

COMPANY REGISTRATION NUMBER 12063557

**GIVE BACK YOGA FOUNDATION UK
COMPANY LIMITED BY GUARANTEE
UNAUDITED ACCOUNTS
30 JUNE 2020**

Charity Number 1190034



**GIVE BACK YOGA FOUNDATION UK
COMPANY LIMITED BY GUARANTEE**

ACCOUNTS

PERIOD ENDED 30 JUNE 2020

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GIVE BACK YOGA FOUNDATION UK COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT

PERIOD ENDED 30 JUNE 2020

The trustees, who are also directors for the purposes of company law, present their report and the unaudited accounts of the charity for the period ended 30 June 2020.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity name Give Back Yoga Foundation UK

Charity registration number 1190034

Company registration number 12063557

Principal office The Fisheries
1 Mentmore Terrace
London
England
E8 3PN

The trustees The trustees who served the charity during the period were as follows:

Harriet McAtee
Nicole Schnackenberg
Robert Schware (Chair)

Bankers Unity Trust Bank
PO Box 7193
Planetary Road
Willenhall
WV1 9DG

GIVE BACK YOGA FOUNDATION UK COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT *(continued)*

PERIOD ENDED 30 SEPTEMBER 2020

STRUCTURE, GOVERNANCE AND MANAGEMENT

Give Back Yoga Foundation UK is governed by a governing document that was issued when it registered as a charity. It registered as a company in June 2019 and as a charity in June 2020.

The Trustees, who are also company directors for the purposes of the Companies Act, hereby submit their annual report and the financial statement of Give Back Yoga Foundation UK for the period ending 30 June 2020. The Trustees confirm that the annual report and financial statements of the Charity comply with the current UK statutory requirements, the requirements of the Charity's governing document (the Memorandum and the Articles of Association), and the provision of the Statement of Recommended Practice (SORP) – 'Accounting and Reporting by Charities'.

Trustee Selection Method

The Trustees are elected by the existing Membership of the Charity according to: i) their expressed wish to serve as a Trustee; ii) their personal commitment and support for the objectives of the Charity; iii) the skills and experience they can offer as a Member of the Board; iv) their financial stability; v) their legal eligibility for the position.

Board of Trustees

The Trustees meet regularly to discuss, and decide by vote, matters relating to the Charity's activities.

Staff/Volunteers

All Trustees and other volunteers continue to work for the charity without remuneration.

OBJECTIVES AND ACTIVITIES

The purpose of Give Back Yoga Foundation UK as set out in the Articles of Association of the charity are:

To promote the health of the public and assist in the treatment and care of persons suffering from mental or physical illness or in need of rehabilitation because of such illness.

The above objective is providing education and training in the practice and principles of yoga to personnel engaged in providing support for such persons, supporting the provision of yoga classes, programmes and yoga equipment and supplies in the context of not-for-profit projects in community and health facilities and enabling the integration of yoga into care and treatment services for such persons in prisons, hospitals and community centres.

GIVE BACK YOGA FOUNDATION UK COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT *(continued)*

PERIOD ENDED 30 SEPTEMBER 2020

ACHIEVEMENTS AND PERFORMANCE

Fundraising

The charity was registered with the Charity Commission in June 2020, close to the end of its first financial period. During this period, they have raised funds to enable work to start on achieving their charitable objectives in the next financial year.

Projects underway in the year to 30 June 2021 include a project to provide educational resources and supplies to people in prisons and virtual classes to those affected by COVID-19. The charity sent nearly 2,000 yoga books to men and women in prison during the pandemic to help them cope with social isolation, improve physical health and manage stress.

The charity also supported virtual initiatives to bring the virtual yoga classes to people affected by COVID-19, including those suffering lingering symptoms due to Long Covid. These yoga classes, which were delivered online, provided educational skills and physical practices to help individuals rebuild strength, manage anxiety and regain full mobility.

Statement on public benefit

The Trustees have had regard to the Charity Commission's guidance on public benefit:

Promoting health through yoga is a benefit in that it increases physical and mental health, with a growing body of evidence demonstrating this benefit. There are no detriments resulting from the purpose to outweigh these benefits. The Public in general can be beneficiary of the Charity, firstly in that the beneficiaries are a wide group due to their circumstances, disabilities or health, gender, race and nationality.

FINANCIAL REVIEW

The Charity made a surplus of £13,348 in the period ending 30 June 2020, which was its first financial period.

Charity's principal sources of funds

1. Donations from the associated American charity, Give Back Yoga Foundation
2. Donations from the general public through a fundraiser in co-ordination with TriYoga

Reserves policy

The Charity makes sure it has reserves to meet its liabilities three (3) months ahead of them falling due.

Going concern

The trustees consider that the charity is a going concern, as it has positive cash funds and maintains a balance to cover any fixed costs.

STATEMENT OF TRUSTEES RESPONSIBILITIES

The Charities Act and the Companies Act require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity, as at the end of the financial year and the surplus or deficit of the charity. In preparing those financial statements the Board is required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the Charity will continue in business
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the Charity, and which are sufficient to show and explain the Charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act.

They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the responsibility of the independent examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no inconsistencies with the figures disclosed in the financial statements.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

I approve the attached statement of financial activities and balance sheet for the period ended 30 June 2020 and confirm that I have made available all information necessary for its preparation.



