

April 23 - March 24

# Annual Report

PATHWAYS TRUST



**Pathways Trust**  
200 Cambridge Health Rd,  
London, E2 9PA  
Charity Number 1051845

**+44 020 8980 6300**  
[pathwaystrust95@gmail.com](mailto:pathwaystrust95@gmail.com)  
[www.pathwaystrust.org.uk/](http://www.pathwaystrust.org.uk/)

# Report of the Trustees

## Review of activities

### Operations

The past year has been a challenging time for Pathways Trust. Severe flooding and damage to our premises have significantly impacted the charity's income. To make matters worse, instead of receiving subsidies to help with the condition of our building, we are now facing increased costs as the Church has raised our rent and utility bills.

At the same time, we've been working tirelessly to support vulnerable clients who have been deeply affected by the previous government's harsh austerity measures—all while struggling to stay afloat ourselves. As a result, Pathways Trust is currently spending more than we are earning.

Despite these difficulties, the year hasn't been without its successes. We secured vital funding from the Wakefield and Tetley Trust, which will support us through December 2024. Additionally, we held a successful Open Day event, the first since 2022, which generated an increase of interest in our services and provided a valuable platform for outreach and promotion.

Looking ahead, it's crucial for us to consolidate our presence in Tower Hamlets and build stronger connections with the local community. A significant portion of our clients are of South-East Asian heritage and raising awareness about Pathways Trust as a charity will encourage greater donations and support.



# Report of the Trustees

## Review of activities

### Key activities

Pathways Trust has always been and remains committed to, providing affordable complementary health services for the people of Tower Hamlets and the surrounding boroughs.

Despite the challenges posed by the ongoing cost-of-living crisis, we have continued to keep our services accessible. Subsidized fees for those on low incomes or unemployed remain at an affordable £35 per therapy session, while other fees have increased by only 10%.

In addition to this commitment, Pathways Trust has recently received much-needed funding from the Wakefield and Tetley Trust.

In September 2024, we hosted a highly successful Open Day, offering free mini taster sessions in exchange for a minimum donation of £5. This event was well-received and helped us further connect with the community while raising valuable funds for our services.

### Fundraising

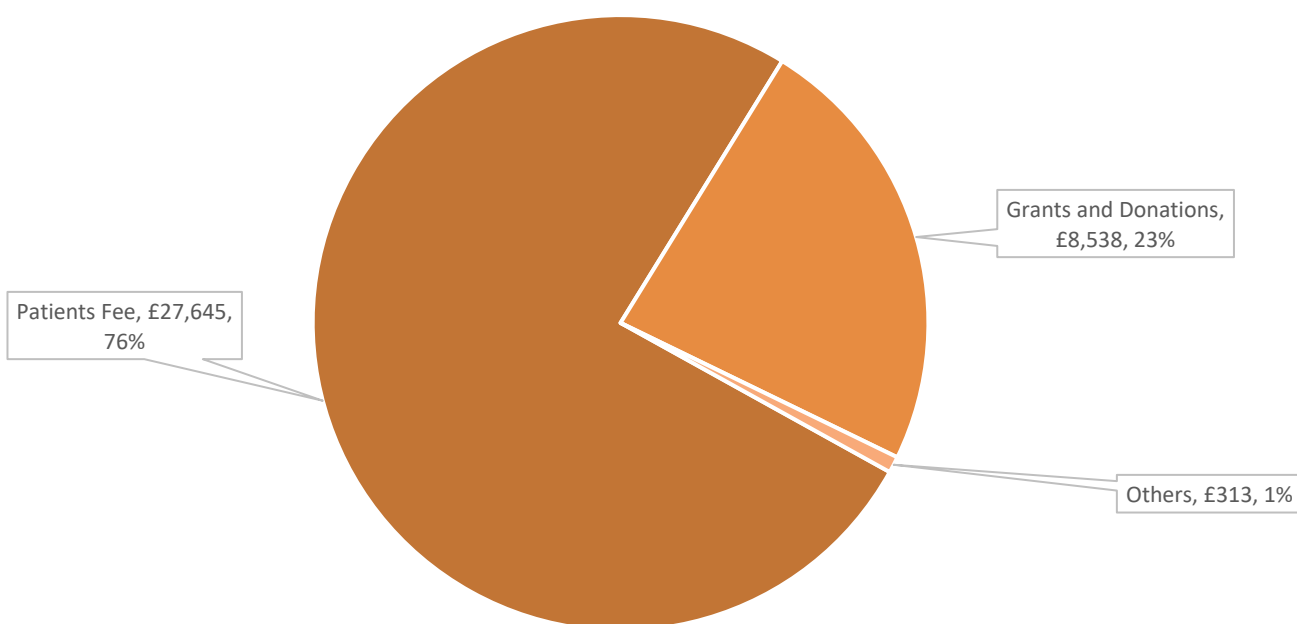
We continue to work hard to secure funding and recognize the need to think creatively. This includes engaging with both local communities and local governments to support our mission.

