

ANANDA MARGA UNIVERSAL RELIEF TEAM (AMURT) UK

England & Wales · Charity number 327216

Details

Other names AMURT

Status Registered

Legal form Other

Registered 1986-08-21

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

Contact

Address 3a Cazenove Road
London
N16 6PA

Phone 02088064250

Email ask@amurt.org.uk

Website <http://www.amurt.org.uk/>

Activities

Objects: THE OBJECTS OF THE TRUST ARE TO RELIEVE POVERTY DISTRESS AND SICKNESS AMONG PERSONS RESIDENT BOTH IN THE UNITED KINGDOM AND IN UNDERDEVELOPED COUNTRIES AND IN PARTICULAR TO RELIEVE SINGLE HOMELESS PERSONS IN LONDON AND PERSONS IN UNDERDEVELOPED COUNTRIES AFFECTED BY FAMINE OR OTHER REGIONAL NATIONAL OR INTERNATIONAL DISASTERS BE THEY NATURAL OR MAN-MADE.

Activities: We run a program to feed homeless and needy persons in London We fundraise for global disaster relief We fundraise to support development projects run by sister AMURT chapters We run a health-food store in Stoke Newington (Food for All) whose operating surplus goes to support our activities

Classification

- **How:** Makes Grants To Organisations, Provides Human Resources, Provides Services
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** UNITED KINGDOM AND UNDERDEVELOPTED COUNTRIES
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-10-31	£191,275	£232,344	-	-
2023-10-31	£256,530	£254,404	-	-
2022-10-31	£279,316	£216,680	-	-
2021-10-31	£160,943	£149,889	-	-
2020-10-31	£141,006	£132,498	-	-

Trustees

Name	Role	Appointed
Alexander Harvey		2026-03-01
Anthony Edward Lovage		
Jeffrey Reiter		
P Elizabeth Driscoll		2021-03-16
PIERRE HARRY CAINE BOYDE		2013-07-24
Priya Chawla		2026-03-01

ANANDA MARGA UNIVERSAL RELIEF TEAM (AMURT) UK

England & Wales - Charity number 327216

Accounts

AMURT UK

ANNUAL REPORT &
ACCOUNTS 2023-2024



About AMURT UK

Ananda Marga Universal Relief Team (AMURT) UK is a grassroots disaster relief and community development organisation working with local communities to relieve the immediate suffering of those affected by disaster and crises and helping them move on with their lives. Current projects serve vulnerable communities to:

- Relieve food poverty, involving food upcycling where food would otherwise go to waste
- Promote healthy food and lifestyle choices
- Find other services that they might need to support them
- Engage, train, upskill and coordinate volunteers to promote mental health & wellbeing

We believe every individual has the right to have their basic needs fulfilled such as nourishment and being treated with respect regardless of race, gender or social status.

In the UK we currently work with local volunteers in London and Birmingham to relieve immediate suffering by delivering projects focused on food and feeding the homeless and food poverty affected beneficiaries including vulnerable children, families and households.

We also run a health-food store, [Food for All](#), in Stoke Newington; its profits are used to support our help for vulnerable and homeless beneficiaries.

Internationally we partner with other AMURT chapters, to respond to the specific needs and challenges of their local areas. To do this, we work closely with AMURT Global and with AMURTEL, a separate sister organisation managed by women for women.

BACKGROUND

AMURT (Ananda Marga Universal Relief Team) is one of the few private voluntary organisations of Third World origin, being founded in India in 1965. Its original objective was to help meet the needs of those affected by disasters that regularly hit the Indian sub-continent. Over the years AMURT has established teams in thirty-four countries, creating a network that can meet development and disaster needs in many parts of the world.

In 1985 the global AMURT organisation broadened its goals to include long-term development and in 1986 AMURT was established in the UK.

AMURTEL was formed in 1975 as a sister organisation to respond specifically to the problems faced by women and children. AMURTEL is managed by women and initiates programmes that raise the standard of health and education of women and their children. The programmes also encourage women to gain greater self-determination and economic independence.

Welcome from our Chair

2024 has been a year of meaningful growth for AMURT UK. Nowhere is this more evident than in London, where we've seen a 44% increase in the number of beneficiaries accessing our services. Our food distribution has also expanded significantly — from an average of 396 meals per week in 2023 to 523 in 2024. This sharp rise reflects not just our growing capacity, but the deepening crisis faced by those on the margins as the cost-of-living crisis continues to bite.

In Birmingham, our monthly feeding programme has also seen a notable increase, growing from an average of 86 to 122 beneficiaries a month in 2024. Though smaller in scale, this initiative highlights the same worrying trend: more people are being pushed beyond their financial limits and are struggling to meet basic needs.

At the heart of our feeding programmes is a commitment to providing nutritious, balanced meals to those experiencing food poverty. Our meals are recognised for their quality and, in many cases, they serve as a rare lifeline for those with specific dietary needs. We regularly hear from service users who choose us because our food supports long-term health conditions, such as diabetes, where other services fall short. But what has become increasingly clear this year is that our impact extends far beyond physical nourishment. Many beneficiaries also battle loneliness, isolation, and mental health challenges. AMURT UK's services offer more than just a meal, they offer community, compassion, and connection. Our volunteers, trained to go beyond food distribution, are the heart of this approach. They sit, listen, and respond to individual needs with empathy and care. As Chair, I am especially proud of our inclusive volunteer programme, which enables service users with additional needs to volunteer and gain the belonging, support, and community that volunteering provides.

Looking ahead, we recognise the need to build a more resilient funding model. With the trust and foundation sector becoming more competitive, we are focusing on diversifying income streams and we have already begun forging new partnerships with a broader range of organisations.

Internationally, many of our partner projects have also faced funding challenges. In response, we've dedicated time and resources this year to support their fundraising efforts, a testament to our commitment to solidarity and global cooperation.



References and administration

Charity name: AMURT UK

**Other name charity
is known by:** Ananda Marga Universal Relief Team

**Registered Charity
number:** 327216

Principal Address: 3A Cazenove Road, London, N16 6PA

Trustees: Anthony E Lovage *Chair*
Pierre Boyde *Treasurer*
Jeff Reiter
Grace Collins
P Elizabeth Driscoll

Senior workers: Natasha Su-Mei Horn (Fundraising and
Programme Manager)
Luis Ventura (London Programme
Manager)

Our financial year in numbers

1700 undernourished children had their health positively impacted by spirulina supplementation and homeopathic treatment in Kenya



2,338 babies were born at AMURT Assisted Health Centres in Nigeria



These figures include UK and international projects:

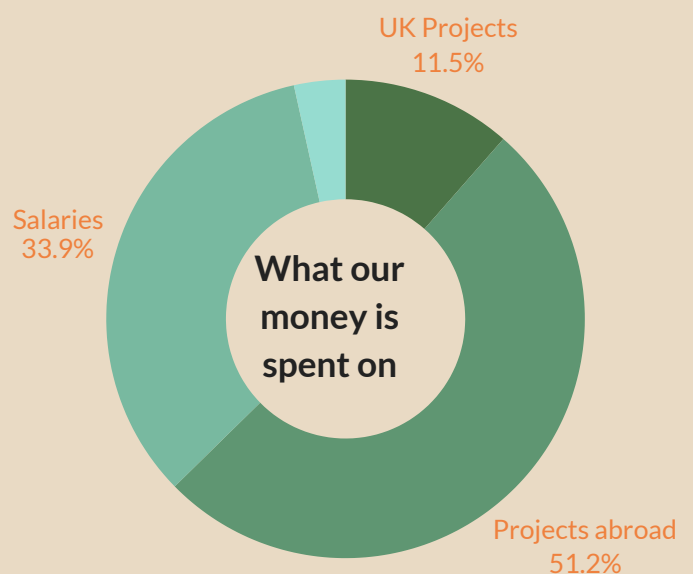
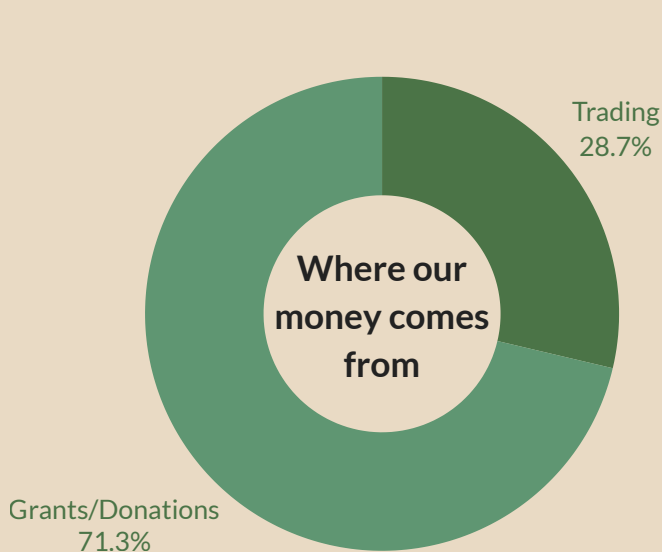
Produced and delivered 28,134 nutritious meals to homeless and vulnerable people in London and Birmingham



2,680 visits made by vulnerable refugee and migrant mothers to AMURTEL Greece's Mother and Baby Centre for educational support around health & hygiene, pregnancy & breastfeeding, child development and much more.



Produced and delivered 1,050 nutrient and protein dense energy balls to vulnerable people experiencing food poverty in London.



TOTAL INCOME : £191,275

TOTAL EXPENDITURE : £232,344

What we do in the UK: London Feeding Programme

2024 remained a challenging year for our service users, with the cost-of-living crisis continuing to impact vulnerable communities. In the UK food insecurity worsened, with over 7.2 million adults and 2.7 million children struggling to afford essentials by mid-year. Eighteen percent of households with children were affected, many faced with impossible choices between essentials like heating and nutrition.

In 2024 AMURT UK prepared and distributed 26,694 warm, nutritious, plant-based meals, 1,050 nutrition bars and several hundred tonnes of fresh food ingredients, serving over 13,000 homeless and vulnerable people affected by the poverty crisis in London. This is an increase in beneficiaries of 44% compared to 2023.

We also distributed warm clothes and bedding and offered a signposting service to those struggling. In total we made the signposting service available at 156 distribution sessions in 2024 and supported 167 service users with requests for support they needed.

Since moving into our more spacious kitchen in Lower Clapton in October 2023 — thanks to our partnership with The Salvation Army — we've been able to expand our impact. Throughout 2024, we have established ourselves as a trusted space where vulnerable people can find a warm meal, nutritious food and snacks, a welcoming community, and guidance to essential services.



Many of our beneficiaries are repeat service users whose challenges are not solved in a single visit. Needs are becoming increasingly complex, and we often walk alongside people over time, helping them to address multiple issues as they arise. Our approach is always person-centred and trauma-informed, recognising that nourishment is not just about food, but about dignity, safety, and being truly seen. Volunteers are available to sit with service users over a cup of tea, listening with empathy and providing guidance where needed.

We have also continued our food distributions at Cazenove Road and Lincoln's Inn Fields, while also providing meals to community partners in Hackney, including Greenhouse GP Surgery and Streets Kitchen. Additionally, we've been working to establish new distribution partnerships in and around Hackney, which we expect to launch in 2025.

Over the past year, we have seen a significant 44% increase in service users relying on our meal service. In 2023, we supported an average of 180 individuals per week, which increased to 260 in 2024. The volume of meals distributed also climbed by 30%, from an average of 396 per week in 2023 to 523 in 2024. These figures highlight the increasingly dire circumstances faced by many, as ongoing pressures from the cost-of-living crisis continue to push people beyond their limits.

Healthy Eating Workshops

In 2024, we launched a Healthy Cooking and Eating initiative in Wren Park Estate, Hackney, in one of the UK's most deprived areas. Our workshops engaged vulnerable individuals who rarely cooked at home, many with specific health concerns.

By working with this hard-to-reach community, we highlighted the benefits of a balanced diet and taught practical, budget-friendly cooking skills. Participants gained confidence in preparing nutritious meals while learning how diet impacts overall health. Each session concluded with a communal meal, fostering social connection and addressing isolation, particularly among children and the elderly. The initiative not only improved dietary habits but also strengthened community bonds.



Volunteering and Inclusion

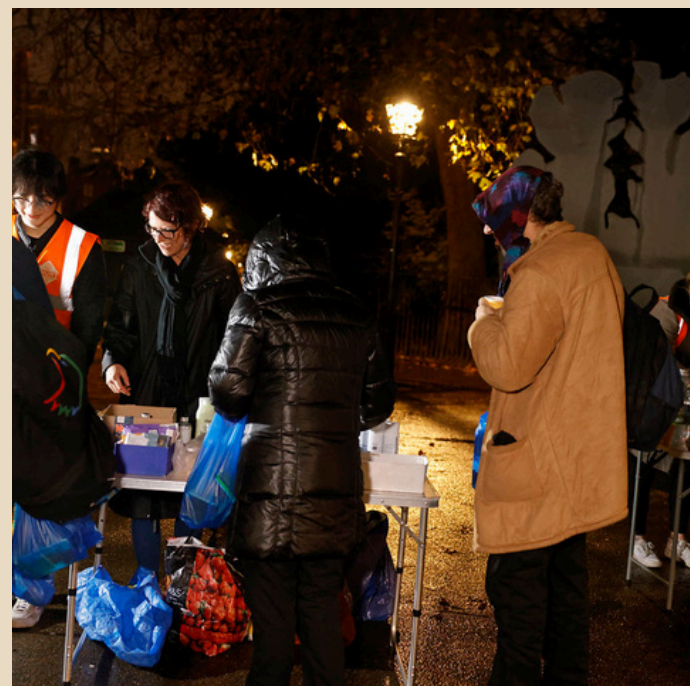
AMURT UK's activities are almost exclusively run by dedicated volunteers. In 2024, 210 volunteer shifts by over 110 volunteers were filled, making up over 4,500 hours of volunteer time.

We believe that everybody should be able to make a difference through volunteering. That is why inclusion is a guiding principle when it comes to recruiting volunteers. We collaborate with NHS occupational therapists, probation officers, and Step Up coaches from Volunteer Centre Hackney to ensure that barriers to accessing volunteering are removed. To accommodate volunteers with SEND and mental health challenges, we design flexible, bespoke sessions followed by feedback discussions.

Having such a diverse range of volunteers elevates our organisation. It is wonderful to observe volunteers from different backgrounds working together and learning from each other. Our inclusive volunteering programme not only opens up benefits like skill development and social connection, but also ensures our organisation is genuinely representative of the community we so lovingly serve.

Outdoor Attire and Signposting

In 2024, we distributed 151 coats, 579 thermal items, and 90 sleeping bags, many thanks to Wrap-Up London. We also ran 156 signposting sessions for 167 individuals, offering legal, immigration, health, and wellbeing support, plus guidance on free meal services. This is a vital lifeline for many facing extremely challenging circumstances.



What we do in the UK: Birmingham Feeding Programme

Our AMURT UK team in Birmingham prepares and distributes food for the homeless, those in insecure accommodation and those who are vulnerable on the first Saturday of every month in Birmingham city centre. We started in March 2022 and fed about 50 people. The number of beneficiaries has risen steadily so we are now feeding an average of 120 people each month.

We rely entirely on volunteers who are dedicated to serving those in need. We collect the food for preparation from 2 food banks who receive it from supermarkets. If food isn't available from the food banks, we go to the Fruit and Vegetable Wholesale Market where wholesalers donate fruit and vegetables, rice and oil.

The programme has been supported for the last two years by a local group of women who formed a charity to raise money for local causes. Their fundraising supports the purchase of equipment such as tables, compostable food boxes, rent of a kitchen in a local church, pots and pans and other essential equipment. One of the Foodbanks lends us their van for the day, so we are able to transport most of the food and equipment in one vehicle.

The feeding programme is now well established with a regular group of beneficiaries who await our arrival each month and appreciate the provision of a hot healthy meal. Our collaboration with local groups is helping to establish AMURT/EL as a service organisation in Birmingham City.



What we do in the UK: Food for All, London

Not-for-profit vegetarian/vegan health food shop Food for All has been serving the people of Stoke Newington since 1975. Devoted to helping the local community achieve optimum health naturally, the store stocks over 300 therapeutic and culinary herbs, tinctures, superfoods and supplements and also offers body-care and household refills as well as health food. Supporting ethical, artisanal producers, we also offer locally made soaps, shea butter, ferments and preserves. The shop is known for its knowledgeable, passionate staff, warm community atmosphere and loyal, multigenerational customer base. Food for All is a vital hub for essential groceries, immune-support advice and household items.

All profits support AMURT UK's charitable work.

Location: 3 Cazenove Road, Stoke Newington, London N16 6PA





International projects we work with: **AMURTEL** Greece

In 2024, a total of 57,363 refugees and migrants arrived in Greece – a 33% increase compared to the same period in 2023.

Over 45% were women and children.

The number of unaccompanied minors doubled from 1,490 in 2023 to around 3,000 in 2024.

One in five refugee women still faces the risk of sexual violence.

**Expanded postpartum
outreach services -
Increase of 500 visits
from 2023**

**10 new Peer
Supporters were
trained**

**2,680 visits by
mothers for
educational support
groups**

**Strong community
trust resulted in
92% of mothers
hearing about
AMURTEL through
peer referral**

**340 Antenatal,
Postnatal and
Lactation
Consultations were
given in 2024**

**47,749 Essential
Mother-Infant Items
were distributed in
2024, such as nappies,
Breastpumps and
lactation supplies,
baby kits and
underwear**

**212 women
received
Mental Health
Support**



AMURTEL Greece

At AMURTEL Greece, they continue to uphold the belief that every mother has the right and the capacity to reclaim her well-being, health, and sense of self-determination, and that every infant deserves attentive care to foster healthy development. In 2024, with many migrant and refugee women beginning to see Athens as a long-term home, their work evolved from providing transitional support to nurturing deeper roots of empowerment, education, and healing.

Educational Support Groups

Still at the heart of AMURTEL's work, these groups became even more vibrant in 2024, with increased participation and growing trust. Topics ranged from infant care, mental health, and reproductive health to parenting, legal rights, and navigating life in Greece. Women who once entered shy and hesitant are now finding and using their voices, some even mentoring others.

Workshops for Greater Self-Expression

A new three-month workshop series, co-hosted with the MSc Global Health Disaster School of Medicine and Medecins Sans Frontières, offered mothers the space to share powerful personal stories of migration, motherhood, and resilience. For many, it marked a turning point in reclaiming their narrative.

Yoga, Infant Massage & Movement for Bonding

Movement-based practices continued to be a joyful and healing part of life at AMURTEL Greece. New in 2024 was peer training in mother-baby yoga, which added another layer of community-based support to these well-loved sessions.

Peer-to-Peer Training (P2P)

This program continued to flourish, with mothers trained as peer supporters for others in their communities. P2P strengthened local support



networks, increased self-confidence, and cultivated leadership among women who had once felt silenced.

Antenatal & Postnatal Care, Breastfeeding & Infant Nutrition

Their team of midwives offered holistic, culturally sensitive care to women before and after birth, from monitoring fetal growth and maternal health to helping mothers regain confidence in breastfeeding, even in the face of stress or misinformation. Formula safety guidance and individualised feeding plans supported mothers in all circumstances.

Outreach & Home Visits

Recognising the barriers many new mothers face in the first days after birth, AMURTEL expanded its outreach with postpartum home visits during the crucial first 40 days. Reproductive health workshops in collaboration with partner NGOs ensured continued education beyond the centre.

Free Shop & Distribution of Essentials

Dignified access to necessities remained a cornerstone of their support. More than 47,000 essential items were distributed in 2024, from diapers and food to menstrual supplies, breast pumps, and complete baby kits for expectant mothers. Community donations and volunteer engagement gave new life to gently used goods, deepening the ethos of sustainability and solidarity.

Maternal Mental Health & Social Integration

Group discussions around mental health and the realities of parenting in a new country gained momentum. AMURTEL's ongoing collaboration with organisations like Medical Volunteers International and UNHCR ensured that women had safe spaces to process their experiences and find meaningful pathways into Greek society.

AMURTEL Greece remains a place where women can breathe, be seen, and begin to build futures with dignity and confidence. In 2024, that commitment only deepened.





"I am pregnant with my third child. For my second baby, I went to AMURTEL and I learned everything I needed to know as a mother in a new country. I learned a lot of new things about feeding my baby and about what resources are here in Athens. I feel so ready for this third baby. Now I want AMURTEL's help to understand my rights about my maternity leave since I am legally working." Josette, Ivory Coast

Not her real picture to protect her privacy
Photo by Lawrence Crayton

A close-up photograph of a woman with dark skin, smiling warmly as she looks down at a newborn baby she is holding. The woman is wearing a yellow and red patterned top. The baby is wrapped in a white blanket and wearing a light blue hat. The background is softly blurred, showing what appears to be a hospital or clinic setting.

International projects we work with: AMURT Nigeria

“According to the 2025 EQUAL report, Nigeria’s maternal mortality ratio stands at 1,047 per 100,000 live births, meaning the country still bears 28.3% of all maternal deaths globally—a figure that underscores the urgent need for sustained investment in maternal health.”

2,338 babies were born at AMURT Assisted Health Centres in Nigeria. Only 0.9% of total births were referred to the tertiary hospital due to serious complications.

In 2024 four emergency obstetric referral centres carried out 294 cesarean sections. Cesarean sections made up 13% of total births. 77% of these cesarean sections were from women outside the project area. Only 3% were elective.

AMURT's adolescent sexual and reproductive health team engaged with over 3000 adolescents in six project areas

In 2024, AMURT sponsored 157 pediatric surgeries. In addition 46 major pediatric surgeries were taken to the federal teaching hospital.

In 2024 AMURT's water and sanitation team worked in 25 communities on new borehole projects.

In 2024, 4,460 women attended Ante-Natal Care days in AMURT Assisted Health Centres.



AMURT Nigeria

AMURT Nigeria began working in southeast Nigeria in 2010, where maternal mortality rates were among the highest in the world. Many Primary Health Centres (PHCs) in rural areas were failing under a centralised system, with chronic understaffing, limited hours, deteriorating infrastructure, and little trust from the communities they were meant to serve. Women often opted to give birth at home or rely on local chemists and herbalists, many of whom misuse artificial oxytocin to induce labor, risking uterine rupture and fetal death.

AMURT Nigeria responded by developing a decentralised, community-led model for primary and maternal healthcare in neglected rural areas. Community members are involved from the outset, helping initiate, manage, and sustain each project, in active partnership with the government. This model, refined through 14 years of continuous presence, places local ownership, cultural relevance, and sustainability at its core.

In 2024, AMURT prioritised the financial and operational self-reliance of its health centres. Through careful revenue management and community participation, all 10 AMURT-assisted centres managed to cover their operating expenses including paying support staff, and continuing to build savings for maintenance, expansion and upgrades. In 2024 the centres funded vital infrastructure upgrades, including solar installations, theatre renovations, and incinerators, marking a major step toward long-term sustainability and dignity in rural healthcare.



Obstetric Emergencies

In 2024, four emergency obstetric referral centres across Ikwo, Abakaliki, Onitsha, and Ebonyi Local Government Areas (LGAs) remained vital lifelines for rural women. These centres carried out 294 cesarean sections, accounting for 13% of total births at AMURT assisted health centres. A further 21 births were supported via emergency referrals to the tertiary hospital in Abakaliki.

Each facility is equipped with operating theatres, blood transfusion services, and 24/7 on-call medical teams, ensuring life-saving care is both accessible and affordable for those in need.

Safe Motherhood

AMURT Nigeria continues to deliver 24-hour, year-round primary health services, a cornerstone in reducing maternal and newborn mortality. In 2024, 4,460 women attended ANC days across AMURT assisted health centres. Skilled maternal health promoters actively track pregnancies in every village and hold monthly support group meetings to educate mothers about warning signs in pregnancy and self-care.

Health workers equipped with ultrasound machines and laboratory services facilitated early detection of high-risk pregnancies, followed up with home visits, and provided vital preventive care including family planning, malaria prophylaxis, tetanus vaccines, and routine medications.

Notably, 47% of ANC attendees in 2024 came from outside the project areas, underlining the trust AMURT has built in rural communities.

Pediatric Surgeries

Direct intervention to save the lives of children continued in 2024. AMURT sponsored 157 pediatric surgeries across its 10 assisted health centres, with Offia Oji Health Center leading with 32 surgeries. An additional 46 major pediatric surgeries were referred to the Federal Teaching Hospital in Abakaliki, offering rural children access to critical interventions for conditions such as spina bifida, hydrocephalus, intestinal obstructions, and typhoid perforation.



Engaging with Youth on Reproductive Health:

In 2024, AMURT's Adolescent Sexual and Reproductive Health (ASRH) Unit reached over 3,000 adolescents across six project areas with key messages on:

- Drug and substance abuse
- Sexual abstinence
- Sexually transmitted diseases
- Harmful traditional practices such as Female Genital Mutilation and Child Marriage
- Gender-based violence and sexual abuse

Peer educators were trained in 13 secondary schools, supported by teachers and motivated through quiz competitions. At the village level, Youth Champions reached adolescents in 73 villages, delivering monthly health education on reproductive rights and choices.



Teenage Mothers Program

In each of the six project areas, teenage mothers, both pregnant and postnatal, received ongoing counselling, emotional support, and skill-building sessions (such as tailoring and hair braiding). Many were also encouraged to return to school, and four teenage mothers were supported in starting their own businesses.



Menstrual Health

In honor of World Menstrual Hygiene Day, AMURT conducted menstrual hygiene awareness sessions, reaching 1,573 girls with free distribution of sanitary pads and information sessions designed to de-stigmatise menstruation and boost confidence.



Water is Life: Reaching Every Village

In 2024, AMURT Nigeria continued to address the urgent need for clean water in rural communities, where many still rely on contaminated rivers and ponds. Unsafe water remains a major cause of cholera, gastroenteritis, and other waterborne diseases, especially among children. This year, AMURT's Water and Sanitation team, in collaboration with partners, brought safe water to 25 new communities across Ebonyi State and repaired 32 boreholes, ensuring the sustainability of previous installations.

Water, Sanitation and Hygiene Committees (WASHCOMs) were formed and trained in each village to manage and maintain the boreholes. Community members, including women, played key roles in both implementation and oversight, reinforcing local ownership and long-term impact.



