

# IN-DEEP COMMUNITY TASK FORCE

England & Wales · Charity number 1098270

## Details

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**Status** Registered

**Legal form** Other

**Registered** 2003-06-30

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Unit 300  
95 Wilton Road  
London  
SW1V 1BZ

**Phone** 07761263105

**Email** [emma.chapman@in-deep.org.uk](mailto:emma.chapman@in-deep.org.uk)

**Website** [www.in-deep.org.uk](http://www.in-deep.org.uk)

## Activities

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**Objects:** TO PROVIDE OR ASSIST IN THE PROVISION OF RECREATIONAL FACILITIES FOR ELDERLY PERSONS RESIDENT IN LONDON (HEREINAFTER REFERRED TO AS THE AREA OF BENEFIT) WHO ARE IN NEED BY VIRTUE OF THEIR AGE AND THEIR INFIRMITY OR DISABLEMENT, POVERTY OR ECONOMIC OR SOCIAL CIRCUMSTANCES WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE. TO RELIEVE THE NEEDS OF ELDERLY PERSONS BY PROVISION OF ADVICE, SUPPORT AND COUNSELLING.

**Activities:** A 3 course meal for isolated older people in Victoria. A manicure and pedicure service in Lambeth. A jacket potato lunch for older people providing a good hot meal in Westminster. Free weekly dance class for older people. A Christmas Hamper Scheme and Over 50's choir. A free music therapy service, drama sessions, holiday workshop and trips for families for children and young people with SEND.

## Classification

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- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Arts/culture/heritage/science
- **Who:** Children/young People, Elderly/old People, People With Disabilities

## Geography

- **Area of benefit:** LONDON
- City Of Westminster
- Kensington And Chelsea
- Lambeth

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£141,151	£109,719	-	-
2024-03-31	£107,722	£90,951	-	-
2023-03-31	£89,165	£80,243	-	-
2022-03-31	£72,948	£60,205	-	-
2021-03-31	£44,393	£45,443	-	-

## Trustees

Name	Role	Appointed
<b>COLIN CHAPMAN MBE</b>	Chair	2002-01-01
EMMA CHAPMAN MBE		2002-01-01
Jeremy Pinkney		2024-01-31
Luke Chapman		2024-01-31
Nikki walford		2025-07-02
<b>PATRICIA DE'VANNEY</b>		
Richard leafe		2015-09-10
Yi Ting Tsai		2024-04-11

**IN-DEEP COMMUNITY TASK FORCE**

England & Wales - Charity number 1098270

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# Accounts

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# ANNUAL REPORT

1st April 2024 - 31st March 2025

# ORGANISATION DETAILS

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## **Address**

In-Deep Community Task Force  
Unit 300, 95 Wilton Road  
London  
SW1V 1BZ

## **Phone**

07761 263105

## **Website**

[www.in-deep.org.uk](http://www.in-deep.org.uk)

## **Facebook**

[www.facebook.com/InDeepLDN](https://www.facebook.com/InDeepLDN)  
[www.facebook.com/InDeepMusicTherapy](https://www.facebook.com/InDeepMusicTherapy)

## **Instagram**

[www.instagram.com/InDeepCommunity](https://www.instagram.com/InDeepCommunity)  
[www.instagram.com/InDeepMusicTherapy](https://www.instagram.com/InDeepMusicTherapy)

## **TikTok**

[www.tiktok.com/@indeep\\_community](https://www.tiktok.com/@indeep_community)

## **LinkedIn**

[www.linkedin.com/company/in-deep-community-task-force](https://www.linkedin.com/company/in-deep-community-task-force)

## **YouTube**

<https://www.youtube.com/@EmmaChapman-g7f>  
<https://www.youtube.com/@in-deepmusictherapy8462>

## **Registered Charity Number**

1098270

# ORGANISATION DETAILS

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## Project Locations

### **Westminster: Community Dinners**

Westminster Kingsway College, Vincent Square, London, SW1P 2PD

### **Westminster: Over 50s Lunch Club**

Grosvenor Hall, Vincent Street, London, SW1P 4HB

### **Westminster: Over 50s Choir**

St Saviour's Church, Lupus Street, London, SW1V 3QW

### **Westminster: Music Therapy**

Millbank Academy Erasmus Street London SW1P 4HR

### **Westminster: Drama**

Francis Holland School, 39 Graham Terrace, London, SW1W 8JF

### **Lambeth: Music Therapy**

Ashmole School, Ashmole Street, London, SW8 1NT

### **Lambeth: Complementary Therapies**

Coney Way Clubhouse 2 Coney Way London SW8 1LN

# OUR FRIENDS AND PEOPLE

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*As ever, our thanks go out to our supporters and friends in whatever capacity they help - without you, we could not make such an impact.*

