

# FINDING HARMONY

England & Wales · Charity number 1206345

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2024-01-02

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

## Contact

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**Address** 68 Roman Crescent  
Chester  
CH4 7DQ

**Phone** 07798837030

**Email** [holly@findingharmony.co.uk](mailto:holly@findingharmony.co.uk)

**Website** [www.findingharmony.co.uk](http://www.findingharmony.co.uk)

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE: THE PRESERVATION AND PROTECTION OF GOOD HEALTH AND WELLBEING AMONG CHILDREN AGED 10 AND UNDER, AND THEIR FAMILIES, IN THE UK THROUGH THE PROVISION OF ONLINE RESOURCES AND FACE TO FACE AND VIRTUAL SUPPORT IN ONE TO ONE AND GROUP SETTINGS TO PARENTS ON THE SUBJECTS OF COLIC AND REFLUX; FOOD ALLERGIES IN INFANTS AND THE WEANING OF SUCH INFANTS; COPING WITH FOOD ALLERGIES IN CHILDHOOD; LIFE WITH A NEWBORN (SLEEP, ROUTINE, LACTATION, COMMON CHALLENGES); SLEEP COACHING FOR INFANTS AND TODDLERS AND SLEEP COACHING FOR 3 – 10 YEAR OLDS.

**Activities:** Finding Harmony supports families with all challenges family life may bring, around sleep, nutrition, behaviour and managing day to day life

## Classification

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

## Geography

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- Throughout England And Wales

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£3,349	£3,171	-	-

## Trustees

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Name	Role	Appointed
Angela Muthoni Minvalla Myklestad	Chair	2024-01-02
Holly King		2024-01-02
Marta Janes		2024-04-29
Paula Revill-Jones		2024-01-02

**FINDING HARMONY**

England & Wales - Charity number 1206345

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# Accounts

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# Trustee Annual Report

**For the year ending 31 March 2025**

Charity Name: **Finding Harmony**

Charity Registration Number: **1206345**

Charitable Incorporated Organisation (CIO)

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## 1. Reference and Administrative Details

- Charity name: **Finding Harmony**
  - Charity number: **1206345**
  - Legal structure: Charitable Incorporated Organisation (CIO)
  - Registered office: 68 Roman Crescent, CH4 7DQt, Chester
  - Trustees during the year:
    - Angela Muthoni - Chair
    - Holly King - Founder/Trustee
    - Paula Revill-Jones - Secretary
    - Katie French - Trustee
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## 2. Structure, Governance and Management

- Finding Harmony is a CIO, governed by its constitution adopted on 02/01/2024
  - Trustees are appointed in accordance with the constitution.
  - The trustees meet quarterly to oversee governance, strategy, and financial oversight.
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### **3. Objectives and Activities**

- The charity's objects are:  
THE PRESERVATION AND PROTECTION OF GOOD HEALTH AND WELLBEING AMONG CHILDREN AND THEIR FAMILIES IN THE UK THROUGH THE PROVISION OF ONLINE RESOURCES AND FACE TO FACE AND VIRTUAL SUPPORT
  - In furtherance of these objectives, during the year we:
    - Organised 2 different courses of weekly workshops.
    - Provided a year round free telephone help and advice service for families.
    - Delivered our courses within local Cheshire West schools
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### **4. Achievements and Performance**

Highlights for the year:

- Supported worried families with feeding and nutrition issues via our website and phone line
- Delivered outreach in schools reaching 40 children and their families and friends.

Impact:

- Beneficiaries reported improved confidence, improved cooking skills and knowledge regarding nutrition and food costs, better wellbeing.
  - Community engagement by encouraging pupils to cook with their families at home and supplying the ingredients.
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## 5. Financial Review

- The charity's income for the year was £3349
  - Expenditure for the year was £3171
  - The charity ended the year with reserves of £178
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## 6. Plans for Future Periods

During the year the trustees reflected on the capacity of the charity to continue its activities and the challenges faced in sustaining funding. Despite considerable effort, many grant applications made in 2024–2025 were unsuccessful, which was disheartening for the trustees. The trustees have also recognised that they no longer have the necessary time or resources to dedicate to ongoing fundraising and grant applications.

As a result, the trustees have agreed that no further grant applications will be made. The charity will continue to operate the supportive phone line for as long as existing funds allow, as this has been valued by beneficiaries.

Looking ahead, the trustees will take steps during the next reporting year to begin the process of closing the charity in an orderly and responsible way. This will include ensuring that remaining funds are applied in line with the charitable objects and that all necessary requirements of the Charity Commission are met

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## 7. Risk Management

The trustees regularly review risks and policies

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## 8. Public Benefit Statement

The trustees confirm that they have complied with the duty under section 17 of the Charities Act 2011 to have due regard to the Charity Commission's public benefit guidance. The activities of *Finding Harmony* clearly demonstrate public benefit by [insert – e.g., providing accessible arts opportunities that reduce isolation and promote wellbeing].

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## 9. Statement of Trustees' Responsibilities

The trustees are responsible for:

- Ensuring proper accounting records are kept.
  - Preparing financial statements that give a true and fair view.
  - Safeguarding the assets of the charity and ensuring they are used only for charitable purposes.
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## 10. Approval

This report was approved by the trustees and signed on their behalf by:

**Trustee (Chair):** \_\_\_\_\_ A Muthoni \_\_\_\_\_

Date: \_\_\_\_19/09/2025\_\_\_\_\_

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# Finding Harmony

Charity number: 1206345

Charitable Incorporated Organisation (CIO)

## Receipts and Payments Accounts

For the year ended 31 March 2025

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### Receipts (Income)

Category	Unrestricted Funds	Restricted Funds	Total
Grants received	£3,349	£0	£3,349
<b>Total receipts</b>	<b>£3,349</b>	<b>£0</b>	<b>£3,349</b>

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### Payments (Expenditure)

Category	Unrestricted Funds	Restricted Funds	Total
Insurance	£128	£0	£128
Equipment	£44	£0	£44
Admin & phone	£294	£0	£294
Website	£343	£0	£343
Charitable projects	£2,362	£0	£2,362
<b>Total payments</b>	<b>£3,171</b>	<b>£0</b>	<b>£3,171</b>

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### Summary of Funds

	Unrestricted	Restrictd	Total
Funds at start of year	£0	£0	£0

Net receipts/(payments)	£178	£0	£178
Transfers between funds	£0	£0	£0
<b>Funds at end of year</b>	<b>£178</b>	<b>£0</b>	<b>£178</b>

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## Statement of Assets and Liabilities

(as at 31 March 2025)

### Assets:

- Cash at bank: £178
- Cash in hand: £0
- Other assets: £0

### Liabilities:

- Creditors: £0

**Net assets: £178**

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## Trustees' Declaration

The trustees declare that the above receipts and payments account and statement of assets and liabilities are true and complete to the best of their knowledge.

Signed on behalf of the trustees:

**Trustee (Chair):** \_\_\_\_ A Muthoni \_\_\_\_\_

Date: \_\_\_\_\_ 19/09/2025 \_\_\_\_\_