Recently, we received a small grant from the Wakefield and Tetley Trust. This and HIYB (Happy In Your Body) fund have been made possible through the dedicated research and expertise of Tish, the Director and Founder of HIYB, a nonprofit community project which we have partnered with over the past few years.

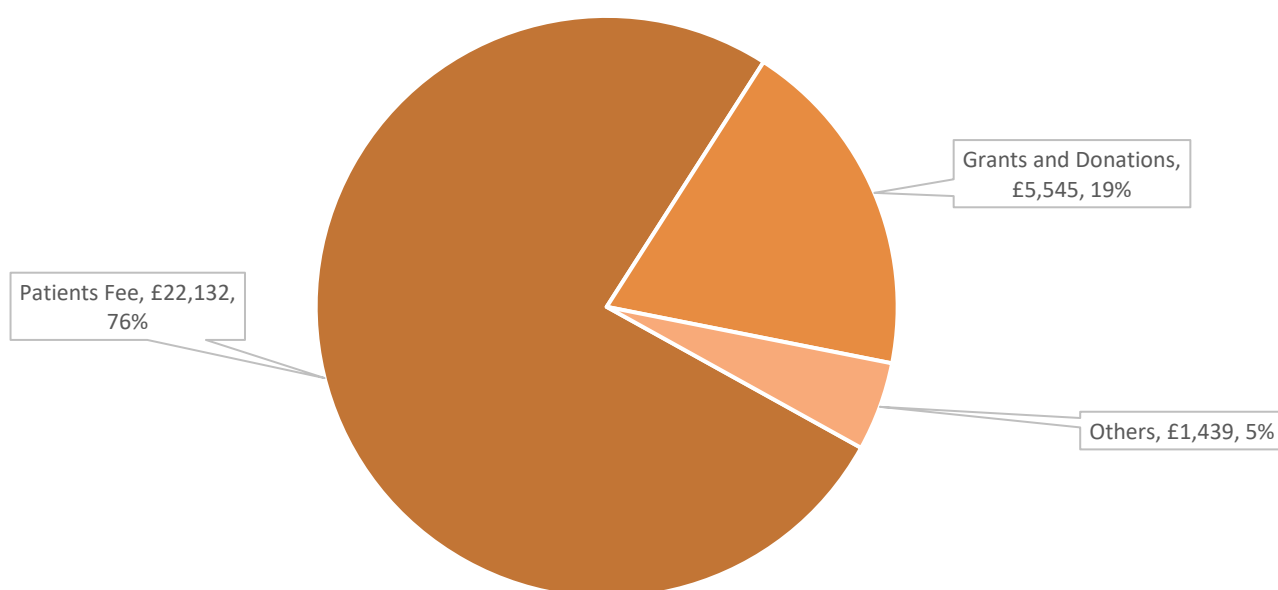


# Charity Statistics

Income April 2023 - March 2024 Total £36,496

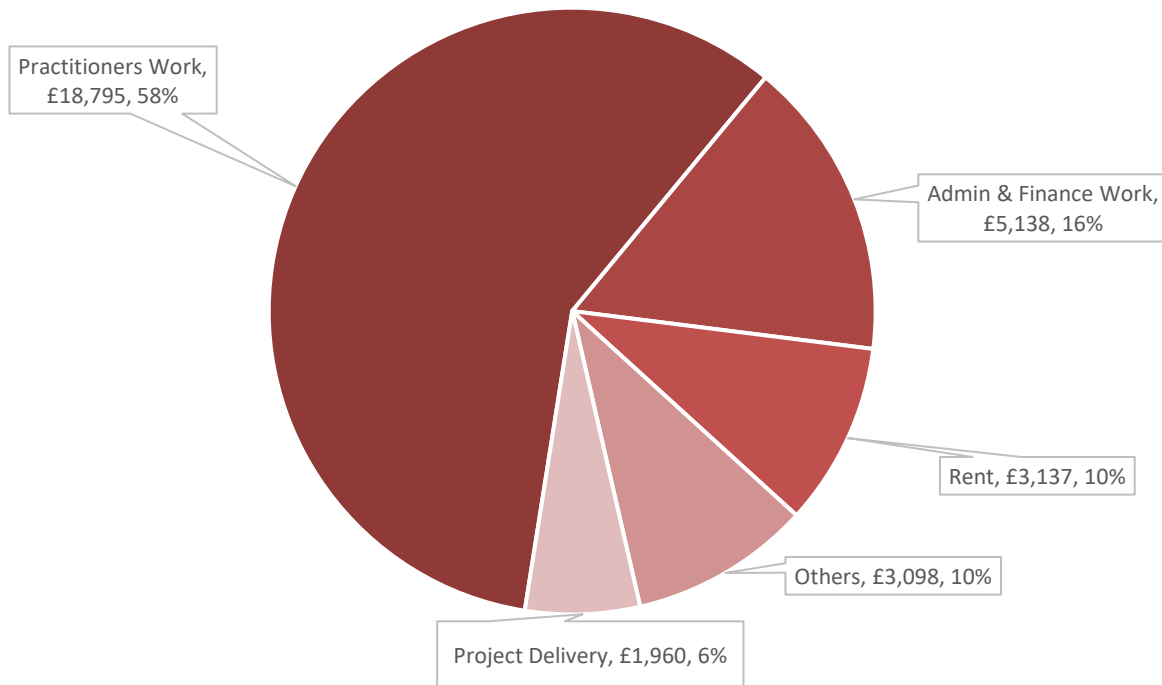