## Trustees

Colin Chapman MBE	Luke Chapman	Yi Ting Tsai
Emma Chapman MBE	Jeremy Pinkney	
Richard Leafe	Patricia Devaney	

## Volunteers

Jeremy Pinkney	Samantha Castelle	Jamts D'Costa	Joudee Miller
Luca Serra	Tom Leftwich	Anna Toreschni	Jamie Gillen
Luke Chapman	Megan Prigmore	Eva Fleury	Keisha Johnson
Tobias Desouza	Clara Lenherr	Dores Schemebri	Fahim Inman
Erin Wood	Yi Ting Tsai	William Inman	Paloma Fleury
Agneta Densaite	Jan Gavin	Rose Melis	Richard Leafe
Kevin Mullan	Emma Chapman	Colin Chapman	Jeremy Page
Julie Garbett	Christabel Chittick	Lucy Royle	Ekiko Billing
Jade Green	Fiona Haigh	Deborah Hogan	Sofia Gironi
Ava Amiri			

## Sessional Staff

Imogen Dyer	Emily Raiher	Sam Connolly	Tahira Khan
Ella Emery	Ruth Leaver	Jamie Swarbrick	Nadira Abdilahi
Hannah Merchant	Helen Vickery	Sidra Zahid	Edward Lawson
Jack Steel	Melissa Cowell	Tom Wilson	-Cruttenden
Josh Considine	JP Townsend	Amy Sherlock	Georgia Howlett

# OUR FRIENDS AND PEOPLE

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## **Bookkeeper**

Saunders, Wood and Co Ltd

## **Supporters and Partners**

Royal College of Music

Francis Holland School for Girls

Weil, Gotshal & Manges Ltd

Jessie's Fund

Doyle Carte Charitable Trust

Tri Borough Music Hub

Essendine Primary School

Edward Wilson Primary School

Murphy Carey JV

Westminster City Council Healthy Communities Fund

One Westminster

Westminster Kingsway College

Awards for All

BAM Construction

Galliford Try

Julia Rausing Charitable Trust

Precision Lifts

# CHAIRMAN'S REPORT

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This year has been another busy and exciting year at In-Deep. After the difficult years with lockdown we are now back busier than ever.

Our older people's projects has grown this year with our Lunch Club welcoming new people. We have added a popular hot meal option in the Winter including favourites like pie & mash and liver & bacon.

This was especially important in Winter where we not only provided a nutritious meal but the chance to meet others. The lunch is now a popular place for older people to meet others and make friends.

One of our newer activities is our weekly Latin Dance sessions which is funded by Westminster City Council Healthy Communities Fund. With people living longer there is an emphasis on living healthily. Our dance sessions are run by a qualified instructor and help older people keep fit in a fun way. Regular attendees have reported improved physical and mental health, better balance and coordination, and better memory.

Our children's work has also continued to grow over the past year with an increasing demand for our services. Sadly due to long waits for children receiving an EHCP many families are struggling, so the sessions we provide are often a lifeline. We are now providing Music Therapy and Art Therapy in a number of schools of Westminster.

One big achievement this year was a production of "The Tempest" which we adapted for children and young people with SEND. This was done in our Drama sessions. The performance involved original songs, Makaton signing, students from the Royal College of Music, and made use of old and new English. The performance was attended by the Lord Mayor of Westminster. Our ethos is where society does not often see the gifts people with disabilities have; "The Tempest" was able to showcase them, with people in the audience crying.

# CHAIRMAN'S REPORT

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Over the years we have built up links with a number of companies who we have successfully worked with through volunteering, fundraising. Companies have often found this rewarding and learnt a lot.

This year we were voted as UK charity partner for the law firm Weil, Gotshal & Manges LLP. This was very exciting news for us as a small grassroots charity we will benefit not only from pro bono support, but also volunteers and fundraising.

In – Deep has now been running 24 years. It has been able to grow to meet people's needs due to the dedicated volunteers, trustees and committed staff we have, who are passionate about what we do.

