

# North West Age Of Enlightenment Association

Northern Ireland · Charity number 100159

## Details

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Status Overdue

Registered 2014-12-03

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

## Contact

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Address 4 Clooney Terrace  
Londonderry  
4 Clooney Terrace  
BT47 6ar  
BT47 6AR

Phone 07719302988

Email [mccorm34@hotmail.com](mailto:mccorm34@hotmail.com)

## Activities

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**Purposes:** The purposes of the charity ('the purposes') are to advance the education of the public about Transcendental Meditation by offering accessible and relevant activities to the broadest possible range of people in particular (but not exclusively) by:- (1) the provision of follow-up support and participation in meditation sessions to encourage and promote the education of individuals who have learnt Transcendental Meditation and any other activities suitable for achieving this aim.

**What the charity does:** The advancement of education, The advancement of health or the saving of lives

**How the charity works:** Community development, Education/training, Medical/health/sickness, Welfare/benevolent

**Who the charity helps:** General public, Mental health

## Finances

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Period end	Income	Expenditure	Assets	Employees
2024-04-05	£2,820	£2,873	£0	0

## Trustees

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Name	Role	Appointed
Aine Conaghan		
Helen McDonnell		
Pauline Mcalinden		
Raymond Sweeney		

**North West Age Of Enlightenment Association**

Northern Ireland - Charity number 100159

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# Accounts

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NWAOEA	100159	
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## Receipts and payments accounts

For the period from	06/04/2023	To	05/04/2024	
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Standing Order donations	927	-	-	927	972
HMRC tax back	243	-	-	243	243
Other donations	145	-	-	145	
PowerNI refund	1,505	-	-	1,505	1,850
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>A1 Sub total</b> (Gross income for the Annual Return)	<b>2,820</b>	<b>-</b>	<b>-</b>	<b>2,820</b>	<b>3,065</b>
<b>A2 Asset and investment sales</b> (see tables 1 and 2 in section 7 of the guidance).					
	-	-	-	-	-
	-	-	-	-	-
<b>A2 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>2,820</b>	<b>-</b>	<b>-</b>	<b>2,820</b>	<b>3,065</b>
<b>A3 Payments</b>					
Apartment maintenance	816	-	-	816	816
PowerNI	1,849	-	-	1,849	582
NI Water	208	-	-	208	183
Other	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>A3 Sub total</b>	<b>2,873</b>	<b>-</b>	<b>-</b>	<b>2,873</b>	<b>1,581</b>
<b>A4 Asset and investment purchases</b> (see tables 1 and 2 in section 7 of the guidance)					
	-	-	-	-	-
	-	-	-	-	-
<b>A4 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>2,873</b>	<b>-</b>	<b>-</b>	<b>2,873</b>	<b>1,581</b>
<b>Net of receipts/(payments)</b>	<b>- 52</b>	<b>-</b>	<b>-</b>	<b>- 52</b>	<b>1,484</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>5,348</b>	<b>-</b>	<b>-</b>	<b>5,348</b>	<b>3,863</b>
<b>Cash funds this year end</b>	<b>5,295</b>	<b>-</b>	<b>-</b>	<b>5,295</b>	<b>5,348</b>

**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 £	Total funds to nearest £	Last year to nearest £
B1 Cash funds	05/04/2024	5,295	-	-	5,295	5,348
		-	-	-	-	-
		-	-	-	-	-
	<b>Total cash funds</b>	<b>5,295</b>	<b>-</b>	<b>-</b>	<b>5,295</b>	<b>5,348</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	Total funds to nearest £	Last year to nearest £
B2 Other monetary assets		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total	-	-	-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
B3 Investment assets			-	-	-
			-	-	-
			-	-	-
			-	-	-
	Total		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
B4 Assets retained for the charity's own use			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
		Total		-	-

Categories	Details	Fund to which liability relates	When due (optional)	Amount due (optional)	Last year
B5 Liabilities				-	-
				-	-
				-	-
				-	-
		Total			-

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

Signature	Print Name	Date of approval
Helen McDonnell	Helen McDonnell	17/09/2025

**North West Age Of Enlightenment Association**

Northern Ireland - Charity number 100159

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# Accounts

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NWAOEA	100159	
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## Receipts and payments accounts

