



Caraway Trustees Annual Report



for year-ending
31 March 2021

Registered Charity Number 1177743
(CIO Foundation Registered March 2018)

www.caraway.uk.com



Caraway Trustees Annual Report

Charitable Objectives

Gathering the Harvest in Our Later Years, "To promote social inclusion for the public benefit and to relieve the needs of older people who are socially excluded by virtue of their age, by providing such support as deemed appropriate to assist them to integrate into society in accordance with Christian Principles.



Our Vision

Our vision is to give those in their older years a voice, to be alongside the lonely, isolated and bereaved and create community, where connections can be made, and friendships can flourish. We want to see a society in which every older person is valued, affirmed and able to realize their full potential.

Our Mission Statement

To promote the spiritual wellbeing of those in their later years, in community, care or church, reaching out to those of all faiths or none, so that each older person continues to feel significant and to flourish until the end of their life.

Caraway works in partnership with churches, voluntary and statutory agencies to support the older person in their local community and to be an effective advocate for those whose voice is not heard.



We now have four Anna Chaplains together with Revd Dr Canon Erica Roberts, who is the City Chaplain for Older People. They enable the work of Caraway to be delivered in a way that is relevant for the local context.



The Context

In Southampton City, there are 30,800 people over the age of 65 years (2011 census). The incidence of dementia is rising and in 2012, more than 2,386 people live with dementia (GP records and Public Health). Of these, 1745 are living in the community and 641 are cared for in residential care. There are 32 care homes in the city, and 154 supported housing complexes. (www.housingcare.org). Day care services, carers and clubs for older people have largely been cut by the council and are provided by voluntary and charitable bodies such as Caraway.

The Trustees have:

- Paid due regard to the guidance in the Charity Commission's general guidance on public benefit in reviewing the work undertaken in the last 12 months.
- Monitored the areas of activity undertaken and the sources of referral made for the services.
- Supported the introduction of a new range of services in response to the changes brought about by the COVID-19 pandemic.

Our Aims and Objectives

1. To identify and meet the pastoral and spiritual needs of older people, their families and carers, in the community, within the church and for those who are live in residential care.
2. To build bridges between churches and their local community within the City of Southampton, between voluntary and statutory bodies and between the generations in our society, in order to be an effective advocate for the older person.
3. To support, resource and train volunteers in identifying the wider challenges of growing older and enabling them to support these needs appropriately e.g. loneliness, bereavement, dementia, end of life issues.
4. To help the local Church recognise the enormous resource of wisdom, experience and gifts that this generation can offer the wider community and to enable each older person to realise their full potential.



1: Living Water, VA @ Home pack



Erica Roberts City Chaplain for older people. Report June 2021



I can hardly believe that I'm declaring here just how exciting this past year has been for Caraway! To the backdrop of the loss, isolation and loneliness experienced by us all, the pain and frustration for our chaplains and volunteers not being able to visit our older people in community and care, we have incredibly, discovered so many new opportunities to reach those who live alone and are housebound.

This past year has also helped clarify our focus and priorities as we expand our Anna Chaplains to reach more communities in Southampton, as we widen our support for those living with dementia and their carers and as we develop resources for individuals, care homes and communities to promote and support their spiritual well-being in their later years.

And finally, a huge shout out and thank you to our amazing volunteers and growing Caraway team. It has been a joy to work with them all; a team of all ages, bringing a huge variety of gifts and skills, but all with such energy and enthusiasm. We are so excited to see what this coming year brings as we return to meeting face to face with volunteers, partners and most importantly our older community.

Dr Ros Simpson, Chair of Trustees says:



What a year! Our role as an older person's charity changed completely from one-to-one chats and support, group and mass events to a tight lockdown for all older people, especially those in care homes and those with various health issues.

We have instead worked as a solid team, working across Southampton with our Anna Chaplains, various churches and many many other volunteers to create rich and accessible spiritual resources for those we knew and six times as many that we didn't know. All our resources have been gratefully received with amazing feedback that they hit the spot, and we are going from strength to strength.