Yours,



**Colin Chapman MBE**

CHAIRMAN OF IN-DEEP

# TREASURER'S REPORT

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In – Deep has had a very successful year which has enabled us to expand our work. We are excited about our new charity partnership with Weil, Gotshal & Manges LLP.

We have had a number of grants including several long term grants. These have funded our Lunch Club, Dance classes and our Music Therapy sessions. We are also grateful for the continued support of Awards for All which funded our Drama sessions and the performance of “The Tempest”.

We are always grateful for our funders support as our activities would not be able to go ahead without them. With their support thousands of lives of vulnerable people have been changed.

We are also grateful for the number of companies who have sponsored activities, or done fundraising runs to help raise money for us. This has helped fund a Choir Concert, Arts-based workshops, and trips amongst other things. As well as keeping fit you made a difference to peoples lives.

We look forward to the coming year were we can continue our work. Unfortunately there is a lot of competition for funding and a number of funders are closing so the future is more uncertain.

**Jeremy Pinkney**

TREASURER OF IN-DEEP

# LUNCH CLUB AND DINNERS

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## Over 50s Lunch Club

The lunch is one of our key activities for older people that we run, and has been running since 2012, offering a jacket potato with a choice of fillings - as well as a hot meal option in the Winter. The lunch not only provides a good meal; it is a key way of tackling isolation amongst the elderly. These weekly lunches are run by volunteers, including corporate volunteers and volunteers with SEND. We have 18-20 older people attending the lunch each week.



## Dance Classes

We are very grateful for funding from Westminster City Council Healthy Communities Fund; which enabled us to launch the Dance classes in February 2024 - continuing into this year and beyond. The classes take place before lunch and are run by a qualified Dance Instructor. She has been teaching Latin Moves - helping improve; memory, coordination, fitness levels and balance - which is important for the elderly. We have 15 people attending each week.



# LUNCH CLUB AND DINNERS

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## Community Dinner

Established in January 2003, our Community Dinners have been a staple in fostering connections among isolated older individuals.

Initially held at Grosvenor Hall, our three-course roast dinner, features soup to start, followed by a choice of roast chicken, beef, pork, or a vegetarian option, plus roast potatoes and vegetables, ending on the pudding of the day - it's a heartwarming occasion for the community to enjoy.

Since May 2021, the Dinners have been held at Westminster Kingsway College. Having this dedicated venue allows us to continue providing a warm and welcoming space where older individuals can meet, enjoy live entertainment, and interact with others.

Our dedicated team of volunteers serve an average of 90 people each dinner.

This year, we're grateful for the support of the Gordon Family Fund and the Pargiter trust, ensuring the continuation of this meaningful initiative.



# OVER 50'S CHOIR

## Over 50's Choir

The Choir which has now been running over 10 years is one of our core activities and is the highlight for many. We meet twice a month at St Saviours Church in Pimlico. The Choir fosters a community spirit and many participants have become friends through it. Attendees have improved their physical and mental health through singing with us.

We have continued our collaboration with the Royal College of Music with a String Quartet performing alongside the Choir at our concerts. This year we have been funded by Westminster City Council Ward Budget.



# CHRISTMAS HAMPER SCHEME

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## Christmas Hamper Scheme & Cost of Living Support

Our Christmas Hamper Scheme stands as one of our longstanding initiatives. Through the generous donations of food items, tea, coffee, festive essentials, and various pantry staples, we assemble and distribute 150 hampers to elderly residents across multiple London boroughs. Collaborating with educational institutions, religious establishments, corporations, and government institutions across London, these partners assist in hamper collection and distribution.

We have extended the project this year to give supermarket vouchers to both the elderly and families in need; as well as giving them a welcome boost at Christmas by distributing handmade Christmas cakes.

With the rising costs of both food and energy affecting the elderly and the vulnerable families we work with - this scheme provides essential support.

Thank you to Francis Holland School for Girls, The Department for Business, Energy and Industrial Strategy, The Julia Rausing Charitable Trust and Westminster Foundation for supporting this initiative.



# MUSIC THERAPY

## Music Therapy

Established in 2017, our Music Therapy has expanded over recent years to meet the growing need; as evidence of the difference Music Therapy makes has been shown.

The service is run by qualified, experienced Music Therapists. Sessions are designed for age appropriate groups and include; turn taking, improvisation, song sharing, movement songs and relaxation techniques. All of this has been shown to improve children's behaviour, social skills and communication. We cater for children with mild disabilities as well as those with complex needs; with 30 people attending each session. Funded by Westminster City Council, we are also a delivery partner of the Tri Borough Music Hub, and collaborate with the Royal College of Music offering placements to students to gain experience of Music Therapy.