For the period from	06/04/2022	To	05/04/2023	
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Standing Order donations	972	-	-	972	972
HMRC tax back	243	-	-	243	487
Other donations		-	-	-	
PowerNI refund	1,850	-	-	1,850	
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>A1 Sub total</b> (Gross income for the Annual Return)	<b>3,065</b>	<b>-</b>	<b>-</b>	<b>3,065</b>	<b>1,459</b>
<b>A2 Asset and investment sales</b> (see tables 1 and 2 in section 7 of the guidance).					
	-	-	-	-	-
	-	-	-	-	-
<b>A2 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>3,065</b>	<b>-</b>	<b>-</b>	<b>3,065</b>	<b>1,459</b>
<b>A3 Payments</b>					
Apartment maintenance	816	-	-	816	816
PowerNI	582	-	-	582	582
NI Water	183	-	-	183	193
Other	-	-	-	-	895
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>A3 Sub total</b>	<b>1,581</b>	<b>-</b>	<b>-</b>	<b>1,581</b>	<b>2,486</b>
<b>A4 Asset and investment purchases</b> (see tables 1 and 2 in section 7 of the guidance)					
	-	-	-	-	-
	-	-	-	-	-
<b>A4 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>1,581</b>	<b>-</b>	<b>-</b>	<b>1,581</b>	<b>2,486</b>
<b>Net of receipts/(payments)</b>	<b>1,484</b>	<b>-</b>	<b>-</b>	<b>1,484</b>	<b>- 1,028</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>3,863</b>	<b>-</b>	<b>-</b>	<b>3,863</b>	<b>4,891</b>
<b>Cash funds this year end</b>	<b>5,348</b>	<b>-</b>	<b>-</b>	<b>5,348</b>	<b>3,863</b>

**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 £	Total funds to nearest £	Last year to nearest £
B1 Cash funds	05/04/2023	5,348	-	-	5,348	3,863
		-	-	-	-	-
		-	-	-	-	-
	<b>Total cash funds</b>	<b>5,348</b>	<b>-</b>	<b>-</b>	<b>5,348</b>	<b>3,863</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	Total funds to nearest £	Last year to nearest £
B2 Other monetary assets		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
B3 Investment assets			-	-	-
			-	-	-
			-	-	-
	<b>Total</b>		<b>-</b>	<b>-</b>	<b>-</b>

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
B4 Assets retained for the charity's own use			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
	<b>Total</b>		<b>-</b>	<b>-</b>	<b>-</b>

Categories	Details	Fund to which liability relates	When due (optional)	Amount due (optional)	Last year
B5 Liabilities				-	-
				-	-
				-	-
				-	-
	<b>Total</b>			<b>-</b>	<b>-</b>

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

Signature	Print Name	Date of approval
Helen McDonnell	Helen McDonnell	17/09/2025

**North West Age Of Enlightenment Association**

Northern Ireland - Charity number 100159

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# Annual report

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## **North West Age of Enlightenment Association – Trustee Report**

The North West Age of Enlightenment Association (NWAoEA) is a charity governed by Trust deed. It is managed by the Trustees acting as chairperson, secretary and treasurer, plus one other.

The charities finances are in surplus and accounts are prepared to comply with the requirements of the charity requirements of the charity commission for Northern Ireland. Our income from donations covers all of our expenses over the year.

In 2022 the existing Trustees stepped down and four new Trustees were appointed.

- Chairperson: Raymond Sweeney
- Secretary: Pauline McAlinden
- Treasurer: Helen McDonnell
- Trustee: Aine Conaghan.

The administration of NWAoEA is carried out wholly by these trustees and this ensures that there is good control of the organisation.

Transcendental Meditation is researched based and as such we can be confident that we have backup for the multiple benefits that are gained from the practice.

These benefits include:

- Improved creativity
- Improved practical intelligence
- Improved mental efficiency
- Increased perception and memory
- Increased analytical and holistic thinking
- Accelerated cogitative development in children and in mental flexibility in the elderly

Health benefits include:

- Decreased blood pressure
- Reduction of atherosclerosis
- Decreased insulin resistance
- Reduction in heart attack and stroke incidences.