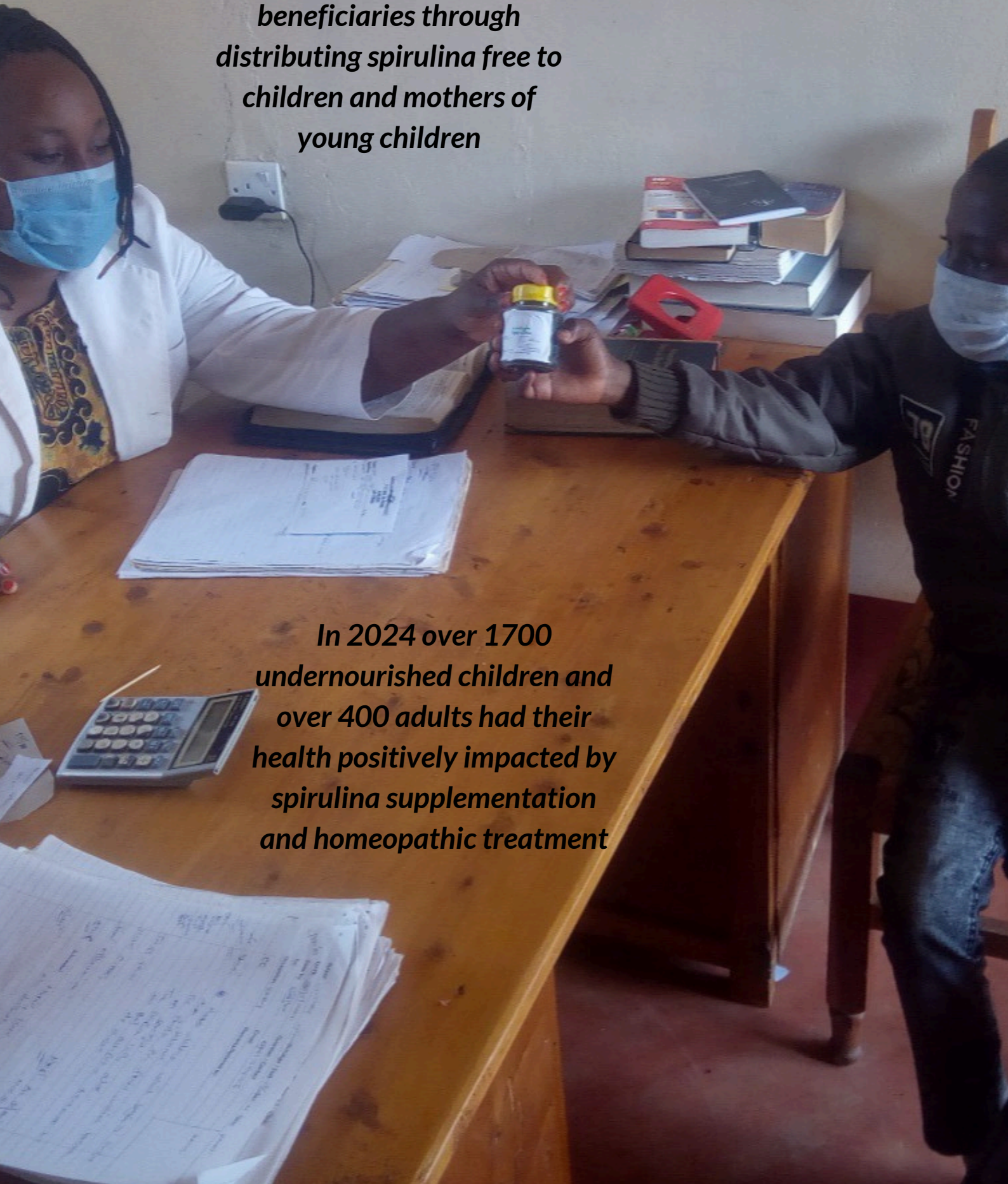
A photograph of two children sitting on a bicycle. The child on the left is wearing a red hooded jacket and holding a clear plastic bag of Spirulina powder. The child on the right is wearing a yellow and black shirt and also holding a bag of Spirulina powder. The background is a dirt path with some trees and a white structure.

International projects we work with: Kenya Spirulina Nutrition Project

“According to Kenya’s 2022 Demographic and Health Survey, nearly one in five children under five is stunted (18%), with 10% underweight and 5% wasted - highlighting the serious burden of chronic and acute under-nutrition. Meanwhile, FAO’s (Food and Agriculture Organisation of the United Nations) 2024 global report warns that 80% of Kenyans cannot afford a healthy diet, emphasizing that malnutrition is not only about food scarcity, but also about inequitable access to quality food.”

**Between 2014 and 2024
the Spirulina Nutrition
Project has impacted the
health of more than 30,400
beneficiaries through
distributing spirulina free to
children and mothers of
young children**

**In 2024 over 1700
undernourished children and
over 400 adults had their
health positively impacted by
spirulina supplementation
and homeopathic treatment**



Kenya Spirulina Nutrition Project

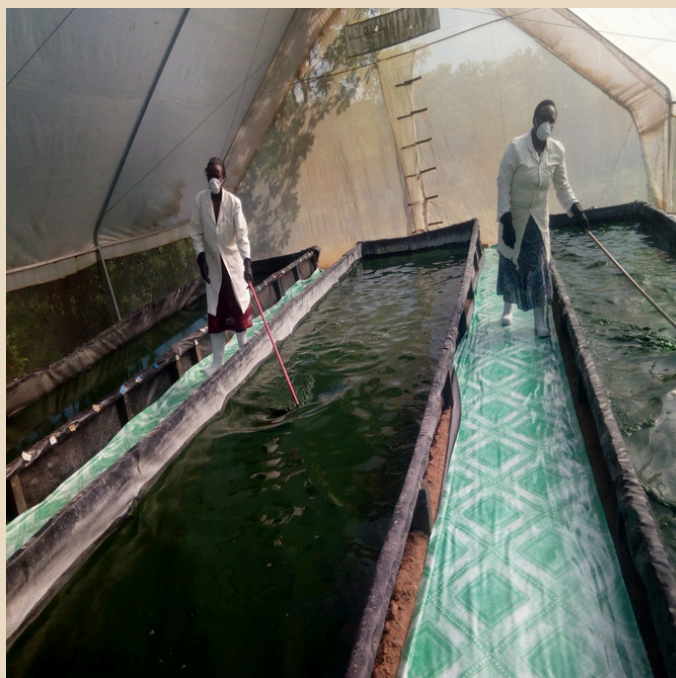
The Spirulina Nutrition Project (SNP) is focused on ending malnutrition and supporting the health of vulnerable children and mothers, using the powerful benefits of spirulina, a natural, nutrient-rich superfood.

In 2024, spirulina continues to show remarkable results. Even a small daily dose can help children gain weight, grow stronger, and improve their energy and mood. The SNP has seen real changes in just a few weeks such as children becoming more active, alert, and emotionally responsive. New studies also highlight spirulina's ability to strengthen the immune system and help fight off common illnesses, making it especially valuable in communities where access to balanced diets can be limited.

The SNP is committed to community health and self-reliance. They grow their own spirulina at their farm in Kambimawe village, making sure it's fresh, accessible, and affordable. Local women are actively involved in the growing and sharing of spirulina which builds skills, creates jobs, and helps their own communities thrive.

In 2024 SNP continued to produce very high quality spirulina which has greatly benefited the local community. The SNP treated between 130-150 children between 1-14 years each month with spirulina and homeopathic remedies. The overriding complaints this year were underweight challenges, malnutrition and childhood conditions.

SNP also attended to 20-40 adult patients each month, providing 100g of spirulina to those suffering from chronic illnesses like diabetes, rheumatism, and arthritis, all of whom experienced significant benefits.





Malnutrition

Malnutrition remains a serious health challenge, especially for children, and is caused by a lack of energy, protein, healthy fats, and key vitamins and minerals in the diet. It affects not only a child's physical growth but also their immune system, mental focus, and emotional wellbeing. In the short term, this means more frequent illness, missed school days, and poor concentration. Over time, malnutrition can limit a child's development and future potential. It is one of the clearest signs of poverty in children. According to the UN's Food and Agriculture Organization, hunger is not just about not having enough to eat, it's also about the lack of access to nutritious, wholesome food. In many parts of Sub-Saharan Africa, including Kenya, most families cannot afford a balanced meal more than a few times a week, which is a key reason chronic malnutrition remains so widespread.

SNP has seen that spirulina offers a simple, local, and powerful solution. It's easy to grow and packed with nutrients, making it a valuable support for communities working to overcome malnutrition and build healthier futures.



10-Year-Old Daniel presenting with Epilepsy and Chronic Fatigue

Daniel, diagnosed with epilepsy, was brought to us with ongoing complaints of extreme fatigue and weakness. Despite being on anticonvulsant medication and receiving care from various hospitals, his condition had not improved. His father noted a decline in both his physical strength and cognitive function, he had stopped helping with household chores and rarely engaged with others.

The doctor at the SNP started the boy on a daily 5-gram dose of spirulina. After just four weeks, he returned for a check-up. His father shared encouraging news: the boy had regained strength, was interacting more with his siblings, and had begun playing again, something he hadn't done in a long time.

Three months later, his progress was even more evident. He remained stable and energetic, no longer complained of weakness, and, remarkably, the frequency of his seizures had reduced by 50%. His quality of life has greatly improved, and he continues to thrive under the spirulina-based nutritional support.

Names have been changed to protect beneficiary identity

International Disaster relief

AMURT UK has supported a number of international disaster relief efforts in 2023-24 including work in India, Philippines and Egypt.



Additional details on objectives and activities

Volunteers:

We are very grateful for the contribution made by our volunteers! The London and Birmingham programmes are run almost entirely by volunteers.

Surplus:

Any surplus funds which are not needed for activities are placed on deposit to earn interest.



Structure, governance and management

Description of Charity's Trusts

Type of Governing Document :	Trust Deed Dated 9th July 1986
How the Charity is Constituted :	Trust
Trustee Selection Methods :	By resolution of a quorum of the trustees recorded in the minutes

Additional Governance Issues

All Trustees give their time voluntarily and receive no other consideration or benefits.

AMURT UK works closely with AMURT Global.

AMURT's global coordinating office is based in the US. At times of humanitarian disaster international AMURT chapters liaise with this office to find out how to best support the AMURT chapter closest to where the disaster has occurred. This support may come in the form of fundraising, sending experts or additional volunteers.

INVESTMENT IN SUBSIDIARY

AMURT owns ninety-nine £1 ordinary shares in Food For All (London) Ltd, constituting a 99% shareholding. All shares in Food For All Ltd. are fully paid up and allotted. No dividend was paid. There was no change in the value of the shares in the year.

The activities of Food For All Ltd., which trades as a whole-food retailer, are entirely separate from those of AMURT. Its accounts have not been consolidated into the accounts of AMURT as its activities are unrelated to those of the Trust.

Profits from Food For All Ltd. are covenanted to the Trust. This amounted to £54,683 in this financial year.

The accounts of Food For All Ltd. are audited as per the requirements of the Companies Act 1985/2006.

Financial Review

Brief Statement on the Charity's Policy on Reserves:

AMURT UK's cash reserve policy is to keep £10,000. This amount is necessary to: service any unexpected, emergency expenses for AMURT UK projects including the London feeding program and to respond quickly to international emergency appeals if funds are needed before AMURT UK can deliver a fundraising campaign

Details of Any Funds Materially in Deficit:

Not Applicable.

Declaration

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

Name: Pierre Boyde
Date: 28.08.25
Position: Treasurer

Name: Govinda Lovage
Date: 28.08.25
Position: Chair



Charity Name AMURT UK	No (if any) 327216	CC16a
Receipts and payments accounts		
For the period from	Period start date Nov-23	To
		Period end date Oct-24

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Voluntary Donations for Specific Projects incl. (Stripe & Paypal, Facebook, Global Giving)		129,287		129,287	184,423
Covenanted Profits from Food For All HealthFoods	54,683	-		54,683	57,324
General Donations through Virgin Money Giving and other Bank deposits	-	-		-	5,123
Reclaimed Expenses & Refunds	-	-		-	-
HMRC Refunds	6,603			6,603	9,106
Other Income including Interest	702			702	554
Cash over/under		1			
Subtotal Other AMURT UK Receipts	61,988	129,286		191,275	256,530
Other Income (Fx)					
Sub total for all AMURT UK including MIH (Gross income for AR)	61,988	129,286		191,275	256,530
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	61,988	129,286	-	191,275	256,530
A3 Payments					
Other AMURT UK Projects	-	-	-	-	-
Cost Of Sales	-	-	-	-	-
Purchase of Goods for Overseas projects	-	-	-	-	-
Support to Local Projects	-	-	-	-	27,360
AMURT/EL Global Disaster relief	-	1,000	-	1,000	7,017
AMURT/EL implementing partner projects (international)	-	117,941	-	117,941	144,407
Project Motor Expenses London feeding Program	-	997	-	997	844
Project Consumables - London Feeding Project	-	21,571	-	21,571	10,890
Training and Development	-	3,385	-	3,385	-
Bank Charges, property & premises & Council Tax	6,732	-	-	6,732	4,531
Computer and Software & Communications	-	-	-	-	-
Advertising and Marketing & databases	1,320	-	-	1,320	-
Fundraiser Wages, Consultant expenses, Salaries incl security costs	15,504	63,217	-	78,721	55,580
Volunteer Expenses	675	-	-	675	3,778
Professional Fees	-	-	-	-	-
Minor balance reconciliation	-	-	-	-	3
Subtotal Payments other AMURT UK Projects	24,232	208,112	-	232,344	254,404
Sub total all AMURT UK	24,232	208,112	-	232,344	254,404
A4 Asset and investment purchases, (see table)					
IT and Capital equipment (purchase of van)	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	24,232	208,112	-	232,344	254,404
Net of receipts/(payments)	37,756	- 78,825	-	- 41,070	2,126
A5 Transfers between funds	- 67,218	67,218	-	-	-
A6 Cash funds last year end	113,561	53,912	-	167,473	165,347
Cash funds this year end	84,099	42,305	-	126,403	167,473

2023
2022
2023

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	AMURT Triodos account	84,099	5,000	
	Petty Cash			
	Unity account		37,305	
	Total cash funds	84,099	42,305	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	AMURT Cash Reserves			
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
Signed by one or two trustees on behalf of all the trustees				
	Signature	Print Name	Date of approval	
		Pierre Boyde	24.08.2025	

Notes
a) Virgin Money giving includes gift aid reclamation, gift aid is reclaimed separately from HMRC for donations where it is appropriate to do so in line with HMRC guidance.



Section A Independent Examiner's Report

Report to the trustees	Charity Name AMURT UK		
On accounts for the year ended	2024	Charity no (if any)	327216
Set out on pages	None <small>(remember to include the page numbers of additional sheets)</small>		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/10/2024 YY.

Responsibilities and basis of report

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

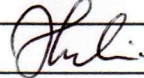
~~[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.~~

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) 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.

* Please delete the words in the brackets if they do not apply.

Signed:  Date: 18/08/2025

Name: Murali Ramaswamy

Relevant professional qualification(s) or body: None

(if any):

Address:

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.

None

ANANDA MARGA UNIVERSAL RELIEF TEAM (AMURT) UK

England & Wales - Charity number 327216

Accounts

AMURT UK

ANNUAL REPORT &
ACCOUNTS 2022-2023



About AMURT UK

Ananda Marga Universal Relief Team (AMURT) UK works with communities to relieve the immediate suffering of those affected by disaster and crises and helps them move on with their lives. Current projects serve vulnerable communities to:

- Relieve food poverty (involving food upcycling)
- Promote healthy food/lifestyle choices
- Find other services that they might need to support them
- Engage, train, upskill and coordinate volunteers to promote mental health & wellbeing

We believe every individual has the right to having their basic needs satisfied such as nourishment and being treated with respect regardless of race, gender or social status.

To do this, we work with local communities in Hackney and Camden, London, to relieve immediate suffering by delivering projects focused on food and feeding the homeless, the elderly, vulnerable people on low incomes and with children. With the help of local volunteers, AMURT has been preparing and distributing good quality, nutritious meals for homeless and food poverty affected beneficiaries in London for over 10 years through its London Feeding Programme (LFP). Since the COVID19 pandemic and now with the cost of living crisis AMURT nutritious meal service service has seen a big increase in demand. AMURT has received funds to increase the number of meals prepared and distributed, which in 2022-23 numbered over 20,000 . We also run a health-food store, Food for All, in Stoke Newington; its profits are used to support our help for vulnerable and homeless beneficiaries.

Internationally we partner with other AMURT chapters, to respond to the specific needs and challenges of their local areas.

BACKGROUND

AMURT (Ananda Marga Universal Relief Team) is one of the few private voluntary organisations of Third World origin, being founded in India in 1965. Its original objective was to help meet the needs of those affected by disasters that regularly hit the Indian sub-continent. Over the years AMURT has established teams in thirty four countries, creating a network that can meet development and disaster needs in many parts of the world.

In 1985 the global AMURT organisation broadened its goals to include long-term development and in 1986 AMURT was established in the UK.

AMURTEL was formed in 1975 as a sister organisation to respond specifically to the problems faced by women and children. AMURTEL is managed by women and initiates programmes that raise the standard of health and education of women and their children. The programmes also permit women to gain greater self-determination and economic independence.

References and administration

Charity name: AMURT UK

**Other name charity
is known by:** Ananda Marga Universal Relief Team

**Registered Charity
number:** 327216

Principal Address: 3A Cazenove Road, London, N16 6PA

Trustees: Anthony E Lovage *Chair*
Pierre Boyde *Treasurer*
Jeff Reiter
Grace Collins
P Elizabeth Driscoll

Senior workers: Natasha Horn (Fundraising and
Programme Manager)
Luis Ventura (London Programme
Manager)

Welcome from our Chair

2023 has been another challenging year for AMURT and our beneficiaries.

In the UK the on going cost of living crisis is taking a serious toll on those already at the margins of society. Many of our service users had to make the impossible choice of either eating well or being warm in the winter of 2023. Fortunately, we have been working closely with our service users to do our best to meet their ever-increasing needs. This has included increasing the number of meals we produce, from 374 meals/week in January 2023, feeding 156 service users to 502 meals/week in December 2023 feeding 246 service users. That is an increase of almost 74% in volume of meals and 63% in numbers of service users benefitting each week.

The increase in meal production was made possible by securing a wonderful reciprocal partnership with The Salvation Army and moving our production down to their large and well equipped kitchen in Lower Clapton. These new facilities also enabled us to provide a warm space for service users to eat and socialise in which has helped many to feel more part of a supportive community.

We have always worked in partnership with other organisations but 2023 saw us increase our collaborations and partnerships to a new level. Some new collaborations include with the NHS, Turning Point (City and Hackney Recovery Service), Hackney Night Shelter and Casey's Bakery.

On the international arena we have been busy supporting our regular affiliate partners such as AMURT Nigeria, AMURTEL Romania, AMURTEL Greece and the Spirulina Nutrition Project in Kenya. In addition AMURT UK has responded to the increasing number of global disasters by supporting other AMURT/AMURTEL chapters. We have chosen to support those that are embedded in local communities and able to respond to the local context efficiently and effectively.

I am very proud of being a trustee for AMURT UK and so very grateful for all the wonderful staff and volunteers that work with us. We really couldn't do what we do without them.

GOVINDA LOVAGE

AMURT UK Chair



Our financial year in numbers

These figures include UK and international projects:

1600 undernourished children had their health positively impacted by spirulina supplementation and homeopathic treatment in Kenya



3,019 babies were born at AMURT Assisted Health Centres in Nigeria



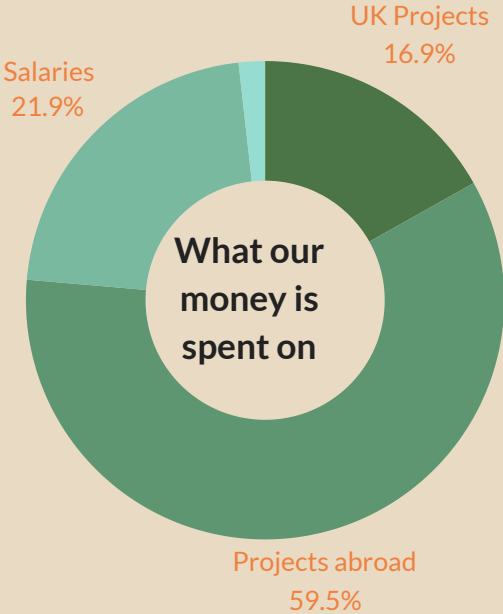
Produced and delivered 20,616 nutritious meals to homeless and vulnerable people in London



3742 vulnerable refugee and migrant mothers in Greece visited AMURTEL Greece's Mother and Baby Centre for educational support around health & hygiene, pregnancy & breastfeeding, child development and much more.



Produced and delivered 1500 nutrient and protein dense energy balls to vulnerable people experiencing food poverty in London.



TOTAL INCOME : £256,529

TOTAL EXPENDITURE : £254,403

What we do in the UK: London Feeding Programme

AMURT UK helps to reduce food poverty amongst the homeless and vulnerable children, families and households in Camden, Hackney and Islington.

2023 was a particularly challenging year for our service users due to the ongoing cost of living crisis. In London, 21% of adults were facing food insecurity and 800,000 children were living in poverty. Large numbers were struggling to heat their homes, often having to decide between 'heating or eating'.

According to official figures rough sleeping also increased by 23% in London in the last quarter of 2023 compared to the last quarter of 2022 and we saw this reflected in our own service.

In 2023 AMURT UK prepared and distributed 20,616 warm nutritious plant-based meals, 1500 nutrition bars and several hundred tonnes of fresh food ingredients serving over 9000 homeless and vulnerable people affected by the poverty crisis in London.

We also distributed warm clothes and bedding and offered a signposting service to those struggling. In total we made the signposting service available at 95 distribution sessions in 2023 and supported 46 service users with requests for support they needed. AMURT UK's activities are almost exclusively run by dedicated volunteers. In 2023, 2100 volunteer shifts by over 150 volunteers were filled, making up over 3500 hours of volunteer time.



Kitchen Upgrade:

2023 saw a big upgrade of our kitchen facilities and distribution points. It became clear from speaking to service users there was a need for a warm place to be able to sit, eat and socialise in when receiving our warm meals. In response, by October 2023 we had secured a reciprocal partnership with The Salvation Army and moved our production to their kitchen in Lower Clapton which has a big open dining room space to distribute food from. This means that we now have 3 distribution points in Lower Clapton, Cazenove Road and Lincolns Inn Fields. We have also continued to provide meals to other community partners in Hackney.

We started having two meal sittings in the cooking hub in Lower Clapton every Thursday. One at lunchtime and the other as an early supper. Many service users come as soon as we open and stay until closing. They love that it is a warm, welcoming space with many friendly faces. They can sit and eat in peace or over a social conversation with other service users or with one of our befriending volunteers.

Having our own warm space to distribute meant that we get to sit and talk with our service users, make them feel valued and build trust which has many benefits.

Vita Bites

2023 saw us develop our corporate offering around Vita Bites production. This has meant that over the last year we have worked with a wide range of teams from corporate organisations to prepare, cut, wrap and label the Vita Bites. These healthy, delicious nutrition bars continue to help our service users boost their health and immune system and can substitute a meal when another cannot be found.

Warm Item Distribution and Signposting

In 2023 we distributed 151 warm coats, 579 thermal hats, gloves and socks and 90 warm and waterproof sleeping bags. We were lucky enough to partner with Team up London to get many donated items such as coats. We also made a regular signposting service available for service users throughout 2023.



What we do in the UK: Food for All, London

Not-for-profit vegan health food shop Food for All has served the people of Hackney since 1976. Committed to assisting the local community to achieve optimum health and wellbeing via natural means we stock more than 250 therapeutic/culinary herbs and tinctures. The broad product range includes whole foods, superfoods, dry and fresh goods, supplements, body care and household products. Food for All supports new ethical entrepreneurs and stocks locally made artisan products such as soaps, shea butter, preserves and ferments.

The store is renowned for its helpful and knowledgeable staff, unique community atmosphere and diverse customer base – some of whom have been shopping at the shop for nearly four decades! It is common to find staff and customers engaged in lively conversation swapping tips about nutrition, health care and local news.

Since the pandemic Food for All has become a community focal point for essential household items and nutritional and immune support and advice.

Profits from Food for All go to AMURT charitable activities.

Location: Food for All, 3 Cazenove Road, Stoke Newington, London, N16 6PA





International projects we work with: **AMURTEL Greece**

In 2023, a total of 48,721 refugees and migrants arrived in Greece according to data published by UNHCR, marking a 159% increase compared to 2022.

Over 42% were women and children

One in every five female refugees experiences sexual violence

91.7% of mothers state that infant feeding improved coming to AMURTEL Greece

93% say that caring for their infant has become easier after coming to AMURTEL

3742 visits by mothers for educational support groups

87% of mothers feel more capable of taking care of their health and their family's healthy from knowledge gained at AMURTEL

70% receive at least 4 antenatal check-ups, an increase from the norm in their native countries

24,243 Essential Mother-Infant Items were distributed in 2023, such as nappies, Breasypumps and lactation supplies, baby kits and underwear

55% become exposed to the use of contraceptives at AMURTEL



AMURTEL Greece

At AMURTEL Greece, they believe all mothers have the right and the capacity to maintain or restore their health, well-being, dignity and self-determination. They believe that all infants have the right to be protected and cared for in order to foster optimum health and development. For highly vulnerable refugee and migrant populations, these rights are all too often unattainable.

The educational support groups became far and away the most well attended facet of AMURTEL Greece's programs in 2023. The level of eagerness to learn and discuss issues in relation to health care and life choices seemed to increase exponentially in the mothers. Some mothers had been going for years to help support newer mothers in the groups.

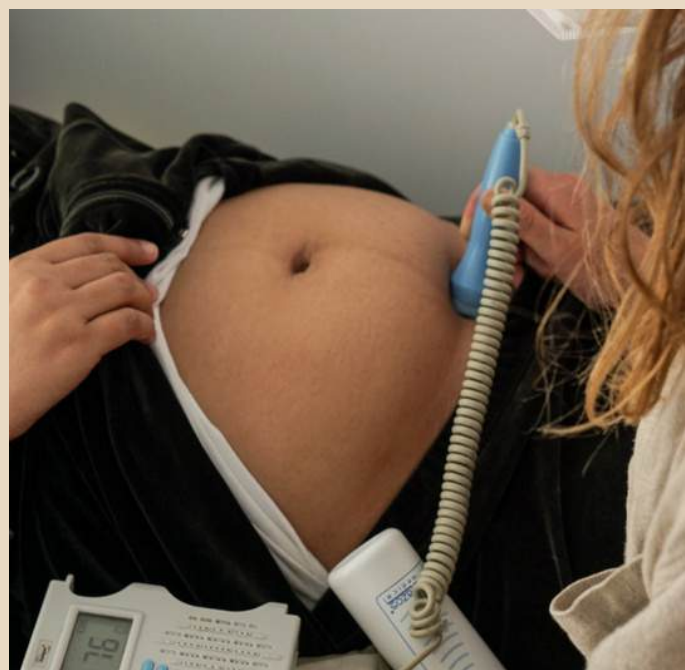
Their collaboration with Medecins Sans Frontieres (MSF) offering group sessions on gender-based violence awareness and women's rights, continued into its 6th year. Parenting was added to the infant care groups and proved to be an endlessly interesting topic of discussion. Also, art workshops as well as yoga sessions, both for the mothers and for mothers with babies, found them once again curious and focussed on exploring new ideas and concepts.

Social Integration

UNHCR facilitated groups in AMURTEL Greece's day centre offering valuable tips and resources for finding one's way in Greek Society.

Maternal Mental Health

Medical Volunteers International organised groups with the mothers to explore the challenges facing them as refugees or migrants in a new country.



Art Expression

Art creativity sessions were introduced and thoroughly enjoyed by the mothers. For some, it was the first time ever to paint, draw, create macrame bracelets, recycle magazines into artwork, and so on. Some of their art was displayed at the time of the art exhibition held in December.

Yoga for Mothers & Mother-baby yoga Infant Massage

Movements for health and development awareness brought laughter and smiles to the faces of both mothers and babies.

Peer-to-peer training (P2P)

AMURTEL's data indicated that a remarkable 93% of mothers state that they share information and knowledge gained at AMURTEL with other mothers in their communities. Spurred on by this, AMURTEL Greece continued a series of P2P Courses in 2023.

These courses train mothers to become 'peer supporters' for pregnant women and mothers with infants in their communities. Additionally, the course graduates become resources for women requiring information about available services offered in Athens.

Antenatal & Postnatal care, breastfeeding & infant nutrition

The mothers who visit the centre for midwifery and infant feeding appointments appreciate being able to ask questions, discuss their fears, and understand more about their pregnancies and infant care as well as augment the medical check-ups received in the local hospital.

Outreach to camps and urban settings

The outreach program solidified in September 2018 in collaboration with MAMbrella, a Swiss midwives NGO, has powered on since then.

Distribution of essential Mother-Infant Items

Distribution of diapers/nappies, dry food, women's underwear, reusable menstruation pads, condoms, baby kits, and baby carriers continued throughout 2023. Breast pumps, nipples shields & breast pads were also offered when necessary.



