

Charity number: 1172586  
Company number: 10128244  
(England and Wales)

Kitrinos Healthcare

Report of the Trustees and Unaudited Financial Statements

For the year ended 30 April 2018

Kitrinos Healthcare  
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For the year ended 30 April 2018

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Kitrinos Healthcare  
Report of the Trustees  
For the year ended 30 April 2018

The Trustees, who are also directors for the purposes of company law, have pleasure in presenting their report and the financial statements for the charitable company for the year ended 30 April 2018. 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 the Republic of Ireland (FRS 102) (effective 1 January 2015).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

Kitrinos Healthcare's main objective is the relief of sickness and the preservation of both physical and mental health amongst refugees anywhere in the world. We aim to provide high-quality primary healthcare services and psychosocial support to refugees, asylum seekers and migrants in need, without discrimination, whilst being sensitive to each individual's needs. In addition, our ground team help to organise appointments, minimise confusion and provide interpretation services navigating patients through the local healthcare system.

We provide both a range of services from first aid & emergency care, primary health care and medical advocacy. We deal with wide range of medical cases and try to treat them in our clinic; we facilitate transfer to secondary care clinics using our own transport. A gesture much appreciated by beneficiaries as well as local authorities.

With the help of our medical students and clinical teams currently working on the ground, we have developed clinical care plans and electronic patient records which we try to keep updated daily.

The trustees have considered the Charity Commision's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

Kitrinos Healthcare  
Report of the Trustees Continued  
For the year ended 30 April 2018

**ACHIEVEMENTS AND PERFORMANCE**

**Achievements against objectives**

We are dedicated to provide high standard holistic care among refugees and asylum seekers. Our aim is promote and protect the physical and mental health, wellbeing and welfare of those individuals who have suffered physical or psychological impact due to war/disaster.

We offer psychosocial support services to our beneficiaries in the form of clubs, workshops and stress reduction training.

We actively educate the public and advocate for refugees via our campaigns and social media platform.

We work with complete collaboration and in coordination with other charities and NGOs providing similar services with the aim to fill any gaps in relief and medical service delivery.

Over 6000 refugees were helped by Kitrinos Healthcare.

Over 850 volunteers have given their time to work with us in 2018.

We have multiple locations across Greece ( please see the next page), and the base is Moria Camp, Lesbos.

**Activities**

Kitrinos Healthcare is currently on the ground in Lesbos providing medical care and psychosocial support to our beneficiaries in Camp Moria.

We deal with a wide range of medical cases and try to treat the majority of our patients in-house in our clinics, avoiding unnecessary transfers to the already overburdened local hospitals.

We offer a variety of medical services:

- . Antenatal care, family and birth planning
- . Psychological first aid and secondary trauma
- . Triage and referral
- . Transportation services for high risk patients
- . Chronic disease management - Diabetes/Asthma/Hypertension etc
- . Optometry and dentistry
- . Cancer care

Along with providing direct medical aid, we also offer vital psychosocial support: We hold 'Stress and Trauma Regulation Workshops' for our volunteers on the ground, in order to teach therapeutic interventions such as the innovative 'Trauma Tapping Technique' (TTT) to refugees. TTT is used to provide a much needed 'ripple of relief' to the refugees.

Our Projects:

The aim of our variety of projects is to improve general well being and standard of living among refugees.

**- KitKnit Sewing & Knitting Club**

'KitKnit' was born out of a need for the women in Camp Drama to have a safe and quiet space to socialise with their friends. The project has grown from humble beginnings as a 'Sewing and Knitting Club' to a means by which struggling refugees can help to support themselves. We sell a range of unique handmade goods on our online shop, and 100% of profits are used to sustain the project and provide a source of income for the individual creators.

**- Garden of Hope Project**

We believe that gardening can give people a sense of hope, happiness and fulfilment, and the aim of the 'Garden of Hope' project was to help refugees create a better environment in the camps.

**- Warmth & Safety**

During the Winter months, temperatures in Greece can fall below freezing, which poses a health risk to our most vulnerable patients. We have supplied a network of heating equipment and hot water to keep our patients warm.

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Report of the Trustees Continued  
For the year ended 30 April 2018

- Fitness Club

To get our clients active and improve emotional well-being, we have fitness instructors to create exercise programs for the refugees and even our volunteers, and a wide variety of sports is available depending on the availability of our volunteers.

- Sexual Health Workshops: To educate refugees about contraception and sexually transmitted disease.