Our staff increased to 3 with an administrator, a volunteer coordinator and publicity officer and a paid Anna Chaplain for Southampton West. We have been successful in achieving grants to fund the work.

We look forward to meeting our new contacts and supporting people all over Southampton to connect and support their local older people. This is achievable. We have worked hard to develop our dementia support projects and have gained an NHS contract for this work.

Well done to all our trustees, staff, volunteers and area workers for all you have achieved as teams in 2020-21 for the older people of Southampton.



How Caraway activities have delivered the public benefit...

For any Older people in the Community, the Anna Chaplains.

Anna Chaplains are part of the BRF National Programme to develop Chaplaincy across the UK (www.annachaplaincy.org.uk). Anna Chaplains are named after the widow, Anna, who appears with Simeon in Luke's gospel; both are good role models of faithful older people. Anna Chaplains are there for people of strong, little or no faith at all.



Anna Chaplains provide spiritual care appropriate for the local community; they can connect with the local churches, residential facilities and other community groups that care for the older person, listening to the local need and responding appropriately.

Our Anna Chaplains, Marion Hitchins, Kathy Hyde, Esther Clift and Margaret Hague have worked tirelessly all year supporting people on telephone calls, writing for our resources, facilitating the Vintage Adventure and Holidays at Home packs to reach far and wide.

Developing our Dementia work: New NHS and Admiral nurse Dementia carers Support Scheme and a lockdown support publication.

New NHS Contract Wellbeing Volunteers for Dementia, a new initiative collaborating with NHS and Admiral Nurses to create a telephone support and wellbeing call for carers of those living with dementia. *Start-up date 1.3.21.*

Trained volunteers telephone carers on a regular basis, to listen, care for and support



carers. The aim is to offer the service to all carers living with someone who has dementia. When memory cafes are reopened, they can meet at a memory café.

We now have 12 trained volunteers calling 17 carers, growing but also being evaluated for improvements needed.

Caraway has a new Volunteer Coordinator, called Lo, who supports all our volunteers.

A lovely quote from one of our Wellbeing for Dementia Volunteers who gets as much from the experience as the contact being called. *"Just to let you know I have made contact with XXX. Lovely lady 87 yrs old. I am calling her once a week. Makes me feel very useful after chatting to my contacts"*



Working with Portswood Dementia Action Group, we produced a publication called “Together we Stand” monthly with articles, recipes, puzzles, stories and signposting. These were delivered by hand to 200 households living with dementia and 8 care homes. Doorstep chats maintained connection care and listening.



New Bereavement and Loss Listening Service

In May 2020 we began a Bereavement and Loss Listening Service, starting with several referrals from the Admiral Nurses of those with a dementia related loss.

13 referrals have been helped by 5 listeners. We will be evaluating and developing this service as time and funds allow.

Combating Loneliness: Caraway aims to combat loneliness.

Telephone Support, each Anna Chaplain and other older peoples group leaders have done telephone support calls in lockdown to their participants weekly for a year now.



Hope Blooms flowers to housebound, in a community way and on an individual basis. Collaboration with “Hope Blooms”, a lovely florist who prepares flowers free for older people weekly. We have delivered over 200 bouquets to isolated people.



Holidays@Home, Reaching out to any housebound older people, we organised 2 Holidays at Home, on the themes of the Mayflower (in line with the Southampton City) in November 2020, and a Taste of Spring on February 19th. Both were well received and went to about 175 households, not including care homes.

The days have included a cream tea, flowers and activities. There were stories and articles of interest, recipes and craft activities. There was a zoom meeting for singing and activity on the day to which 25% came. The Zoom meeting included bingo (most popular) singing, movement and stories.