Income April 2022 - March 2023 Total £29,191

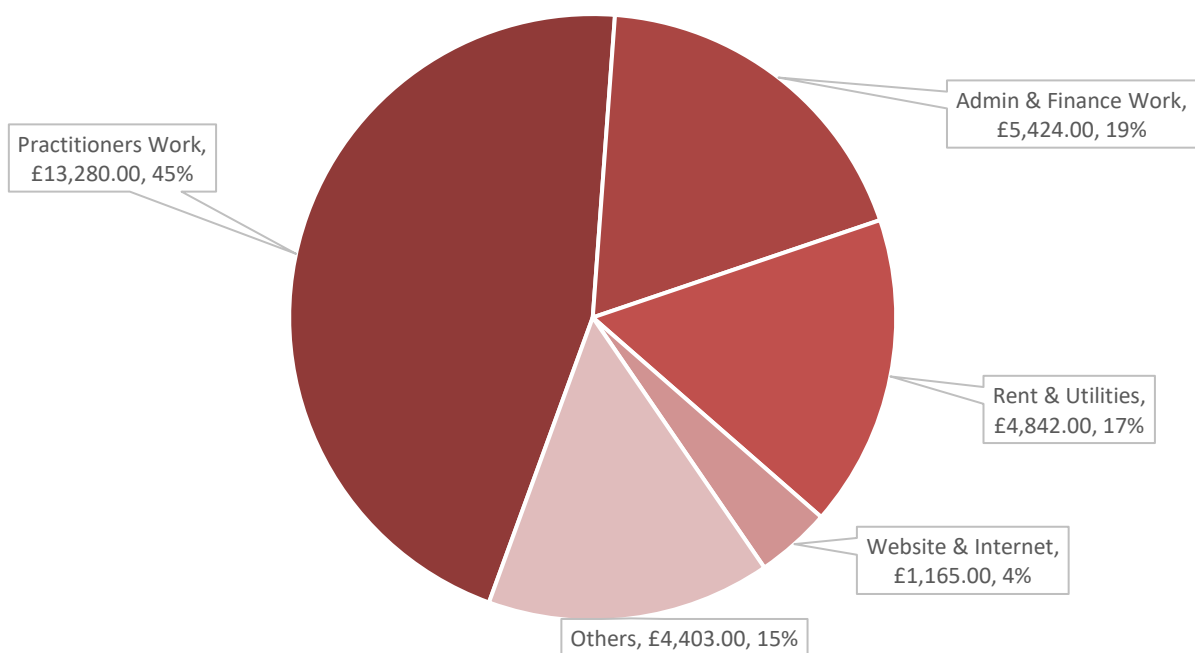


# Charity Statistics

Expenditure April 2023 - March 2024 Total £32,128



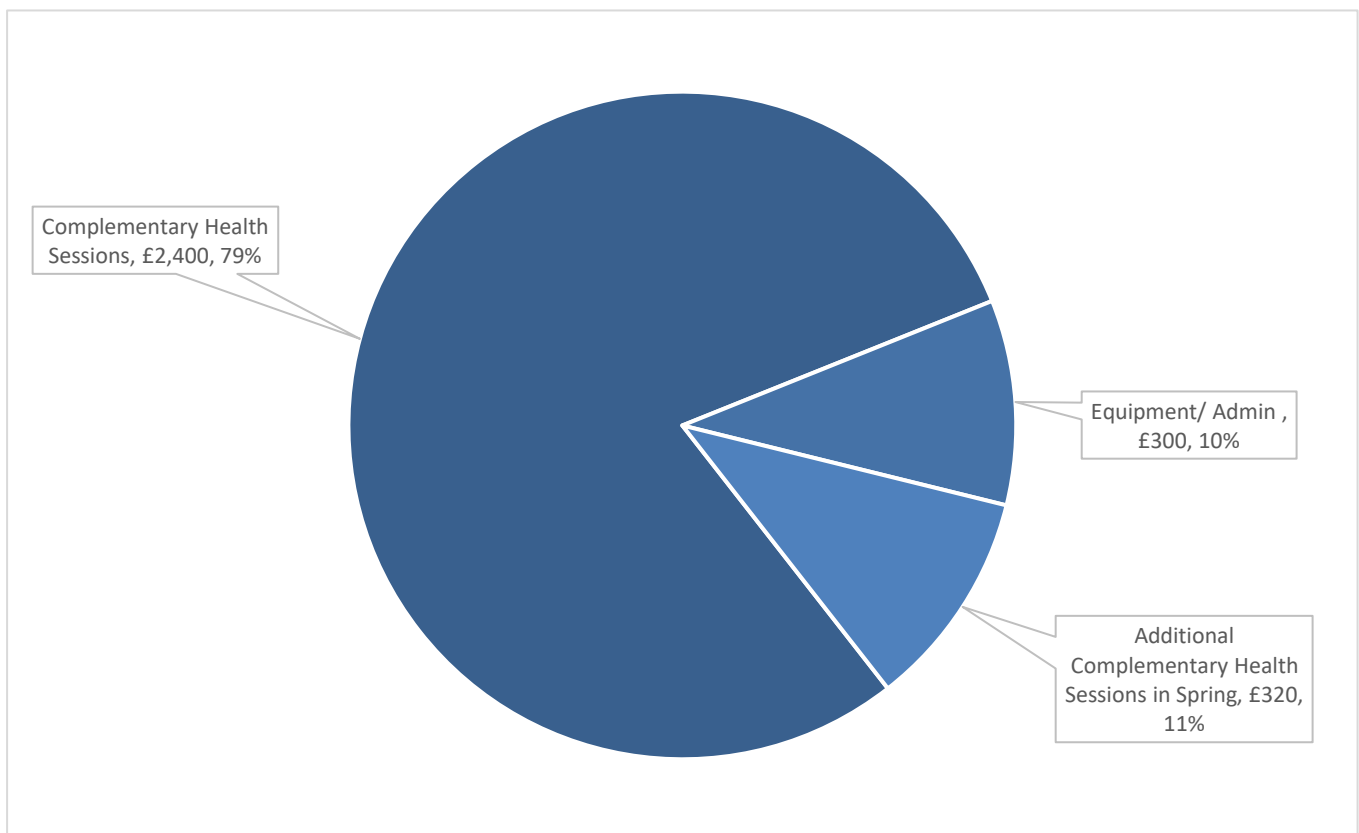
Expenditure April 2022 - March 2023 Total £27,949



