

**REGISTERED COMPANY NUMBER: 05614837 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1117603**

**Report of the Trustees and**  
**Unaudited Financial Statements for the Year Ended 30 November 2022**  
**for**  
**FRESH INSPIRATION**

## **FRESH INSPIRATION**

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## **FRESH INSPIRATION**

### **Report of the Trustees for the year ended 30 November 2022**

The trustees who is also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statement of the charity for the year ended 30 November 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)

## **REFERENCE AND ADMINISTRATIVE DETAILS**

### **Registered Company number**

05614837 (England and Wales)

### **Registered Charity number**

1117603

### **Registered office**

Margaret Powell House  
Midsummer Boulevard  
Milton Keynes, England  
MK9 3BN

### **Trustees**

F O Komolafe

A Pinherio

Uzo Nwuga

Celia Kruse

Resigned 31 December 2021

R Williams

### **Company Secretary**

F O Komolafe

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

Fresh Inspiration is a charitable company limited by guarantee. It is governed by a Memorandum and Articles of Association and controlled by the Directors for the purpose of company law.

### **Principal Activity**

The principal activity of the company in the year under review was the advancement of the Christian faith.

### **Risk management**

The trustees have addressed the major risks to which the charity is exposed, in particular those relating to specific operational areas of the charity and its finances. The directors believe that by monitoring reserve levels, by ensuring controls exist over key financial systems and by examining the operational and business risks faced by the charity, they have established effective systems to mitigate those risks.

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

The charity has one main objective:

To promote, uphold and advance the principles of the Christian faith.

It pursues this objective through the establishment of services, collaborations with Christian churches and other similar minded organisations in any part of the world rendering support and services to communities and/or persons in need.

### **Plans for the future**

The charity is continually looking for ways of reaching out and spreading the principles of the Christian faith in an effective manner by getting more involved in the local communities in different parts of the United Kingdom and other parts of the world, teaching, providing resources and actively supporting existing and initiating new activities and programmes.

## **FRESH INSPIRATION**

### **Report of the Trustees for the year ended 30 November 2022**

As an organisation we are determined to be responsive to the needs of people and respectful to all. We have evolved and responded to the needs of our community. We continue to deliver our services through virtual channels and in person to drive the vision and objectives of FI. We continue to grow our reach through the teaching, podcasts, videos, blogs and seminars. We returned to conventional programmes and are determined to serve using all available channels.

#### **FRESH INSPIRATION TEACHING**

Fresh inspiration continued teaching the truth of the gospel making use of both online channels and in person. Attracting new demographic of audience, so the programmes are adapted to get the message through and be relevant to the audiences. In the year we produced 20 teachings on FI podcast in 2022. The podcasts were made available on several platforms including Apple, Spotify and Buzzsprout. Over 200 minutes of video recordings of teachings are on our Youtube channel this year.

**Faith Builders Masterclass:** A monthly Saturday morning class focused on faith maturity and God's promises. The class continued as online. This masterclass has really helped participant in building their faith with reports of great testimonies from the partakers. There were 7 enlightening and transformational morning meetings in 2021; 83 Unique Attendees across all the Faith Builders meetings.

**Fresh Insights | Lunch & Learn:** is a Wednesday lunchtime platform for network of professional believers to share their experience in the workplace and how their faith has strengthened them through the journey thereby encouraging one another. There were 17 exciting and engaging Lunchtime Meetings in 2022- 212 Unique Attendees Across All Fresh Insight Meetings. The broad range of topics were relevant and enlightening.

#### **Marriage Seminars & Counselling**

We did not hold a marriage seminar in the year, but we delivered 2 7-week marriage courses in February and November. We also continue delivering the counselling service virtually via Zoom and in person.

#### **INTERNATIONAL PARTNERSHIPS**

The International missions work in 5 more countries, Kenya (HOYWIK), Uganda (WIED and Dreams Children's Home), Nigeria (CDLI) Liberia and Sierra Leone continues. We had a mission trip with a team of 12 volunteers to Sierra Leone in November. It was a very productive trip, doors of opportunity to impact lives opened up and God is glorified. The needs of our partners' beneficiaries are growing, but we continued to support by providing healthcare, education, feeding, safe living environment and training. This was made possible through the sacrificial giving of our donors, coupled with prayers and counselling.

