessions through Prosperity CIO supporting needs around anxiety, depression, trauma, substance misuse. March 2023 -Fightback event- where we supported members of the community with a training programme and opportunity to participate within the second boxing event. ProsperityCIO supported through a 10 week training camp. The participants were given life coaching and mental health counselling. They were given boxing training from Respect Fitness and the opportunity to participate within a charity boxing event. This raised funds for ProsperityCIO to support other members of the community with mental health workshops and counselling. The participants in this event experienced an improved physical, emotional and mental health wellbeing as a result of this. We created community cohesion and a support network for these participants to access additional mental health support. Prosperity CIO then launched our #MENTalk project around male mental health and suicide prevention. This project began in April 2022 through our social media to engage men to access counselling mental health support from Prosperity CIO. The engagement online was successful and therefore we created workshops in June 2022 for men struggling with mental health. We worked with around 45 men within in the community from disadvantaged backgrounds and hard to reach communities and covered topics around suicide prevention, stigma associated with mental heath, understanding anxiety and depression and steps and coping strategies for better and improved mental health. We signposted to existing organisations and mental health charities for additional support. Over this period, our social media has been set up around Facebook, Instagram, Twitter and Linked in. We are active in our posting of events and tips and strategies for mental health. These engage and support all members of the community.
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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	From 21.12.21-01.07.22
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We have projects planned that will use our reserves to benefit the wellbeing of community members
Amount of reserves held	Para 1.22	1000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	0
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	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	Fundraising and donations
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	No
Other		

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	CIO
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	Trustee Election at AGM

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	ProsperityCIO
Other name the charity uses	N/A

Registered charity number	1197263
Charity's principal address	54 Oakham Drive Coalville Leicestershire

Financial Overview

Income 02.07.22	Balance in Bank 01.07.23	Total Income	Expendi ture	Total Expenditu re	Balance in bank	Commenta ry
£5,957.14	13421.95	£5,600.00	£11,961.64	£11,961.64	£7,060.31	
					7060.31	bank statement check
					£0.00	diff

 CHARITY COMMISSION FOR ENGLAND AND WALES		Independent examiner's report on the accounts	
Section A Independent Examiner's Report			
Report to the trustees	Charity Name Prosperity CIO		
On accounts for the year ended	01/07/2023	Charity no (if any)	1197263
Set out on pages	1-2 (remember to include the page numbers of additional sheets)		
Responsibilities and basis of report	I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 01/07/2023. As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.		
Independent examiner's statement	I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect: - the accounting records were not kept in accordance with section 130 of the Charities Act; or - the accounts did not accord with the accounting records; or - the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.		

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.

Signed: Date:
 Name:
 Relevant professional qualification(s) or body (if any):
 Address:

IER

1

Oct 2018

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Names of the charity trustees who manage the charity

	Trustee Name	Office (if any)	Dates acted if not for whole year	Names of Persons (or body) entitled to appoint trustee
1	Ria Kaur			
2	Arjan Johal			
3	Kajal Kaur			
4	Barinder Singh			
5	Ian Jarrams			
6				

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

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

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)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

A handwritten signature in black ink, appearing to read 'Ria Kaur', written in a cursive style.

Full Name(s): Ria Kaur

Position: Trustee of ProsperityCIO

Date: 17th December 2024

Date	Name	Details	ions/Fundr	Other
16.08.22	Durham Univeristy		Donation	
07.10.22	DNV Services		Fundraisng	
09.12.22	TML Solicitors		Fundraisng	
		Total:		