Miremba, a 25-year-old African woman, came to Greece to escape menial labour and sexual favour servitude in the home of a rich man. Her parents had sold her at the age of 8 due to their extreme poverty. Miremba remembers long hours of hard work as well as being used as a sexual object for her owner and his friends. She became pregnant as a teenager but never saw her child. He was taken away from her at the moment of birth and she does not know what happened to him. She thinks he was most probably sold.

After years of planning, she was able to escape and found her way to Greece. Due to sexual violence, she encountered on the way, she arrived in Greece pregnant. At first, she was homeless and staying in a park. She recounts how one day she was sitting on a bench in a city square feeling unutterably lost, alone, and despairing, asking herself how she could possibly manage to go through pregnancy and care for her baby. Amid these thoughts, an African woman approached her. After listening to her story, this woman told her about AMURTEL Greece. Miremba came for the first time on that very day. She tells of how she felt welcomed, was spoken to in French, helped to find housing, given referrals for community resources, and cared for by a midwife. She made friends and became part of a community of mothers. Today she is settled in Greece and not only continues to go weekly to the support groups held by AMURTEL Greece, but brings others also. It is her way of paying back and paying forward the care she received from the staff and mothers at AMURTEL.

Names have been changed to protect beneficiary identity





The 2023 UN report on Trends in Maternal Mortality from 2000-2020 revealed that nearly 28.5% of global maternal deaths happen in Nigeria.

A woman in Nigeria has a 1 in 19 lifetime risk of dying during pregnancy, childbirth, or postpartum, whereas in the most developed countries, the lifetime risk is 1 in 4900.

EQUAL (Evidence & Impact for mothers & Newborns living in Conflict) Report

**International
projects we
work with:
AMURT
Nigeria**

**3,019 babies
were born at
AMURT**

**Assisted Health
Centres. Only
1.2% of total
births were
referred to the
tertiary hospital
due to serious
complications.**

**In 2023 four emergency
obstetric referral centres
carried out 293 cesarean
sections. Cesarean sections
made up 11% of total births.**

**81% of these cesarean
sections were from women
outside the project area.**

Only 3% were elective.

**In 2023, 5410 women attended
Ante-Natal Care days in AMURT
Assisted Health Centres, 51% came
from outside the project area**

**In 2023 AMURT's water and
sanitation team worked in 20
communities on new borehole
projects.**

**AMURT's adolescent sexual and
reproductive health team engaged
with over 3000 adolescents in six
project areas.**

**In 2023, AMURT
sponsored 188
pediatric surgeries. In
addition 48 major
pediatric surgeries
were taken to the
federal teaching
hospital.**

AMURT Nigeria

AMURT Nigeria started work in S.E. Nigeria in 2010 due to its extremely high Maternal Mortality Rate: 1000 deaths in every 100,000 live births in 2010.

Most Primary Health Centres (PHCs) in these rural areas are run by the government, based on a centralized management system. They tend to deteriorate from lack of investment, are chronically understaffed, have erratic opening hours and experience low patronage due to the lack of confidence in and disconnect between the community and the PHC's. As a result, most women prefer to give birth at home and take their sick children to local herbalists and chemists (Patented Medical Vendors) who often misuse artificial Oxytocin to induce labour, which can result in uterine rupture and sometimes fetal death. Many pregnant women don't have access to comprehensive antenatal care and if they do, high-risk cases are rarely followed up.

AMURT Nigeria has developed a decentralized model of addressing the primary and maternal healthcare needs of neglected remote rural populations, putting community participation at the centre of its strategy. The model demands that the community initiate, manage and take ownership of the project in partnership with the government. It has been developed over 13 years of daily presence in villages.

In 2023, AMURT Nigeria prioritised strengthening the health centres to build self-reliance and ensure a long-term benefit for the communities. Through tight financial management, the 10 AMURT-assisted facilities now pay over 120 staff, in addition to operating expenses and maintenance.



Obstetric Emergencies

In 2023 four emergency obstetric referral centres carried out 293 cesarean sections, while AMURT supported 32 at the Federal Teaching Hospital. Cesarean sections made up 11% of total births. AMURT sponsored 188 pediatric surgeries in the 10 AMURT Assisted Health Centers and another 48 major pediatric surgeries were taken to the Federal Teaching Hospital in Abakaliki.

Safe Motherhood

AMURT Nigeria provides a 24 hour primary health service every day of the year which is essential for maternal and newborn health. AMURT trains Maternal Health Promoters in villages who play a crucial role in tracking pregnancies and encouraging mothers to attend Anti Natal Care (ANC) and give birth in the Health Centre. AMURT makes comprehensive ANC accessible in all their project areas. Doctors and ultrasound machines are present and available to identify any danger signs. Early identification of women at high risk of complications is essential. Health workers also make home visits to follow up on high risk cases.

Making emergency obstetric care accessible and affordable

4 of AMURT Assisted Health Centres offer emergency obstetric services and are equipped with operating theatres, blood transfusion facilities, and standby ambulances. These centres also have resident doctors, lab scientists, midwives, and health workers available 24 hours per day.

Pediatric Surgeries

AMURT engages in direct service delivery to save the lives of mothers, newborn and children. In 2023, AMURT Nigeria sponsored 188 pediatric surgeries in the 10 AMURT assisted Health Centres. In addition, 48 major pediatric surgeries were taken to the federal teaching hospital in Abakaliki.



Engaging with Youth on Reproductive Health:

In 2023, AMURT's adolescent sexual and reproductive health team engaged with over 3000 adolescents in six project areas. They delivered messages on drug substance abuse, sexual abstinence, sexually transmitted diseases, harmful traditional practices (Female Genital Mutilation, child marriage) and sexual abuse. AMURT also trained peer educators in schools and Youth Champions at the village level which reaches youth in 34 villages.

AMURT also runs a teenage mothers program holding regular meetings in the each of the 6 project areas for pregnant teens and those who have recently given birth. They receive special attention, support and guidance, and sessions to boost their self-esteem. AMURT also conducted sensitization sessions on menstrual health and hygiene.



Water is life: Reaching every village

Many rural villages in Ebonyi State rely on river and ponds for their drinking water. The water is often contaminated and causes the spread of cholera, gastroenteritis and other water borne diseases. In 2023 AMURT's water and sanitation team worked in 20 communities on new borehole projects. Water, Sanitation and Hygiene Committees were formed and trained on how to maintain the bore holes.



Fighting malnutrition: The silent Killer

In 2023, AMURT observed an increase in child malnutrition in rural areas. While poverty is one contributing factor, ignorance plays an even greater role. To address this AMURT intensified its intervention by organising food demonstration programs which aim to teach local communities about the importance of providing a balanced diet with locally available foods.

AMURT also worked with the government to assist severely malnourished children and admitted the severe cases for specialised care.



Cooperative model for women's economic empowerment

AMURT's Economic Empowerment Program provides support to widows and women who are the sole breadwinners in their families, enabling them to start their own businesses. In 2023 these groups empowered 137 new women members, reaching a total of 763 cooperative members who have benefited.



Health education and cultural pride

In 2023, the AMURT health education team conducted more than 100 village stakeholder meetings, with a focus on demand creation and sensitization regarding key health messages. Additionally, they organised healthy rallies in certain areas that seamlessly blended cultural displays with health talks, dialogue and educational drama.

International projects we work with: Kenya Spirulina Nutrition Project

In Kenya, more than a quarter of children under the age of five, or two million children, have stunted growth. Stunting is the most frequent form of under-nutrition among young children. If not addressed, it has devastating long-term effects, including diminished mental and physical development. In addition, 11 per cent of children are underweight.

UNICEF

The United Nations FAO (Food and Agricultural Organization) recognise that hunger is not just the scarcity of food but also the inability of individuals to access what is referred to as nutritious food

**Between 2014 and 2023 the
Spirulina Nutrition Project
has impacted the health of
more than 28,700
beneficiaries through
distributing spirulina free to
children and mothers of
young children**

**In 2023 over 1600
undernourished children and
over 100 adults had their
health positively impacted by
spirulina supplementation
and homeopathic treatment**



Kenya Spirulina Nutrition Project

The primary goal of the Spirulina Nutrition Project (SNP) is to end malnutrition and address the dietary and nutritional needs of vulnerable children and mothers through the use of spirulina.

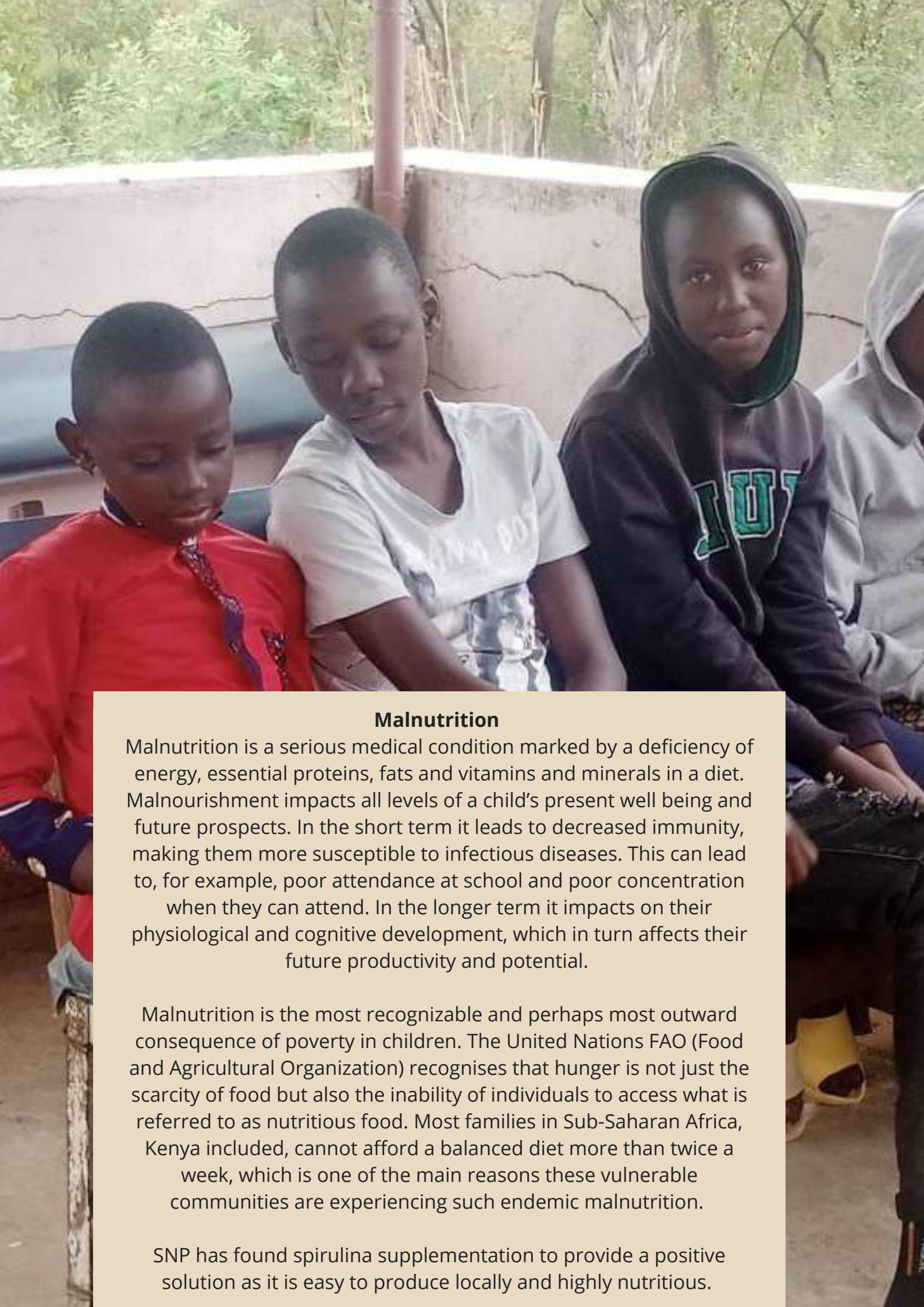
The SNP has found spirulina to be highly effective in impacting the health of children, often with remarkable results. A small daily dose of spirulina dramatically impacts on the micro-nutrient absorption in the body. Within weeks, noticeable changes can be seen in the children's growth, weight and psycho-social behaviour. Several recent studies have demonstrated the immune enhancing properties of spirulina also.

SNP believes in self-reliant community health and sustainability. It grows its own spirulina at its farm located in Kambimawe village.

In 2023 SNP continued to produce very high quality spirulina which has greatly benefited the local community. The monthly average production ranged from 12-14 KG of spirulina. The SNP treated between 120-140 children each month with spirulina and homeopathic remedies between the ages of 1-12 years. The overriding complaints this year were underweight challenges, malnutrition and children's growth and development related conditions.

This year, due to climatic changes, they experienced extreme weather conditions including very heavy rainfall. The County, Makueni, where the SNP is based was amongst the worst hit regions. This caused loss of lives and destruction of property and transport routes which were cut off or washed away completely. Fortunately the SNP farm was safe and the green house remained strong.





Malnutrition

Malnutrition is a serious medical condition marked by a deficiency of energy, essential proteins, fats and vitamins and minerals in a diet. Malnourishment impacts all levels of a child's present well being and future prospects. In the short term it leads to decreased immunity, making them more susceptible to infectious diseases. This can lead to, for example, poor attendance at school and poor concentration when they can attend. In the longer term it impacts on their physiological and cognitive development, which in turn affects their future productivity and potential.

Malnutrition is the most recognizable and perhaps most outward consequence of poverty in children. The United Nations FAO (Food and Agricultural Organization) recognises that hunger is not just the scarcity of food but also the inability of individuals to access what is referred to as nutritious food. Most families in Sub-Saharan Africa, Kenya included, cannot afford a balanced diet more than twice a week, which is one of the main reasons these vulnerable communities are experiencing such endemic malnutrition.

SNP has found spirulina supplementation to provide a positive solution as it is easy to produce locally and highly nutritious.



Mercy and Caroline, aged 12 and 14 years, are two sisters who were born with a bone disorder making their bones soft, thin and brittle. They can't stand alone or walk because the legs have not formed properly and they experience frequent bone fractures,

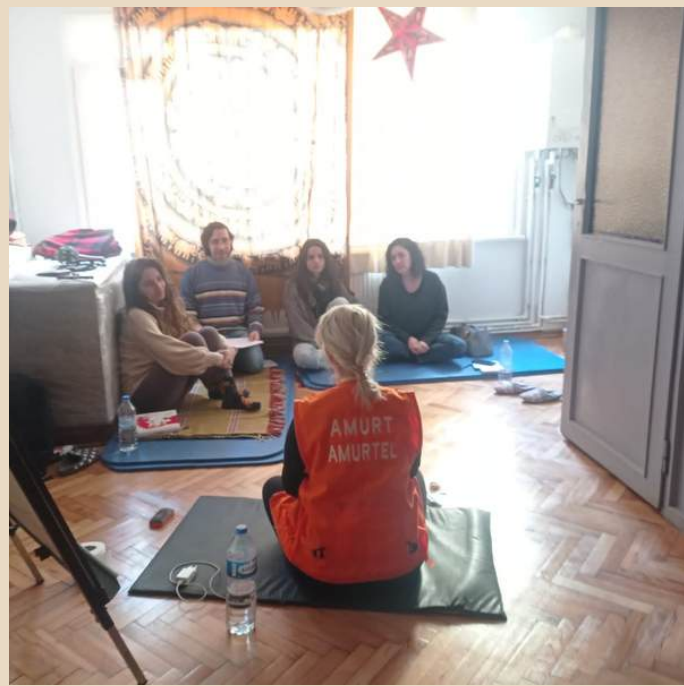
At the end of last year their mother tragically passed on from a short illness so as community members personnel from the Spirulina Nutrition Project (SNP) went to console the family due to their loss. It was decided that the girls would benefit greatly by attending the children's clinic SNP runs.

Since then they have been attending the clinic regularly. They are taking 5 grams of spirulina daily and specific homeopathic remedies and they are doing very well. The time it takes for their bones to heal after a fracture has reduced from 2-3 months to 1-2 months and their bones are gaining density progressively. The girls are very happy for all the support they are receiving and the hope is that with more care their bones will become stronger and they will experience less frequent bone fractures.

Names have been changed to protect beneficiary identity

International Disaster relief

AMURT UK has supported a couple of international disaster relief efforts in 2022-23 including work in India, Morocco and Turkey. The largest contribution however has gone towards AMURT's response to the war in Ukraine where AMURT has been very active providing training to first responders in psychosocial support.



Additional details on objectives and activities

Volunteers:

We are very grateful for the contribution made by our volunteers! The London programmes are run almost entirely by volunteers.

Surplus:

Any surplus funds which are not needed for activities are placed on deposit to earn interest.



Structure, governance and management

Description of Charity's Trusts

Type of Governing Document :	Trust Deed Dated 9th July 1986
How the Charity is Constituted :	Trust
Trustee Selection Methods :	By resolution of a quorum of the trustees recorded in the minutes

Additional Governance Issues

All Trustees give their time voluntarily and receive no other consideration or benefits.

AMURT UK works closely with AMURT Global.

AMURT's global coordinating office is based in the US. At times of humanitarian disaster international AMURT chapters liaise with this office to find out how to best support the AMURT chapter closest to where the disaster has occurred. This support may come in the form of fundraising, sending experts or additional volunteers.

INVESTMENT IN SUBSIDIARY

AMURT owns ninety-nine £1 ordinary shares in Food For All (London) Ltd, constituting a 99% shareholding. All shares in Food For All Ltd. are fully paid up and allotted. No dividend was paid. There was no change in the value of the shares in the year.

The activities of Food For All Ltd., which trades as a whole-food retailer, are entirely separate from those of AMURT. Its accounts have not been consolidated into the accounts of AMURT as its activities are unrelated to those of the Trust.

Profits from Food For All Ltd. are covenanted to the Trust, this amounted to £57,324 in this financial year.

The accounts of Food For All Ltd. are audited as per the requirements of the Companies Act 1985/2006.

Financial Review

Brief Statement on the Charity's Policy on Reserves:

AMURT UK's cash reserve policy is to keep £10,000. This amount is necessary to: service any unexpected, emergency expenses for AMURT UK projects including the London feeding program and to respond quickly to international emergency appeals if funds are needed before AMURT UK can deliver a fundraising campaign

Details of Any Funds Materially in Deficit:

Not Applicable.

Declaration

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

Name: Pierre Boyde
Date: 28.08.24
Position: Treasurer

Name: Govinda Lovage
Date: 28.08.23
Position: Chair

Charity Name AMURT UK		Charity No (if any)		327216	
Annual accounts for the period					
Period start date	Nov-22	To	Period end date	Oct-23	

Section A Statement of financial activities


Recommended categories by activity	Guidance Notes	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Prior year funds
		£ F01	£ F02	£ F03	£ F04	£ F05
Incoming resources (Note 3)						
Income and endowments from:						
Donations and legacies	S01	71,553	184,422	-	255,975	279,093
Charitable activities	S02	-	-	-	-	-
Other trading activities	S03	-	-	-	-	-
Investments	S04	555	-	-	555	223
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	72,108	184,422	-	256,530	279,316
Resources expended (Note 6)						
Expenditure on:						
Raising funds	S08	10,050	844	-	10,894	16,329
Charitable activities	S09	28,575	209,930	-	238,505	196,971
Separate material item of expense	S10	4,531	-	-	4,531	3,380
Other	S11	474	-	-	474	-
Total	S12	43,630	210,774	-	254,404	216,680
Net income/(expenditure) before investment gains/(losses)	S13	28,478	- 26,352	-	2,126	62,635
Net gains/(losses) on investments	S14	-	-	-	-	-
Net income/(expenditure)	S15	28,478	- 26,352	-	2,126	62,635
Extraordinary items	S16	-	-	-	-	-
Transfers between funds	S17	- 45,745	45,745	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
Net movement in funds	S20	- 17,267	19,393	-	2,126	62,635
Reconciliation of funds:						
Total funds brought forward	S21	130,829	34,519	-	165,348	102,713
Total funds carried forward	S22	113,562	53,912	-	167,474	165,348

Section B

Balance sheet

		Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets							
Intangible assets	(Note 15)	B01	-	-	-	-	-
Tangible assets	(Note 14)	B02	-	-	-	-	-
Heritage assets	(Note 16)	B03	-	-	-	-	-
Investments	(Note 17)	B04	-	-	-	-	-
Total fixed assets		B05	-	-	-	-	-
Current assets							
Stocks	(Note 18)	B06	-	-	-	-	-
Debtors	(Note 19)	B07	-	-	-	-	-
Investments	(Note 17.4)	B08	-	-	-	-	-
Cash at bank and in hand	(Note 24)	B09	113,562	53,912	-	167,474	165,348
Total current assets		B10	113,562	53,912	-	167,474	165,348
Creditors: amounts falling due within one year	(Note 20)	B11	-	-	-	-	-
Net current assets/(liabilities)		B12	113,562	53,912	-	167,474	165,348
Total assets less current liabilities		B13	113,562	53,912	-	167,474	165,348
Creditors: amounts falling due after one year	(Note 20)	B14	-	-	-	-	-
Provisions for liabilities		B15	-	-	-	-	-
Total net assets or liabilities		B16	113,562	53,912	-	167,474	165,348
Funds of the Charity							
Endowment funds	(Note 27)	B17	-	-	-	-	-
Restricted income funds	(Note 27)	B18	-	-	-	-	34,519
Unrestricted funds		B19	113,562	53,912	-	167,474	130,829
Revaluation reserve		B20	-	-	-	-	-
Total funds		B21	113,562	53,912	-	167,474	165,348

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

Signature	Print Name	Date of approval dd/mm/yyyy
	Treasurer	8/31/2024

Note 1 Basis of preparation

This section should be completed by all charities.

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- and with* the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
- and with* the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)
- and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.*

*-Tick as appropriate

1.2 Going concern

If there are material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern, please provide the following details or state "Not applicable", if appropriate:

An explanation as to those factors that support the conclusion that the charity is a going concern;	Not applicable
Disclosure of any uncertainties that make the going concern assumption doubtful;	Not applicable
Where accounts are not prepared on a going concern basis, please disclose this fact together with the basis on which the trustees prepared the accounts and the reason why the charity is not regarded as a going concern.	Not applicable

1.3 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note { }.

Yes*	<input checked="" type="checkbox"/>	*-Tick as appropriate
No*	<input type="checkbox"/>	

Please disclose:

<i>(i) the nature of the change in accounting policy;</i>	Not applicable
<i>(ii) the reasons why applying the new accounting policy provides more reliable and more relevant information; and</i>	Not applicable
<i>(iii) the amount of the adjustment for each line affected in the current period, each prior period presented and the aggregate amount of the adjustment relating to periods before those presented, 3.44 FRS 102 SORP.</i>	Not applicable

1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period (3.46 FRS 102 SORP).

Yes*	<input checked="" type="checkbox"/>	*-Tick as appropriate
No*	<input type="checkbox"/>	

Please disclose:

<i>(i) the nature of any changes;</i>	Not applicable
<i>(ii) the effect of the change on income and expense or assets and liabilities for the current period; and</i>	Not applicable
<i>(iii) where practicable, the effect of the change in one or more future periods.</i>	Not applicable

1.5 Material prior year errors

No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).

Yes*	<input checked="" type="checkbox"/>	*-Tick as appropriate
No*	<input type="checkbox"/>	

Please disclose:

<i>(i) the nature of the prior period error;</i>	Not applicable
<i>(ii) for each prior period presented in the accounts, the amount of the correction for each account line item affected; and</i>	Not applicable
<i>(iii) the amount of the correction at the beginning of the earliest prior period presented in the accounts.</i>	Not applicable

Note 2 Accounting policies

Please complete this note when first reporting under FRS2102. Section 35 of FRS102, requires 3 reconciliations to be presented, if all are applicable.

2.1 RECONCILIATION WITH PREVIOUS GENERALLY ACCEPTED ACCOUNTING PRACTICE

Please provide a description of the nature of each change in accounting policy

--

Reconciliation of funds per previous GAAP to funds determined under FRS 102

	Start of period £	End of period £
Fund balances as previously stated		
<i>Adjustments:</i>		
Fund balance as restated	_____	_____

Reconciliation of net income/(net expenditure) per previous GAAP to net income/(net expenditure) under FRS 102

	End of period £
Net income/(expenditure) as previously stated	
<i>Adjustments:</i>	
Previous period net income/(expenditure) as restated	_____

Note 2

Accounting policies

2.2 INCOME

This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.

Recognition of income	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> the charity becomes entitled to the resources; it is more likely than not that the trustees will receive the resources; and the monetary value can be measured with sufficient reliability. 	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grants and donations	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Legacies	In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP). Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Government grants	The charity has received government grants in the reporting period	Yes	No	N/a
		<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Support costs	The charity has incurred expenditure on support costs.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Membershin subscriptions which gives a member the right to buy services or other	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

		✓
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Settlement of insurance claims

Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP) and are included as an item of other income in the SoFA.

Yes	No	N/a
		✓

Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

Yes	No	N/a
		✓

2.3 EXPENDITURE AND LIABILITIES

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Yes	No	N/a
		✓

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Yes	No	N/a
		✓

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Yes	No	N/a
		✓

Grants with performance conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

Yes	No	N/a
		✓

Grants payable without performance conditions

Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

Yes	No	N/a
✓		

Redundancy cost

The charity made no redundancy payments during the reporting period.

Yes	No	N/a
✓		

Deferred income

No material item of deferred income has been included in the accounts.

Yes	No	N/a
✓		

Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts

Yes	No	N/a
		✓

Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date

Yes	No	N/a
		✓

Basic financial instruments

The charity accounts for basic financial instruments on initial recognition as per paragraph 11.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.

Yes	No	N/a
✓		

2.4 ASSETS

Tangible fixed assets for use by charity

These are capitalised if they can be used for more than one year, and cost at least

--

They are valued at cost.

Yes	No	N/a
		✓

The depreciation rates and methods used are disclosed in note 9.2.

Intangible fixed assets

The charity has intangible fixed assets, that is, non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights. The amortisation rates and methods used are disclosed in note 9.5

Yes	No	N/a
	✓	

They are valued at cost.

Yes	No	N/a
		✓

Heritage assets

The charity has heritage assets, that is, non-monetary assets with historic, artistic, scientific, technological, geophysical or environmental qualities that are held and maintained principally for their contribution to knowledge and culture. The depreciation rates and methods used as disclosed in note 9.6.1.4.

Yes	No	N/a
	✓	

They are valued at cost.

Yes	No	N/a
		✓

Investments

Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.

Yes	No	N/a
		✓

Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments

Yes	No	N/a
		✓

Stocks and work in progress

Stocks held for sale as part of non-charitable trade are measured at the lower of cost or net realisable value.

Yes	No	N/a
		✓

Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.

Yes	No	N/a
		✓

Yes	No	N/a
-----	----	-----

Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.

		✓
--	--	---

Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

Yes	No	N/a
		✓

Current asset investments

The charity has investments which it holds for resale or pending their sale and cash and cash equivalents with a maturity date less than one year. These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.

Yes	No	N/a
✓		

They are valued at fair value except where they qualify as basic financial instruments.

Yes	No	N/a
✓		

**POLICIES ADOPTED
ADDITIONAL TO OR
DIFFERENT FROM
THOSE ABOVE**

--	--

Note 3 Analysis of income

Analysis		Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Donations and legacies:	Donations and gifts	62,447	184,422	-	246,869	275,367
	Gift Aid	9,106	-	-	9,106	3,726
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	-	-	-	-	-
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-
	Donated goods, facilities and services	-	-	-	-	-
	Other	-	-	-	-	-
Total	71,553	184,422	-	255,975	279,093	
Charitable activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
Total	-	-	-	-	-	
Other trading activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
Total	-	-	-	-	-	
Income from investments:	Interest income	555	-	-	555	42
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Other	-	-	-	-	181
Total	555	-	-	555	223	
Separate material item of income:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
Total	-	-	-	-	-	
Other:	Conversion of endowment funds into income	-	-	-	-	-
	Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-	-
	Gain on disposal of a programme related investment	-	-	-	-	-
	Royalties from the exploitation of intellectual property rights	-	-	-	-	-
	Other	-	-	-	-	-
Total	-	-	-	-	-	
TOTAL INCOME	72,108	184,422	-	256,530	279,316	

Other information:

All income in the prior year was unrestricted except for: (please provide description and amounts)

£9971 restricted income in 2022 for the London Feeding Program.