Since the pandemic we have been running online sessions for those who struggle to get out or where there is a lack of provision across the Country, we now have a core group who attend our online sessions every month. We have expanded our Music Therapy into schools providing both group and individual music therapy on a weekly basis. Also providing Art Therapy in some schools, this initiative was funded by Westminster City Council.

Meeting the needs of South London we set up a new base in Oval, which is run on a similar set up to our sessions in Pimlico, every third Thursday of the month. This was funded by Jessie's fund and Doyle Carte Charitable Trust. Over the coming year we are looking to expand our work due to the growing demand in Music Therapy .



# DRAMA

## Drama

One new initiative we have started this year has been our fortnightly Drama sessions run by JP Townsend, Sam Connolly and Jamie Swarbrick who are qualified Drama teachers experienced in SEND.

The sessions run for children and young people from the ages of 3 – 22 with SEND in age appropriate groups and began in April 2024.

In the sessions we do Drama games, puppetry, songwriting and explore plays. In March 2025 we put on a performance of “The Tempest” which we adapted for the children before an audience of 50 including the Lord Mayor of Westminster and industry creatives. The performance included Makaton signing, original songs and students from the Royal College of Music to make a memorable afternoon.

This was funded by the National Lottery through Awards for All. We are also grateful to Francis Holland School for girls for supporting the Drama classes.



# HOLIDAY WORKSHOPS

## Holiday Workshop

Our annual combined Arts Holiday Workshop is now a highlight in the calendar for both children and parents.

This is run in the October half term - with a 3 day timetable of Art, Drama, Dance and Music around a theme with a performance at the end. Sessions are run by qualified teachers and therapists.

This years theme was “Beauty and the Beast” for the older group and “Frozen” for the younger group with feedback very positive. We had 25 families attending over the 3 days including those with complex needs. Sessions included songwriting for the older group.

The workshop provides an important chance not only for children and young people to make friends but for them to perform which they do not normally get the chance to do - helping improve confidence.

Children are already excited for next year. This years workshop was funded by Murpheys, Careys Ltd.



# SPECIAL EVENTS

## Special Events

This year we ran a number of events; both for older people and families with SEND. This has been an additional highlight to the people we serve. Activities included:

- Carol Service with children from a local School Choir coming to our Over 50s Lunch Club
- Christmas Dinner for 85 older people with presents and festive entertainment; attended by the Lord Mayor of Westminster. Funded by the Julia Rausing Trust
- Our Over 50's Choir did a Festive Concert; complete with mulled wine and mince pies
- We took 28 families to see the Lion King at the Lyceum Theatre for a relaxed performance
- We took 25 families to see a private screening of Wicked, funded by the Westminster Foundation
- We gave presents out to children attending our activities at Christmas, as well as Christmas cake and vouchers. This was funded by the Julia Rausing Trust and Westminster Foundation
- We threw parties for both our young children and older group; with entertainment, food and games. These were sponsored by United Living



# TESTIMONIALS

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**“This is a great choir organised by a great team, especially Emma”**

Over 50s Choir (LR 70)

**“I enjoy the lunch club very much and look forward to attending every week”**

Over 50s Lunch Club (JC 77)

**“I think the Lunch Club is lovely, good food and lovely company. I look forward to going to In-Deep’s Activities”**

Over 50s Lunch Club  
(JM-73)

**This type of class is more than just keep fit. Bethany creates a sense of friendship and care”**

Latin Moves Dance Class (DL-60)

**“In-Deep isn’t just a program for us; it’s become an extension of our family. We’ve witnessed firsthand the transformative power of your love and commitment, and we are eternally grateful”**

Music Therapy & Drama Class (Parent)

# COMMITTEE

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The 2024-25 Annual Report was approved by the management committee of In-Deep on:

Signed by:



Emma Chapman MBE

**General Secretary**

Jeremy Pinkney

**Treasurer**

## IN-DEEP COMMUNITY TASK FORCE

### LEGAL AND ADMINISTRATIVE INFORMATION

#### STATUS

The organisation is a voluntary group, set up on 28 January 2002 and registered as a charity on 1 June 2003

The charity was established under a Trust Deed which established the objects and powers of the registered charity and is governed under its Trust Deed. Under the Trust Deed, the trustees may appoint a person who is willing to act to be a trustee, either to fill a vacancy, or as an additional trustee.