- Stress and Trauma Regulation Training

The aim of this project was to offer stress and trauma regulation interventions in the form of the innovative 'Trauma Tapping Technique' to refugees in Camp Moria on Lesbos Island. With unsanitary conditions, high interpersonal tensions and limited access to food and healthcare, mental health issues such as depression, psychosis and PTSD are highly prevalent in Camp Moria. Around one in three refugees experience symptoms of post-traumatic stress, almost 46% of refugees in Lesbos experiencing a health problem stated that their concern was a mental health issue. There has been a disturbing trend of declining mental wellbeing amongst children in Camp Moria, with reports of children as young as 7 attempting suicide, and Doctors Without Borders teams on the ground in Moria have observed that nearly ¼ of children between 6 and 18 showed signs of self-harm, attempted suicide or reported thoughts of suicide since February 2018.

'Trauma Tapping Technique' (TTT) is used to provide a much needed 'ripple of relief' to the Moria community. It is a language-free intervention, which is more appropriate and effective in a camp environment than talking therapy, which can be re-traumatising and therefore may cause more harm than good. This physical intervention bypasses the need for verbal communication, which means that young children, and camp residents who struggle to communicate - such as those who are mute as a result of their trauma - do not miss out on much-needed emotional healing.

- Dates for Refugees: Distributed dates over Summer

The team provides primary healthcare including the following services:

Primary healthcare:

- Antenatal care, family and birth planning
- Psychological first aid and secondary trauma
- Triage and referral
- Transportation services for high risk patients
- Chronic disease management
- Optometry and dentistry
- Cancer care
- Sexual health workshops

Antenatal Care, Birthing Assistance and postnatal care

- Our clinicians identified, engaged with, and assessed pregnant women in transit. Depending on their stage of pregnancy, we provided antenatal care, maternal and fetal monitoring, or if labor appeared imminent, we encouraged the woman and her family (with some difficulty) to pause their journey and they were prepared for delivery. Although our clinics are equipped with obstetric delivery packs, fortunately, in all the cases we dealt with there was enough time to transfer the women to hospital for the birth at least.

Outcome: All pregnant women in the camp were assessed, offered antenatal blood and ultrasound screening and full antenatal care initiated with the provision of all records and results in a patient hand held record (Eg case Rola H). There were in total 6 new births during this last quarter.

Postnatally, the care varied from region to region. There was a sense from the attending staff that the mode of operative delivery by caesarian section seemed to occur in a larger number of cases than one would have expected.

Medical Passports & Information Sharing

- Since many migrants lack medical records whilst they were travelling, risking medical mismanagement we identified a need to provide a means for documenting patient records in a more transferable form, shared between clinicians in an effective way and copies given to patients on their departure from our care.

Outcome: This was achieved by setting up confidential cloud-based electronic patient records (EPR) used by clinicians for

Kitrinos Healthcare  
Report of the Trustees Continued  
For the year ended 30 April 2018

daily updates, providing hard copies of all patients records to be “hand held” facilitating transfer of clinical care to health providers who take over the care of the migrants as they proceed on their onward journey. Close collaboration with other medical providers such as MDM, WAHA and local Greek Specialists to ensure that that additional medical information was provided where needed and information was shared from clinician to clinician.

#### Referral and Triage

- Relying on Team Kitrinos networks with local clinics, hospitals and fellow humanitarian organizations, our team provides a preliminary assessment of all our beneficiaries' needs followed by a referral, if needed, to local services that are better equipped to assist the patient.

Outcome: Most of our primary medical services were provided “in-house” by a variety of carefully selected medical professionals who volunteer with us. This signposting exercise, its integral collection of local contacts through our networking within the greek community over the last one year has been key to facilitating progress and enabling our team to provide the holistic approach of care which is much needed. We have attended to various needs both medical and social such as provision of hygiene products, sexual health and contraceptive services and a variety of specialist medical care as already detailed in this report.

#### Breastfeeding Support

- For the thousands of pregnant or nursing mothers along the route, breastfeeding is a far more efficient and sustainable method of feeding one's child. Contrary to popular misconceptions, breastfeeding is not instinctively learned by all mothers which is why our team will be available to instruct these individuals on how to properly breastfeed their babies on the road.

Outcome: A very popular service which is delivered in collaboration with the Nurture Project. This continues to be supported for the women in our current camp.