Where any endowment fund is converted into income in the reporting period, please give the reason for the conversion.

N/A

Where any endowment fund is converted into income in the prior period, please give the reason for the conversion.

N/A

Within the income items above the following items are material: (please disclose the nature, amount and any prior year amounts)

N/A

Note 5 Donated goods, facilities and services

	This year £	Last year £
Seconded staff	-	-
Use of property	-	-
Other	-	-

	This year	Last year
Please provide details of the accounting policy for the recognition and valuation of donated goods, facilities and services.		
Please provide details of any unfulfilled conditions and other contingencies attaching to resources from donated goods and services not recognised in income.		
Please give details of other forms of other donated goods and services not recognised in the accounts, eg contribution of unpaid volunteers.		

Note 6

Analysis of expenditure

Analysis	This year				Last year			
	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £
Expenditure on raising funds:								
Incurred seeking donations	10,050	-	-	10,050	10,978	-	-	10,978
Incurred seeking legacies	-	-	-	-	-	-	-	-
Incurred seeking grants	-	-	-	-	-	-	-	-
Operating membership schemes and social lotteries	-	-	-	-	-	-	-	-
Staging fundraising events	-	-	-	-	-	-	-	-
Fundraising agents	-	-	-	-	-	-	-	-
Operating charity shops	-	-	-	-	-	-	-	-
Operating a trading company undertaking non-charitable trading activity	-	-	-	-	-	-	-	-
Advertising, marketing, direct mail and publicity	-	-	-	-	840	-	-	840
Start up costs incurred in generating new source of future income	-	-	-	-	-	-	-	-
Database development costs	-	-	-	-	-	-	-	-
Other trading activities	-	-	-	-	-	-	-	-
Investment management costs:	-	-	-	-	-	-	-	-
Portfolio management costs	-	-	-	-	-	-	-	-
Cost of obtaining investment advice	-	-	-	-	3,000	-	-	3,000
Investment administration costs	-	-	-	-	-	-	-	-
Intellectual property licencing costs	-	-	-	-	-	-	-	-
Rent collection, property repairs and maintenance charges	-	844	-	844	-	1,511	-	1,511
	-	-	-	-	-	-	-	-
Total expenditure on raising funds	10,050	844	-	10,894	14,818	1,511	-	16,329
Expenditure on charitable activities:								
	-	-	-	-	-	-	-	-
Total expenditure	27,360	211,145	-	238,505	193,425	3,546	-	196,971
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total expenditure on charitable activities	27,360	211,145	-	238,505	193,425	3,546	-	196,971
Separate material item of expense								
Bank Charges & Insurance & Council	4,531	-	-	4,531	3,380	-	-	3,380
Volunteer Expenses	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total	4,531	-	-	4,531	3,380	-	-	3,380
Other								
Volunteer Expenses	474	-	-	474	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total other expenditure	474	-	-	474	-	-	-	-
TOTAL EXPENDITURE	42,415	211,989	-	254,404	211,623	5,057	-	216,680

Other information:

Analysis of expenditure on charitable activities

Activity or programme	This year				Last year			
	Activities undertaken directly	Grant funding of activities	Support Costs	Total this year	Activities undertaken directly	Grant funding of activities	Support Costs	Total last year
	£	£	£	£	£	£	£	£
London Feeding Program	59,722	-	-	59,722	50,923	-	-	50,923
Grants to Overseas Projects and emergency relief (see tab N13)	-	151,423	-	151,423	-	145,448	-	145,448
Grants to other UK projects (see tab N13)	-	27,360	-	27,360	-	600	-	600
Total	59,722	178,783	-	238,505	50,923	146,048	-	196,971

178,783

Section C**Notes to the accounts****(cont)****Note 7 Extraordinary items***Please explain the nature of each extraordinary item occurring in the period.*

	Description	This year £	Last year £
Extraordinary item 1		-	
Extraordinary item 2		-	-
Extraordinary item 3		-	-
Extraordinary item 4		-	-
Total extraordinary items		-	-

Section C**Notes to the accounts****Note 10** Details of certain items of expenditure**10.1 Fees for examination of the accounts**

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).

Independent examiner's fees

Assurance services other than audit or independent examination

Tax advisory fees

Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner

This year £	Last year £
-	-
-	-
-	-
-	-

Note 11 **Paid employees**

Please complete this note if the charity has any employees.

11.1 Staff Costs (NB all workers are consultants / not staff)

Salaries and wages

Social security costs

Pension costs (defined contribution scheme)

Other employee benefits

Total staff costs

This year £	Last year £
-	-
-	-
-	-
-	-
-	-

This year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

£ 10,050 to 1 contractor of Food for All Ltd.

Last year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

£10,978 to 1 contractor of Food for all Ltd.

Please give details of the number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards. If there are no such transactions, please enter 'true' in the box provided.

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

Nil

Band	Number of employees	
	This year	Last year
£60,000 to £69,999	-	-
£70,000 to £79,999	-	-
£80,000 to £89,999	-	-
£90,000 to £99,999	-	-
£100,000 to £109,999	-	-

Please provide the total amount paid to key management personnel (includes trustees and senior management) for their services to the charity. For specific amounts paid to trustees, see Note 28.

This year £	Last year £
-	-

11.2 Average head count in the year

The parts of the charity in which the employees work

	This year Number	Last year Number
Fundraising	-	-
Charitable Activities	-	-
Governance	-	-
Other	-	-
Total	-	-

11.3 Ex-gratia payments to employees and others (excluding trustees)

Please complete if an ex-gratia payment is made.

Please explain the nature of the payment

This year	
Last year	

Please state the legal authority or reason for making the payment

This year	
Last year	

Please state the amount of the payment (or value of any waiver of a right to an asset)

This year	Last year
£	£
-	-

11.4 Redundancy payments

Please complete if any redundancy or termination payment is made in the period.

Total amount of payment

This year	Last year
£	£
-	-

The nature of the payment (cash, asset etc.)

--	--

The extent of redundancy funding at the balance sheet date

This year	Last year
£	£
-	-

Please state the accounting policy for any redundancy or termination payments

--	--

Note 12 Defined contribution pension scheme or defined benefit scheme accounted for as a defined contribution scheme.

12.1 Please complete this note if a defined contribution pension scheme is operated.

	This year	Last year
	£	£
Amount of contributions recognised in the SOFA as an expense	-	-

Please explain the basis for allocating the liability and expense of defined contribution pension scheme between activities and between restricted and unrestricted funds.

--	--

12.2 Please complete this section where the charity participates in a defined benefit pension plan but is unable to ascertain its share of the underlying assets and liabilities.

Please confirm that although the scheme is accounted for as a defined contribution plan, it is a defined benefit plan.

--

Please provide such information as is available about the plan's surplus or deficit and the implications, if any, for the reporting charity for this year and last year, if different

--

12.3 Please complete this section where the charity participates in a multi-employer defined benefit pension plan that is accounted for as a defined contribution plan.

Describe the extent to which the charity can be liable to the plan for other entities' obligations under the terms and conditions of the multi-employer plan. If this is different for last year, provide details

--

Provide an explanation of how any liability arising from an agreement with a multi-employer plan to fund a deficit has been determined. If this is different for last year, provide details

--

Note 13 Grantmaking

Please complete this note if the charity made any grants or donations which in aggregate form a material part of the charitable activities undertaken.

This year:

13.1 Analysis of grants paid (included in cost of charitable activities)

Analysis	Grants to institutions	Grants to individuals	Support costs	Total
			£	£
AMURT Turkey	15,000.00	-	Nil	15,000.00
AMURT India	43,100.00	-	Nil	43,100.00
AMURT Nigeria	3,017.00	-	Nil	3,017.00
AMURT Kenya	6,000.00		Nil	6,000.00
Tonrak School Thailand	15,360.00		Nil	15,360.00
AMURT Greece	9,000.00		Nil	9,000.00
AMURT Romania	4,743.00		Nil	4,743.00
AMURT Laos	1,372.00		Nil	1,372.00
AMURT Ukraine	53,831.00		Nil	53,831.00
AM London	22,000.00		Nil	22,000.00
Sunrise School	5,360.00		Nil	5,360.00
	-	-	Nil	-
Total	178,783	-	-	178,783

Please enter "Nil" if the charity does not identify and/or allocate support costs.

13.2 Grants made to institutions

<p><i>My charity has made grants to particular institutions that are material in the context of its grantmaking. Details of the institution supported, purpose of the grant and total paid to each institution is available on the charity's web site.</i></p>	Yes	<i>Please provide details of charity's URL.</i>
	No	<i>Provide details below</i>

Names of institution	Purpose	Total amount of grants paid £
AMURT Turkey	Earthquake Relief	15,000
AMURT India	Poverty Relief	43,100
AMURT Nigeria	Emergency maternity care in remote rural	3,017
AMURT Kenya	Feeding Programs and poverty relief	6,000
Tonrak School Thailand	Schooling and homes for Burmese Orphans and child refugees	15,360
AMURT Greece	Maternity care for refugees	9,000
AMURT Romania	Children's Home Support	4,743
AMURT Laos	Schooling for low income children	1,372

		Building of therapy centre for civilians and others affected by PTSD following Russian Invasion	53,831
AMURT Ukraine			
AM London		Teaching Meditation and Yoga in deprived areas	22,000
Sunrise School		Holistic Primary Education in deprived areas	5,360
			-
Total grants to institutions in reporting period			178,783
Other unanalysed grants			-
TOTAL GRANTS PAID			178,783

Last year:

13.3 Analysis of grants paid (included in cost of charitable activities)

Analysis	Grants to institutions	Grants to individuals	Support costs £	Total £
AMURT Nigeria	44,285.00	-	-	44,285.00
AMURT Greece	4,443.00			4,443.00
AMURT Haiti	820.00			820.00
AMURT Ukraine	39,930.00			39,930.00
Tonrak School Thailand	17,844.00			17,844.00
AMURT India	21,000.00			21,000.00
AMURT Kenya	11,710.00	-	-	11,710.00
AMURT Philippines	3,705.00	-	-	3,705.00
Other Misc.	1,711.00			1,711.00
	-	-	-	-
Total	145,448	-	-	145,448

Please enter "Nil" if the charity does not identify and/or allocate support costs.

13.4 Grants made to institutions

My charity has made grants to particular institutions that are material in the context of its grantmaking. Details of the institution supported, purpose of the grant and total paid to each institution is available on the charity's web site.

	<i>Please provide details of charity's URL.</i>
No	<i>Provide details below</i>

Names of institution	Purpose	Total amount of grants paid £
AMURT Nigeria	Emergency maternity care in remote rural areas	44,285
AMURT Greece	Maternity care for refugees	4,443
AMURT Haiti	Emergency Relief	820
AMURT Ukraine	Emergency Relief following Russian invasion	39,930
Tonrak School Thailand	Schooling and homes for Burmese Orphans and child refugees	17,844
AMURT India	Poverty Relief	21,000
AMURT Kenya	Feeding Programs and poverty relief	11,710
AMURT Philippines	Emergency Relief	3,705
Other Misc	Feeding Programs and poverty relief	1,711
		-
Total grants to institutions in reporting period		145,448
Other unanalysed grants		-
TOTAL GRANTS PAID		145,448

Note 17 Investment assets

Please complete this note if the charity has any investment assets.

17.1 Fixed assets investments (please provide for each class of investment)

	Cash & cash equivalents	Listed investments	Investment properties	Social investments	Other	Total
Carrying (fair) value at beginning of period	-	-	-	-	-	-
Add: additions to investments during period*	-	-	-	-	-	-
Less: disposals at carrying value	-	-	-	-	-	-
Less: impairments	-	-	-	-	-	-
Add: Reversal of impairments	-	-	-	-	-	-
Add/(deduct): transfer in/(out) in the period	-	-	-	-	-	-
Add/(deduct): net gain/(loss) on revaluation	-	-	-	-	-	-
Carrying (fair) value at end of year	-	-	-	-	-	-

*Please specify additions resulting from acquisitions through business combinations, if any.

--

Please note that Fair Value in this context is the amount for which an asset could be exchanged between knowledgeable and willing parties in an arm's length transaction. For traded securities, the fair value is the value of the security quoted on the London Stock Exchange Daily Official List or equivalent. For other assets where there is no market price on a traded market, it is the trustees' or valuers' best estimate of fair value.

17.2 Please provide a breakdown of investments shown above agreeing with the balance sheet row B04 differentiating between those held at fair value and those held at cost less impairment.

This year:

Analysis of investments

	Fair value at year end	Cost less impairment
	£	£
Cash or cash equivalents	-	-
Listed investments	-	-
Investment properties	-	-
Social investments	-	-
Other investments	-	-
Total	-	-
Grand total (Fair value at year end+Cost less impairment)	-	-

Last year:

Analysis of investments

	Fair value at year end	Cost less impairment
	£	£
Cash or cash equivalents	-	-
Listed investments	-	-
Investment properties	-	-
Social investments	-	-
Other investments	-	-
Total	-	-
Grand total (Fair value at year end+Cost less impairment)	-	-

17.3 If your charity holds investment properties, please complete the following note:

	This year	Last year
(i) Explain the methods and significant assumptions in determining the fair value of investment property held by the charity		
(ii) Name or independent valuer, if applicable, and relevant qualifications		
(iii) Provide details of any restrictions on the ability to realise investment property or on the remittance of income or disposal proceeds		
(iv) Explain any contractual obligations for the purchase, construction or development of investment property or for repairs, maintenance or enhancements		

17.4 Please provide a breakdown of current asset investments, if applicable, agreeing with the balance sheet.

Analysis of current asset investments

	This year	Last year
	£	£
Cash or cash equivalents	-	-
Listed investments	-	-
Investment properties	-	-
Social investments	-	-
Other investments	-	-
Total	-	-

17.5 Guarantees

	This year	Last year
Please provide details and amount of any guarantee made to or on behalf of a third party		
Name of the entity or entities benefitting from those guarantees		
Please explain how the guarantee furthers the charity's aims		

17.6 Concessionary loans

Amount of concessionary loans made (*Multiple loans made may be disclosed in aggregate provided that such aggregation does not obscure significant information*).

<i>Description</i>	This year £	Last year £
	-	-
	-	-
	-	-
	-	-
Total	-	-

Amount of concessionary loans received (*Multiple loans received may be disclosed in aggregate provided that such aggregation does not obscure significant information*).

<i>Description</i>	This year £	Last year £
	-	-
	-	-
	-	-
Total	-	-

Terms and conditions eg interest rate, security provided

Value of any concessionary loans which have been committed but not taken up at the reporting date

Amounts payable within 1 year

Amounts payable after more than 1 year

Amounts receivable within 1 year

Amounts receivable after more than 1 year

This year	Last year

17.7 Additional information

Please provide information about the significance of investments to the charity's financial position or performance eg. terms and conditions of loans or the use of hedging to manage financial risk.

For all investments measured at fair value, the basis for determining the value, including any assumptions applied when using a valuation technique.

Where a charity has provided financial assets as a form of security, the carrying amount of the financial asset pledged as security and the terms and conditions relating to its pledge.

This year	Last year

Section C **Notes to the accounts** **(cont)**

Note 24 **Cash at bank and in hand**

Short term cash investments (less than 3 months maturity date)
Short term deposits
Cash at bank and on hand
Other
Total

This year £	Last year £
-	-
-	-
167,474	165,348
-	-
167,474	165,348

Section C **Notes to the accounts** **(cont)**

Note 27 **Charity funds**

27.1 Details of material funds held and movements during the CURRENT reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.

** Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds*

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Hackney Borough	R	London Feeding Program for homeless persons	12,210	28,764	- 24,637	-	-	16,337
Brunswick	U	London Feeding Program for homeless persons	8,599	-	- 1,215	-	-	7,384
East End Community	R	London Feeding Program for homeless persons	544	706	- 710	-	-	540
Awards for All (Big Lottery)	R	London Feeding Program for homeless persons	6,425	-	- 6,460	-	-	35
London Community Foundation	R	London Feeding Program for homeless persons	-	9,990	- 9,151	-	-	839
Aviva Community Fund	R	London Feeding Program for homeless persons	-	2,673	- 1,884	-	-	789
Southall Trust	R	London Feeding Program for homeless persons	-	3,000	-	-	-	3,000
AMURT Fund for overseas projects	R	Funds specifically overseas projects	15,340	139,289	- 167,932	45,745	-	32,442
General unrestricted funds	U		122,230	72,108	- 42,415	- 45,745	-	106,178
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-

Total Funds	165,348	256,530	-	254,404	-	-	167,474
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9,151

Section C

Notes to the accounts

(cont)

Note 27 Charity funds (cont)

27.2 Details of material funds held and movements during the PREVIOUS reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.

* Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Hackney Borough	R	London Feeding Program for homeless persons	10,000	15,000	- 12,790	-	-	12,210
Brunswick	U	London Feeding Program for homeless persons	-	10,000	- 1,401	-	-	8,599
East End Community Foundation	R	London Feeding Program for homeless persons	4,160	-	- 3,616	-	-	544
Awards for all (big lottery)	R	London Feeding Program for homeless persons	-	9,971	- 3,546	-	-	6,425
Other Restricted Funds	R		29,676	217,645	- 177,931	- 54,050		15,340
Other Unrestricted funds funds	U		58,876	26,700	- 17,396	54,050		122,230
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
		Total Funds	102,712	279,316	- 216,680	-	-	165,348

total R 34,519
Total U 130,829

0

- 1,401

Note 27

Charity funds (cont)

27.3 Transfers between funds

This year

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds	£45745 has been transferred from unrestricted funds to restricted funds to correct a management misunderstanding in 2022 with regard to fund allocation. In particular funding from Hackney Council has now been recognised as restricted whereas it had been previously recognised as restricted.	45,745
Between endowment and restricted funds		
Between endowment and unrestricted funds		

Last year

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds	End Year Reconciliation	16,987
Between endowment and restricted funds		
Between endowment and unrestricted funds		

27.4 Designated funds

This year

Planned use	Purpose of the designation	Amount

Last year

Planned use	Purpose of the designation	Amount

Note 28 Transactions with trustees and related parties

If the charity has any transactions with related parties (other than the trustee expenses explained in guidance notes) details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box or "False" if there are transactions to report.

28.1 Trustee remuneration and benefits**This year**

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False)

1

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£	£	£	£
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid.

Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.

Last year

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False)

1

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£		£	£
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid.

Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.

28.2 Trustees' expenses

If the charity has paid trustees expenses for fulfilling their duties, details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box below. If there are transactions to report, please enter "False".

No trustee expenses have been incurred (True or False)

0

Type of expenses reimbursed	This year	Last year
	£	£
Travel	844	1,511
Subsistence	-	-
Accommodation	-	-
Other (please specify):	-	-
	-	-
TOTAL	844	1,511

Please provide the number of trustees reimbursed for expenses or who had expenses paid by the charity

1 (ONE)

28.3 Transaction(s) with related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a related party has a material interest, including where funds have been held as agent for related parties. If there are no such transactions, please enter 'true' in the box provided.

This year

There have been no related party transactions in the reporting period (True or False)

1

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

--

For any related party, please provide details of any guarantees given or received.

--

Last year

There have been no related party transactions in the reporting period (True or False)

1

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

--

For any related party, please provide details of any guarantees given or received.

--

Note 29**Additional Disclosures**

The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

AMURT UK

On accounts for the year ended

31 October 2023

Charity no
(if any)

327216

Set out on pages

(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 31/10/2023.

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

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Institute of Chartered Accountants in England and Wales (ICAEW).

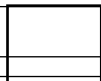
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- 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.

* Please delete the words in the brackets if they do not apply.

Signed:



Date:

30/08/2024

Name:

Elizabeth Helen Thomson

Relevant professional qualification(s) or body (if any):

FCA, CTA
ICAEW – Membership No. 2235079

Address:	63 Harvey Avenue
	Durham
	DH1 5ZB

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.

Not applicable.

ANANDA MARGA UNIVERSAL RELIEF TEAM (AMURT) UK

England & Wales - Charity number 327216

Accounts

AMURT UK

ANNUAL REPORT &
ACCOUNTS 2021-2022



About AMURT UK

Ananda Marga Universal Relief Team (AMURT) UK works with communities to relieve the immediate suffering of those affected by disaster and crises and helps them move on with their lives. Current projects serve vulnerable communities to:

- Relieve food poverty (involving food upcycling)
- Promote healthy food/lifestyle choices
- Find other services that they might need to support them
- Engage, train, upskill and coordinate volunteers to promote mental health & wellbeing

We believe every individual has the right to having their basic needs satisfied such as nourishment and being treated with respect regardless of race, gender or social status.

To do this, we work with local communities in Hackney and Camden, London, to relieve immediate suffering by delivering projects focused on food and feeding the homeless, the elderly, vulnerable people on low incomes and with children. With the help of local volunteers, AMURT has been preparing and distributing good quality, nutritious meals for homeless and food poverty affected beneficiaries in London for over 10 years through its London Feeding Programme (LFP). Since the COVID19 pandemic and now with the cost of living crisis AMURT nutritious meal service has seen a big increase in demand. AMURT has received funds to increase the number of meals prepared and distributed, which now total 28,250 meals since April 2020. We also run a health-food store, Food for All, in Stoke Newington; its profits are used to support our help for vulnerable and homeless beneficiaries.

Internationally we partner with other AMURT chapters, to respond to the specific needs and challenges of their local areas.

BACKGROUND

AMURT (Ananda Marga Universal Relief Team) is one of the few private voluntary organisations of Third World origin, being founded in India in 1965. Its original objective was to help meet the needs of those affected by disasters that regularly hit the Indian sub-continent. Over the years AMURT has established teams in thirty four countries, creating a network that can meet development and disaster needs in many parts of the world.

In 1985 the global AMURT organisation broadened its goals to include long-term development and in 1986 AMURT was established in the UK.

AMURTEL was formed in 1975 as a sister organisation to respond specifically to the problems faced by women and children. AMURTEL is managed by women and initiates programmes that raise the standard of health and education of women and their children. The programmes also permit women to gain greater self-determination and economic independence.

References and administration

Charity name:	AMURT UK
Other name charity is known by:	Ananda Marga Universal Relief Team
Registered Charity number:	327216
Principal Address:	3A Cazenove Road, London, N16 6PA
Trustees:	Anthony E Lovage <i>Chair</i> Pierre Boyde <i>Treasurer</i> Jeff Reiter Grace Collins P Elizabeth Driscoll
Chief Executive:	Position currently vacant
Other senior workers:	Natasha Horn (Fundraiser) Luis Ventura (London Programme Manager)

Welcome from our Chair

2022 saw the beginning of the cost of living crisis which has put a huge strain on people already stretched to their limit and also charities like ours which are having to keep up with an increased demand for services at the same time as an increased competition for funding.

We noticed a big shift in the types of beneficiaries we were supporting over 2022. During 2021 the vast majority of our beneficiaries were homeless people but from the beginning of 2022 there was an increase in elderly people, people on low incomes or on benefits who had housing but were struggling financially due to the increase in energy and fuel prices.

We have been fortunate to have a steady stream of committed volunteers in who have taken the changes this year in their stride and continue to come rain or shine to prepare and distribute meals to our grateful beneficiaries.

We have continued to work out of a small kitchen in our headquarters throughout 2022 but are now in the process of looking for a new kitchen to be able to produce more meals.

We anticipate that demand will continue to grow in 2023 and are working on ways to make our projects more financially sustainable by diversifying our funding which is looking promising.

We are forever grateful to our wonderful volunteers and generous donors who make what we do possible. May 2023 be fruitful for all.

GOVINDA LOVAGE

AMURT UK Chair



Our financial year in numbers

1500 undernourished children had their health positively impacted by spirulina supplementation and homeopathic treatment in Kenya



3,200 babies were born at AMURT Assisted Health Centres in Nigeria



These figures include UK and international projects:

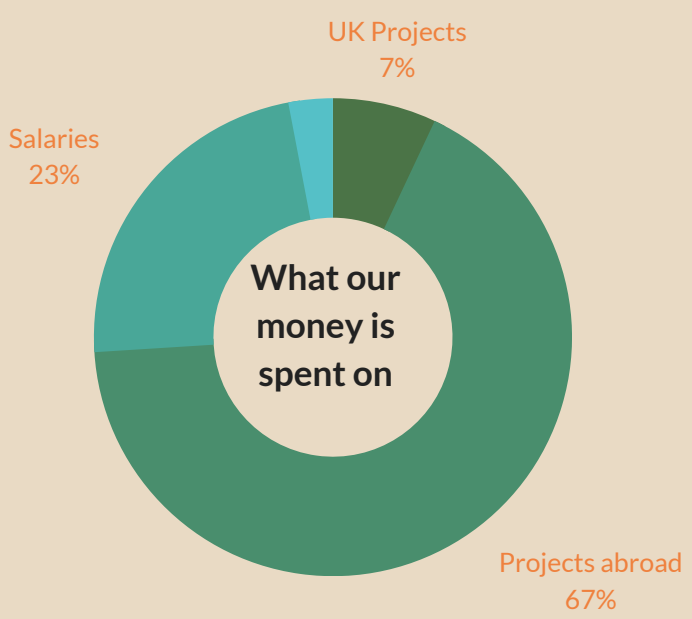
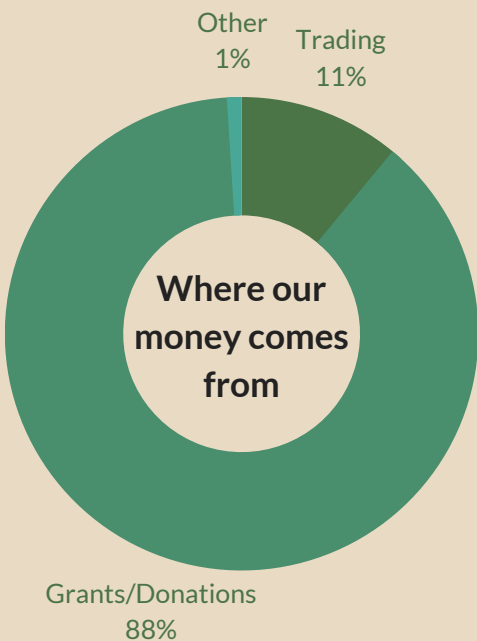
Produced and delivered 16,995 nutritious meals to homeless and vulnerable people in London



AMURTEL Greece provided 2,021 private midwifery and lactation appointments to pregnant refugee women in 2022



Produced and delivered 2,030 nutrient and protein dense energy balls to vulnerable people experiencing food poverty in London.



TOTAL INCOME : £279,316

TOTAL EXPENDITURE : £216,680

What we do in the UK: London Feeding Programme

AMURT UK helps to reduce food poverty amongst the homeless and vulnerable children, families and households in Camden, Hackney and Islington.

In 2022 AMURT prepared 16,995 warm nutritious meals and 2030 protein and nutrient dense snacks – Vita Bites - serving over 7795 homeless and vulnerable people as well as people that started being severely affected by the current poverty crisis in London. AMURT activities are almost exclusively run by dedicated volunteers. In 2022, 930 volunteer shifts by over 150 volunteers were filled making up over 2600 hours of volunteer time.

In 2022 AMURT activities included a hot nutritious vegetarian meal service, distribution of warm clothes and bedding over the winter months, Christmas treats, and production of protein dense snacks distributed to beneficiaries who have difficulty accessing healthy affordable food. We also began setting up a signposting service for those struggling during the cost-of-living crisis.