# Funding Details

## HIYB

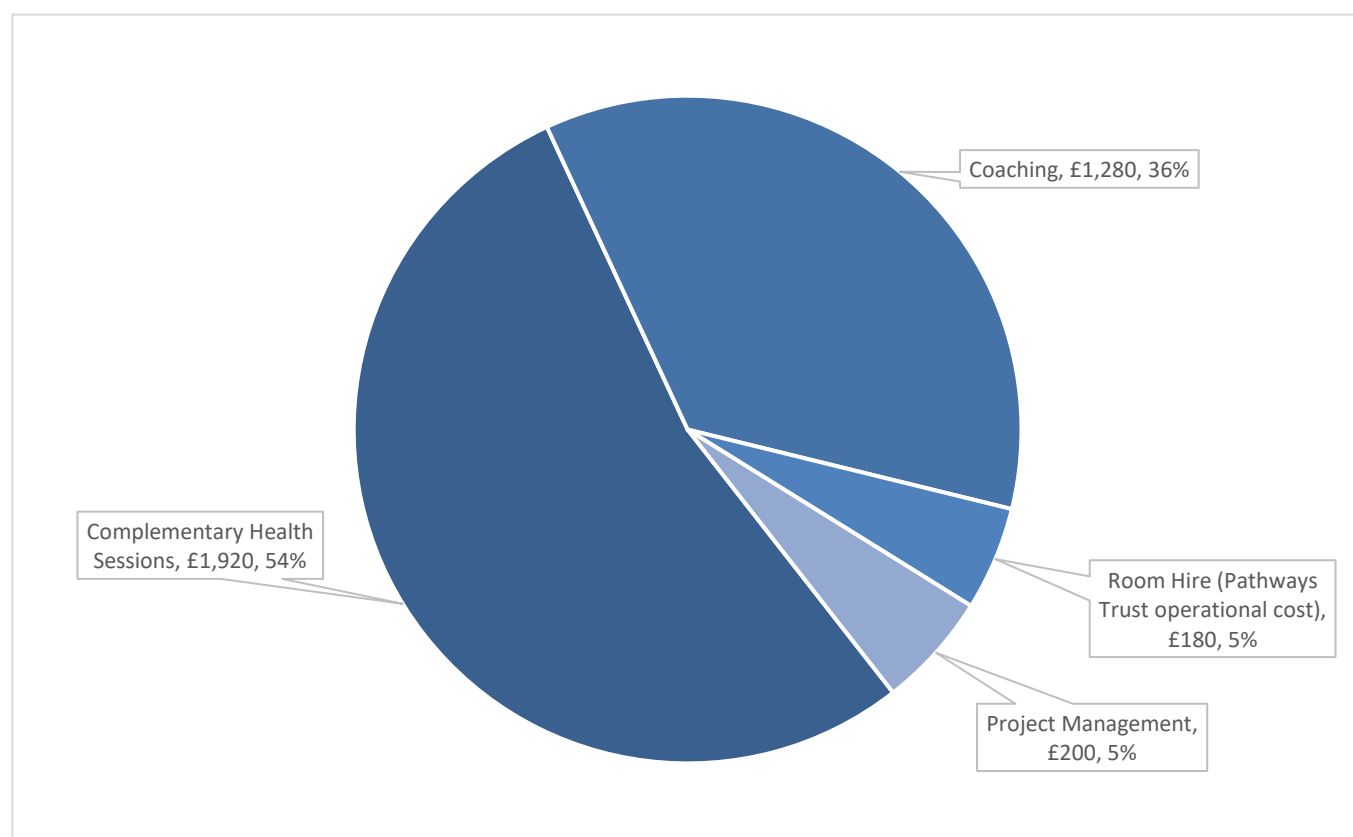
Happy In Your Body, a not-for profit community addressing health inequalities in Tower Hamlets by offering free and low-cost creative health service. It provided the fund, total £3,020, for complementary health sessions



# Funding Details

## Wakefield and Tetley

Applied through HIYB project, the fund, total £3,580, provided additional complementary health sessions and project management expenditures







April 23 - March 24

# Financial Statement

PATHWAYS TRUST



**Pathways Trust Financial Statment**  
**Pathways Trust**

**Statement of Financial Activities**  
**(including summary income and expenditure account)**  
**for the year ended 31 March 2024**