#### Other supportive work:

#### Psychosocial support:

As well as providing primary health care services to refugees in need, in 2018 Kitrinos Healthcare offered a wide range of psychosocial support services, from recreational clubs and schemes to mental health workshops.

#### KitKnit Sewing & Knitting Club

'KitKnit' was born out of a need for the women in Camp Drama to have a safe and quiet space to socialise with their friends. Team Kitrinos and the women of the camp came together and a Sewing and Knitting Club was set up on site, with two sewing machines, needles and materials, and very soon the room was full from morning until night with the women of Camp Drama. A great benefit of the club is that it allows refugee women from around the world to share a calming space with each other without the pressure to communicate verbally, which can be an issue due to language barriers. The project has grown from humble beginnings as a recreational club to a means by which struggling refugees can help to support themselves. We sell a range of knitted products on our online shop, and 100% of profits are used to sustain the project and provide a source of income for the individual creators.

#### Women's Safe Space & Knitting room

- Many women and children reported reported frustrations about their lack of space in individual tents to bond and build friendships within the camp. This contributed to psychological dysfunction and at worst, cases of severe depression and pseudoseizures.

Outcome: The setting up of the women only prayer and reflection space with weekly “coffee and cake gatherings” had already proven extremely beneficial and popular. A keen interest for sewing and knitting and a supplementary grant from UNCHR INTERSOS facilitated the development of a sewing and knitting room with its own electricity and heat supply. A playpen meant that breastfeeding mothers could participate. With three donated sewing machines, many materials, wool, beads the sky seemed to be the limit for the products that were being produced by the women. This culminated in a four day exhibition in Drama, raising further awareness and refreshingly more funds to keep this project self generating.

#### Stress and Trauma Regulation Training

We began this project in April 2017 in Leros Island Hotspot Camp, and the project was in full swing in 2018 in Camp Moria, Lesvos. The aim of the project was to offer stress and trauma regulation interventions in the form of the innovative 'trauma tapping technique' to refugees. With unsanitary conditions, high interpersonal tensions and limited access to food and

Kitrinos Healthcare  
Report of the Trustees Continued  
For the year ended 30 April 2018

healthcare, mental health issues such as depression, psychosis and PTSD are highly prevalent in Camp Moria. Around one in three refugees experience symptoms of post-traumatic stress, and according to Refugee Rights Europe <<http://refugeerights.org.uk/reports/>>, in June 2018, almost 46% of refugees in Lesvos experiencing a health problem stated that their concern was a mental health issue. There has been a disturbing trend of declining mental wellbeing amongst children in Camp Moria, with reports of children as young as 7 attempting suicide, and MSF teams on the ground in Moria have observed that nearly ¼ of children between 6 and 18 showed signs of self-harm, attempted suicide or reported thoughts of suicide between February and June of 2018.

We use stress and trauma regulation training, including the innovative 'Trauma Tapping Technique' (TTT), to provide a much needed 'ripple of relief' to the Moria community. It is a language-free intervention, which is more appropriate and effective in a camp environment than talking therapy, which can be upsetting and re-traumatising and therefore may cause more harm than good. This physical intervention bypasses the need for verbal communication, which means that young children, and camp residents who struggle to communicate - such as those who are mute/nonverbal as a result of their trauma - do not miss out on much-needed emotional healing.

We have been working in collaboration with Peaceful Heart Network to provide training workshops to our volunteers, who then administer TTT on patients, as well as teaching our clients how to practice TTT themselves and pass on their new skill to friends and family members. A huge benefit of this kind of therapy is that anyone can learn TTT and then pass it on, providing a more long-term solution to chronic stress and mental health issues and giving our patients the power to help heal themselves.

Between October and December 2018, we carried out a trial study in order to observe the effects of TTT on our clients. Our clients rated their mood from 1 (happy) to 6 (sad). On average, there was an improvement in mood: the average score dropped from 5.2 to 3.5 following one session.

#### Psychological First Aid + Secondary Trauma Support

- Cases of psychological trauma for both migrants and volunteers have been all too common during this crisis. The Care-A-Van team will be providing psychosocial support services for both of these parties and referring escalated cases to mental health professionals.

Outcome: This has been achieved for all cases we were involved with with one hospital admission to a psychiatric hospital in Thessaloniki.

#### Dates for Refugees

During Ramadan in 2017 we delivered 1000kg of dates to refugees in the camps in which we operated.