In 2022 we continued working out of our headquarters in Cazenove Road which has a small kitchen, but we have developed some very efficient ways of preparing and cooking with the help of all our wonderful volunteers.



Since the beginning of 2022 we started noticing a slow increase in the number of meals taken by beneficiaries, at a time when the economic crisis was not in the news headlines. This happened alongside a shift in the type of beneficiaries we served. During 2021 the vast majority of our beneficiaries were homeless people but from the beginning of 2022 there was an increase in elderly people, people on low incomes or on benefits who had housing but were struggling financially due to the increase in energy and fuel prices. When we talked with them, we understood that the food we were providing was becoming increasingly important and a necessary respite.

From the beginning of 2022 to approximately September/October 2022 the majority of our beneficiaries were not aware of the support the government were providing and had difficulties accessing it. In response, we increased the number of meals we distributed and we also doubled the size of the meals so that one container could stretch for a longer amount of time. This benefited both our homeless beneficiaries who were receiving less donations on the street from the public and our 'new beneficiaries' who could store the food and eat it over a few days. We also started creating a signposting service to help beneficiaries reach the existing financial support from the government and other services they may need such as housing, benefits, health and financial management.

Towards the end of the year as temperatures plummeted, we also started distributing warm clothes and bedding, toiletries and Christmas presents. The bedding and clothes were especially gratefully received as many beneficiaries were struggling to keep their homes warm or keep themselves warm on the streets. We distributed 582 warm clothes items, including many warm winter coats and 33 sleeping bags and duvets.

Vita Bites became its own social enterprise at the end of 2021 and we have spent 2022 developing the product, including new flavours, the marketing and building our customer base. It has been a slow year as we have had a lot of change of staff, but we feel confident that activity will increase in 2023.



What we do in the UK: Food for All, London

Not-for-profit vegan health food shop Food for All has served the people of Hackney since 1976. Committed to assisting the local community to achieve optimum health and wellbeing via natural means we stock more than 250 therapeutic/culinary herbs and tinctures. The broad product range includes whole foods, superfoods, dry and fresh goods, supplements, body care and household products. Food for All supports new ethical entrepreneurs and stocks locally made artisan products such as soaps, shea butter, preserves and ferments.

The store is renowned for its helpful and knowledgeable staff, unique community atmosphere and diverse customer base – some of whom have been shopping at the shop for nearly four decades! It is common to find staff and customers engaged in lively conversation swapping tips about nutrition, health care and local news.

Since the pandemic Food for All has become a community focal point for essential household items and nutritional and immune support and advice.

Profits from Food for All go to AMURT charitable activities.

Location: Food for All, 3 Cazenove Road, Stoke Newington, London, N16 6PA



International projects we work with: **AMURTEL** Greece



*According to UNHCR,
more than 100,000
refugees still remain
in Greece, the
majority of whom are
Syrian and Afghan*

*Over 50% are
women and children*

*One in every five
female refugees
experiences sexual
violence*

93% women said looking after their child improved after attending sessions with AMURTEL Greece

30 women are supported every week through AMURTEL Greece's outreach programme

84% of women said they were able to better take care of their health after attending sessions with AMURTEL Greece

180 women a month attend group sessions at AMURTEL centre in Athens. Subjects include infant nutrition, GBV, peer-2power, newborn and toddler care

AMURTEL Greece provided 2,021 private midwifery and lactation appointments in 2022

65% women said they made friends with other women by attending sessions with AMURTEL Greece

71% of women attended a minimum of 4ANC appointments during their pregnancy



AMURTEL Greece

At AMURTEL Greece, we believe all mothers have the right and the capacity to maintain or restore their health, well-being, dignity and self-determination. We believe that all infants have the right to be protected and cared for in order to foster optimum health and development. For highly vulnerable refugee and migrant populations, these rights are all too often unattainable.

The services we offer aim to mitigate the long term effects of crises on refugee and migrant infants and their mothers by supporting women to be the best possible mothers they can be and thus give their infants the best possible start in life. We do this by creating safe women's spaces where mothers can have access to midwifery care during pregnancy and postpartum, gain knowledge about infant care and women's reproductive health, receive support and support each other and make friendships to decrease the often debilitating effects of isolation and loneliness. A few of the other services we provide are counselling and support in response to gender-based violence, art therapy support, mother and baby yoga and also outreach services where we visit women in shelters, camps and their homes etc. in order to provide postpartum care for mothers and infants and also case management for particular needs women may have.

One thing that almost all the women have in common, regardless of where they hail from, is pride in motherhood. Being a mother is a primary personal and social role which defines them, both individually and in society. Most of the women agree that they were raised mainly to be mothers and this brings them much joy and a sense of



fulfilment. The shared commonality of motherhood at AMURTEL allows them to gradually open up and be willing to discuss, or at least think about, a variety of topics, even sensitive ones such as sexuality, gender based cultural roles, abuse, and human rights. AMURTEL's aim is that women will become stronger through knowledge, making friends and finding themselves part of a community of mothers.

AMURTEL is the only woman-to-woman center of this type in Athens. All our programs follow the WHO/UNICEF guidelines. Specifically, our midwifery model of antenatal/postnatal care for Infant and Young Child Feeding (IYCF) follows the WHO/UNICEF guidelines.

Breaking free from cultural taboos is enormously empowering and not only encourages women to take charge of their health in an informed and empowered way, but also gives them courage to address concerns in other parts of their lives in a direct and forthright manner.

AMURTEL's programs provide a powerful and effective approach for mothers to gain proficiency in infant health care, thus allowing the innate bond between mother and infant to flourish.

All of this reinforces the importance of AMURTEL Greece and why we are necessary in this space. That is, to fill the void in the healthcare system with our support and services which all underline the importance of the health and wellbeing of our women and babies.

AMURTEL Greece is the only grassroots NGO concentrating their work exclusively on refugee and migrant mothers and babies. That is, the entire perinatal period. Additionally, we care for toddlers up to 2-3 years of age as many of our mothers have more than one child - responding to the gap in humanitarian care for this particularly vulnerable group.



A young woman got married at a very young age in her home country. Lets call her Layla to protect her identity. Layla lived in a conservative town and soon after she became pregnant. At that point, her husband decided to leave for Greece, leaving her alone while she was pregnant. After much pressure, the family convinced Layla's husband that she too should move to Europe so the family could be together. Layla moved to Greece and reunited with her husband in a refugee camp on one of the islands. Soon after, she became pregnant a second time. After learning his wife was pregnant again, her husband up and disappeared, leaving Layla alone with no financial support and knowing not a thing about the new host country. Layla decided to leave the island as she had some friends living in Athens. She hoped that by finding them, she might be able to find work and expedite her asylum process.

However, Layla was too ashamed to admit her husband had abandoned her and thus, her friends assumed that she had left her husband voluntarily on the island. It is taboo in her culture to leave one's husband and therefore Layla was refused help. As a result, Layla ended up on the streets with her child. Fortunately, some women from a hostel found Layla and gave her and her child shelter in exchange for cleaning and babysitting work. She then discovered AMURTEL. We found her a lawyer to process her asylum papers whilst monitoring her pregnancy and providing for the needs of her child. Layla was so grateful for the care and support she received that she named her second child after a member of the AMURTEL Staff.



Nigeria is the country where nearly 20% of all global maternal deaths happen

The lifetime risk of a Nigerian woman dying during pregnancy, childbirth, postpartum or post-abortion is 1 in 22, in contrast to the lifetime risk in developed countries estimated at 1 in 4900

World Health Organisation

International projects we work with:
**AMURT
Nigeria**



With the upgrade of AMURT assisted health centers to emergency obstetric care centers, the number of obstetric referrals to the Federal Teaching Hospital in Abakaliki has reduced from 226 in 2018 to only 66 in 2022.

3,200 babies were born at AMURT Assisted Health Centres. Only 1.7% of total births were referred to the tertiary hospital due to serious complications.

In 2022, 324 cesarean sections were done in the health centers. 94% of these were emergencies, saving women from the risky and time consuming referral to a distant hospital.

AMURT teams conducted meetings in 101 villages throughout the project areas, reaching a total of 10,492 people with messages on nutrition, reproductive health and the prevention and identification of diseases.

AMURT Reproductive education team reached over 2500 young people with messages on substance abuse, sexual abstinence, harmful traditional practices (female genital mutilation and child marriage) and sexual abuse.

In 2022, AMURT drilled 18 new boreholes giving communities safe water at their doorstep for the first time.

In 2022, AMURT sponsored 155 emergency surgeries for children. 132 of those surgeries were done in the AMURT-

The neo-natal mortality reduced from 1.4 % in 2021 to 0.9 % in 2022.

assisted health centers, and 23 at AEFUTHA Teaching Hospital



AMURT Nigeria

AMURT Nigeria started work in S.E. Nigeria in 2010 due to its extremely high Maternal Mortality Rate: 1000 deaths in every 100,000 live births.

Most Primary Health Centres (PHCs) in these rural areas are run by the government, based on a centralized management system. They tend to deteriorate from lack of investment, are chronically understaffed, have erratic opening hours and experience low patronage due to the lack of confidence in and disconnect between the community and the PHC's. As a result, most women prefer to give birth at home and take their sick children to local herbalists and chemists (Patented Medical Vendors) who often misuse artificial Oxytocin to induce labour, which can result in uterine rupture and sometimes fetal death. Many pregnant women don't have access to comprehensive antenatal care and if they do, high-risk cases are rarely followed up.

AMURT Nigeria has developed a decentralized model of addressing the primary and maternal healthcare needs of neglected remote rural populations, putting community participation at the centre of its strategy. The model demands that the community initiate, manage and take ownership of the project in partnership with the government. It has been developed over 13 years of daily presence in villages.

In 2022, AMURT prioritized strengthening the health centers to build self-reliance and ensure a long-term benefit for the communities. Through tight financial management, the 10 AMURT-assisted facilities now pay over 120 staff, in addition to operating expenses and maintenance.



The four emergency obstetric referral centers carried out 324 cesarean sections, while AMURT supported 31 at the Federal Teaching Hospital. AMURT sponsored 132 pediatric surgeries in the health centers and another 25 at the Federal Teaching Hospital.

The Adolescent Sexual & Reproductive Health program reached over 2500 teenagers, as the program was extended to Ebonyi LGA. 118 more women were empowered to start their own businesses, taking the total to over 600. We opened a new health center at Aguotu, in Ishielu LGA, in partnership with Rotary and the community, and completed the renovations at Ephuenyim Health Center. We passed 26000 births since we started.

Following are some highlights of the extensive services AMURT Nigeria provides.

Saving Lives at Birth:

AMURT's primary goal is to reduce maternal and child mortality. One way we achieve this is by making emergency obstetric services accessible and affordable for the rural population. The four AMURT assisted CEmONC (Comprehensive Emergency Obstetric and Newborn Care Centers) had a growing impact in 2022 with 324 cesarean sections done in the health centers. 94% of these were emergencies, saving women from the risky and time consuming referral to a distant hospital.

In addition, AMURT supported 66 high-risk obstetric referrals to the Federal Teaching Hospital in Abakaliki, resulting in an additional 31 cesarean sections. The neo-natal mortality reduced from 1.4 % in 2021 to 0.9 % in 2022.

Safe Motherhood

The number of deliveries in 2022 was 3200, with 48 % coming from outside the project area. Item Amagu Health Center was the most improved with a 26 % increase in the number of births since 2021. Only 1.7% of total births were referred to the tertiary hospital due to serious complications. The average ratio for facility birth vs. home birth in the AMURT project was 76 %, led by Offia Oji and Elugwu Ettam health centers with a 92 % delivery rate in their health centers.



Engaging with Youth on Reproductive Health:

In 2022, AMURT's Adolescent Sexual and Reproductive Health Unit expanded from four to six project areas. The two new project areas are Uloanwu and Ohagelode. The activities reached over 2500 young people with messages on substance abuse, sexual abstinence, harmful traditional practices (female genital mutilation and child marriage) and sexual abuse.



Family planning: A Key to Family Health

Well balanced counseling strategies, and consistent and persistent messaging have been key in AMURT's family planning team's success in increasing the uptake of modern contraceptive methods in our project areas. Through village sensitizations and during immunization days and ante-natal days at the health center, the family planning team has raised awareness of the massive benefits of family planning and the easy ways to manage minor side effects. As a result, we see more women inquiring about the family planning options available in the health centers.

Fighting Malnutrition - The Silent Killer

In 2022, AMURT's health education department continued to prioritize the fight against malnutrition. In many rural villages malnourished children are a common sight. Poverty in the rural areas is one cause, but ignorance plays an even greater role. Many of the children are left to survive largely on starchy foods. The parents do not know how to combine locally available foods to create complete proteins. The AMURT health education team taught parents in many villages how to use locally available foods for a nutritionally balanced

Ambulance Services Save Lives

In rural Nigeria, transport is hard to find. Therefore, AMURT operates a subsidized emergency transport service for 10 health centers. Seven ambulances with full time standby drivers are based in the rural health centers and deployed exclusively for patient transport. With the upgrade of AMURT-assisted health centers to emergency obstetric care centers, the number of obstetric referrals to the Federal Teaching Hospital in Abakaliki has reduced from 226 in 2018 to only 66 in 2022.



Emergency intervention:

RAPID RESPONSE TO CHOLERA OUTBREAK
Working closely with the Ebonyi State Department of Epidemiology, AMURT responded to a series of cholera outbreaks in Ikwo, Izzi, Onitsha, Afikpo North, Ohaukwu, and Ishielu local governments. Led by Medical Director Dr. Omogo, the AMURT team responded promptly with doctors, lab scientists and health educators. Many lives have been saved through rehydration of critical cases and the provision of timely guidance and support on how to contain the spread.



International projects we work with:


Kenya Spirulina Nutrition Project

In Kenya, more than a quarter of children under the age of five, or two million children, have stunted growth. Stunting is the most frequent form of under-nutrition among young children.

If not addressed, it has devastating long-term effects, including diminished mental and physical development. In addition, 11 per cent of children are underweight. . .

UNICEF

The United Nations FAO (Food and Agricultural Organization) recognise that hunger is not just the scarcity of food but also the inability of individuals to access what is referred to as nutritious food

A woman wearing a blue headwrap and a black t-shirt is seated on the left, holding a white tray with several pieces of light-colored, rectangular food items. Two young girls are seated to her right; one is wearing a red t-shirt and a light blue skirt, and the other is wearing a red patterned dress. They are all looking towards the camera. The background is a textured, light brown wall.

*Between 2014 and 2022 the
Spirulina Nutrition Project
has impacted the health of
more than 27,000
beneficiaries through
distributing spirulina free to
children and mothers of
young children*

*In 2022 over 1500
undernourished children and
over 600 adults had their
health positively impacted by
spirulina supplementation
and homeopathic treatment*

Kenya Spirulina Nutrition Project

The primary goal of the Spirulina Nutrition Project (SNP) is to end malnutrition and address the dietary and nutritional needs of vulnerable children and mothers through the use of spirulina.

The SNP has found spirulina to be highly effective in impacting the health of children, often with remarkable results. A small daily dose of spirulina dramatically impacts on the micro-nutrient absorption in the body. Within weeks, noticeable changes can be seen in the children's growth, weight and psycho-social behaviour. Several recent studies have demonstrated the immune enhancing properties of spirulina also.

SNP believes in self-reliant community health and sustainability. It grows its own spirulina at its farm located in Kambimawe village.

In 2022 SNP continued to produce very high quality spirulina which has greatly benefited the local community. The farm produces an average of 12kgs of fresh spirulina every month. Most of which is given to the children that flock to the project often having travelled great distances.

This year, due to limited resources most of the mobile clinics have shut down and instead children come to our permanent clinics. The advantage of this is that it is possible to see patients more regularly which is working well and adult beneficiaries are now also coming for treatment.

During 2022, over 1500 children and over 600 adults benefitted from spirulina because of health conditions, ranging from anemia, malnutrition and emaciation due to underlying medical conditions such as HIV, diabetes, rheumatoid arthritis, etc. Treatment given is normally a combination of homeopathy and spirulina.





Malnutrition

Malnutrition is a serious medical condition marked by a deficiency of energy, essential proteins, fats and vitamins and minerals in a diet. Malnourishment impacts all levels of a child's present well being and future prospects. In the short term it leads to decreased immunity, making them more susceptible to infectious diseases. This can lead to, for example, poor attendance at school and poor concentration when they can attend. In the longer term it impacts on their physiological and cognitive development, which in turn affects their future productivity and potential.

Malnutrition is the most recognizable and perhaps most outward consequence of poverty in children. The United Nations FAO (Food and Agricultural Organization) recognises that hunger is not just the scarcity of food but also the inability of individuals to access what is referred to as nutritious food. Most families in Sub-Saharan Africa, Kenya included, cannot afford a balanced diet more than twice a week, which is one of the main reasons these vulnerable communities are experiencing such endemic malnutrition.

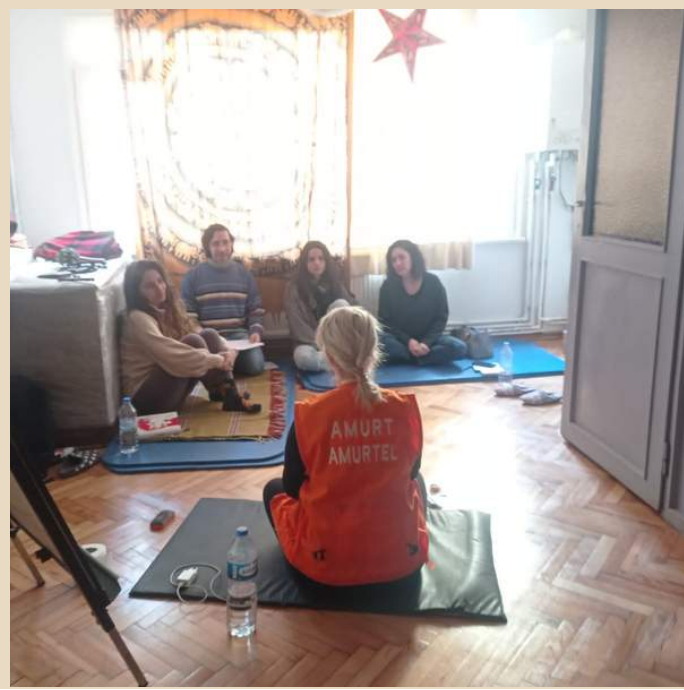
SNP has found spirulina supplementation to provide a positive solution as it is easy to produce locally and highly nutritious.

Jeremiah was brought to us by his grandmother who lives with him. He had a big problem of constipation, he would strain and often cry trying to pass stools. His appetite was very diminished and he was very malnourished. He looked as if he was 5 yrs! After doing tests it was discovered he had many cysts of amoeba, He was given homeopathic treatment and spirulina. When he went back after 3 weeks Jeremiah had greatly improved. He was no longer constipated and his appetite had improved. He also looked much stronger. He continued to attend the clinic and after 2 months using homeopathic remedies and spirulina he was very heathy and had gained a lot more weight



International Disaster relief

AMURT UK has supported several international disaster relief efforts in 2021-22 including work in Haiti, Kenya, India and Philippines. The largest contribution however has gone towards AMURT's response to the war in Ukraine where AMURT has been very active providing training to first responders in psychosocial support.



Additional details on objectives and activities

Volunteers:

We are very grateful for the contribution made by our volunteers! The London programmes are run almost entirely by volunteers.

Surplus:

Any surplus funds which are not needed for activities are placed on deposit to earn interest.



Structure, governance and management

Description of Charity's Trusts

Type of Governing Document :	Trust Deed Dated 9th July 1986
How the Charity is Constituted :	Trust
Trustee Selection Methods :	By resolution of a quorum of the trustees recorded in the minutes

Additional Governance Issues

All Trustees give their time voluntarily and receive no other consideration or benefits.

AMURT UK works closely with AMURT Global.

AMURT's global coordinating office is based in the US. At times of humanitarian disaster international AMURT chapters liaise with this office to find out how to best support the AMURT chapter closest to where the disaster has occurred. This support may come in the form of fundraising, sending experts or additional volunteers.

INVESTMENT IN SUBSIDIARY

AMURT owns ninety-nine £1 ordinary shares in Food For All (London) Ltd, constituting a 99% shareholding. All shares in Food For All Ltd. are fully paid up and allotted. No dividend was paid. There was no change in the value of the shares in the year.

The activities of Food For All Ltd., which trades as a whole-food retailer, are entirely separate from those of AMURT. Its accounts have not been consolidated into the accounts of AMURT as its activities are unrelated to those of the Trust.

Profits from Food For All Ltd. are covenanted to the Trust, this amounted to £30,802 in this financial year.

The accounts of Food For All Ltd. are audited as per the requirements of the Companies Act 1985/2006.

Financial Review

Brief Statement on the Charity's Policy on Reserves:

AMURT UK's cash reserve policy is to keep £10,000. This amount is necessary to: service any unexpected, emergency expenses for AMURT UK projects including the London feeding program and to respond quickly to international emergency appeals if funds are needed before AMURT UK can deliver a fundraising campaign

Details of Any Funds Materially in Deficit:

Not Applicable.

Declaration

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

Name: Pierre Boyde
Date: 30.07.23
Position: Treasurer

Name: Govinda Lovage
Date: 30.07.23
Position: Chair



Charity Name AMURT UK			Charity No (if any)	327216
Annual accounts for the period				
Period start date	Nov-21	To	Period end date	Oct-22


Section A Statement of financial activities

Recommended categories by activity	Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
Incoming resources (Note 3)						
Income and endowments from:						
Donations and legacies	S01	269,164	9,971	-	279,135	160,810
Charitable activities	S02	-	-	-	-	-
Other trading activities	S03	-	-	-	-	-
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	181	-	-	181	133
Total	S07	269,345	9,971	-	279,316	160,943
Resources expended (Note 6)						
Expenditure on:						
Raising funds	S08	10,978	-	-	10,978	22,428
Charitable activities	S09	202,156	3,546	-	205,702	109,461
Separate material item of expense	S10	-	-	-	-	18,000
Other	S11	-	-	-	-	-
Total	S12	213,134	3,546	-	216,680	149,889
Net income/(expenditure) before investment gains/(losses)	S13	56,211	6,425	-	62,636	11,054
Net gains/(losses) on investments	S14	-	-	-	-	-
Net income/(expenditure)	S15	56,211	6,425	-	62,636	11,054
Extraordinary items	S16	-	-	-	-	-
Transfers between funds	S17	43,836	- 43,836	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
Net movement in funds	S20	100,047	- 37,411	-	62,636	11,054
Reconciliation of funds:						
Total funds brought forward	S21	58,876	43,836	-	102,712	91,658
Total funds carried forward	S22	158,923	6,425	-	165,348	102,712

Section B Balance sheet

		Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets							
Intangible assets	(Note 15)	B01	-	-	-	-	-
Tangible assets	(Note 14)	B02	-	-	-	-	-
Heritage assets	(Note 16)	B03	-	-	-	-	-
Investments	(Note 17)	B04	-	-	-	-	-
Total fixed assets		B05	-	-	-	-	-
Current assets							
Stocks	(Note 18)	B06	-	-	-	-	-
Debtors	(Note 19)	B07	-	-	-	-	-
Investments	(Note 17.4)	B08	-	-	-	-	-
Cash at bank and in hand	(Note 24)	B09	158,923	6,425	-	165,348	102,712
Total current assets		B10	158,923	6,425	-	165,348	102,712
Creditors: amounts falling due within one year	(Note 20)	B11	-	-	-	-	-
Net current assets/(liabilities)		B12	158,923	6,425	-	165,348	102,712
Total assets less current liabilities		B13	158,923	6,425	-	165,348	102,712
Creditors: amounts falling due after one year	(Note 20)	B14	-	-	-	-	-
Provisions for liabilities		B15	-	-	-	-	-
Total net assets or liabilities		B16	158,923	6,425	-	165,348	102,712
Funds of the Charity							
Endowment funds	(Note 27)	B17	-			-	-
Restricted income funds	(Note 27)	B18		-		-	43,836
Unrestricted funds		B19	158,923	6,425	-	165,348	58,876
Revaluation reserve		B20				-	
Total funds		B21	158,923	6,425	-	165,348	102,712

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

Signature	Print Name	Date of approval dd/mm/yyyy
	Treasurer	29.8.23

Section C **Notes to the accounts**

Note 1 Basis of preparation

This section should be completed by all charities.

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- and with* the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
- and with* the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)
- and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.*

* -Tick as appropriate

1.2 Going concern

If there are material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern, please provide the following details or state "Not applicable", if appropriate:

An explanation as to those factors that support the conclusion that the charity is a going concern;	Not applicable
Disclosure of any uncertainties that make the going concern assumption doubtful;	Not applicable
Where accounts are not prepared on a going concern basis, please disclose this fact together with the basis on which the trustees prepared the accounts and the reason why the charity is not regarded as a going concern.	Not applicable

1.3 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note { }.

Yes*	<input checked="" type="checkbox"/>	* -Tick as appropriate
No*	<input type="checkbox"/>	

Please disclose:

<i>(i) the nature of the change in accounting policy;</i>	Not applicable
<i>(ii) the reasons why applying the new accounting policy provides more reliable and more relevant information; and</i>	Not applicable
<i>(iii) the amount of the adjustment for each line affected in the current period, each prior period presented and the aggregate amount of the adjustment relating to periods before those presented, 3.44 FRS 102 SORP.</i>	Not applicable

1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period (3.46 FRS 102 SORP).

Yes*	<input checked="" type="checkbox"/>	* -Tick as appropriate
No*	<input type="checkbox"/>	

Please disclose:

<i>(i) the nature of any changes;</i>	Not applicable
<i>(ii) the effect of the change on income and expense or assets and liabilities for the current period; and</i>	Not applicable
<i>(iii) where practicable, the effect of the change in one or more future periods.</i>	Not applicable

1.5 Material prior year errors

No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).

Yes*	<input checked="" type="checkbox"/>	* -Tick as appropriate
No*	<input type="checkbox"/>	

Please disclose:

<i>(i) the nature of the prior period error;</i>	Not applicable
<i>(ii) for each prior period presented in the accounts, the amount of the correction for each account line item affected; and</i>	Not applicable
<i>(iii) the amount of the correction at the beginning of the earliest prior period presented in the accounts.</i>	Not applicable

Note 2 Accounting policies

Please complete this note when first reporting under FRS2102. Section 35 of FRS102, requires 3 reconciliations to be presented, if all are applicable.

2.1 RECONCILIATION WITH PREVIOUS GENERALLY ACCEPTED ACCOUNTING PRACTICE

Please provide a description of the nature of each change in accounting policy

--

Reconciliation of funds per previous GAAP to funds determined under FRS 102

	Start of period £	End of period £
Fund balances as previously stated		
<i>Adjustments:</i>		
Fund balance as restated		

Reconciliation of net income/(net expenditure) per previous GAAP to net income/(net expenditure) under FRS 102

	End of period £
Net income/(expenditure) as previously stated	
<i>Adjustments:</i>	
Previous period net income/(expenditure) as restated	

Note 2 Accounting policies
2.2 INCOME

This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.

Recognition of income	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> the charity becomes entitled to the resources; it is more likely than not that the trustees will receive the resources; and the monetary value can be measured with sufficient reliability. 	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grants and donations	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Legacies	In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP). Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Government grants	The charity has received government grants in the reporting period	Yes	No	N/a
		<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Support costs	The charity has incurred expenditure on support costs.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Membership subscriptions which gives a member the right to buy services or other	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

		✓
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Settlement of insurance claims

Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP) and are included as an item of other income in the SoFA.

Yes	No	N/a
		✓

Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

Yes	No	N/a
		✓

2.3 EXPENDITURE AND LIABILITIES

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Yes	No	N/a
		✓

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Yes	No	N/a
		✓

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Yes	No	N/a
		✓

Grants with performance conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

Yes	No	N/a
		✓

Grants payable without performance conditions

Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

Yes	No	N/a
✓		

Redundancy cost

The charity made no redundancy payments during the reporting period.