	Notes	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
<b>Income from:</b>					
Patients Fee		27,645	-	27,645	22,132
Grants and donations	(2)	2,118	6,420	8,538	5,545
Herb & Vitamin Sales		-	-	-	75
Other Income		313	-	313	1,439
<b>Total income</b>		<b>30,076</b>	<b>6,420</b>	<b>36,496</b>	<b>29,191</b>
<b>Expenditure on:</b>					
Rent/Premises Costs		3,137	-	3,137	3,397
Practitioner Work		14,155	4,640	18,795	13,280
Website & Internet Network		728	-	728	1,165
Finance Work		630	-	630	1,080
Door		213	-	213	-
Administrative Work		4,508	-	4,508	4,344
Advertisment		554	-	554	279
Bank Account Fee		60	-	60	72
BT Business		-	-	-	-
DBS check		-	-	-	-
Training		60	-	60	-
Serveyor		-	-	-	-
Cleaning Service		683	-	683	310
Office Equipment & Furnishing		513	-	513	325
Project Delivery		180	1,780	1,960	-
Practitioner Meeting		-	-	-	150
Insurance		-	-	-	236
Open Day		-	-	-	300
<b>Total expenditure</b>		<b>25,708</b>	<b>6,420</b>	<b>32,128</b>	<b>27,949</b>
Net gains/(losses) on investments		-	-	-	-
<b>Net income / (expenditure)</b>		<b>4,368</b>	<b>-</b>	<b>4,368</b>	<b>1,243</b>
<b>Transfers between funds</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<u>Other recognised gains/(losses):</u>					
Gains/(losses) on revaluation of fixed assets		-	-	-	-
Other gains/(losses)		-	-	-	-
<b>Net movement in funds</b>		<b>4,368</b>	<b>-</b>	<b>4,368</b>	<b>1,243</b>
<b>Fund balances brought forward</b>		<b>22,407</b>	<b>-</b>	<b>22,407</b>	<b>21,164</b>
<b>Fund balances carried forward</b>	(3)	<b>26,775</b>	<b>-</b>	<b>26,775</b>	<b>22,407</b>

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All incoming resources and resources expended derive from continuing activities.

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# Pathways Trust Financial Statment

## Pathways Trust

### Balance sheet

**as at 31 March 2024**

**for the year ended 31 March 2024**

		2024	2024	2024	2023
		Unrestricted	Restricted	Total	Total
		£	£	£	£
<b>Current assets</b>					
Cash at bank and in hand	(4)	26,775	(0)	26,775	22,407
<b>Total current assets</b>		<u>26,775</u>	<u>(0)</u>	<u>26,775</u>	<u>22,407</u>
<b>Current liabilities:</b>					
<b>amounts falling due within one year</b>					
Creditors and accruals	(8)	-	-	-	-
<b>Total current liabilities</b>		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b>Net current assets / (liabilities)</b>		<u>26,775</u>	<u>(0)</u>	<u>26,775</u>	<u>22,407</u>
<b>Net assets</b>		<u>26,775</u>	<u>(0)</u>	<u>26,775</u>	<u>22,407</u>
<b>Funds</b>					
Unrestricted funds		26,775	-	26,775	22,407
Restricted funds		-	-	-	-
Endowment funds					
<b>Total funds</b>		<u>26,775</u>	<u>-</u>	<u>26,775</u>	<u>22,407</u>

For the year ending 31 March 2024 the charitable 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 charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) 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 and with FRS 102 (effective January 2019).

The financial statements were approved by the board of trustees on .....

Signed: ..... (Trustee)

Name: .....

# **Pathways Trust Financial Statment**

## **Pathways Trust**

### **Notes to the accounts**

#### **for the year ended 31 March 2024**

for the year ended 31 March 2024

#### **1 Accounting policies**

##### **Basis of accounting**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

##### **Going concern**

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

##### **Incoming resources**

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

##### **Grants and donations**

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

##### **Expenditure and liabilities**

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

##### **Taxation**

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

##### **Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

##### **Leases**

Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.

**Pathways Trust Financial Statment**  
**Pathways Trust**

**Notes to the accounts continued**

**for the year ended 31 March 2024**

for the year ended 31 March 2024

**2 Grants and donations**

	2024	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Wakefield Grant		3,400	3,400	
HIYB	100	3,020	3,120	
London Borough of Tower Hamlets Discretionary Grants Scheme	-	-	-	5,535
Gift Aid	1,818		1,818	-
Other Donations	200		200	10
	<u>2,118</u>	<u>6,420</u>	<u>8,538</u>	<u>5,545</u>

**3 Restricted funds**

	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
Project Delivery	(0)	6,420	6,420	-	-
	<u>(0)</u>	<u>6,420</u>	<u>6,420</u>	<u>-</u>	<u>-</u>

**Grant/Fund name**

**Purpose of restriction**

HIYB Happy In Your Body, not-for profit community addressing health inequalities in Tower Hamlets by offering free and low cost creative health service. It provided the fund for complementary health sessions

Wakefield Grant Applied through HIYB project, the fund provided additional complementary health sessions and project management expenditure.