A Virtual Holiday at Home across Southampton

BOARD THE MAYFLOWER FROM THE COMFORT OF YOUR OWN HOME...for a reflection on the Mayflower 400 Anniversary

Set sail for the day with our holiday pack that will:

- ◊ Be hand delivered
- ◊ Include themed activities & crafts
- ◊ An afternoon tea

Departure: **Tuesday 10th November 2020**
Fare: **Free Event**

If you have internet access, join us on our interactive Zoom for:

- ◊ Sea Shanty singing
- ◊ Mayflower Bingo

For those that are older but young at heart

Hosted by Caraway's Holiday at Home.
With Funding and Support from:

SOUTHAMPTON CITY COUNCIL
HERITAGE FUND
SPIRIT OF 1620-2020 Mayflower 400

Feedback from H@H

Mayflower 400, 20th November 2020:

"All this goes a long way to substitute for the lovely Caraway days we spent together over the last few years and I pray we will be able to meet again next year. Please thank very much the team who helped you."

"Many thanks for the good work of all. You & your team have put in a great effort to deliver a delicious Tea & great Activities. Thank you all."

"Lovely tea ! Fun zoom!..... good idea to have breakout room at the beginning so we could just chat a bit."

"Thank you very much for this. I had been talking this morning about how to access the Zoom so now I know."

"So kind of you all to think of someone stranded on a Desert Island in the River Test. I shall make sure I enjoy the afternoon."

"I can hear my neighbour's business conversations through the wall so not sure what he will think is going on, especially if we sing Drunken Sailor."

Feedback from H@H,

Taste of Spring, February 10th 2021:

"A Big Thankyou for the delicious scone and fruit cake and all the contents of the goody bag. It put a spring in our step for sure, shaking us out of our winter lethargy. Several ex Tea clubbers asked me to pass on their thanks, recognising just how much thought, planning and hard work is involved. Three told me how impressed their families are with the Christian love shown in such a tangible way - so it's an amazing witness stretching well beyond this city."



Receiving Taste of Spring Pack

“Thank you to you and the team.”

“The afternoon tea was superb, the daffodils will keep us smiling for days to come. What a wonderful collection of activities for us.

An amazing achievement for the numbers involved and area covered.

The Saints exercise section is brilliant and I shall encourage my parents to do more of the sessions online and possibly join the live sessions.”

Creating Community: Vintage Adventure at Home.

Our Vintage Adventure at Home project arose from transferring our monthly spiritual session and lunch club for older people into a pack delivered to your home. The pack includes activities, articles of interest, a recipe, songs and a worship and prayer sheet.

They are very popular and during the long lockdown year our circulation reached just over 300 for our Christmas edition. The usual numbers are 240 per month (see chart below).

This will continue and develop into an ongoing rich spiritual resource for housebound, and several Vintage Adventure meetings across the city.

All resources are available for free download on our website.

Year	Month	Edition Title	Number sent
2020	May	Breakfast on the Beach	40
	June	Prayer	
	July	Rest	80
	August	Hope	
	September	Harvest	
	October	Home	210
	November	Creativity	
2021	December	Christmas	300
	January	Light	250
	February	Comfort	255
	March	Easter	257



**Feedback from survey in November 2020
about the Vintage Adventure at Home packs:**

“Making those of us who are isolating to feel remembered and in touch. Spiritual and interesting”

“Very reassuring to have. You do an excellent job!”

“It’s really helpful as there is no Vintage Adventure in church. I feel less cut off.”

“It is great to feel connected while meeting up is so limited.”

“The monthly packs are a good blend of all that has been missing and still is, with the corona virus pandemic.”

“Take my mind off depressing times”

“I feel a connection with people I don’t see since Covid came. I will happily pay postage.”

“Rich spiritual food WOW”

*“Very encouraging, helping me to remember God is with me. Making recipes to keep me busy.
‘Heaven sent’. “*

“Very helpful, keeping in contact with you all and you kindly thinking of me.”

“Something for us to do together.”

“Giving comfort and encouragement. Putting God’s perspective on the world and present Covid pandemic.”

“Really inspiring keeping us close to God.”