Yes	No	N/a
✓		

Deferred income

No material item of deferred income has been included in the accounts.

Yes	No	N/a
✓		

Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts

Yes	No	N/a
		✓

Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date

Yes	No	N/a
		✓

Basic financial instruments

The charity accounts for basic financial instruments on initial recognition as per paragraph 11.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.

Yes	No	N/a
✓		

2.4 ASSETS

Tangible fixed assets for use by charity

These are capitalised if they can be used for more than one year, and cost at least

They are valued at cost.

Yes	No	N/a
		✓

The depreciation rates and methods used are disclosed in note 9.2.

Intangible fixed assets

The charity has intangible fixed assets, that is, non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights. The amortisation rates and methods used are disclosed in note 9.5

Yes	No	N/a
	✓	

They are valued at cost.

Yes	No	N/a
		✓

Heritage assets

The charity has heritage assets, that is, non-monetary assets with historic, artistic, scientific, technological, geophysical or environmental qualities that are held and maintained principally for their contribution to knowledge and culture. The depreciation rates and methods used as disclosed in note 9.6.1.4.

Yes	No	N/a
	✓	

They are valued at cost.

Yes	No	N/a
		✓

Investments

Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.

Yes	No	N/a
		✓

Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments

Yes	No	N/a
		✓

Stocks and work in progress

Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.

Yes	No	N/a
		✓

Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.

Yes	No	N/a
		✓

Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.

Yes	No	N/a
		✓

Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Current asset investments

The charity has investments which it holds for resale or pending their sale and cash and cash equivalents with a maturity date less than one year. These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.

Yes	No	N/a
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

They are valued at fair value except where they qualify as basic financial instruments.

Yes	No	N/a
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE

--

Note 3 Analysis of income

Analysis		Unrestricted	Restricted	Endowment	Total funds	Prior year
		funds	income funds	funds	£	£
Donations and legacies:	Donations and gifts	265,396	9,971	-	275,367	157,442
	Gift Aid	3,726	-	-	3,726	3,331
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	-	-	-	-	-
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-
	Donated goods, facilities and services	-	-	-	-	-
	Other	-	-	-	-	-
Total	269,122	9,971	-	279,093	160,773	
Charitable activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
Total	-	-	-	-	-	
Other trading activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
Total	-	-	-	-	-	
Income from investments:	Interest income	42	-	-	42	37
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Other	181	-	-	181	133
Total	223	-	-	223	170	
Separate material item of income:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total	-	-	-	-	-
Other:	Conversion of endowment funds into income	-	-	-	-	-
	Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-	-
	Gain on disposal of a programme related investment	-	-	-	-	-
	Royalties from the exploitation of intellectual property rights	-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
TOTAL INCOME	269,345	9,971	-	279,316	160,943	

Other information:

All income in the prior year was unrestricted except for: (please provide description and amounts) £105,637 was stated as restricted income in 2021 accounts. Note this amount was reviewed during 2022 as unrestricted income.

Where any endowment fund is converted into income in the reporting period, please give the reason for the conversion. N/A

Where any endowment fund is converted into income in the prior period, please give the reason for the conversion. N/A

Within the income items above the following items are material: (please disclose the nature, amount and any prior year amounts) N/A

Note 6

Analysis of expenditure

This year

Last year

Analysis	This year				Last year			
	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £
Expenditure on raising funds:								
Incurring seeking donations	10,978	-	-	10,978	22,428	-	-	22,428
Incurring seeking legacies	-	-	-	-	-	-	-	-
Incurring seeking grants	-	-	-	-	-	-	-	-
Operating membership schemes and social lotteries	-	-	-	-	-	-	-	-
Staging fundraising events	-	-	-	-	-	-	-	-
Fundraising agents	-	-	-	-	-	-	-	-
Operating charity shops	-	-	-	-	-	-	-	-
Operating a trading company undertaking non-charitable trading activity	-	-	-	-	-	-	-	-
Advertising, marketing, direct mail and publicity	840	-	-	840	527	-	-	527
Start up costs incurred in generating new source of future income	-	-	-	-	-	-	-	-
Database development costs	-	-	-	-	-	-	-	-
Other trading activities	-	-	-	-	-	-	-	-
Investment management costs:	-	-	-	-	-	-	-	-
Portfolio management costs	-	-	-	-	-	-	-	-
Cost of obtaining investment advice	3,000	-	-	3,000	-	-	-	-
Investment administration costs	-	-	-	-	-	-	-	-
Intellectual property licencing costs	-	-	-	-	-	-	-	-
Rent collection, property repairs and maintenance charges	1,511	-	-	1,511	-	1,023	-	1,023
	-	-	-	-	-	-	-	-
Total expenditure on raising funds	16,329	-	-	16,329	22,955	1,023	-	23,978
Expenditure on charitable activities:								
	-	-	-	-	-	-	-	-
Total expenditure	196,805	3,546	-	200,351	2,778	105,133	-	107,911
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total expenditure on charitable activities	196,805	3,546	-	200,351	2,778	105,133	-	107,911
Separate material item of expense								
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total	-	-	-	-	-	-	-	-
Other								
	-	-	-	-	-	-	-	-
Purchase of Van (**not held on Balance Sheet)	-	-	-	-	18,000	-	-	18,000
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total other expenditure	-	-	-	-	18,000	-	-	18,000
TOTAL EXPENDITURE	213,134	3,546	-	216,680	43,733	106,156	-	149,889

Other information:

Analysis of expenditure on charitable activities

Activity or programme	This year				Last year			
	Activities undertaken directly	Grant funding of activities	Support Costs	Total this year	Activities undertaken directly	Grant funding of activities	Support Costs	Total last year
	£	£	£	£	£	£	£	£
London Feeding Program	50,923	-	-	50,923	-	-	-	-
See N13	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total	50,923	-	-	50,923	-	-	-	-

Note 7 Extraordinary items

Please explain the nature of each extraordinary item occurring in the period.

	Description	This year £	Last year £
Extraordinary item 1	Purchase of Van (value written down to zero in 2022)	-	18,000
Extraordinary item 2		-	-
Extraordinary item 3		-	-
Extraordinary item 4		-	-
Total extraordinary items		-	18,000

Section C**Notes to the accounts****Note 10** **Details of certain items of expenditure****10.1 Fees for examination of the accounts**

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).

Independent examiner's fees

Assurance services other than audit or independent examination

Tax advisory fees

Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner

This year £	Last year £
-	-
-	-
-	-
-	-

Section C **Notes to the accounts** **(cont)**

Note 11 **Paid employees**
 Please complete this note if the charity has any employees.

11.1 Staff Costs (NB all workers are consultants / not staff)

	This year £	Last year £
Salaries and wages	-	-
Social security costs	-	-
Pension costs (defined contribution scheme)		
Other employee benefits	-	-
Total staff costs	-	-

This year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

£ 10,978 to 1 contractor of Food for All Ltd.

Last year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

£10,000 to 1 contractor of Food for all Ltd.
--

Please give details of the number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards. If there are no such transactions, please enter 'true' in the box provided.

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

Nil

Band	Number of employees	
	This year	Last year
£60,000 to £69,999	-	-
£70,000 to £79,999	-	-
£80,000 to £89,999	-	-
£90,000 to £99,999	-	-
£100,000 to £109,999	-	-

Please provide the total amount paid to key management personnel (includes trustees and senior management) for their services to the charity. For specific amounts paid to trustees, see Note 28.

This year £	Last year £
-	-

11.2 Average head count in the year

The parts of the charity in which the employees work

	This year Number	Last year Number
Fundraising	-	-
Charitable Activities	-	-
Governance	-	-
Other	-	-
Total	-	-

11.3 Ex-gratia payments to employees and others (excluding trustees)

Please complete if an ex-gratia payment is made.

Please explain the nature of the payment

This year	
Last year	

Please state the legal authority or reason for making the payment

This year	
Last year	

Please state the amount of the payment (or value of any waiver of a right to an asset)

This year	Last year
£	£
-	-

11.4 Redundancy payments

Please complete if any redundancy or termination payment is made in the period.

Total amount of payment

This year	Last year
£ -	£ -

The nature of the payment (cash, asset etc.)

--	--

The extent of redundancy funding at the balance sheet date

This year	Last year
£ -	£ -

Please state the accounting policy for any redundancy or termination payments

--	--

Note 12 Defined contribution pension scheme or defined benefit scheme accounted for as a defined contribution scheme.

12.1 Please complete this note if a defined contribution pension scheme is operated.

	This year	Last year
	£	£
Amount of contributions recognised in the SOFA as an expense	-	-

Please explain the basis for allocating the liability and expense of defined contribution pension scheme between activities and between restricted and unrestricted funds.

--	--

12.2 Please complete this section where the charity participates in a defined benefit pension plan but is unable to ascertain its share of the underlying assets and liabilities.

Please confirm that although the scheme is accounted for as a defined contribution plan, it is a defined benefit plan.

Please provide such information as is available about the plan's surplus or deficit and the implications, if any, for the reporting charity for this year and last year, if different

12.3 Please complete this section where the charity participates in a multi-employer defined benefit pension plan that is accounted for as a defined contribution plan.

Describe the extent to which the charity can be liable to the plan for other entities' obligations under the terms and conditions of the multi-employer plan. If this is different for last year, provide details

Provide an explanation of how any liability arising from an agreement with a multi-employer plan to fund a deficit has been determined. If this is different for last year, provide details

Note 13 Grantmaking

Please complete this note if the charity made any grants or donations which in aggregate form a material part of the charitable activities undertaken.

This year:**13.1 Analysis of grants paid (included in cost of charitable activities)**

Analysis	Grants to institutions	Grants to individuals	Support costs	Total
			£	£
AMURT Nigeria	44,285.00	-	Nil	44,285.00
AMURT Greece	4,443.00	-	Nil	4,443.00
AMURT Haiti	820.00	-	Nil	820.00
AMURT Ukraine	31,930.00		Nil	31,930.00
Tonrak School Thailand	17,844.00		Nil	17,844.00
AMURT India	21,000.00		Nil	21,000.00
AMURT Kenya	11,710.00		Nil	11,710.00
AMURT Philippines	3,705.00		Nil	3,705.00
	-	-	Nil	-
Total	135,737	-	-	135,737

Please enter "Nil" if the charity does not identify and/or allocate support costs.

13.2 Grants made to institutions

<i>My charity has made grants to particular institutions that are material in the context of its grantmaking. Details of the institution supported, purpose of the grant and total paid to each institution is available on the charity's web site.</i>	Yes	<i>Please provide details of charity's URL.</i>
	No	<i>Provide details below</i>

Names of institution	Purpose	Total amount of grants paid £
AMURT Nigeria	Emergency maternity care in remote rural	44,285
AMURT Greece	Maternity care for refugees	4,443
AMURT Haiti	Emergency Relief	820
AMURT Ukraine	Emergency Relief following Russian Invasion	31,930
Tonrak School Thailand	Schooling and homes for Burmese Orphans and child refugees	17,844
AMURT India	Poverty Relief	21,000
AMURT Kenya	Feeding Programs and poverty relief	11,710
AMURT Philippines	Emergency Relief	3,705
		-
		-
Total grants to institutions in reporting period		135,737
Other unanalysed grants		-
TOTAL GRANTS PAID		135,737

Last year:

13.3 Analysis of grants paid (included in cost of charitable activities)

Analysis	Grants to institutions	Grants to individuals	Support costs £	Total £
AMURT Nigeria	3,500.00	-	-	3,500.00
AMURT Greece	4,552.00			4,552.00
AMURT Haiti	2,000.00			2,000.00
AMURT lebanon	4,135.00			4,135.00
Tonrak School Thailand and Baan Unrak Thailand	12,666.00			12,666.00
AMURT India	5,591.00			5,591.00
AMURT Kenya	3,500.00	-	-	3,500.00
AMURT Ghana	2,000.00	-	-	2,000.00
	-	-	-	-
Total	37,944	-	-	37,944

Please enter "Nil" if the charity does not identify and/or allocate support costs.

13.4 Grants made to institutions

My charity has made grants to particular institutions that are material in the context of its grantmaking. Details of the institution supported, purpose of the grant and total paid to each institution is available on the charity's web site.

	<i>Please provide details of charity's URL.</i>
No	<i>Provide details below</i>

Names of institution		Purpose	Total amount of grants paid £
AMURT Nigeria	AMURT Nigeria	Emergency maternity care in remote rural	3,500.00
AMURT Greece	AMURT Greece	Maternity care for refugees	4,552.00
AMURT Haiti	AMURT Haiti	Emergency Relief	2,000.00
AMURT lebanon	AMURT lebanon	Emergency Relief following port explosion	4,135.00
Tonrak School Thailand and Baan Unrak Thailand	and Baan Unrak Thailand	Schooling and homes for Burmese Orphans and child refugees	12,666.00
AMURT India	AMURT India	Poverty Relief	5,591.00
AMURT Kenya	AMURT Kenya	Feeding Programs and poverty relief	3,500.00
AMURT Philipines	AMURT Ghana	Emergency Relief	2,000.00
			-
			-
Total grants to institutions in reporting period			37,944
Other unanalysed grants			-
TOTAL GRANTS PAID			37,944

Section C**Notes to the accounts****(cont)****Note 24 Cash at bank and in hand**

Short term cash investments (less than 3 months maturity date)
Short term deposits
Cash at bank and on hand
Other
Total

This year £	Last year £
-	-
-	-
165,348	102,712
-	-
165,348	102,712

Note 27 Charity funds

27.1 Details of material funds held and movements during the CURRENT reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.

* Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Hackney Borough	U	London Feeding Program for homeless persons	10,000	15,000	- 15,000	-	-	10,000
Brunswick	U	London Feeding Program for homeless persons	-	10,000	- 15,000	-	-	5,000
East End Community	U	London Feeding Program for homeless persons	4,160	-	- 4,160	-	-	-
Awards for All (Big Lottery)	R			9,971	- 3,546			6,425
General Unrestricted Funds	U		88,552	244,345	- 178,974	-	-	153,923
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
		Total Funds	102,712	279,316	- 216,680	-	-	165,348

Section C **Notes to the accounts** **(cont)**

Note 27 **Charity funds (cont)**

27.2 Details of material funds held and movements during the PREVIOUS reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.

* Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Martin Lewis	U	London Feeding Program for homeless persons	5,000	-	5,000	-	-	-
Crisis UK	U	London Feeding Program for homeless persons	1,000	-	1,000	-	-	-
City Bridge Trust	U	London Feeding Program for homeless persons	2,000	-	2,000	-	-	-
Brunswick	U	London Feeding Program for homeless persons	10,000	-	10,000	-	-	-
East End community	U	London Feeding Program for homeless persons	5,000	9,997	10,837	-	-	4,160
Hackney Borough	U	London Feeding Program for homeless persons	-	39,978	29,978	-	-	10,000
General Other	U		68,657	110,968	91,073	-	-	88,552
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
Total Funds			91,657	160,943	149,888	-	-	102,712

Note 27

Charity funds (cont)

27.3 Transfers between funds

This year

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds	Clarification with management that all restricted funds in 2021 were previously associated with Covid relief. With pandemic over it has been agreed these now held have a generally unrestricted purpose	43,836
Between endowment and restricted funds		
Between endowment and unrestricted funds		

Last year

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds	End Year Reconciliation	16,987
Between endowment and restricted funds		
Between endowment and unrestricted funds		

27.4 Designated funds

This year

Planned use	Purpose of the designation	Amount

Last year

Planned use	Purpose of the designation	Amount

Note 28 **Transactions with trustees and related parties**

If the charity has any transactions with related parties (other than the trustee expenses explained in guidance notes) details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box or "False" if there are transactions to report.

28.1 Trustee remuneration and benefits

This year

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False) TRUE

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£	£	£	£
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid.

Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.

Last year

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False) TRUE

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£		£	£
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid.

Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.

28.2 Trustees' expenses

If the charity has paid trustees expenses for fulfilling their duties, details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box below. If there are transactions to report, please enter "False".

No trustee expenses have been incurred (True or False)

FALSE

Type of expenses reimbursed	This year	Last year
	£	£
Travel	1,511	1,022
Subsistence	-	-
Accommodation	-	-
Other (please specify):	-	-
	-	-
TOTAL	1,511	1,022

Please provide the number of trustees reimbursed for expenses or who had expenses paid by the charity

	1 (ONE)
--	---------

28.3 Transaction(s) with related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a related party has a material interest, including where funds have been held as agent for related parties. If there are no such transactions, please enter 'true' in the box provided.

This year

There have been no related party transactions in the reporting period (True or False)

TRUE

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

--

For any related party, please provide details of any guarantees given or received.

--

Last year

There have been no related party transactions in the reporting period (True or False)

TRUE

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

For any related party, please provide details of any guarantees given or received.

Note 29**Additional Disclosures**

The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

AMURT UK

On accounts for the year ended

31 October 2022

Charity no
(if any)

327216

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/10/2022.

Responsibilities and basis of report

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

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Institute of Chartered Accountants in England and Wales (ICAEW).


I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) 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.

* Please delete the words in the brackets if they do not apply.

Signed:



Date:

28/08/2023

Name:

Elizabeth Helen Thomson

Relevant professional qualification(s) or body (if any):

FCA, CTA
ICAEW – Membership No. 2235079 inc. Practising Certificate.

Address: 63 Harvey Avenue

Durham

DH1 5ZB

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.

Not applicable.

ANANDA MARGA UNIVERSAL RELIEF TEAM (AMURT) UK

England & Wales - Charity number 327216

Accounts

AMURT UK

ANNUAL REPORT &
ACCOUNTS 2020-2021



About AMURT UK

Ananda Marga Universal Relief Team (AMURT) UK works with communities to relieve the immediate suffering of those affected by disaster and crises and helps them move on with their lives. Current projects serve vulnerable communities to:

- Relieve food poverty (involving food upcycling)
- Promote healthy food/lifestyle choices
- Engage, train, upskill and coordinate volunteers to promote mental health & wellbeing

We believe every individual has the right to having their basic needs satisfied such as nourishment and being treated with respect regardless of race, gender or social status.

To do this, we work with local communities in London to relieve immediate suffering by delivering projects focused on food and feeding the homeless and vulnerable children, families and households. With the help of local volunteers, AMURT has been preparing and distributing good quality, nutritious meals for homeless and food poverty affected beneficiaries in London for over 10 years through its London Feeding Programme (LFP). At the beginning of the COVID19 pandemic, AMURT received funds to increase the number of meals prepared and distributed, which now total 14,472+ meals since April 2020.

We also run a health-food store, Food for All, in Stoke Newington; its profits are used to support our help for vulnerable and homeless beneficiaries.

Internationally we partner with other AMURT chapters, to respond to the specific needs and challenges of their local areas.

BACKGROUND

AMURT (Ananda Marga Universal Relief Team) is one of the few private voluntary organisations of Third World origin, being founded in India in 1965. Its original objective was to help meet the needs of those affected by disasters that regularly hit the Indian sub-continent. Over the years AMURT has established teams in thirty four countries, creating a network that can meet development and disaster needs in many parts of the world.

In 1985 the global AMURT organisation broadened its goals to include long-term development and in 1986 AMURT was established in the UK.

AMURTEL was formed in 1975 as a sister organisation to respond specifically to the problems faced by women and children. AMURTEL is managed by women and initiates programmes that raise the standard of health and education of women and their children. The programmes also permit women to gain greater self-determination and economic independence.

References and administration

Charity name:	AMURT UK
Other name charity is known by:	Ananda Marga Universal Relief Team
Registered Charity number:	327216
Principal Address:	3A Cazenove Road, London, N16 6PA
Trustees:	Anthony E Lovage <i>Chair</i> Pierre Boyde <i>Treasurer</i> Jeff Reiter Grace Collins P Elizabeth Driscoll
Chief Executive:	Position currently vacant
Other senior workers:	Natasha Horn (Fundraiser) Luis Ventura (London Programme Manager)

Welcome from our Chair

2021 was another challenging year for our beneficiaries. In London, Food poverty, financial instability and mental health issues have been rising, particularly due to the long-lasting effects of the pandemic, rising inflation and high energy prices.

According to london.gov.uk, more than 2.3 million Londoners live below the poverty line and 33% of adults have skipped meals to save money so that their children can eat. The Office for National Statistics (ONS) reported that individuals showing symptoms of depression has almost doubled since the pandemic. 95% of our own volunteers have shared with us that they too experienced mental health challenges over the last 2 years. And that volunteering for AMURT has been a life line for many.

Despite Londons return to semi normality in the middle of 2021 our service user numbers remained high. In August 2021 the community centre where we prepared all our meals went back to their pre-Covid activities and AMURT activities relocated to AMURT's small kitchen at its headquarters, in Cazenove Road. It took some adjustment to move back to a smaller space. However, with a lot of ingenuity and flexibility from volunteers and staff we managed to make the transition a success and were still able to meet the demand for our meals.

Here at AMURT we are acutely aware of the delicate situation we now find ourselves in. Both from a our own financial situation but also at the community level. This year we have been blessed with a generous grant from Hackney Council to continue our core activity of feeding the homeless and vulnerable and supporting the local community to engage in this by volunteering. The funding landscape is precarious for the community sector but we believe whole heartedly in what we do and the impact we have on our community and we continue to look at different ways of diversifying our income.

But more than ever we feel eternally grateful for the incredible volunteers who come back week after week, dedicated to serving the homeless and vulnerable in London and to our very generous donors.



Our financial year in numbers

Impacted the health of more than 800 impoverished children through spirulina supplementation in Kenya



3,320 births attended to at AMURT Assisted Health Centres in Ebonyi State, S.E. Nigeria.



These figures include UK and international projects:

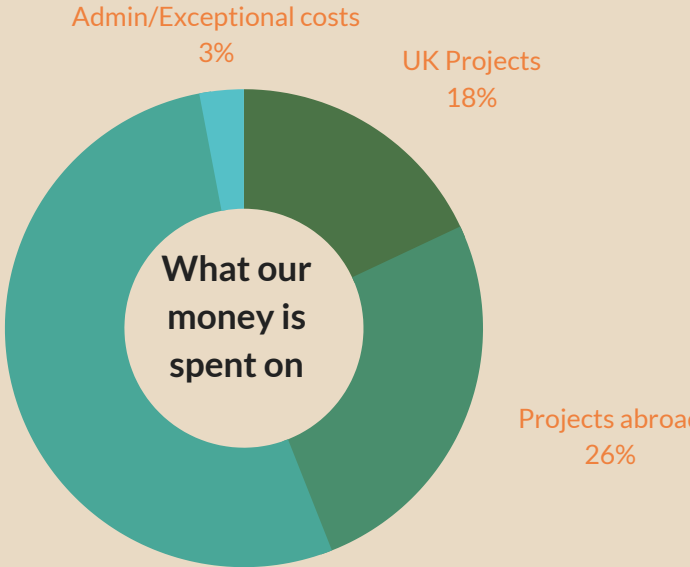
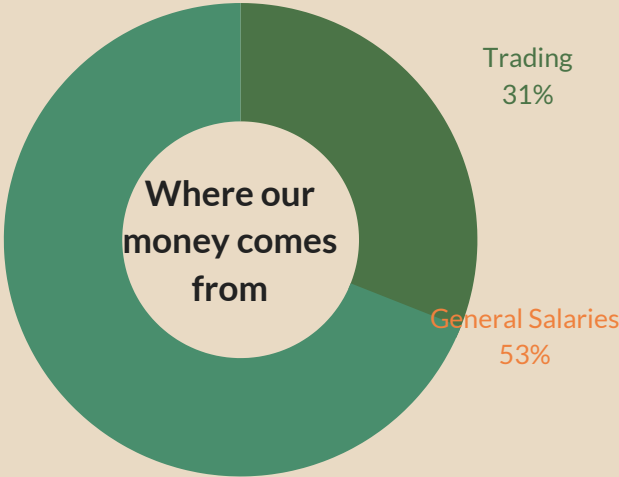
Produced and delivered 8,303 nutritious meals to homeless and vulnerable people in London



1,300 visits were made by refugee and migrant women in Athens to attend support groups and one-to-one consultations



Produced and delivered 21,583 nutrient and protein dense energy balls to vulnerable people experiencing food poverty in London.



Grants/Donations
69%

General Salaries
53%

Trading
31%

Admin/Exceptional costs
3%

UK Projects
18%

Projects abroad
26%

What we do in the UK: London Feeding Programme

AMURT UK helps to reduce food poverty amongst the homeless and vulnerable children, families and households in Camden, Hackney and Islington.

Between Oct 2020 and Nov 2021 AMURT prepared over 8303 warm nutritious meals and 21,583 protein and nutrient dense snacks – Vita Bites - for the homeless and vulnerable in London. AMURT activities are almost exclusively run by dedicated volunteers. AMURT also filled 940 volunteer slots working with over 160 individual volunteers.

AMURT runs two main programmes; a hot nutritious vegetarian meal service and production of protein dense snacks to beneficiaries who have difficulty accessing healthy affordable food.

1) Hot food Service

AMURT produces hot, tasty, nutritious vegetarian food on Thursdays. Most of the raw ingredients come from City Harvest or the Felix Project who distribute food that would otherwise go to waste.

Since Covid-19 struck we had been conducting food preparation activities at Mildmay Community Centre, who had donated the space for use during Covid-19 times. We are incredibly grateful to Mildmay Community Centre for donating the space and all their support.



In August 2021 the community centre went back to their pre-Covid-19 activities and AMURT activities relocated to the kitchen in AMURT's headquarters, in Cazenove Road.

After relocating AMURT began responding to new demands from two GP surgeries serving the homeless in Hackney and another location on Cazenove Road.

2) Vita Bites (AKA Go! Balls)

Vita Bites were first formulated to give much needed sustenance to the homeless and vulnerable when they can't find a hot meal. They are protein and nutrient dense to enhance one's health and bolster the immune system and are made from high quality, nutrient rich ingredients.

Our Vita Bites project has gone from strength to strength in 2021. We worked hard to launch Vita Bites as a separate social enterprise making the project more sustainable in the long run. In September 2021 our hard work paid off when we won a start-up grant for the business. The plan is to sell our delicious nutritious Vita Bites to health food retailers, gyms, yoga studios and health centres. For every two Vita Bites sold one will be given away to someone that really needs it through our own and our partner distributions including those of Streets Kitchen, North London Action for the Homeless, St John's Evangelist Church, the Round Chapel and The Margin's Project.

The new entity, Vita Bites Ltd, was incorporated at the end of 2021 and we are in the process of setting up the business.

We produced and packaged 21,583 Vita Bites in 2021 and on average, we distributed up to 400 a week.



What we do in the UK: Food for All, London

Not-for-profit vegan health food shop Food for All has served the people of Hackney since 1976. Committed to assisting the local community to achieve optimum health and wellbeing via natural means we stock more than 250 therapeutic/culinary herbs and tinctures. The broad product range includes whole foods, superfoods, dry and fresh goods, supplements, body care and household products. Food for All supports new ethical entrepreneurs and stocks locally made artisan products such as soaps, shea butter, preserves and ferments.

The store is renowned for its helpful and knowledgeable staff, unique community atmosphere and diverse customer base – some of whom have been shopping at the shop for nearly four decades! It is common to find staff and customers engaged in lively conversation swapping tips about nutrition, health care and local news.

Since the pandemic Food for All has become a community focal point for essential household items and nutritional and immune support and advice.

Profits from Food for All go to AMURT charitable activities.

Location: Food for All, 3 Cazenove Road, Stoke Newington, London, N16 6PA



International projects we work with: **AMURTEL** Greece



*There are 171,000+
recognised refugees
and asylum seekers in
Greece.*

*30% are single
women or single
mothers.*

*One in every five
female refugees
experiences sexual
violence.*

FIGURE 1.