<b>CHARITY NUMBER</b>	1098270
<b>PATRON</b>	Baroness Hanham of Kensington CBE
<b>TRUSTEES</b>	C Chapman Esq MBE (Chairman) E Chapman MBE (Secretary) J Pinkney (Treasurer ) P Devaney R Leafe Yi Ting Tsai L Chapman
<b>REGISTERED OFFICE</b>	Unit 300 95 Wilton Road London SW1V 1BZ
<b>ACCOUNTANTS</b>	Saunders Wood & Co. 140A Tachbrook Street London SW1V 2NE
<b>BANKERS</b>	Lloyds Butler Place London SW1

## IN-DEEP COMMUNITY TASK FORCE

### REVIEW OF ACTIVITIES

We work with isolated older people and children with send and their families in London. It was founded by a person named Colin Chapman MBE and consists of a management committee of seven and sixty two volunteers.

Since March 2002 the In-Deep Community Task Force have been running a range of activities and services for elderly people living in the area.

Since January 2003, In-Deep Community task force has been running a manicure and pedicure service for the elderly run by trained professionals. This has provided a boost to many elderly people as many suffer from low self esteem and also helps as many elderly people cannot cut their nails due to Arthritis.

In September 2003 we started a monthly roast beef dinner once a month on a Saturday. This consists of a 3 course meal including soup, topside of beef or roast chicken, roast pork etc roast potatoes, yorkshire pudding, 3 vegetables and pudding of the day. This has proved hugely popular with the elderly people in the area and numbers are now averaging 100 people per dinner. It also provides the elderly with a good source of iron as many cannot afford beef as they are on low incomes.

In 2012, we started a weekly lunch club in Victoria offering jacket potato with various fillings. This has proved a lifeline as it provides elderly people with a good hot meal.

Since the year 2002, In-Deep Community Task Force have been doing talks across London and they have been donating their harvests collections to us. These are then made up into Christmas hampers and given out to the elderly living on estates in the south of Westminster. Last Christmas we gave out hampers to vulnerable elderly people in the area as well as Lambeth. 360 people benefitted from the scheme through our work. Last year we also put on a Christmas Dinner and gave out presents.

Since 2014 we have been running an over 50's choir with a professional choirmaster and accompanist. Everyone is welcome and we have no audition policy. We sign a range of songs from musicals, 50's, 60's and 70's. We do several concerts each year.

Since January 2017 In-Deep has been running music therapy sessions twice a month both face to face and online by qualified music therapists to children and young adults with send. We also offer placements to students from the Royal College of Music. We also run trips, workshops, do work in schools and support families as it is difficult to raise a child with send.

This coming year we will continue with our important work.

In Deep were winners of the queens award for voluntary service in 2013.

**IN-DEEP COMMUNITY TASK FORCE**

**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

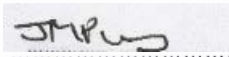
**RESPONSIBILITIES OF THE TRUSTEES**

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the registered charity at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and apply them consistently
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Charities Act 1993. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 23/01/2026 and signed on its behalf by:

  
.....  
J Pinkney (Treasurer)

  
.....  
E Chapman MBE (Secretary)

**IN-DEEP COMMUNITY TASK FORCE**

**INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS**

**Report to the trustees/members of In-Deep Community Task Force  
on the accounts for the year ended 31 March 2025**

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts.  
The charity's trustees consider that an audit is not required for this year ( under section 43(2) of the Charities Act 1993 ( the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 43 of the 1993 Act,
- follow the procedures laid down in the general directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act and
- state whether particular matters have come to my attention.

**Basis of independent examiner's statement**

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently, no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

**Independent Examiner's Statement**

In connection with my examination, no matter has come to my attention :

(1) which gives me reasonable cause to believe that, in any material respect, the requirements to keep accounting records in accordance with section 41 of the 1993 Act and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act have not been met, or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed



Date

23/1/2026

Name

PAUL WOOD

Relevant professional qualifications  
or body (if any )

FFA

Address

15 DARTFORD RISE  
FARNBOROUGH  
GU14 9FS

IN-DEEP COMMUNITY TASK FORCE

STATEMENT OF THE FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MARCH 2025