#### The Lost Boys of Velos Youth Centre

Every day, over 200 refugees and asylum seekers arrive in Greece, 40% of whom are under the age of 18. They have often travelled far in search of a better life, but instead face loneliness, alienation, abuse and exploitation. Many of the 2.5 thousand child migrants in Greek Hotspots are unaccompanied and living on the streets, and often the only way to survive is via domestic servitude and sexual exploitation.

The Velos Youth Centre in Athens offers respite and support to these at-risk young boys. They offer emotional and material support as well as providing a safe space for them to eat, shower, wash their clothes and socialise. Trained staff are able to help vulnerable boys become self-sufficient, secure accommodation, obtain legal advice, and access primary healthcare from the Kitrinos Healthcare medical team.

We visit the centre every Monday to provide medical treatment to those in need. Many of the boys we treat are victims of sexual exploitation and suffer from PTSD and self-harm, and some suffer from STDs as well as ailments such as skin conditions and chronic pain which may be caused or exacerbated by life on the streets.

These boys have very few places to turn to for support, which is why the services provided by the centre and the Kitrinos Healthcare team are so important.

#### Fundraising Appeals

We heavily rely on the generosity of our supporters, without whom we could not do the work we do. The Muslim community in particular have been incredible, always willing to pull together for their refugee brothers and sisters when we reach out to

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Report of the Trustees Continued  
For the year ended 30 April 2018

them.

Burial Appeal, November 2017

Money raised: £ 2,116

In November 2017, the bodies of two children (ages 12 and 13) and one adult were found washed ashore on the island of Lesbos. It was likely that they were casualties from a capsized refugee boat. It was devastating to know that we could do nothing to help them in life, but what we could do was give them a proper burial. In the Muslim faith, it is very important that burials take place as quickly after death as possible. We appealed for public donations to help us give these refugees the dignity of a prompt and decent burial.

Activities & Beneficiaries served (2015- 2018)

1. Moria Camp, Lesbos - Oct 2015 - Feb 2016 - 100,000
2. Edomenie Border Camps - Feb - May 2016 - 30,000
3. EKO Camp - Feb - June 2016 - 2,500
4. Lesbos, Northern Greece - Ramadan Dates & eid gift - 10,000
5. Camp Drama - Jun - Dec 2016 - 500
6. Camp Serrez - Jun - Sep 2016 - 500
7. Vagiochori (Ghost camp) - Dec - Feb 2016 - 100
8. Sinatex Kavalari Camp - Dec - Feb 2017 - 600
9. Elpida Camp - Jan- Jun 2016 - 800
10. Lesbos, Rhodes, Northern Greece - Ramadan Distribution - 1,500
11. Qurbani Distribution Lesbos, Northern Greece, Kavala & Drama - Sept, 2017 - 720
12. Lesbos Burial (including children) - Nov, 2017 - 20
13. Serrez Camp- Winter Cover (Highly Vulnerable) - Nov 2017 - Jan 2018 - 80
14. Athens "Hope Clinic" - Out of Hours Primary Care - Sept 2017 - Jan 2018 - 600
15. Athens "Velos Youth Centre" - Sept 2017 - Jan 2018 - 300
16. Veria Camp (Families & pregnant women) - Nov 2017 - Jun 2018 - 400
17. Leros 'Hot Spot' Camp - Nov 2017 - Mar 2018 - 800
18. Nea Kavala - Jan 2018 - Jul 2018 - 750



**Kitrinos Healthcare**  
**Report of the Trustees Continued**  
**For the year ended 30 April 2018**

**FINANCIAL REVIEW**

During the financial year 2018, the charity had a total income of £208,365. The trustees also oversaw restricted funds of £17,896 (note 2) allocated for the following projects:

Burials  
Dates for Refugees  
Food & Nutrition  
Medical Care and Aid  
Qurbani Appeal  
Sew & Knit  
Zakat (a form of specific charitable giving regulated in accordance with the tenets of the Qur'an).

**Principle Funding Sources**

**Income**

The charity's main source of income during this financial year was a generous grant of £108,000 by the AT Medics Foundation. The rest of our income was through smaller grants (£6k) and donations of (£76.5k unrestricted, £17.9k restricted) received and gift aid reclaimed. Starting with family, local community, colleagues and supporters through social media campaigns and crowdfunding platforms - this level of voluntary giving is both generous and encouraging. The trustees were delighted to exceed last year's collection so dramatically in such difficult economic times. Additionally, the volunteers who came to work with us, were happy to purchase essential medication and clinic equipment and donate these directly as the need arose. The restricted income was variable for each project and is detailed in note 11.