Total

£200.00
£3,000.00
£2,400.00

Grand Total 5600

Date	Who
02.07.22	Google Cloud Storage
05.07.22	A Gohil
05.07.22	HitnessGym
05.08.22	Google Cloud Storage
18.08.22	Name- Cheap
18.08.22	Non-GBP Trans
12.09.22	A Gohil
12.09.22	A Gohil
12.09.22	Matthew Skinner
12.09.22	Matthew Skinner
07.09.22	Google Cloud Storage
07.10.22	Google Cloud Storage
07.11.22	Google Cloud Storage
06.12.24	Mr GTS Shergill
06.12.22	Joraber Sahota
07.12.22	Google Cloud Storage
09.01.23	Google Cloud Storage
17.01.23	A Kang
17.01.23	A Gohil
17.01.23	A Gohil
17.01.23	Mr VS Khera
17.01.23	Zuzana Bierat
20.01.23	P Johal
20.01.23	Mr R Lail
26.01.23	Miss Lisa Hussain
26.01.23	My Solution Wellbeing
07.02.23	Google Cloud Storage
20.02.23	Service Charges
07.03.23	Google Cloud Storage
20.03.23	Service Charges
28.03.23	My Solution Wellbeing
11.04.23	Google Cloud Storage
12.04.23	Antoin Akpom Achei
18.04.23	Service Charges
09.05.23	Google Cloud Storage
16.05.23	Service Charges
08.06.23	Google Cloud Storage
19.06.23	Service Charges

What	Cost
	£16.56
Social Media	£100.00
	£60.00
	£16.56
Website	£36.74
	£1.01
Social Media	£50.00
Social Media	£50.00
Website	£20.00
Website	£50.00
	£17.07
	£18.40
	£18.40
Mens Wellbeing Project	£2,080.00
Mens Wellbeing Project	£4,725.00
	£18.40
	£18.40
Mens Wellbeing Project	£225.00
Mens Wellbeing Project	£382.50
Mens Wellbeing Project	£400.00
Mens Wellbeing Project	£382.50
Mens Wellbeing Project	£225.00
Mens Wellbeing Project	£268.10
Mens Wellbeing Project	£1,000.00
Mens Wellbeing Project	£225.00
Mens Wellbeing Project	£450.00
	£18.40
	£7.00
	£18.40
	£7.00
Counselling	£630.00
	£18.40
	£350.00
	£7.00
	£18.40
	£7.00
	£18.40
	£7.00
Total	£11,961.64

[illegible]

Example of costs

Date: 5/4/21

Travel
Activities

Income 02.07.22	Balance in Bank 01.07.23	Total Income	Expenditure	Total Expenditure	Balance in bank	Commentary
£5,957.14	13421.95	£5,600.00	11961.64	11961.64	£7,060.31	

7060.31 bank statement check

£0.00 diff

PROSPERITY

England & Wales - Charity number 1197263

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From Prosperity CIO

Period start date: 21st December 2021

Period end date: 1st July 2022

Charity name: Prosperity CIO

Charity registration number: 1197263

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The preservation and protection of good mental health for the public benefit within the UK by: We are a mental health charity which works with young people, adults, professionals and the wider community. We support all with good mental health and wellbeing. 'It is important to be heard and not observed.'
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	Summary of the activities in relation to Prosperity CIO purpose from 21st December 2021- 1st July 2022:
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	This statement confirms that the Trustees of ProsperityCIO have had regard to the guidance issued by the Charity Commission on public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A

Policy on social investment including program related investment	Para 1.38	N/A
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	4th December 2021- Fightback Charity Fundraising event. Prosperity CIO organised and supported a boxing event by involving local members of the community struggling with mental health. ProsperityCIO supported through a 10 week training camp. The participants were given life coaching and mental health counselling. They were given boxing training from Respect Fitness and the opportunity to participate within a charity boxing event. This raised funds for ProsperityCIO to support other members of the community with mental health workshops and counselling. The participants in this event experienced an improved physical, emotional and mental health wellbeing as a result of this. We created community cohesion and a support network for these participants to access additional mental health support. We worked with 26 participants within this programme. We have ran workshops around: Alcohol awareness- 5th February 2022 and 26th February 2022- 24 people attended Sucide Prevention Awareness- 12th February 2022 and 2nd April 2022-11 people attended Anxiety Awareness- 19th February- 21 people attend Depression Awareness- 5th March 2022- 10 people attended Drug Awareness- 12th March 2022 and 19th March 2022- 12 people attended We delivered sessions that presented key knowledge, awareness and next steps for support from specialists.