92% women who attended sessions at AMURTEL said they were able to help other women in their community due to what they learned at AMURTEL. A small but significant number of women help others in the areas of women's health and contraception as well as looking at women's roles in society, women's rights and gender based violence.

52% say that they have made friends at AMURTEL whom they continue to be friends with outside of the centre, decreasing the feelings of isolation and depression especially in new mothers

700 women received one to one antenatal/postnatal and infant feeding consultations

73% of mothers who attended infant feeding group sessions said their breastfeeding improved and 45% increased breastfeeding and decreased the use of formula

600 refugee and migrant women in Athens attended support groups on infant and toddler care, sexual and reproductive health and gender based violence

45% say they feel stronger in their opinions when discussing matters related to what they've learned at AMURTEL

1000 plus distribution packs were shared with women attending the Athens mother and baby center including food, diapers, underwear, baby kits, condoms and many other basic essentials



AMURTEL Greece

At AMURTEL Greece, we believe all mothers have the right and the capacity to maintain or restore their health, well-being, dignity and self-determination. We believe that all infants have the right to be protected and cared for in order to foster optimum health and development. For highly vulnerable refugee and migrant populations, these rights are all too often unattainable.

The services we offer aim to mitigate the long term effects of crises on refugee and migrant infants and their mothers by supporting women to be the best possible mothers they can be and thus give their infants the best possible start in life. We do this by creating safe women's spaces where mothers can have access to midwifery care during pregnancy and postpartum, gain knowledge about infant care and women's reproductive health, receive support and support each other and make friendships to decrease the often debilitating effects of isolation and loneliness. A few of the other services we provide are counselling and support in response to gender-based violence, art therapy support, mother and baby yoga and also outreach services where they visit women in shelters, camps and their homes etc. in order to provide postpartum care for mothers and infants and also case management for particular needs women may have.

One thing that almost all the women have in common, regardless of where they hail from, is pride in motherhood. Being a mother is a primary personal and social role which defines them, both individually and in society. Most of the women agree that they were raised mainly to be mothers and this brings them much joy and a sense of



fulfilment. The shared commonality of motherhood at AMURTEL allows them to gradually open up and be willing to discuss, or at least think about, a variety of topics, even sensitive ones such as sexuality, gender based cultural roles, abuse, and human rights. AMURTEL's aim is that women will become stronger through knowledge, making friends and finding themselves part of a community of mothers.

Covid impacted AMURTEL's services in Greece as it did everywhere. Though the numbers of women we were able to reach decreased due to lockdowns and closures of the centre, the staff rallied to find online ways of continuing the support so that the mothers would not feel abandoned. Whatsapp groups and online appointments were soon adopted as the next best option to in-person meetings. Being unable to physically examine pregnant women and infants, not having blood pressure and other vital measurements as diagnostic tools, communicating through the medium of often unstable internet connections and knowing mothers needing help could not afford enough data for online consultations or groups were challenges that pushed the staff to rethink how to provide care. The outreach team did what they could visiting mothers at home within the parameters of covid restrictions.

Via online communication, pregnant women exhibiting signs of possible complications were referred to hospital, several times with life-saving results. Mothers struggling to breastfeed or feeling alone in the newness of infant care found guidance and encouragement from lactation consultants ready to be there for them as needed. Mothers with questions and nowhere to turn texted to the online groups and found a community of mothers and AMURTEL staff offering support and advice. To this day, this service continues despite no longer being in lockdown and it has also reached women in other countries. One silver lining of the pandemic!





Through attending sessions at AMURTEL women become more empowered. For example 27 Year old Farzaneh from Afghanistan fled her country when her husband died and his family threatened to take their 11 year old daughter unless Farzaneh married her husband's brother. As the mother, she had no rights to legal custody. Despite the significant risks a single woman travelling alone with a daughter would face, they did it and finally arrived in Greece.

A highly intelligent young woman who had been teaching at the university in Kabul, she worked at AMURTEL for one year as the trainer in both the peer and counsellor course and the reproductive health literacy program. Soon, she and her bright vivacious daughter will leave Greece for Northern Europe. Their challenges are far from over but she trusts that her courage and determination will bring them the best possible life.



The lifetime risk of a Nigerian woman dying during pregnancy, childbirth, postpartum or post-abortion is 1 in 22, in contrast to the lifetime risk in developed countries estimated at 1 in 4900

World Health Organisation

International projects we work with:
**AMURT
Nigeria**

With the upgrade of AMURT assisted health centers to emergency obstetric care centers, the number of obstetric referrals to the Federal Teaching Hospital in Abakaliki has reduced from 226 in 2018 to only 48 in 2021.

3,320 babies were born at AMURT Assisted Health Centres. Of these 7.8% were by C-Section. 89% of these were performed at AMURT assisted centers

The birth rate in AMURT's project areas has reduced as over 6000 women have chosen long term contraceptive options .

Over 1300 children benefitted from Micronutrient Powder, while 111 severely malnourished children were supported with RUTF (Ready to Use Therapeutic Foods)

In addition to drilling new boreholes, AMURT also repaired 32 old and broken boreholes across 10 LGAs

In 2021, AMURT extended the Adolescent Sexual & Reproductive Health Program to four new project areas

214 villages in the project areas are covered by trained maternal health promoters

elected by the women in their villages. In 2021 they gave over 300 health talks in local venues

The number of women attending ANC in AMURT assisted health centers was 6252.



AMURT Nigeria

AMURT Nigeria started work in S.E. Nigeria in 2010 due to its extremely high Maternal Mortality Rate: 1000 deaths in every 100,000 live births.

Most Primary Health Centres (PHCs) in these rural areas are run by the government, based on a centralized management system. They tend to deteriorate from lack of investment, are chronically understaffed, have erratic opening hours and experience low patronage due to the lack of confidence in and disconnect between the community and the PHC's. As a result, most women prefer to give birth at home and take their sick children to local herbalists and chemists (Patented Medical Vendors) who often misuse artificial Oxytocin to induce labour, which can result in uterine rupture and sometimes fetal death. Many pregnant women don't have access to comprehensive antenatal care and if they do, high-risk cases are rarely followed up.

AMURT Nigeria has developed a decentralized model of addressing the primary and maternal healthcare needs of neglected remote rural populations, putting community participation at the centre of its strategy. The model demands that the community initiate, manage and take ownership of the project in partnership with the government. It has been developed over 12 years of daily presence in villages.

AMURT's strategy has resulted in 11 well managed, high functioning PHCs with a guaranteed 24 hours service.

Given a boost by the successful "Every Life Counts" fundraising drive concluded in January, we were able to come to the aid of victims of violence and support the displaced population.



The number of pediatric surgeries sponsored by AMURT doubled. To give each patient the attention and care he or she deserves, the readiness to go the extra mile to save lives; this spirit defines the day-to-day work of AMURT.

Among 2021's achievements are two new staff quarters constructed, upgrade of Uloanwu Health Center to emergency obstetric referral center, 30 new village boreholes, two new ambulances, and a new dynamic Adolescent Sexual & Reproductive Health program.

Following are some highlights of the extensive services AMURT Nigeria provides.

Improving access to Emergency Obstetric Care:

AMURT's primary goal is to reduce maternal and child mortality. In July 2021, Uloanwu Health Center was upgraded with operating theatre. In addition to making emergency obstetric care accessible in the rural areas, AMURT subsidises obstetric emergencies to make cesarean sections affordable. 80% of the 237 cesarean sections in AMURT assisted health centres were paid in full by the patients' families. referral time delays. 82% of the cesarean sections came from outside our project areas, revealing the gap in access to emergency obstetric services in the rural areas. Only 11 % of

Safe Motherhood

In 2021, the reach of AMURT's maternal and newborn health services were limited as war forced the suspension of services at Akparata and Inikiri Health Centres in Effium, OhaukwuL GA. The number of deliveries in 2021 was 3320 . The percentage of deliveries from outside the project area was 46 %. Mgbalukwu Health Centre was the most improved with an 18% increase in number of births. Only 1.7% of total births, were referred to the tertiary hospital due to serious complications. A total of 265 deliveries were done by caesarean section.

Antenatal support:

AMURT makes Comprehensive Antenatal Care available in all our project areas. The number of women attending ANC in AMURT assisted health centers was 6252. Early identification of women who are at high risk of complications is essential.



Quality care of mothers and newborns

The number of complications and “near misses” (meaning the mother was very close to death) successfully managed in the health centres, or with AMURT support at referral centres, confirm that many lives were saved. AMURT reviews every maternal mortality during monthly medical team meetings to learn lessons and make changes to improve the quality of care.



Family planning:

Women’s access to family planning has been described as the single most important factor in reducing maternal mortality. Accordingly, AMURT identifies women who would be at risk from pregnancy and birth and follow up with home visits by the local family planning persons. The AMURT health centres offer the women a variety of short and long term contraceptive options. Equally important is providing support for natural methods like LAM (Lactational Amenorrhea Method), as they harmonize well with cultural beliefs.

Every life counts

AMURT provides support for obstetric and pediatric referrals from the health centres to the tertiary institutions. AMURT assisted health centres have doctors and facilities to manage most patients. The very serious life-threatening cases are referred. After referral, AMURT staff makes frequent visits to ensure that the requirements for treatments are available without delay. In 2021 we assisted 48 obstetric emergencies, 94 pediatric surgeries, 75 newborn complications, and over 30 other pediatric cases.

Ambulance Services Save Lives

In rural Nigeria, transport is hard to find. AMURT operates subsidised emergency transport services, serving 11 health centres. Eight ambulances with full-time standby drivers are based in the rural health centres, deployed exclusively for patient transport.

With the upgrade of AMURT-assisted health centres to emergency obstetric care centres, the number of obstetric referrals to the Federal Teaching Hospital in Abakaliki has reduced from 226 in 2018 to only 48 in 2021.



Maternal Health Promoters

In AMURT’s project areas, the women in each village elect a maternal health promoter from amongst themselves. This unique network now extends to 214 villages. They conduct monthly pregnant women support group meetings and work closely with health workers from the health center. As community based volunteers, they ensure that the program is well anchored at the grassroots.





International projects we work with:

Kenya Spirulina Nutrition Project

In Kenya, more than a quarter of children under the age of five, or two million children, have stunted growth. Stunting is the most frequent form of under-nutrition among young children. If not addressed, it has devastating long-term effects, including diminished mental and physical development. In addition, 11 per cent of children are underweight. . .

UNICEF

The United Nations FAO (Food and Agricultural Organization) recognise that hunger is not just the scarcity of food but also the inability of individuals to access what is referred to as nutritious food



Between 2014 and 2021 the Spirulina Nutrition Project has impacted the health of more than 22,000 beneficiaries through distributing spirulina free to children and mothers of young children

In 2021, 800 undernourished children in Kenya had their health positively impacted by spirulina supplementation and homeopathic treatment

Kenya Spirulina Nutrition Project

The Spirulina Nutrition Project (SNP) works alongside a project called Free Children's Clinics (FCC), run by Abha Light Foundation, to target children and mothers experiencing chronic malnutrition in vulnerable communities in Kenya.

The primary goal of SNP is to end malnutrition and address the dietary and nutritional needs of children and mothers through the use of spirulina.

The SNP has found spirulina to be highly effective in impacting the health of children, often with remarkable results. A small daily dose of spirulina dramatically impacts on the micro-nutrient absorption in the body. Within weeks, noticeable changes can be seen in the children's growth, weight and psycho-social behaviour. Several recent studies have demonstrated the immune enhancing properties of spirulina also.

SNP believes in self-reliant community health and sustainability. SNP grows its own spirulina at its farm located in Kambimawe village where there is also a large Free Children's Clinic.

In 2021 there was a constant production of good quality spirulina. This can be attributed mostly to the presence of good piped water, which is now available at the farm. Two rooms were also constructed to house production and storage with fully connected electricity. This has made the work of SNP become more effective and has raised the standards of quality and production.

800 children have been treated with homeopathic remedies and spirulina in the clinic. Most of the children attended have issues with low immune systems, malnutrition and chronic medical conditions.



Malnutrition

Malnutrition is a serious medical condition marked by a deficiency of energy, essential proteins, fats and vitamins and minerals in a diet. Malnourishment impacts all levels of a child's present well being and future prospects. In the short term it leads to decreased immunity, making them more susceptible to infectious diseases. This can lead to, for example, poor attendance at school and poor concentration when they can attend. In the longer term it impacts on their physiological and cognitive development, which in turn affects their future productivity and potential.

Malnutrition is the most recognizable and perhaps most outward consequence of poverty in children. The United Nations FAO (Food and Agricultural Organization) recognises that hunger is not just the scarcity of food but also the inability of individuals to access what is referred to as nutritious food. Most families in Sub-Saharan Africa, Kenya included, cannot afford a balanced diet more than twice a week, which is one of the main reasons these vulnerable communities are experiencing such endemic malnutrition.

SNP has found spirulina supplementation to provide a positive solution as it is easy to produce locally and highly nutritious.



Joseph aged 9 yrs, has arrested development, physically and mentally. At this age he's still struggling to talk fluently and has not yet joined school. He has been taking spirulina regularly now for 4 months and his condition has improved greatly. Joseph's mother appreciates it so much. Joseph has gained 2 kilograms in the last 4 months and his cognition has greatly improved.



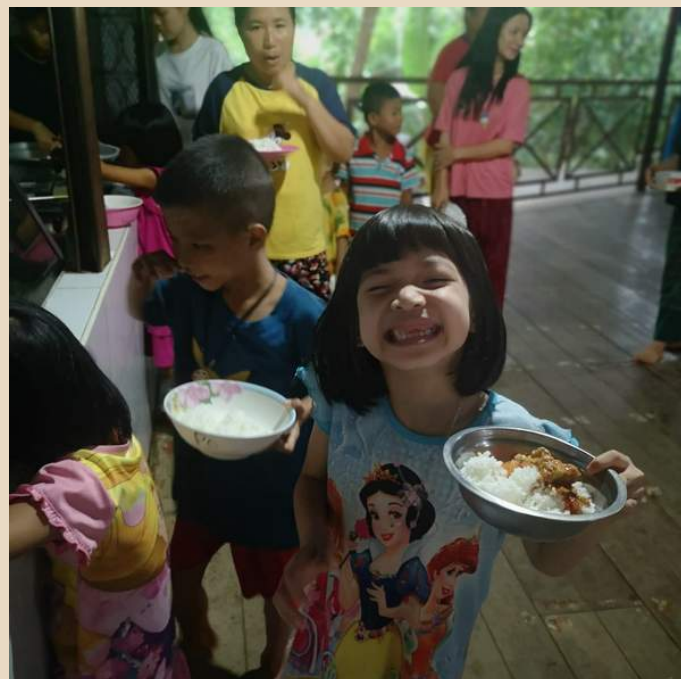
International relief projects we support

Over the course of this last year we have supported several international disaster relief projects.

This includes relief work after Typhoon Odette in the Philippines. Here the AMURT chapter on the ground ensured survivors received clean water, hot food and help with rebuilding their homes.

We also supported a project in Bihar state in India. Here we helped very poor communities who suffered during the devastating second wave of Covid-19, in the spring and summer of 2021, as a health and welfare crises spread in the local rural areas of India. The local AMURT chapter in coordination with the Ananda Nagar Naturopathy Center held regular medical and education camps which impacted the lives of 1300 poor tribal villagers who also received medicines, vitamins, herbal supplements and sanitation packs.

In Thailand we supported Burmese stateless refugee children to receive an education and warm meals.



Additional details on objectives and activities

Volunteers:

We are very grateful for the contribution made by our volunteers! The London programmes are run almost entirely by volunteers.

Surplus:

Any surplus funds which are not needed for activities are placed on deposit to earn interest.



Structure, governance and management

Description of Charity's Trusts

Type of Governing Document :	Trust Deed Dated 9th July 1986
How the Charity is Constituted :	Trust
Trustee Selection Methods :	By resolution of a quorum of the trustees recorded in the minutes

Additional Governance Issues

All Trustees give their time voluntarily and receive no other consideration or benefits.

AMURT UK works closely with AMURT Global.

AMURT's global coordinating office is based in the US. At times of humanitarian disaster international AMURT chapters liaise with this office to find out how to best support the AMURT chapter closest to where the disaster has occurred. This support may come in the form of fundraising, sending experts or additional volunteers.

INVESTMENT IN SUBSIDIARY

AMURT owns ninety-nine £1 ordinary shares in Food For All (London) Ltd, constituting a 99% shareholding. All shares in Food For All Ltd. are fully paid up and allotted. No dividend was paid. There was no change in the value of the shares in the year.

The activities of Food For All Ltd., which trades as a whole-food retailer, are entirely separate from those of AMURT. Its accounts have not been consolidated into the accounts of AMURT as its activities are unrelated to those of the Trust.

Profits from Food For All Ltd. are covenanted to the Trust, this amounted to £50,076 in this financial year.

The accounts of Food For All Ltd. are audited as per the requirements of the Companies Act 1985/2006.

Financial Review

Brief Statement on the Charity's Policy on Reserves:

AMURT UK's cash reserve policy is to keep £10,000. This amount is necessary to: service any unexpected, emergency expenses for AMURT UK projects including the London feeding program and to respond quickly to international emergency appeals if funds are needed before AMURT UK can deliver a fundraising campaign

Details of Any Funds Materially in Deficit:

Not Applicable.

Declaration

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

Name: Pierre Boyde
Date: 22.07.22
Position: Treasurer

Name: Govinda Lovage
Date: 22.07.22
Position: Chair



Charity Name AMURT UK	No (if any) 327216	CC16a
Receipts and payments accounts		
For the period from	Period start date Nov-20	To
		Period end date Oct-21

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Voluntary Donations for Specific Projects incl. (Stripe & Paypal, Facebook, Global Giving)		105,636		105,636	100,315
Internal Grants for Homeless feeding Project		-		-	-
Donations to AMURT Romania Homeopathic appeal		-		-	-
Covenanted Profits from Food For All HealthFoods	50,076	-		50,076	32,275
General Donations through Virgin Money Giving and other Bank deposits	1,730	-		1,730	603
Reclaimed Expenses & Refunds	-	-		-	-
Rent Received from Made in Hackney	-			-	4,200
HMRC Refunds	3,331			3,331	3,569
Other Income including Interest	37			37	43
Cash over/under		1		1	1
Subtotal Other AMURT UK Receipts	55,174	105,637		160,810	141,006
Other Income (Fx)	133			133	-
Sub total for all AMURT UK including MIH (Gross income for AR)	55,307	105,637		160,943	141,006
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	55,307	105,637	-	160,943	141,006
A3 Payments					
Other AMURT UK Projects	-	-	-	-	-
Cost Of Sales	-	-	-	-	-
Purchase of Goods for Overseas projects	-	-	-	-	-
Support to Local Projects	-	-	-	-	7,538
AMURT/EL Global Disaster relief	-	-	-	-	-
AMURT/EL implementing partner projects (international)	-	34,444	-	34,444	73,814
Project Motor Expenses London feeding Program	-	1,022	-	1,022	641
Project Consumables - London Feeding Project	-	20,721	-	20,721	14,602
Project Mileage Claims	-	-	-	-	-
Bank Charges, property & premises & Council Tax	2,417	72	-	2,489	2,830
Computer and Software & Communications	-	-	-	-	293
Advertising and Marketing & databases	527	-	-	527	775
Fundraiser Wages, Consultant expenses, Salaries incl security costs	22,428	47,298	-	69,725	29,101
Volunteer Expenses	-	1,792	-	1,792	589
Project Expenses Liverpool Breakfast club	-	807	-	807	400
Professional Fees	-	-	-	-	1,915
Minor balance reconciliation	362	-	-	362	-
Subtotal Payments other AMURT UK Projects	25,733	106,155	-	131,889	132,498
Sub total all AMURT UK	25,733	106,155	-	131,889	132,498
A4 Asset and investment purchases, (see table)					
IT and Capital equipment (purchase of van)	18,000	-	-	18,000	-
Sub total	18,000	-	-	18,000.00	-
Total payments	43,733	106,155	-	149,889	132,498
Net of receipts/(payments)	11,573	-518	-	11,055	8,508
A5 Transfers between funds	-	16,987	-	-	-
A6 Cash funds last year end	64,290	27,367	-	91,657	83,149
Cash funds this year end	58,876	43,836	-	102,712	91,657

2020
2019
2020

102,712

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	AMURT Transferwise EUR Account		46	-
	AMURT Triodos account	58,876	5,000	
	AMURT Transferwise GBP account		10	
	Petty Cash			-
	Unity account		24,160	
	AMURT Transferwise USD Account		14,620	
	Total cash funds	58,876	43,836	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	AMURT Cash Reserves			
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Pierre Boyde	22.08.2022	

Notes
a) Virgin Money giving includes gift aid reclamation, gift aid is reclaimed separately from HMRC for donations where it is appropriate to do so in line with HMRC guidance.



**Report to the trustees/
members of**

AMURT UK

**On accounts for the year
ended**

2021

**Charity no
(if any)**

327216

Set out on pages

One

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/ 10/ 2021.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

21/ 08/ 2022

Name:

Murali Ramaswamy

**Relevant professional
qualification(s) or body
(if any):**

None

Address:

Only complete if the examiner needs to highlight 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.

None

ANANDA MARGA UNIVERSAL RELIEF TEAM (AMURT) UK

England & Wales - Charity number 327216

Accounts

AMURT UK

ANNUAL REPORT &
ACCOUNTS 2019-2020



References and administration

Charity name: AMURT UK

**Other name charity
is known by:** Ananda Marga Universal Relief Team

**Registered Charity
number:** 327216

Principal Address: 3A Cazenove Road, London, N16 6PA

Trustees: Anthony E Lovage *Chair*
Pierre Boyde *Treasurer*
Jeff Reiter
Grace Collins
P Elizabeth Driscoll

Chief Executive: Position currently vacant

**Other senior
workers:** Natasha Horn (Fundraiser)
Sofia Craxton (London Programme
Manager)

About AMURT UK

AMURT UK is a grassroots disaster relief and community development organisation. We work with local communities to relieve the immediate suffering of those affected by disaster and crisis and help them move on with their lives.

In the UK, AMURT's current projects aim to:

- *Relieve food poverty for the homeless and the vulnerable, including disadvantaged children and their families, maximising the use of food which would otherwise go to waste
- * Promote access to healthy food and lifestyle choices

Internationally we partner with other AMURT chapters, to respond to the specific needs and challenges of their local areas.

BACKGROUND

AMURT (Ananda Marga Universal Relief Team) is one of the few private voluntary organisations of Third World origin, being founded in India in 1965. Its original objective was to help meet the needs of those affected by disasters that regularly hit the Indian sub-continent. Over the years AMURT has established teams in thirty four countries, creating a network that can meet development and disaster needs in many parts of the world.

In 1985 the global AMURT organisation broadened its goals to include long-term development and in 1986 AMURT was established in the UK.

We see much of our present role as helping vulnerable communities recover from disaster and crisis, break the cycle of poverty and gain greater control over their lives. For us, development is human exchange: people sharing wisdom, knowledge and experience to build a better world.

AMURTEL was formed in 1975 as a sister organisation to respond specifically to the problems faced by women and children. AMURTEL is managed by women and initiates programmes that raise the standard of health and education of women and their children. The programmes also permit women to gain greater self-determination and economic independence.

Forward by Chair

It has been quite a year. The pandemic unfortunately hit our beneficiaries in London particularly hard, many of whom have compromised health already. We were determined to keep our London feeding programme open throughout, unlike many that were forced to close. We faced some challenges, at the beginning, adapting our weekly hot meal distribution for the homeless, a program in its tenth year. Beneficiaries clearly needed support more than ever. Although some core staff went into isolation, our community links through mutual aid groups, the charity's wholefoods store, etc., gave confidence we could attract and engage a fresh team of local volunteers.

The key was creating part-time positions for a Volunteer Coordinator and Programme Manager, achieved through short term funding, which resulted in growing numbers of volunteers coming forward and purposefully serving their community.

Our new volunteers helped implement three additional meal preparation/distributions, and we formed a partnership to add another, delivering 200 pre-packed warm meals each week. We simultaneously began producing Nutritional Supplement Packs (NSPs): specially formulated high-protein, nutrient-dense snacks, which are smartly packaged and tasty. 1000 are distributed weekly through our own and six partnership distributions, providing immune support for beneficiaries.

AMURT UK programmes in London have grown from strength to strength during these very challenging times. With our roots in disaster relief we have been well equipped to support those in crisis.

We have also found that our volunteers have gained a huge amount from being involved in our programmes. Many of them have experienced mental health challenges throughout the pandemic and by volunteering they have found a sense of purpose, belonging and community which has helped see them through these strange times.

Here at AMURT we are all incredibly grateful to our donors and volunteers without whom we couldn't have responded in the way that we have.



Our financial year in numbers

Impacted the health of more than 2000 impoverished children through spirulina supplementation in Kenya



3,889 births attended to at AMURT Assisted Health Centres in Ebonyi State, S.E. Nigeria.



These figures include UK and international projects:

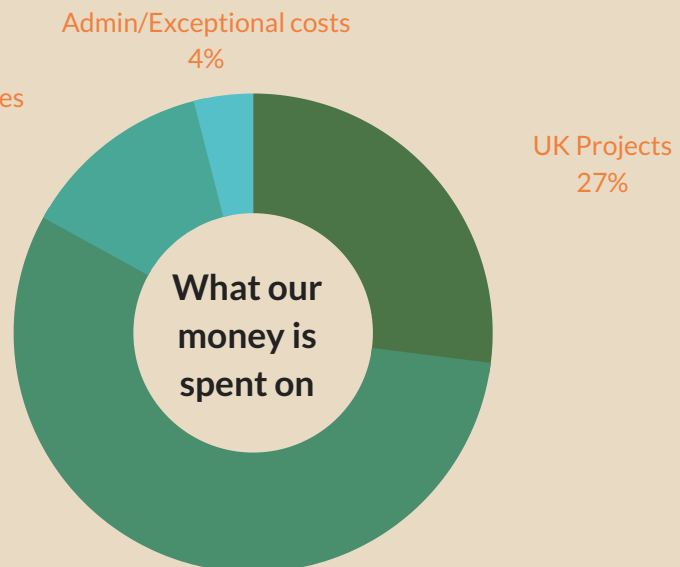
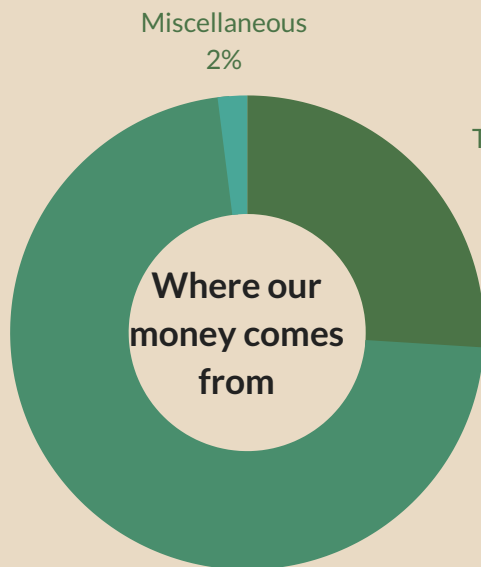
Produced and delivered 6,500 nutritious meals to homeless and vulnerable people in London



Produced and delivered 17,433 nutrient and protein dense energy balls to vulnerable people experiencing food poverty in London.



1,123 visits were made by refugee and migrant women in Athens to attend support groups on infant and toddler care, sexual and reproductive health and gender based violence



Grants/Donations
72%

Projects abroad
56%

What we do in the UK: London Covid Response

AMURT UK serves homeless people, vulnerable children, families and households who are experiencing food poverty in the London boroughs of Holborn, Hackney and Islington. Since the onset of the Covid-19 pandemic AMURT UK has tripled the number of volunteers we work with. This has enabled us to quadruple the number of beneficiaries we reach on a weekly basis. We run two main programmes; a hot nutritious vegetarian meal service and production of Nutritional Support Packs (NSPs) to beneficiaries who have difficulty accessing healthy affordable food.