#### **FRESH INSPIRATION BIBLE INSTITUTE**

FIBI started in 2019 with 12 students. Today, we have 72 graduates of Certificate in Biblical Studies and 16 graduates of Certificate in Ministry Foundation. We currently have 15 students studying for Certificate in Biblical Studies and 9 for Certificate in Ministry Foundation.

We engage the communities through our missions and evangelism projects both locally and internationally. The Year 1 students organised street evangelism projects across their localities in the UK and abroad. Year 2 students carried out evangelism training and street outreach in North London.

#### **Thanks And Appreciation**

We are particularly thankful to the charity donors, the team and volunteers who have been so generous in their sacrificial contributions of time, efforts and finances to the ongoing work to see lives touched and changed for the better in the year.

Approved by order of the board of trustees on 29 August 2023 and signed on its behalf by

## FRESH INSPIRATION

### Statements of Financial Activities for the year ended 30 November 2022

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	25346	28653	53999	76688
Investment Income		35	-	35	2
<b>Total</b>		<b>25381</b>	<b>28653</b>	<b>54034</b>	<b>76690</b>
<b>EXPENDITURE ON</b>					
Raising funds		8005	12232	20237	14233
<b>Charitable activities</b>					
Charitable activities		16169	33549	49718	27186
<b>Total</b>		<b>24174</b>	<b>45781</b>	<b>69955</b>	<b>41419</b>
<b>NET INCOME/(EXPENDITURE)</b>		<b>1207</b>	<b>-17128</b>	<b>-15921</b>	<b>35271</b>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<b>65276</b>	<b>17494</b>	<b>82770</b>	<b>47499</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>66483</b>	<b>366</b>	<b>66849</b>	<b>82770</b>

### CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities

The notes form part of these financial statements

## FRESH INSPIRATION

### Balance Sheet

At 30 November 2021

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	8	4400	-	4400	1917
<b>CURRENT ASSETS</b>					
Debtors		0	-	0	-
Cash at bank		23837	10936	34773	53127
		<u>28237</u>	<u>10936</u>	<u>39173</u>	<u>55044</u>
<b>CREDITORS</b>					
Amounts falling due within one year	9	250	0	250	200
<b>NET CURRENT ASSETS</b>		<u>27987</u>	<u>10936</u>	<u>38923</u>	<u>54844</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<b>27987</b>	<b>10936</b>	<b>38923</b>	<b>54844</b>
<b>NET ASSETS</b>		<u>27987</u>	<u>10936</u>	<u>38923</u>	<u>54844</u>
<b>FUNDS</b>	10				
Unrestricted funds				38557	37350
Restricted funds				366	17494
<b>TOTAL FUNDS</b>				<u>38923</u>	<u>54844</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 November 2022

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 November 2022 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Section 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Section 394 and 395 which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the board of trustees on 29 August 2023 and were signed on its behalf by

U Nwuga - Trustee

The notes form part of these financial statements

## FRESH INSPIRATION

### Notes to the Financial Statements For the year ended 30 November 2022

#### 1. ACCOUNTING POLICIES

##### Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

##### Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

##### Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where cost cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures & equipment	10% on Cost
Computer equipment	25% on Cost

##### Taxation

The charity is exempt from corporation tax on its charitable activities.

##### Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the director.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restriction arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

#### 2. ACTIVITIES FOR GENERATING FUNDS

	2022	2021
	£	£
Donations	21037	19324
Other income	32962	46621
Gift	0	10743
	<u>53999</u>	<u>76688</u>

#### 3. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	<u>35</u>	<u>2</u>

## FRESH INSPIRATION

### Notes to the Financial Statements for the year ended 30 November 2022

#### 4. NET INCOMING/(OUTGOING) RESOURCES

Net resources are stated after charging/(crediting)

	2022	2021
	£	£
Depreciation - owned assets	772	307
Deficit on disposal of fixed asset	-	-
	<u>772</u>	<u>307</u>