**Expenses**

Restricted funding for particular project or activities are set out and explained in note 11.  
Some projects demonstrate a significant deficit in funding indicating an overspend.  
The collection and distribution of Zakat was of great benefit to those observed to be in destitution.

**Sustainability and empowerment through:**

- Building of positive partnerships
- Workforce sourced locally offering equal opportunities and training to individuals not to mention a sense of hope for a better future.
- Avoiding environmentally friendly office management strategies e.g. running a paperlight/ paperless office environment.
- Smaller events- regular/ low cost
- Focus educational
- Regular giving

**Reserves**

We currently have no reserves policy. In practice, extra efforts using crowdfunding platforms highlighting ongoing but unpublicised needs have kept us in positive balance.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

Kitrinos Healthcare is a company limited by guarantee and registered as a CIO incorporated charity. The governing document is the constitution dated April 2017.

**Organisational structure**

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits.

The trustees meet together quarterly and are responsible for all decisions taken in relation to support the senior management team (consisting of staff and volunteers) and the activities provided by the charity.

To assist in the smooth running of the charity the trustees have set up a number of sub-committees that help them oversee certain aspects of the charity's work. Sub-committees are currently set up for finance and for the day-to-day management and report back with their recommendations to the full meeting of the trustees.

The sub-committees each meet monthly. The chair of trustees chairs all the meetings.  
Sub-committees whose membership reflects the particular skills that trustees can bring to the work of the sub-committees.

Kitrinos Healthcare  
Report of the Trustees Continued  
For the year ended 30 April 2018

**Recruitment and appointment of trustees**

1. Apart from the first charity trustees, every trustee must be appointed for a term of 3 years by a resolution passed at a properly convened meeting of the charity trustees.
2. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of Kitrinos Healthcare. Specific attributes which are essential to our organisation will be reliability and trustworthiness.

**REFERENCE AND ADMINISTRATIVE INFORMATION**

<b>Name of Charity</b>	Kitrinos Healthcare
<b>Charity registration number</b>	1172586
<b>Company registration number</b>	10128244
<b>Principal address</b>	29 Charnwood Avenue London SW19 3EJ

**Trustees**

The trustees and officers serving during the year and since the year end were as follows:

Dr Siyana Mahroof-Shaffi  
Dr Wouter Marino Van De Fliert  
(Appointed: 11 March 2018)  
Dr Sanam Mallick  
Dr Anitha Varghese  
Saiqa Ali  
Dr Samaira Wahid  
Christian Balcer  
Justine Parsons  
(Resigned: 30 November 2017)  
Zubeda Shaikh  
(Appointed: 11 March 2018)

**Independent examiners** S Issadeen  
1 Tylecroft Road  
London  
SW16 4BL

Approved by the Board of Trustees and signed on its behalf by

  
.....  
Dr Siyana Mahroof-Shaffi

14 February 2019

Kitrinos Healthcare  
Independent Examiners Report to the Trustees  
For the year ended 30 April 2018

I report to the trustees on my examination of the accounts of Kitrinos Healthcare for the year ended 30 April 2018.

**Responsibilities and basis of report**

As the charity Trustees, who are also directors for the purposes of company law, 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 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 examiners statement**

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

1. accounting records were 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 requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods 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.



.....  
S Issadeen

S Issadeen  
1 Tylecroft Road  
London  
SW16 4BL

14 February 2019

Kitrinos Healthcare  
Statement of Financial Activities (including Income and Expenditure Account)  
For the year ended 30 April 2018

	Notes	Unrestricted funds £	Restricted funds £	2018 £	2017 £
<b>Income and endowments from:</b>					
Donations and legacies	2	190,469	17,896	208,365	136,065
<b>Total</b>		<b>190,469</b>	<b>17,896</b>	<b>208,365</b>	<b>136,065</b>
<b>Expenditure on:</b>					
Raising funds	3	(56)	-	(56)	(1,529)
Charitable activities	4/5	(165,841)	(34,733)	(200,574)	(134,479)
<b>Total</b>		<b>(165,897)</b>	<b>(34,733)</b>	<b>(200,630)</b>	<b>(136,008)</b>
<b>Transfers between funds</b>		(20,672)	20,672	-	-
<b>Net movement in funds</b>		<b>3,900</b>	<b>3,835</b>	<b>7,735</b>	<b>57</b>
<b>Reconciliation of funds</b>					
Total funds brought forward		57	-	57	-
<b>Total funds carried forward</b>		<b>3,957</b>	<b>3,835</b>	<b>7,792</b>	<b>57</b>