We currently produce and distribute approximately 200 hot meals a week and 1000 protein dense snacks. Our programmes are almost exclusively run by volunteers.

Our main programmes include:

1) Nutritional Support Packs (called 'Go! Balls')
Our Nutritional Support Packs (NSPs) are protein and nutrient dense to enhance nutrition and bolster the immune system of homeless and vulnerable children, families and households who often have poor nutrition and may have compromised immune systems.

We use high quality, nutrient rich ingredients and distribute the NSPs to beneficiaries in Holborn, Hackney and Islington through our own distribution networks and through our partners, who include Streets Kitchen,



North London Action for the Homeless, Hari Krishna –Food for All, St John's Evangelist church, the Round Chapel and The Margin's Project.

We prepare and package the NSPs in our centre on Cazenove Road, Hackney. On average, we distribute 1000 NSPs a week. Between July 2020 and April 2021 we produced 36,00 Go! Balls.

2) We produce hot, tasty, nutritious vegetarian food on Thursdays in the Mildmay Community Centre Kitchen. Most of the raw ingredients come from City Harvest or the Felix Project who distribute food that would otherwise go to waste. In the morning we distribute to local vulnerable families and households, to school children and to the homeless on the border of Islington/Hackney at Mildmay Community Centre. In the afternoon we prepare hot meals to be distributed by us, to the homeless in Holborn, and by Streets Kitchen, to the homeless at Hackney Town Hall.

The food is always packed in insulated boxes and served within 3 hours.

The benefits for our volunteers

Our volunteers also directly benefit from our programme and their numbers have tripled (150 new volunteers since June 2020; 40+ active at any one time).

Due to quarantine and lockdowns restrictions, financial instability, fear and uncertainty, 94% of volunteers have experienced challenges to their mental health/wellbeing.

By volunteering for AMURT, volunteers benefit from healthy social interaction and a structure to their week, reaping many psychosocial benefits: community integration, sense of purpose and improved self-esteem. They are able to access meaningful, well-defined volunteering opportunities, training and a local support network, enhancing their employability with new skills and experience. 100% of our current active volunteers affirmed recently that volunteering for AMURT has improved their mental health and wellbeing.



What we do in the UK: Food for All, London

Not-for-profit vegan health food shop Food for All has served the people of Hackney since 1976. Committed to assisting the local community achieve optimum health and wellbeing via natural means we stock more than 250 therapeutic/culinary herbs and tinctures. The broad product range includes wholefoods, superfoods, dry and fresh goods, supplements, body care and household products. Food for All supports new ethical entrepreneurs and stocks locally made artisan products such as soaps, shea butter, preserves and ferments.

The store is renowned for its helpful and knowledgeable staff, unique community atmosphere and diverse customer base – some of whom have been shopping at the shop for nearly four decades! It is common to find staff and customers engaged in lively conversation swapping tips about nutrition, health care and local news.

Since the pandemic Food for All has become a community focal point for essential bulk food items and nutritional and immune support and advice.

Profits from Food for All go to AMURT charitable activities.

Location: Food for All, 3 Cazenove Road, Stoke Newington, London, N16 6PA



International projects we work with: AMURTEL Greece

For the refugee population within the post-emergency phase, pregnancy and child-delivery complications are the leading cause of morbidity and mortality among women.

Johns Hopkins and International Federation of Red Cross and Red Crescent

FIGURE 1.



93% women who attended sessions at AMURTEL said they were able to help other women in their community due to what they learned at AMURTEL. A small but significant number of women help others in the areas of women's health and contraception as well as looking at women's roles in society, women's rights and gender based violence.

1,123 visits were made by refugee and migrant women in Athens to attend support groups on infant and toddler care, sexual and reproductive health and gender based violence

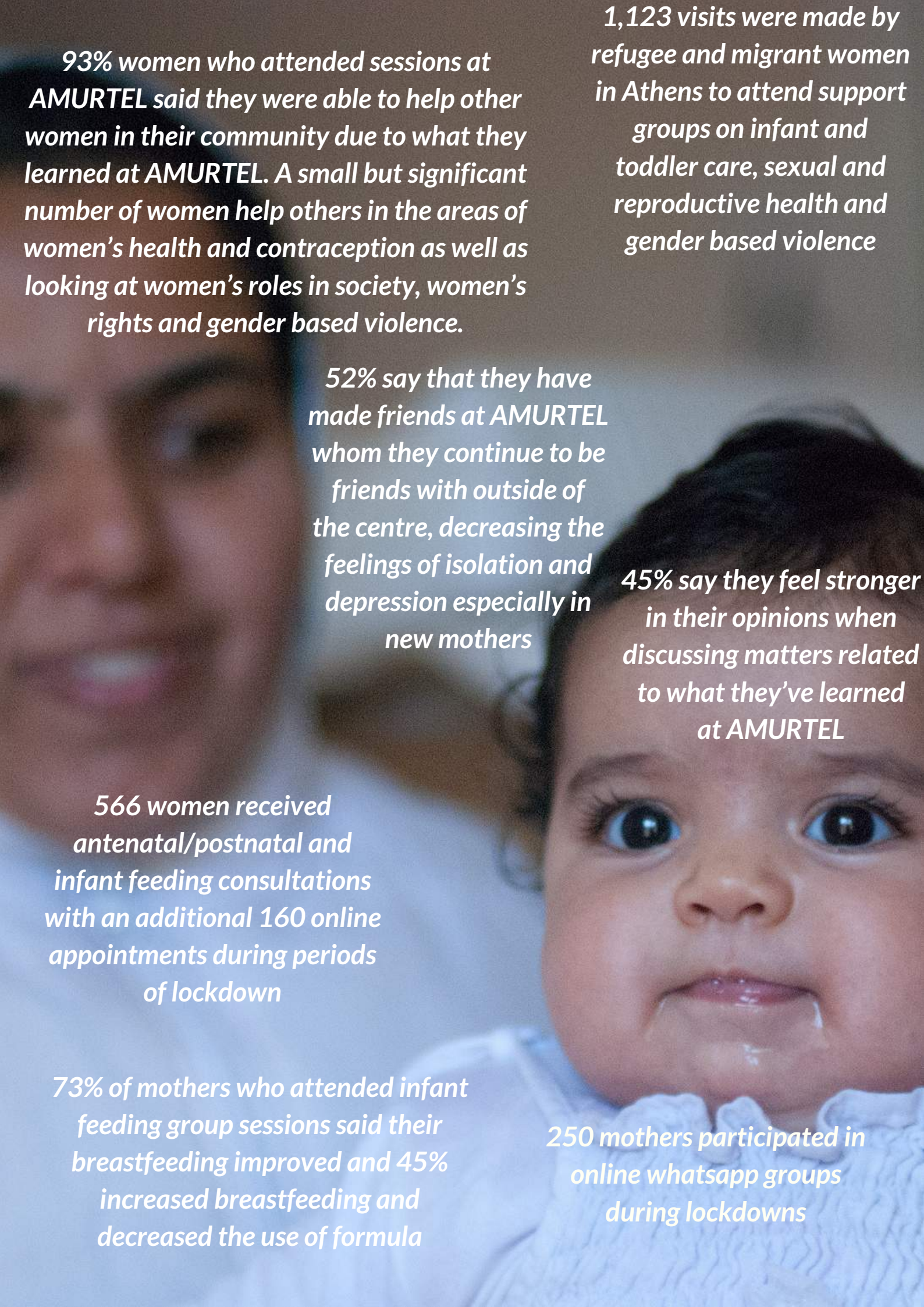
52% say that they have made friends at AMURTEL whom they continue to be friends with outside of the centre, decreasing the feelings of isolation and depression especially in new mothers

45% say they feel stronger in their opinions when discussing matters related to what they've learned at AMURTEL

566 women received antenatal/postnatal and infant feeding consultations with an additional 160 online appointments during periods of lockdown

73% of mothers who attended infant feeding group sessions said their breastfeeding improved and 45% increased breastfeeding and decreased the use of formula

250 mothers participated in online whatsapp groups during lockdowns



AMURTEL Greece

At AMURTEL Greece, they believe all mothers have the right and the capacity to maintain or restore their health, well-being, dignity and self-determination. They believe that all infants have the right to be protected and cared for in order to foster optimum development. For highly vulnerable refugee and migrant populations, these rights are all too often unattainable.

The services they offer aim to mitigate the long term effects of crises on refugee and migrant infants and their mothers by supporting women to be the best possible mothers they can be and thus give their infants the best possible start in life. They do this by creating safe women's spaces where mothers can have access to midwifery care during pregnancy and postpartum, gain knowledge about infant care and women's reproductive health, receive support and support each other and make friendships to decrease the often debilitating effects of isolation and loneliness.

One thing that almost all the women have in common, regardless of where they hail from, is pride in motherhood. Being a mother is a primary personal and social role which defines them, both individually and in society. Most of the women agree that they were raised mainly to be mothers and this brings them much joy and a sense of fulfilment. The shared commonality of motherhood at AMURTEL allows them to gradually open up and be willing to discuss, or at least think about, a variety of topics, even sensitive ones such as sexuality, gender based cultural roles, abuse, and human rights. AMURTEL's aim is that women will become stronger through knowledge, making friends and finding themselves part of a community of mothers.



Covid impacted AMURTEL's services in Greece as it did everywhere. Though the numbers of women we were able to reach decreased due to lockdowns and closures of the centre, the staff rallied to find online ways of continuing the support so that the mothers would not feel abandoned. Whatsapp groups and online appointments were soon adopted as the next best option to in-person meetings. Being unable to physically examine pregnant women and infants, not having blood pressure and other vital measurements as diagnostic tools, communicating through the medium of often unstable internet connections and knowing mothers needing help could not afford enough data for online consultations or groups were challenges that pushed the staff to rethink how to provide care. The outreach team did what they could visiting mothers at home within the parameters of covid restrictions.

Via online communication, pregnant women exhibiting signs of possible complications were referred to hospital, several times with life-saving results. Mothers struggling to breastfeed or feeling alone in the newness of infant care found guidance and encouragement from lactation consultants ready to be there for them as needed. Mothers with questions and nowhere to turn texted to the online groups and found a community of mothers and AMURTEL staff offering support and advice.

What we knew but realized again is that the inherent necessity and resilience of woman-to-woman, mother-to-mother care will always find a way to surface. It holds within it a depth and strength that offers sustenance, even in the midst of crises.






Through attending sessions at AMURTEL women become more empowered. For example Nasrin, an Afghan woman from a small village, admitted that the idea of a woman having rights had never occurred to her. She and her friends have begun talking about this amongst themselves and have begun standing up to their husbands. Engaged at 15 and married at 17 to her cousin whom she did not love but was forced to marry, Nasrin says the beatings that she received every day of her life from her husband have begun to decrease. She feels hopeful that with time and further acclimation into European society, they will decrease even more.

Also Shirin, a Syrian mother of 3, thinks she is one of the lucky ones because now, "I voice my opinions with my husband in ways I did not do in Syria and my husband listens in ways he didn't in Syria."

Nigeria has the 4th highest Maternal Mortality Ratio (MMR) in the world at 917 deaths per 100,000 live births. A woman's chance of dying from pregnancy and childbirth is 1 in 13.

**International
projects we
work with:
AMURT
Nigeria**



A woman with dark hair, wearing an orange AMURT uniform, is smiling and looking down at a newborn baby she is holding. The baby is wrapped in a white cloth and is sleeping. The background is a plain, light-colored wall.

In 2020, AMURT opened two new project areas bringing the number of AMURT assisted rural health centers to 11 and upgraded two more health centers to offer emergency obstetric services. AMURT now has 5 Obstetric Emergency Care Centers

The birth rate in AMURT's project areas has reduced as over 6000 women have chosen long term contraceptive options the last four years.

75% of births in AMURT Nigeria's project area took place at a birth centre with a skilled birth attendant compared to the rural national average of 26.7%

AMURT drilled 34 new boreholes giving communities safe water at their doorstep for the first time and repaired 28 old or broken ones

214 villages in the project areas are covered by trained maternal health promoters elected by the women in their villages

3,889 babies were born at AMURT Assisted Health Centres. Of these 7.8% were by C-Section. 97% of these were performed at AMURT assisted centers

The number of women attending ANC in AMURT assisted health centers rose by 16% in 2020 to 7848.

Neonatal mortalities (at health center and through referral), reduced by 18% to 56. Neonatal referrals reduced by 36% to 47.

1,084 home visits to women at high risk of complication during birth were made

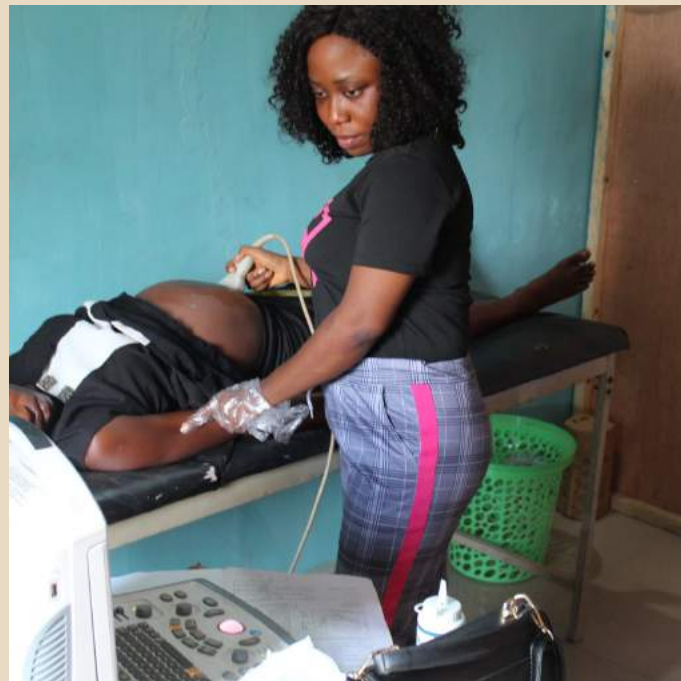
AMURT Nigeria

AMURT Nigeria started work in S.E. Nigeria in 2010 due to its extremely high Maternal Mortality Rate: 1000 deaths in every 100,000 live births.

Most Primary Health Centres (PHCs) in these rural areas are run by the government, based on a centralized management system. They tend to deteriorate from lack of investment, are chronically understaffed, have erratic opening hours and experience low patronage due to the lack of confidence in and disconnect between the community and the PHC's. As a result, most women prefer to give birth at home and take their sick children to local herbalists and chemists (Patented Medical Vendors) who often misuse artificial Oxytocin to induce labour, which can result in uterine rupture and sometimes fetal death. Many pregnant women don't have access to comprehensive antenatal care and if they do, high-risk cases are rarely followed up.

AMURT Nigeria has developed a decentralized model of addressing the primary and maternal healthcare needs of neglected remote rural populations, putting community participation at the centre of its strategy. The model demands that the community initiate, manage and take ownership of the project in partnership with the government. It has been developed over 10 years of daily presence in villages.

AMURT's strategy has resulted in 11 well managed, high functioning PHCs with a guaranteed 24 hours service.



Improving access to Emergency Obstetric Care:

AMURT's primary goal is to reduce maternal and child mortality. In 2020, two Health Centres were upgraded with operating theatres, and a new wing with improved theatre facilities was built at Odeligbo. As a result, AMURT assisted facilities' reputation as reliable referral centres grew. In addition to making emergency obstetric care accessible in the rural areas, AMURT subsidises obstetric emergencies to make cesarean sections affordable. Thereby, 80% of the 292 cesarean sections in AMURT assisted health centres were paid in full by the patients.



Antenatal support:

AMURT makes Comprehensive Antenatal Care available in all our project areas. The number of women attending ANC in AMURT assisted health centres rose by 16% in 2020 to 7848. With attendance in some health centres reaching up to 200 in one day, two or three doctors are on duty during A.N.C. so that every pregnant mother can be examined well.

AMURT has five portable ultrasound machines and scanning is free. Early identification of women who are at high risk of complications is essential. Health workers make home visits to follow up on high-risk cases.

It is significant that 56% of the women attending ANC at AMURT health centres in 2020, came from outside the project areas.



Safe Motherhood:

AMURT's maternal and newborn health services expanded their reach in 2020. The number of deliveries assisted by AMURT rose to 3889. The percentage of deliveries from outside the project area was 56%. Uloanwu Health Centre was the most improved with a 33% increase in number of births. Only 0.7% of total births, were referred to the tertiary hospital due to serious complications. A total of 302 deliveries were done by caesarean section. Of those, 292 were done at AMURT assisted health centers, compared to 242 in 2019.



Newborn Emergency care

The establishment of a newborn intensive care unit at Odeligbo Health Centre made a big difference. All the equipment is run with a solar system designed to provide power 24 hours a day. With the neonatal incubator, we could care for premature babies in the health centre for the first time. The CPAP (Continuous Positive Airway Pressure) machine helps babies asphyxiated at birth. In addition, the phototherapy machine is fundamental for the treatment of neonatal jaundice. In 2020, the number of neonatal mortalities, reduced by 18% to 56. Neonatal referrals reduced by 36% to 47.



Family planning:

Women's access to family planning has been described as the single most important factor in reducing maternal mortality. Accordingly, AMURT identifies women who would be at risk from pregnancy and birth and follow up with home visits by the family planning focal persons. The AMURT health centres offer the women a variety of short and long term contraceptive options. Equally important is providing support for natural methods like LAM (Lactational Amenorrhea Method), as they harmonize well with cultural beliefs.



Ambulance Services Save Lives

In the rural areas, transport is hard to find. AMURT operates six ambulances, serving 11 health centres. The number of obstetric referrals to the Federal Teaching Hospital in Abakaliki has been reduced from 226 in 2018 to only 44 in 2020. The major load of obstetric emergencies are now managed at the AMURT assisted health centres. The ambulances now shuttle between the health centres.

Maternal Health Promoters

In AMURT's project areas, the women in each village elect a maternal health promoter from amongst themselves. This unique network now extends to 214 villages. They conduct monthly pregnant women support group meetings and work closely with health workers from the health center. As community based volunteers, they ensure that the program is well anchored at the grassroots.



Special needs children

AMURT gives close attention and support for special needs children and their parents. Central to this work is AMURT's special needs children coordinator, who made 120 home visits in 2020. Rural parents of children with disabilities, birth defects and chronic conditions lack access to specialized care or even basic information. AMURT believes these children deserve the best and has made their care a priority.





International projects we work with: Kenya Spirulina Nutrition Project

The humanitarian situation in Kenya has deteriorated rapidly due to the coronavirus (COVID-19) pandemic, desert locusts, recurrent waterborne disease outbreaks, flooding and slow recovery from the 2019 drought. Access to basic social services is limited for vulnerable populations, particularly women and children. (UNICEF)

The United Nations FAO (Food and Agricultural Organization) recognise that hunger is not just the scarcity of food but also the inability of individuals to access what is referred to as nutritious food



Between 2014 and 2020 the Spirulina Nutrition Project has impacted the health of more than 21,500 beneficiaries through distributing spirulina free to children and mothers of young children

In 2020, 2000 undernourished children in Kenya had their health positively impacted by spirulina supplementation

Kenya Spirulina Nutrition Project

The Spirulina Nutrition Project (SNP) works alongside a project called Free Children's Clinics (FCC), run by Abha Light Foundation, to target children and mothers experiencing chronic malnutrition in vulnerable communities in Kenya.

The primary goal of SNP is to end malnutrition and address the dietary and nutritional needs of children and mothers through the use of spirulina. The spirulina is normally distributed through permanent and mobile clinics scattered across Kenya, run by Abha Light Foundation.

The SNP has found spirulina to be highly effective in impacting the health of children, often with remarkable results. A small daily dose of spirulina dramatically impacts on the micro-nutrient absorption in the body. Within weeks, noticeable changes can be seen in the children's growth, weight and psycho-social behaviour. Several recent studies have demonstrated the immune enhancing properties of spirulina also.

SNP believes in self-reliant community health and sustainability. SNP grows its own spirulina at its farm located in Kambimawe village where there is also a large Free Children's Clinic.

Covid-19 restrictions badly affected Kenya and the work of SNP. All the mobile clinics and spirulina distributions had to close. Yet the permanent clinics in Kambimawe and Wote (Makueni district) were inundated with patients as spirulina became more vital as the only source of protein for poor families in these hard economic times.



Malnutrition

Malnutrition is a serious medical condition marked by a deficiency of energy, essential proteins, fats and vitamins and minerals in a diet. Malnourishment impacts all levels of a child's present well being and future prospects. In the short term it leads to decreased immunity, making them more susceptible to infectious diseases. This can lead to, for example, poor attendance at school and poor concentration when they can attend. In the longer term it impacts on their physiological and cognitive development, which in turn affects their future productivity and potential.

Malnutrition is the most recognizable and perhaps most outward consequence of poverty in children. The United Nations FAO (Food and Agricultural Organization) recognises that hunger is not just the scarcity of food but also the inability of individuals to access what is referred to as nutritious food. Most families in Sub-Saharan Africa, Kenya included, cannot afford a balanced diet more than twice a week, which is one of the main reasons these vulnerable communities are experiencing such endemic malnutrition.

SNP has found spirulina supplementation to provide a positive solution as it is easy to produce locally and highly nutritious.



A 12-year old boy who has been insulin dependent for his whole life fainted a lot at school because of fluctuating sugar levels. His parent were almost giving up on him and it had reached a situation where the boy stopped learning due to his health condition... he had lost much weight and his intelligence was much affected.

For a year now he has taken a combination of spirulina and homeopathic remedies and his health has greatly improved. Now he never misses classes and episodes of fainting are nearly gone. He has put on much weight and now does his duties perfectly like any other child.

Thank god for spirulina!



International relief projects we support

Over the course of this last year we have supported several international disaster relief projects.

This has included the Beirut Blast in Lebanon where we worked with AMURT Lebanon to ensure that survivors of the blast got the psychological, social and practical support that they needed in the aftermath of the destruction.



Additional details on objectives and activities

Volunteers:

We are very grateful for the contribution made by our volunteers! The London programmes are run almost entirely by volunteers.

Surplus:

Any surplus funds which are not needed for activities are placed on deposit to earn interest.



Structure, governance and management

Description of Charity's Trusts

Type of Governing Document :	Trust Deed Dated 9th July 1986
How the Charity is Constituted :	Trust
Trustee Selection Methods :	By resolution of a quorum of the trustees recorded in the minutes

Additional Governance Issues

All Trustees give their time voluntarily and receive no other consideration or benefits.

AMURT UK works closely with AMURT Global.

AMURT's global coordinating office is based in the US. At times of humanitarian disaster international AMURT chapters liaise with this office to find out how to best support the AMURT chapter closest to where the disaster has occurred. This support may come in the form of fundraising, sending experts or additional volunteers.

INVESTMENT IN SUBSIDIARY

AMURT owns ninety-nine £1 ordinary shares in Food For All (London) Ltd, constituting a 99% shareholding. All shares in Food For All Ltd. are fully paid up and allotted. No dividend was paid. There was no change in the value of the shares in the year.

The activities of Food For All Ltd., which trades as a whole-food retailer, are entirely separate from those of AMURT. Its accounts have not been consolidated into the accounts of AMURT as its activities are unrelated to those of the Trust.

Profits from Food For All Ltd. are covenanted to the Trust, this amounted to £32,275 in this financial year.

The accounts of Food For All Ltd. are audited as per the requirements of the Companies Act 1985/2006.

Financial Review

Brief Statement on the Charity's Policy on Reserves:

AMURT UK's cash reserve policy is to keep £5,000. This amount is necessary to: service any unexpected, emergency expenses for AMURT UK projects including the London feeding program and to respond quickly to international emergency appeals if funds are needed before AMURT UK can deliver a fundraising campaign

Details of Any Funds Materially in Deficit:

Not Applicable.

Declaration

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

Name: Pierre Boyde
Date: 22.06.21
Position: Treasurer

Name: Govinda Lovage
Date: 22.06.21
Position: Chair



Charity Name AMURT UK	No (if any) 327216	CC16a
Receipts and payments accounts		
For the period from	Period start date Nov-19	To
		Period end date Oct-20

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Voluntary Donations for Specific Projects incl. (Stripe & Paypal, Facebook, Global Giving)		100,315		100,315	14,255
Internal Grants for Homeless feeding Project		-		-	-
Donations to AMURT Romania Homeopathic appeal		-		-	-
Covenanted Profits from Food For All HealthFoods	32,275	-		32,275	73,107
General Donations through Virgin Money Giving and other Bank deposits	603	-		603	842
Reclaimed Expenses & Refunds	-	-		-	-
Rent Received from Made in Hackney	4,200	-		4,200	4,200
HMRC Refunds	3,569	-		3,569	10,432
Other Income including Interest	43	-		43	40
Cash over/under	1	-		1	1,690
Subtotal Other AMURT UK Receipts	40,691	100,315		141,006	104,566
Other Income					
Sub total for all AMURT UK including MIH (Gross income for AR)	40,691	100,315		141,006	104,566
A2 Asset and investment sales, (see table).					
Sub total					
Total receipts	40,691	100,315		141,006	104,566
A3 Payments					
Other AMURT UK Projects					
Cost Of Sales	-	-		-	-
Purchase of Goods for Overseas projects	-	-		-	-
Support to Local Projects	7,538	-		7,538	8,000
AMURT/EL Global Disaster relief	-	-		-	5,600
AMURT/EL implementing partner projects (international)	-	73,814		73,814	43,244
Project Motor Expenses London feeding Program	-	641		641	1,590
Project Consumables - London Feeding Project	251	14,351		14,602	2,173
Project Mileage Claims	-	-		-	235
Bank Charges, property & premises & Council Tax	2,830	-		2,830	2,431
Computer and Software & Communications	290	3		293	207
Advertising and Marketing & databases	775	-		775	580
Fundraiser Wages, Consultant expenses, Salaries incl security costs	16,921	12,180		29,101	33,229
Volunteer Expenses	20	569		589	-
Project Expenses Liverpool Breakfast club	-	400		400	10,036
Professional Fees	-	1,915		1,915	-
Exceptional expense related to deceased worker	-	-		-	2,795
Subtotal Payments other AMURT UK Projects	28,625	103,873		132,498	110,121
Sub total all AMURT UK	28,625	103,873		132,498	110,121
A4 Asset and investment purchases, (see table)					
IT and Capital equipment	-	-		-	-
Sub total					
Total payments	28,625	103,873		132,498	110,121
Net of receipts/(payments)	12,066	3,558		8,509	5,555
A5 Transfers between funds	30,925	30,925			
A6 Cash funds last year end	83,149			83,149	83,705
Cash funds this year end	64,290	27,367		91,658	78,150

2019
2018
2019

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	AMURT Transferwise EUR Account		97	-
	AMURT Triodos account	64,290	5,000	
	AMURT Romania Homeopathic Appeal			
	Petty Cash			
	Unity account		20,104	
	AMURT Transferwise USD Account		2,165	
	Total cash funds	64,290	27,367	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	AMURT Cash Reserves			
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Pierre Boyde (Treasurer)	15.6.21	

Notes
a) Virgin Money giving includes gift aid reclamation, gift aid is reclaimed separately from HMRC for donations where it is appropriate to do so in line with HMRC guidance.
b) Petty cash was closed down during this financial year.
c) Major donors to the London feeding Program included but were not limited to:-



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name:
AMURT UK

**On accounts for the year
ended**

2020	Charity no (if any)	327216
------	--------------------------------	--------

Set out on pages

One

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/10/2020.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 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:

- accounting records were kept in accordance with section 130 of the Act or
- the accounts do accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: 

Date: 26/04/2021

Name: Murali Ramaswamy

**Relevant professional
qualification(s) or body
(if any):**

None

Address:

Section B Disclosure

Only complete if the examiner needs to highlight 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.

None