#### 5. RAISING FUNDS

Raising donations and legacies

	2022	2021
	£	£
Support costs	48796	26779
	<u>48796</u>	<u>26779</u>

#### 6. TRUSTEES'S REMUNERATION AND BENEFITS

2022	2021
£	£
-	-
<u>-</u>	<u>-</u>

There were no trustees expenses paid for the year ended 30 November 2022 nor for the year ended 30 November 2021

#### 7. STAFF COSTS

The average monthly number of employees during the year was 4. (2021 - 1)

	2022	2021
	33549	18726
Administration	<u>33549</u>	<u>18726</u>

#### 8. TANGIBLE FIXED ASSETS

	Fixtures & Equipment	Computer	Totals
	£	£	£
<b>Cost</b>			
At 1 December 2021	3075	0	3075
Additions	2327	928	3255
	<u>5402</u>	<u>928</u>	<u>6330</u>
<b>Depreciation</b>			
At 1 December 2021	1158	-	1158
Charge for year	540	232	772
	<u>1698</u>	<u>232</u>	<u>1930</u>
<b>NET BOOK VALUE</b>			
At 30 November 2022	<u>3704</u>	<u>696</u>	<u>4400</u>
At 30 November 2021	<u>1917</u>	<u>-</u>	<u>1917</u>



## FRESH INSPIRATION

### Notes to the Financial Statements for the year ended 30 November 2022

#### 9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Accruals and deferred income	250	200

#### 10. MOVEMENT IN FUNDS

	At 1.12.21	Net movement in funds	Transfers between funds	At 30.11.22
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	37350	1207	-	38557
<b>Restricted fund</b>				
Missions fund	17494	-17128	-	366
<b>TOTAL FUNDS</b>	<b>54844</b>	<b>-15921</b>	<b>-</b>	<b>38923</b>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	25381	(24174)	1207
<b>Restricted funds</b>			
Missions fund	28653	(45781)	-17128
<b>TOTAL FUNDS</b>	<b>54034</b>	<b>(69955)</b>	<b>-15921</b>

#### 11. RELATED PARTY DISCLOSURES

There are no related party transactions for the year ended 30 November 2022

## FRESH INSPIRATION

### Detailed Statement of Financial Activities for the year ended 30 November 2022

	2022	2021
	£	£
<b>INCOME AND ENDOWMENTS</b>		
Donations	21037	19324
Gifts	-	10743
Other Income	32962	46621
Deposit interest	35	2
	<u>54034</u>	<u>76690</u>
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Missions	12232	10631
Seminars	2915	1556
Others	5090	2046
	<u>20237</u>	<u>14233</u>
<b>Charitable activities</b>		
Advert & promotions	640	6
Telephone	1800	293
Post, Stationery & IT	3461	2932
Bank charges	87	30
Grants & awards	4980	450
Insurance	269	285
Rent	3759	3104
	<u>14996</u>	<u>7100</u>
<b>Support costs</b>		
<b>Human Resources</b>		
Wages	25454	15913
Social security	8095	2813
	<u>33549</u>	<u>18726</u>
<b>Others</b>		
Travel	0	0
General expenses	0	450
Depreciation	772	307
Refreshments	0	195
	<u>772</u>	<u>952</u>
<b>Governance costs</b>		
Legal & professional fees	401	408
	<u>401</u>	<u>408</u>
<b>Total Resources expended</b>	<u>69955</u>	<u>41419</u>
<b>Net income/(expenditure)</b>	<u>-15921</u>	<u>35271</u>

## **FRESH INSPIRATION**

### **Independent Examiner's Report to the Trustees**

I report to the Charity Trustees on my examination of the accounts of the company for the year ended 30 November 2022

#### **Responsibilities and basis of report**

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act")

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### **Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with my examination giving me cause to believe

- 1 accounting records are not kept in respect of the Company as required by section 386 of the 2006 Act or
- 2 the accounts do not accord with those records, or
- 3 the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirements that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the accounts have not been prepared in accordance with the method and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)]

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.

Mr O Obidipe

30 August 2023