Over the past year the North West Age of Enlightenment Association continued delivering the benefits that we pledged in our original statement to the Charity Commission.

We continue to teach new people and we give a backup service to all those who have learned over the years. We are always available on short notice to give support and advice to our clients. We hold discussion groups on a regular basis and all of our clients are free to participate. We hold public meetings where people can avail of free information about the benefits of Transcendental Meditation.

There are lots of positive feedback about the benefits of Transcendental Meditation from the people who have learned to meditate. We are firmly established in the community and are supported by that community.

Helen McDonnell

Treasurer/ Trustee

17<sup>th</sup> September 2025

**North West Age Of Enlightenment Association**

Northern Ireland - Charity number 100159

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# Annual return

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# **North West Age of Enlightenment Association**

## **Independent examiner's report to the charity trustees of North West Age of Enlightenment Association Trust.**

I report on the accounts of the Trust for the year ended 5 April 2023, which are set out on page 3.

### **Respective responsibilities of charity trustees and examiner**

As the charity's trustees you are responsible for the preparation for the accounts in accordance with the charities Act (Northern Ireland) 2008.

It is my responsibility to:

- Examine the accounts under section 65 of the Charities Act
- Follow the procedures laid down in the general Directions given by the commission under section 65(9)(b) of the Charities Act
- State whether particular matters have come to my attention.

### **Basis of independent examiner's report**

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act .

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act.
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

## **Independent examiner's statement**

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Imelda McCormack

Instructor, Northern Ireland Civil Service, Clare House, Belfast, BT3 9ED

17<sup>th</sup> September 2025

## Receipts and Payments NWAoEA for year end 2022 and 2023

		2023		2022
<b>Receipts</b>				
Standing Order donations	£	972	£	972
HMRC tax back	£	243	£	487
Other donations				
PowerNI refund	£	1,850		
<b>Sub total receipts</b>	<b>£</b>	<b>3,065</b>	<b>£</b>	<b>1,459</b>
<b>Payments</b>				
Apartment maintenance	£	816	£	816
PowerNI	£	582	£	582
NI Water	£	183	£	193
Other			£	895
<b>Sub total payments</b>	<b>£</b>	<b>1,581</b>	<b>£</b>	<b>2,486</b>
<b>Net of receipts/payments</b>	<b>£</b>	<b>1,484</b>	<b>-£</b>	<b>1,028</b>
Cash funds	£	5,348	£	3,863

**North West Age Of Enlightenment Association**

Northern Ireland - Charity number 100159

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# Accounts

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## Receipts and payments accounts

For the period from	06/04/2018	To	05/04/2019	
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Standing Order donations	972	-	-	972	972
HMRC tax back	243	-	-	243	243
Other donations	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>A1 Sub total</b> (Gross income for the Annual Return)	1,215	-	-	1,215	1,215
<b>A2 Asset and investment sales</b> (see tables 1 and 2 in section 7 of the guidance).					
	-	-	-	-	-
	-	-	-	-	-
<b>A2 Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	1,215	-	-	1,215	1,215
<b>A3 Payments</b>					
Apartment maintenance	816	-	-	816	816
PowerNI	188	-	-	188	70
NI Water	144	-	-	144	139
Other	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>A3 Sub total</b>	1,148	-	-	1,148	1,025
<b>A4 Asset and investment purchases</b> (see tables 1 and 2 in section 7 of the guidance)					
	-	-	-	-	-
	-	-	-	-	-
<b>A4 Sub total</b>	-	-	-	-	-
<b>Total payments</b>	1,148	-	-	1,148	1,025
<b>Net of receipts/(payments)</b>	67	-	-	67	190
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	5,176	-	-	5,176	4,986
<b>Cash funds this year end</b>	5,243	-	-	5,243	5,176