Signed on behalf of the trustees
Harriet McAtee
Trustee

16.06.2021

**GIVE BACK YOGA FOUNDATION UK
COMPANY LIMITED BY GUARANTEE**

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE
INCOME AND EXPENDITURE ACCOUNT)**

PERIOD ENDED 30 JUNE 2020

	Note	Total Funds 2020 £
INCOME AND ENDOWMENTS		
Donations and legacies	2	13,962
TOTAL INCOME		<u>13,962</u>
EXPENDITURE		
Expenditure on charitable activities	5/6	(614)
TOTAL EXPENDITURE		<u>(614)</u>
NET INCOME/(EXPENDITURE) AND NET MOVEMENT IN FUNDS FOR THE YEAR	7	13,348
RECONCILIATION OF FUNDS		
Total funds brought forward		-
TOTAL FUNDS CARRIED FORWARD		<u><u>13,348</u></u>

The Statement of financial activities includes all gains and losses in the year.

All of the above amounts relate to continuing activities.

The notes on pages 7 to 11 form part of these accounts.

GIVE BACK YOGA FOUNDATION UK COMPANY LIMITED BY GUARANTEE

BALANCE SHEET

30 JUNE 2020

	Note	2020 £	£
FIXED ASSETS			
Tangible assets	13		-
CURRENT ASSETS			
Other current assets	13	-	
Debtors	14	-	
Cash at bank		13,768	
		<u>13,768</u>	
CREDITORS: Amounts falling due within one year	15	<u>(420)</u>	
NET CURRENT ASSETS			13,348
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>13,348</u>
NET (LIABILITIES)/ASSETS			<u>13,348</u>
FUNDS OF THE CHARITY			
Unrestricted income funds	17		<u>13,348</u>
TOTAL CHARITY FUNDS			<u>13,348</u>

For the period ended 30 June 2020 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

- ☐ The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- ☐ The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts were approved by the members of the committee and authorised for issue on the 16.06.2021 and are signed on their behalf by:



Harriet McAtee
member of the committee

Company Registration Number: 12063557

The notes on pages 7 to 11 form part of these accounts.

GIVE BACK YOGA FOUNDATION UK COMPANY LIMITED BY GUARANTEE

NOTES TO THE ACCOUNTS

PERIOD ENDED 30 JUNE 2020

1. GENERAL INFORMATION

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is The Fisheries, 1 Mentmore Terrace, London, England, E8 3PN.

2. STATEMENT OF COMPLIANCE

These financial statements have been prepared in compliance with FRS 102 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going Concern

There are no material uncertainties about the charity's ability to continue.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future projects or commitments. The charity has no designated funds.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and fall into one of two sub-classes: restricted income funds or endowment funds. The charity has no restricted funds.

Financial Reporting Standard 102 – Reduced Disclosure Exemptions

The charity has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'

- The requirements of Section 7 Statement of Cash Flows.

Incoming Resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probably that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Income from donations or grants is recognised where there is evidence of entitlement to the gift, receipt is probably, and its amount can be measured reliably.

Resources Expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the financial activities to which it relates:

- Expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities and the sale of donated goods.
- Expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- Other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of resources. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at costs and subsequently stated at costs less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation is recognised in other gains and losses, except to the extent to which it offsets any previous revaluation gains, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Non-current assets have been reclassified as current assets in the current financial year as the accounts are not being prepared on a going concern basis.

Depreciation

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Equipment	-	3-year straight line
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Financial Instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at costs less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms, or financed at a rate of interest that is not a market rate, in which case the asset is measured at present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changed recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Taxation

The charity is exempt from tax on its charitable activities.

4. LIMITED BY GUARANTEE

The number of members at 30 June 2020 was three and their liability in the event of a winding up of the company is limited to £1 each.

5. DONATIONS AND LEGACIES

	Unrestricted Funds £	Total Funds 2020 £
Donations		
Corporate donations	13,962	13,962
	<u>13,962</u>	<u>13,962</u>

8. COSTS OF CHARITABLE ACTIVITIES BY FUND TYPE

	Unrestricted Funds £	Total Funds 2020 £
Cost of providing services	-	-
Governance costs	614	614
	<u>614</u>	<u>614</u>

9. COSTS OF CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Activities undertaken directly £	Total Funds 2020 £
Cost of providing services	-	-
Governance costs	614	614
	<u>614</u>	<u>614</u>

10. NET (OUTGOING)/INCOMING RESOURCES FOR THE YEAR

This is stated after charging:

	2020 £
Depreciation	-

11. STAFF COSTS AND EMOLUMENTS

Total staff costs were as follows:

	2020 £
Wages and salaries	-
Social security costs	-
	<u>-</u>

12. STAFF COSTS AND EMOLUMENTS *(continued)*

Particulars of employees:

The average number of employees during the year, was as follows:

	2020 No.
Number of other staff	-

No employee received remuneration of more than £60,000 during the year.

No remuneration was paid to any trustee in the current or prior year, nor were there any expenses reimbursed to trustees in the current or prior year.

15. CREDITORS: Amounts falling due within one year

	2020 £
Accruals and deferred income	420
Other creditors	-
	<u>420</u>

17. UNRESTRICTED INCOME FUNDS

	Balance at 21 June 2019 £	Income £	Expenditure £	Balance at 30 June 2020 £
General Funds	-	<u>13,962</u>	<u>(614)</u>	<u>13,348</u>

18. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets £	Net current assets/ (liabilities) £	Total £
Unrestricted Income Funds	-	<u>13,348</u>	<u>13,348</u>
Total Funds	-	<u>13,348</u>	<u>13,348</u>

19. RELATED PARTY TRANSACTIONS

The charity received a donation in the period from Give Back Yoga Foundation, a charity registered in the United States. Robert Schwere is a trustee of Give Back Yoga Foundation and Give Back Yoga Foundation UK, therefore this is a related party transaction. There were no terms attached to the donation, which was for £8,683.