Resourcing Chaplaincy: The Omega Course



Caraway has run the Omega Course (in collaboration with Southampton Family Trust <http://www.sfrtrust.org.uk/>)

several times online for training of chaplains and other older persons workers as well as it being an open course for any older people to attend. Over 30 people have attended this course with good feedback.

Collaboration with many churches across the city to provide support and resources for use for older people. Caraway works to engage, empower and encourage all those involved with the ministry for older people in churches and in the community.

A weekly meeting lasting up to 2 hours for 6 weeks, available online or face to face.

The course explores:

- What does it mean to grow old?**
- How can I embrace the increasing challenges of old age?**
- What do I have to look forward to?**
- What is a good death?**



Feedback from the Omega Course:

“Wow, This course has really given me a chance to explore my own feelings in a safe environment. How will I want to be remembered? What things are most important to me? The importance of listening, really listening. God loves us in all stages of our life.”

“I have been reluctant to enter into this stage of life but have never been one to put my head in the sand. So I joined the course to embrace the fact that I am now classified as being in the elderly phase! Take advantage of talking with others also trying to embrace this and develop a positive attitude to being in this age group.”

“It was well structured, well run and a good balance of input from a variety of contributors and using a variety of methods. It gave participants good opportunity to contribute and to interact. Each week there was a warm and individual welcome to each person. Although I wouldn't opt for a zoom course out of choice, this medium was used very well to present material and engage with participants.”

“It was a great opportunity to hear wisdom on, and to discuss with others subjects which are not greatly talked about and which are so important. Well run and thought-provoking.”

Supporting Care Homes: Spiritual Care Boxes and prayer cards in an unusual year for care homes.

With restricted visiting rules in place for the whole year, we have had little opportunity to interact with care homes. We have provided Spiritual Care Boxes, resources for the care home to use for residents.

A monthly prayer card and a magazine “Together We Stand” a lockdown publication for support and connection.

We have run services on Zoom, one for Christmas, one for Easter. It was lovely to see the residents and do something when there was so little we could do. We delivered packs in advance that contained these lovely handknitted angels.

11 Southampton care homes received a visit from our carol singers who sang a carol concert from the grounds of each home.



Carol singing at a care home.

2020	April	Easter	
	May	Anchoring	
	June	Lords Prayer	
	July	Summer	
	August	Hope	
	September	Harvest	
	October	Perseverance	131
	November	Remembrance	
	December	The Greatest Gift	182
2021	January	A New Year	198
	February	God's Everlasting Love	184
	March	Easter	



New Anna Chaplain for Southampton West:

Revd Margaret Hague is our paid Anna Chaplain for Southampton West, Maybush, Lordshill and Rownhams. This area has the highest density of older people in the city in deprived situations. In collaboration with churches, Margaret has been gaining contacts and relationships with key people in the supported housing, and preparing for coming out of lockdown with new groups and events, including a new chaplain service in a very large new supported housing block.

Our Volunteers:

We have about 50 volunteers participating in:

- Dementia Wellbeing Volunteers for dementia.
- Care Home Support
- Vintage Adventure at Home
- Holiday @ Home
- The Omega Course
- Administrative and Operational support
- Other community supports such as Together We Stand, Hope Blooms and Prayer Cards

All volunteers receive training and ongoing support.

Our Website and Publications: www.caraway.uk.com

The Caraway website provides an excellent window into our work and stores details of events, publications and is a safe way for anyone in Southampton to access the services of an Anna Chaplain or Caraway Volunteer.

Google suite for charities is providing a safe and efficient information and communication hub for our chaplains, volunteers and community contacts with other agencies and organisations. It gives a link to our regular newsletters, prayer letters and training documents.

The Important Role of Caraway

Our unique niche is providing spiritual care for the older person. It is about connecting them with community, hearing their sorrows and joys, being with them in times of loss, and providing meaning to life in the community. We do this with the abundance of God's provision, with love for the older person, and with an understanding of what it is to age and stay valued and engaged with our local community and or faith groups.

The charity works with people of any faith or none and supports churches in Southampton providing services for older people.