Kitrinos Healthcare  
Statement of Financial Position  
As at 30 April 2018

	Notes	2018 £	2017 £
<b>Current assets</b>			
Cash at bank and in hand		9,976	9,177
		<b>9,976</b>	<b>9,177</b>
<b>Creditors: amounts falling due within one year</b>	10	(2,184)	(9,120)
<b>Net current assets</b>		<b>7,792</b>	<b>57</b>
<b>Total assets less current liabilities</b>		<b>7,792</b>	<b>57</b>
<b>Net assets</b>		<b>7,792</b>	<b>57</b>
<b>The funds of the charity</b>			
Restricted income funds	11	3,835	-
Unrestricted income funds	11	3,957	57
<b>Total funds</b>		<b>7,792</b>	<b>57</b>

For the year ended 30 April 2018 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- 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 have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statement were approved and authorised for issue by the Board and signed on its behalf by:

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Dr Siyana Mahroof-Shaffi  
Trustee

14 February 2019

Kitrinos Healthcare  
Notes to the Financial Statements  
For the year ended 30 April 2018

**1. Accounting Policies**

**Basis of accounting**

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and 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 the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

Kitrinos Healthcare meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

**Going concern**

The accounts have been prepared on a going concern basis.

**Allocation and appointment of costs**

Direct costs that are specifically related to an activity are allocated to that activity. Shared direct costs and support costs are apportioned between activities. The basis for apportionment, which is consistently applied, and proportionate to the circumstances, is :-

Staffing - on the basis of time spent in connection with any particular activity.

Premises related costs - on the proportion of floor area occupied by a particular activity.

Non specific support costs - on the basis of the usage of resources, in terms of time taken, capacity used, request made or other measures.

**2. Income from donations and legacies**

	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>2018</b>	<b>2017</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Donations received	76,469	17,896	94,365	54,878
Grants received	114,000	-	114,000	81,187
	<b>190,469</b>	<b>17,896</b>	<b>208,365</b>	<b>136,065</b>

**3. Expenditure on other trading activities**

	<b>2018</b>	<b>2017</b>
	<b>£</b>	<b>£</b>
<b>Unrestricted funds</b>		
Fund raising events	56	1,529
	<b>56</b>	<b>1,529</b>

Kitrinos Healthcare  
Notes to the Financial Statements Continued  
For the year ended 30 April 2018

**4. Costs of charitable activities by fund type**

	Unrestricted funds	Restricted funds	2018	2017
	£	£	£	£
Charitable activity in Greece	128,855	34,733	163,588	122,426
Support costs	36,986	-	36,986	12,053
	<u>165,841</u>	<u>34,733</u>	<u>200,574</u>	<u>134,479</u>

**5. Costs of charitable activities by activity type**

	Activities undertaken directly	Support costs	2018	2017
	£	£	£	£
<b>Support costs</b>				
Charitable activity in Greece	163,588	36,986	200,574	134,479

**6. Analysis of support costs**

	2018	2017
	£	£
<b>Charitable activity in Greece</b>		
Management	25,549	-
IT	2,407	1,137
Governance costs	9,030	10,916
	<u>36,986</u>	<u>12,053</u>

**7. Net income/(expenditure) for the year**

This is stated after charging/(crediting):

	2018	2017
	£	£
Accountancy fees	600	600

Kitrinos Healthcare  
Notes to the Financial Statements Continued  
For the year ended 30 April 2018

**8. Trustee remuneration and related party transactions**

No trustees received remuneration in relation to their roles as trustees of the charity.

During the year, J Parsons received £5,488 for admin services, reimburses expenses and charitable activity services provided; S Ali received £7,035 for admin services, reimburses expenses and charitable activity services provided. The charity received a grant for £3,000 from Global Humanitarian Relief Foundation (GHRF), a charity of which S Ali is also a Trustee. S Mahroof-Shaffi received £208 for admin services and was repaid by the charity for a prior loan (shown in other creditors). The charity paid Hayati Lifecare Ltd £1,000 for medical services, a company for which S Mahroof-Shaffi is a director. At the year-end S Mahroof-Shaffi was owed £263 (2017: £8,174).