		16 people then received one-to-one counselling sessions through Prosperity CIO supporting needs around anxiety, depression, trauma, substance misuse. 26.03.22-Fightback event 2 where we supported 32 members of the community with a training programme and opportunity to participate within the second boxing event. ProsperityCIO supported through a 10 week training camp. The participants were given life coaching and mental health counselling. They were given boxing training from Respect Fitness and the opportunity to participate within a charity boxing event. This raised funds for ProsperityCIO to support other members of the community with mental health workshops and counselling. The participants in this event experienced an improved physical, emotional and mental health wellbeing as a result of this. We created community cohesion and a support network for these participants to access additional mental health support. 19th February 2022 and 5th March 2022- Children's mental health workshops around managing emotions and stress and social media impact and wellbeing. These workshops were led by key practitioners who supported 28 children aged between 8 and 16. It deepened knowledge and enabled participants to share their experiences and consider positive next steps for their wellbeing. It gave various coping strategies to manage and regulate emotions. 24 children and young people were supported within a small group and one-to-one counselling. Prosperity CIO then launched our #MENTalk project around male mental health and suicide prevention. This project began in April 2022 through our social media to engage men to access counselling mental health support from Prosperity CIO. The engagement online was successful and therefore we created workshops in June 2022 for men struggling with mental health. We worked with around 45 men within in the community from disadvantaged backgrounds and hard to reach communities and covered topics around suicide prevention, stigma associated with mental health, understanding anxiety and depression and steps and coping strategies for better and improved mental health. We signposted to existing organisations and mental health charities for additional support. Over this period, our social media has been set up around Facebook, Instagram, Twitter and Linked in. We are active in our posting of events and tips and strategies for mental health. These engage and
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		support all members of the community. We are actively building our followership. To date, our followership is below: Facebook: 479 Instagram:473 This target vulnerable members of the community that had been signposted to the organisation. Our social media posts
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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	From 21.12.21-01.07.22
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Reasons for holding zero reserves	Para 1.22	N/A
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Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	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	Fundraising and donations
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	No
Other		

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	CIO
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	Trustee Election at AGM

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	ProsperityCIO
Other name the charity uses	N/A

Registered charity number	1197263
Charity's principal address	54 Oakham Drive Coalville Leicestershire

Names of the charity trustees who manage the charity

	Trustee Name	Office (if any)	Dates acted if not for whole year	Names of Persons (or body) entitled to appoint trustee
1	Ria Kaur			
2	Arjan Johal			
3	Kajal Kaur			
4	Barinder Singh			
5	Ian Jarrams			
6				

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

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

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)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

A handwritten signature in black ink, appearing to read 'Ria Kaur', written in a cursive style.

Full Name(s): Ria Kaur

Position: Trustee of ProsperityCIO

Date: 30th April 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Prosperity CIO	No (if any) 1197263
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Receipts and payments accounts

For the period from	Period start date 21st December 2021	To	Period end date 1st July 2022
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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 £
A1 Receipts				
Donations from individuals	394	-	-	394
Donations from fundraising events	5,655	-	-	5,655
Grants from organisations	10,195	-	-	10,195
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	16,244	-	-	16,244
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	16,244	-	-	16,244
A3 Payments				
Cost of Workshops	2,495	-	-	2,495
General administration costs	113	-	-	113
Marketing and website costs	78	-	-	78
Fundraising event costs	136	-	-	136
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	2,822	-	-	2,822
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	2,822	-	-	2,822
Net of receipts/(payments)	13,422	-	-	13,422
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	13,422	-	-	13,422

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Current account	13,422	-
		-	-
		-	-
	Total cash funds	13,422	-
	(agree balances with receipts and payments account(s))	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name

CC16a



Last year
to the nearest £

	-
	-
	-
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	-
	-
	-
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	-
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	-
	-

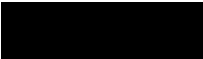
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**Endowment
funds**

to nearest £

-
-
-
-

OK

**Endowment
funds**

to nearest £

-
-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-
-
-
-
-

**When due
(optional)**

Date of
approval