What is Spiritual Care?

Spiritual care supports a person to explore their awareness of their meaning, purpose and connectiveness in life. It is listening and being present for that person, who may have a faith or not, and responding to their needs in the areas of grief and loss, crisis, ethical and moral issues and when in distress.

Debbie Thrower, Pioneer, Anna Chaplaincy for Older People says...



“I’m bowled over to receive your edition of Vintage Adventure @ Home. What a lot of good things it contains.. I’m so full of admiration for the way you and the team in Southampton, as well as others in the Anna Chaplaincy network elsewhere, are coping and adapting to this new way of doing ministry. Thank you! Please keep all news of resources coming to me – ones you generate as well as ones you find helpful from other quarters - so we may share them with others and spawn other good ways of responding in this crisis and keeping people connected and spiritually fed. ‘Feed my sheep’!”

Quote from an Older Person receiving a Prayer Card...

“I would like to express my sincere thanks to all concerned for producing the 'Home Prayer' I received yesterday. One of my sons has been feeling a little unwell and although he doesn't think he has COVID-19 decided that it was better to be safe than sorry, so he has gone for a test this morning. Your prayers filled me with a bright hope and said much of what I have been feeling.”

Our Aspirations for 2021/22

So, what do we expect over the coming year?

We have been thrilled at the creativity that we’re already seeing in our teams to engage, sustain, support and resource the older community.

1. Develop the Anna Chaplaincy base of Caraway

We aim to develop the Anna Chaplaincy work in Southampton, supporting and encouraging our existing Anna Chaplains, helping them recruit Anna Friends, and welcome new local chaplains from Surrounding areas.

2. A new Anna Chaplain for Dementia

We aim to fund raise for an Anna Chaplain for Dementia in the city to be part of the strategic vision for Southampton and to be an advocate for the spiritual well-being of this group.

3. Supporting carers of those who live with dementia

Continuation and development of the Wellbeing Volunteers for Dementia Scheme. We plan to expand both schemes and continue developing our supportive role for volunteers and helping them support each other. Working to evaluate the scheme and improve signposting opportunities. Work with the Admiral Nurses to resume and run the area memory cafes for carers of and those who have dementia, and our Dementia Wellbeing volunteers.

4. Encourage older people to engage in helping their own community

As the older population come out of lockdown after the COVID-19 pandemic, new groups will spring up, and yet we will continue our new resources for the housebound older people in our city. We plan to encourage collaborative projects where older people contribute to our city in meaningful ways.

5. Continued development of communications, volunteer and promotional support

Jo Ladkin and Lo Cuoghi are our administrator and volunteer coordinator and publicity officer, paid for by Caraway. We are expanding the role as the administrative demands for promoting and supporting the work of Caraway evolve. We hope that we will have a stronger social media and internet presence over the coming year.



6. To develop Caraway Care, a new Bereavement and Loss service for older people

This telephone bereavement listening service has started in collaboration with the NHS Admiral Nurses. A demand was identified, and Caraway has responded, with training and supervision in place. Part of the task over this next period will be the development of the volunteer base, with telephone support, with the possibility of a Bereavement Group by next year.

7. Development of the Omega Course

This course has been updated and needs to be published in a new version for sale in collaboration with Southampton Family Trust.

8. Refresh and Resource Day March 2022

A day of training and reflection for all those involved in the ministry of older people in the South Of England and beyond. Focus will be on dementia and our response to those involved in the care of people who have dementia and the sufferers themselves. It will be thought provoking, inspiring, creative prayerful and fun. Date to be confirmed.

9. Raise funds to support these aspirations

We have received several grants for our projects with older people. We will continue this fundraising activity to maintain our activity level and grow the chaplaincy service for volunteer and paid roles. We have received support from:

- Henry Smith Trust to support Anna Chaplaincy in Southampton West.
- Charles Hayward Fund for development of Holiday at Home
- National Lottery Covid fund for Bereavement and Loss Listening Service development.
- Solent NHS for wellbeing volunteers for dementia.
- Allchurches Hope Beyond grant for development of Vintage Adventure at Home.
- The Listeners Trust for publication of "Together We Stand."