**4 Cash at bank and in hand**

	2024	2023
	£	£
Current Account	13,058	22,407
Saving Account	13,717	-
	<u>26,775</u>	<u>22,407</u>
	-	-

**Pathways Trust Financial Statment**  
**Pathways Trust**

**Statement of Financial Activities including comparatives for all funds**  
**(including summary income and expenditure account)**  
**for the year ended 31 March 2024**

	2024 Unrestricted funds £	2023 Unrestricted funds £	2024 Restricted funds £	2023 Restricted funds £	2024 Total funds £	2023 Total funds £
<b>Income</b>						
Patients Fee	27,645	22,132		-	27,645	22,132
Grants and donations	2,118	10	6,420	5,535	8,538	5,545
Herb & Vitamin Sales	-	75			-	75
Other Income	313	105		1,334	313	1,439
<b>Total income</b>	<b>30,076</b>	<b>22,323</b>	<b>6,420</b>	<b>6,868</b>	<b>36,496</b>	<b>29,191</b>
<b>Expenditure</b>						
Practitioner Work	14,155	6,707	4,640	6,573	18,795	13,280
Administrative Work	4,508	4,344	-		4,508	4,344
Rent/Premises Costs	3,137	3,397	-		3,137	3,397
Website & Internet Network	728	1,165	-		728	1,165
Cleaning Service	683	310	-		683	310
Finance Work	630	1,080	-		630	1,080
Advertisment	554	279	-		554	279
Office Equipment & Furnishing	513	325	-		513	325
Purchase of Treatment Supplies	289	629	-		289	629
Door	213		-		213	-
Bank Account Fee	60	72	-		60	72
Training	60		-		60	-
Premises refurbishment	-		-	938	-	938
Project Delivery	180		1,780		1,960	-
Practitioner Meeting	-	150	-		-	150
Insurance	-	236	-		-	236
Utilities	-	1,445	-		-	1,445
DBS check	-		-		-	-
Open Day	-	-	-	300	-	300
<b>Total expenditure</b>	<b>25,708</b>	<b>20,138</b>	<b>6,420</b>	<b>7,811</b>	<b>32,128</b>	<b>27,949</b>
Net gains/(losses) on investments	-	-	-		-	-
<b>Net income / (expenditure)</b>	<b>4,368</b>	<b>2,185</b>	<b>-</b>	<b>(943)</b>	<b>4,368</b>	<b>1,243</b>
<b>Transfers between funds</b>	<b>-</b>	<b>(10)</b>	<b>-</b>	<b>10</b>	<b>-</b>	<b>-</b>
<u>Other recognised gains/(losses):</u>						
Gains/(losses) on revaluation of fixed	-	-	-		-	-
Other gains/(losses)	-	-	-		-	-
<b>Net movement in funds</b>	<b>4,368</b>	<b>2,175</b>	<b>-</b>	<b>(933)</b>	<b>4,368</b>	<b>1,243</b>
<b>Fund balances brought forward</b>	<b>22,407</b>	<b>20,232</b>	<b>(0)</b>	<b>933</b>	<b>22,407</b>	<b>21,164</b>
<b>Fund balances carried forward</b>	<b>26,775</b>	<b>22,407</b>	<b>(0)</b>	<b>-</b>	<b>26,775</b>	<b>22,407</b>

**Pathways Trust Financial Statement**  
**Pathways Trust**

**Reserve Policy & Risk Management**

**for the year ended 31 March 2024**

for the year ended 31 March 2024

The trustees review their reserve policy periodically and aim to retain an adequate sum to ensure the continuity of its activities.

This is to ensure that in the event of a significant drop in funding, the charity will be able to continue the charity current activities while consideration is given to ways in which additional funds may be raised.

The trustees have drawn up a risk register which provides dates and details of action to be taken to reduce the risks faced by the charity.

The charity also purchases a range of insurance.

The financial statements were approved by the board of trustees on .....

Signed: ..... (Trustee)

Name: .....

**Pathways Trust Financial Statment  
Pathways Trust**

**Independent Examiner's Report**  
**for the year ended 31 March 2024**  
for the year ended 31 March 2024

To the Management Committee of Pathways Trust  
Financial Statements of Pathways Trust for the year ended 31 March 2024

**Responsibilities and basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2022 ("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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect: accounting records were not kept in accordance with section 130 of the Act or the accounts do not accord with the accounting records I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Man Hong Yuen  
Certified  
Accountant  
Date 16/12/24