**9. Comparative for the Statement of Financial Activities**

The comparative year values on the Statement of Financial Activities are for unrestricted funds.

**10. Creditors: amounts falling due within one year**

	2018	2017
	£	£
Loans and overdrafts	721	346
Other creditors	263	8,174
Accruals and deferred income	1,200	600
	<b>2,184</b>	<b>9,120</b>

**11. Movement in funds**

**Unrestricted Funds**

	Balance at 01/05/2017	Incoming resources	Outgoing resources	Transfers	Balance at 30/04/2018
	£	£	£	£	£
<i>General</i>					
General	57	190,469	(165,897)	(20,672)	3,957
	<b>57</b>	<b>190,469</b>	<b>(165,897)</b>	<b>(20,672)</b>	<b>3,957</b>

**Unrestricted Funds - Previous year**

	Balance at 15/04/2016	Incoming resources	Outgoing resources	Transfers	Balance at 30/04/2017
	£	£	£	£	£
<i>General</i>					
General	-	136,065	(136,008)	-	57
	<b>-</b>	<b>136,065</b>	<b>(136,008)</b>	<b>-</b>	<b>57</b>



Kitrinos Healthcare  
Notes to the Financial Statements Continued  
For the year ended 30 April 2018

**Purpose of unrestricted Funds**

General

To fulfill the charitable aims of the entity.

**Restricted Funds**

	Incoming resources	Outgoing resources	Transfers	Balance at 30/04/2018
	£	£	£	£
Burial Project	2,116	(2,125)	9	-
Dates	930	(3,148)	2,218	-
Food & Nutrition	310	-	-	310
Medical Care	853	(11,929)	11,076	-
Qurbani Appeal	6,655	(6,692)	37	-
Sew & Knit	872	(8,204)	7,332	-
Zakat	6,160	(2,635)	-	3,525
	<b>17,896</b>	<b>(34,733)</b>	<b>20,672</b>	<b>3,835</b>

**Restricted Funds - Previous year**

	Incoming resources	Outgoing resources	Transfers	Balance at 30/04/2017
	£	£	£	£
	-	-	-	-

Kitrinos Healthcare  
Notes to the Financial Statements Continued  
For the year ended 30 April 2018

**Purpose of restricted funds**

Food & Nutrition

Provision of Food & Nutrition

Qurbani Appeal

Provision of Qurbani meat sacrifice

Medical Care

Provision of Medical Care

Sew & Knit

Provision of Sewing and Knitting activities

Dates

Provision of Dates and similar foods

Zakat

Funds distributed within the criteria of zakat

Burial Project

Provision of Burial services

**12. Analysis of net assets between funds**

	Net current assets / (liabilities) £	Net Assets £
<b>Unrestricted funds</b>		
<i>General</i>		
General	7,792	7,792
	<b>7,792</b>	<b>7,792</b>
<b>Previous year</b>		
	Net current assets / (liabilities) £	Net Assets £
<b>Unrestricted funds</b>		
<i>General</i>		
General	57	57
	<b>57</b>	<b>57</b>

Kitrinos Healthcare  
Detailed Statement of Financial Activities  
For the year ended 30 April 2018

	2018	2017
	£	£
<b>INCOME AND ENDOWMENT</b>		
<b>Donations and legacies</b>		
Donations	94,365	54,878
Grants receivable	114,000	81,187
	<b>208,365</b>	<b>136,065</b>
<b>Total incoming resources</b>	<b>208,365</b>	<b>136,065</b>
<b>EXPENDITURE</b>		
<b>Other trading activities</b>		
Fund raising events	(56)	(1,529)
	<b>(56)</b>	<b>(1,529)</b>
<b>Charitable activities</b>		
Cost of direct charitable activity	(163,588)	(122,426)
	<b>(163,588)</b>	<b>(122,426)</b>
<b>SUPPORT COSTS</b>		
<b>Management</b>		
Management	(25,549)	-
	<b>(25,549)</b>	-
<b>IT</b>		
IT	(2,407)	(1,137)
	<b>(2,407)</b>	<b>(1,137)</b>
<b>Governance costs</b>		
Governance costs	(9,030)	(10,916)
	<b>(9,030)</b>	<b>(10,916)</b>
<b>Total resources expended</b>	<b>(200,630)</b>	<b>(136,008)</b>
<b>Net Income</b>	<b>7,735</b>	<b>57</b>