We are incredibly grateful for these grant giving organisations.

The Caraway Team: Thank you for supporting Caraway, from the team...

Our Anna Chaplains (left to right):

- Margaret Hague,
- Marion Hitchins
- Kathy Hyde





Our Trustees (left to right):

- Revd Canon Dr Erica Roberts, *City Chaplain for Older People in Southampton and Anna Chaplain*
- Dr Rosalind Simpson, *GP and Chair of Trustees*
- The Revd Dr Chris Knights, *Priest in Charge, Parish of Lord's Hill & Lord's Wood, Southampton*
- Mr Terry Martin, *Retired University Lecturer*
- Esther Clift, *Anna Chaplain and Consultant in Frailty at Southern Health Foundation Trust*



Our Admin Team (left to right):

- Jo, *Communications & Operations Assistant*
- Lo, *Communications & Volunteer Coordinator*
- Maggie, *Secretary*
- Jill, *Treasurer*





Our Finances

Reserve's policy:

It is the policy of Caraway to maintain unrestricted funds which are our free reserves, at a minimum level of 1 m unrestricted expenditure. At April 1st 2021, there were reserves available to cover 6 m of expenditure.

Risk review:

The trustees have a risk register that sums up the main risks to the charity and we have put in place policies and systems to mitigate these risks. Volunteers are protected under the insurance of Ansvar.

We have a wide range of policies including safeguarding, equal opportunities, lone working, volunteer and data protection.

CARAWAY		Charity No	1177743		
		Company No			
Annual accounts for the period					
Period start date	01/04/2020	To	Period end date	31/03/2021	

Section A Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity	Guidance Note	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Prior year funds
		£	£	£	£	£
Income (Note 3)		F01	F02	F03	F04	F05
Income and endowments from:						
Donations and legacies	S01	9,516	-	-	9,516	7,342
Charitable activities	S02	3,224	30,858	-	34,082	648
Other trading activities	S03	-	-	-	-	-
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	12,740	30,858	-	43,598	7,990



Expenditure (Notes 6)

Expenditure on:

Raising funds	S08	-	-	-	-	-
Charitable activities	S09	13,948	5,268	-	19,216	9,462
Separate material expense item	S10					
Other	S11	-	-	-	-	-
Total	S12	13,948	5,268	-	19,216	9,462

Net income/(expenditure) before tax for the reporting period	S13	- 1,208	25,590	-	24,382	- 1,472
Tax payable	S14	-	-	-	-	-
Net income/(expenditure) after tax before investment gains/(losses)	S15	- 1,208	25,590	-	24,382	- 1,472
Net gains/(losses) on investments	S16	-	-	-	-	-
Net income/(expenditure) Extraordinary items	S17	- 1,208	25,590	-	24,382	- 1,472
Transfers between funds	S18	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S20	-	-	-	-	-
Other gains/(losses)	S21	-	-	-	-	-
Net movement in funds	S22	- 1,208	25,590	-	24,382	- 1,472
<i>Reconciliation of funds:</i>						
Total funds brought forward	S23	10,742	439	-	11,181	12,653
Total funds carried forward	S24	9,534	26,029	-	35,563	11,181

Proportion of income received from restricted grants is 69.7%

Proportion of giving from regular donations is 0.016%

Proportion of one-off donations is 18.21%

Other income is 8.4%



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/
members of

Charity Name
CARAWAY

On accounts for the year
ended

31/03/2021

Charity no
(if any)

1177743

Set out on pages

1-34

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2021

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

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

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

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

Signed:

A Rush

Date:

08/05/2021

Name:

Amanda Rush

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

ICEAW
Membership number 8124863



Address:	Three Oaks
	Kew Lane, Bursledon
	SO31 8DD

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Thank you for reading.

End of Report!



@spirituallyresourcingtheolderperson