**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 £	Total funds to nearest £	Last year to nearest £
<b>B1 Cash funds</b>	05/04/2019	5,243	-	-	5,243	5,176
		-	-	-	-	-
		-	-	-	-	-
	<b>Total cash funds</b>	5,243	-	-	5,243	5,176
	(agree balances with receipts and payments account(s))	OK	OK	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	Total funds to nearest £	Last year to nearest £
<b>B2 Other monetary assets</b>		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	<b>Total</b>	-	-	-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
<b>B3 Investment assets</b>			-	-	-
			-	-	-
			-	-	-
	<b>Total</b>		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
<b>B4 Assets retained for the charity's own use</b>			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
	<b>Total</b>		-	-	-

Categories	Details	Fund to which liability relates	When due (optional)	Amount due (optional)	Last year
<b>B5 Liabilities</b>				-	-
				-	-
				-	-
				-	-
	<b>Total</b>			-	-

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

Signature	Print Name	Date of approval
Michael McCormack	MICHAEL MCCORMACK	12/01/2020

**North West Age Of Enlightenment Association**

Northern Ireland - Charity number 100159

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# Annual report

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## **North West Age of Enlightenment Association – Trustee Report**

The North West Age of Enlightenment Association (NWAoEA) is a charity governed by Trust deed. It is managed by the Trustees acting as chairperson, secretary and treasurer.

The charities finances are in surplus and accounts are prepared to comply with the requirements of the charity requirements of the charity commission for Northern Ireland. Our income from donations covers all of our expenses over the year.

The administration of NWAoEA is carried out wholly by the trustees and this ensures that there is good control of the organisation.

Transcendental Meditation is researched based and as such we can be confident that we have backup for the multiple benefits that are gained from the practice.

These benefits include:

- Improved creativity
- Improved practical intelligence
- Improved mental efficiency
- Increased perception and memory
- Increased analytical and holistic thinking
- Accelerated cogitative development in children and in mental flexibility in the elderly

Health benefits include:

- Decreased blood pressure
- Reduction of atherosclerosis
- Decreased insulin resistance
- Reduction in heart attack and stroke incidences.

Over the past year the North West Age of Enlightenment Association continued delivering the benefits that we pledged in our original statement to the Charity Commission.

We continue to teach new people and we give a backup service to all those who have learned over the years. We are always available on short notice to give support and advice to our clients. We hold discussion groups on a regular basis and all of our clients are free to participate. We hold public meetings where people can avail of free information about the benefits of Transcendental Meditation.

There are lots of positive feedback about the benefits of Transcendental Meditation from the people who have learned to meditate. We are firmly established in the community and are supported by that community.

Michael McCormack

Trustee

12<sup>th</sup> January 2020

**North West Age Of Enlightenment Association**

Northern Ireland - Charity number 100159

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# Annual return

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# **North West Age of Enlightenment Association**

## **Independent examiner's report to the charity trustees of North West Age of Enlightenment Association Trust.**

I report on the accounts of the Trust for the year ended 30 April 2019, which are set out on page 3.

### **Respective responsibilities of charity trustees and examiner**

As the charity's trustees you are responsible for the preparation for the accounts in accordance with the charities Act (Northern Ireland) 2008.

It is my responsibility to:

- Examine the accounts under section 65 of the Charities Act
- Follow the procedures laid down in the general Directions given by the commission under section 65(9)(b) of the Charities Act
- State whether particular matters have come to my attention.

### **Basis of independent examiner's report**

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act .

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act.
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

## **Independent examiner's statement**

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Imelda McCormack

Administrative Officer, Northern Ireland Civil Service, Great Northern Tower, Great Victoria Street, Belfast, BT2 7AD

30<sup>th</sup> August 2019

<b>Receipts and Payments NWAoEA for year end 2018 and 2019</b>				
	<b>2019</b>		<b>2018</b>	
<b>Receipts</b>				
Standing Order donations	£	972	£	972
HMRC tax back	£	243	£	243
Other donations				
<b>Sub total receipts</b>	£	<b>1,215</b>	£	<b>1,215</b>
<b>Payments</b>				
Apartment maintenance	£	816	£	816
PowerNI	£	188	£	70
NI Water	£	144	£	139
Other				
<b>Sub total payments</b>	£	<b>1,148</b>	£	<b>1,025</b>
<b>Net of receipts/payments</b>	£	<b>67</b>	£	<b>190</b>
Cash funds	£	5,243	£	5,176