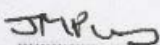
	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Total Funds £
<b>INCOMING RESOURCES</b>					
General Donations	2	52,193	-	52,193	24,605
Grants and Contracts	2	-	88,921	88,921	83,071
Investment Income and Interest		37	-	37	35
<b>TOTAL INCOMING RESOURCES</b>		<b>52,230</b>	<b>88,921</b>	<b>141,151</b>	<b>107,711</b>
<b>RESOURCES EXPENDED</b>					
Motor and Travel		2,654	-	2,654	4,172
Food and Equipment		3,695	11,481	15,176	19,383
Insurance		1,255	-	1,255	530
Administration Exopenses		3,775	1,668	5,443	6,863
Accountancy and Bookkeeping Fees		1,920	-	1,920	2,384
Telephone and Internet		516	571	1,087	999
Depreciation		-	-	-	11
Rent		1,800	16,190	17,990	9,835
Massage, Manicure and Pedicure		770	-	770	1,320
Sundry Charity Expenses		1,519	870	2,389	738
Christmas Hamper Scheme		403	2,448	2,851	3,232
Music Therapy and Send Families Work		11,023	24,461	35,484	25,945
Choir		173	4,609	4,782	6,966
Art and Drama Sessions		-	8,167	8,167	-
Dance		-	2,025	2,025	-
Projects		1,792	5,684	7,476	-
Dinner Entertainment		250	-	250	2,030
Fund Raising		-	-	-	1,392
Teadance		-	-	-	-
Befriending		-	-	-	4,123
Workshop		-	-	-	-
Cost of Living		-	-	-	1,028
<b>TOTAL RESOURCES EXPENDED</b>		<b>31,545</b>	<b>78,174</b>	<b>109,719</b>	<b>90,951</b>
<b>NET MOVEMENT IN FUNDS DURING YEAR</b>		<b>20,685</b>	<b>10,747</b>	<b>31,432</b>	<b>16,760</b>
<b>TOTAL FUNDS AT 1 APRIL 2024</b>		<b>14,173</b>	<b>100,419</b>	<b>114,592</b>	<b>97,832</b>
<b>TOTAL FUNDS AT 31 MARCH 2025</b>		<b>34,858</b>	<b>111,166</b>	<b>146,024</b>	<b>114,592</b>

The notes form part of these Financial Statements

IN-DEEP COMMUNITY TASK FORCE  
BALANCE SHEET AS AT 31 MARCH 2025

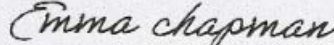
		2025		2024	
	Notes	£	£	£	£
<b>FIXED ASSETS:</b>					
Tangible Assets	6		0		0
<b>CURRENT ASSETS:</b>					
Cash at Bank and In Hand		147,944		116,176	
<b>CREDITORS: Accountancy Accrual</b>		1,920		1,584	
			<u>146,024</u>	<u>114,592</u>	
<b>NET CURRENT ASSETS:</b>			<u>146,024</u>	<u>114,592</u>	
<b>NET ASSETS</b>			<u><u>146,024</u></u>	<u><u>114,592</u></u>	
<b>UNRESTRICTED FUNDS</b>			34,858		14,173
<b>RESTRICTED FUNDS</b>			111,166		100,419
			<u>146,024</u>		<u>114,592</u>
<b>TOTAL FUNDS</b>			<u><u>146,024</u></u>		<u><u>114,592</u></u>

Approved by the trustees, and signed on its behalf by:



J Pinkney (Treasurer)

Dated: 23/01/2026



E Chapman MBE (Secretary)

The notes form part of these Financial Statements

1 ACCOUNTING POLICIES

- (a) **Accounting Basis**  
These Financial Statements have been prepared under the Historical Cost Convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective March 2000), the Charities Act 1993 and follow the recommendations in *Accounting and Reporting by Charities: Statement of Recommended Practice* issued in October 2000.
- (b) **Treatment of Voluntary Income**  
Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.
- (c) **Treatment of Grants**  
Grants, including grants for the purchase of fixed assets, are recognised in the Statement of Financial Activities in the year in which they are receivable.
- (d) **Treatment of Incoming Resources**  
Incoming resources are included when receivable.
- (e) **Treatment of Outgoing Resources**  
Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.
- (f) **Depreciation**  
Depreciation is provided at the following rates, calculated to write off the cost of each asset over its expected useful life:
- |                   |                           |
|-------------------|---------------------------|
| Furniture         | 25% p.a. reducing balance |
| General Equipment | 25% p.a. reducing balance |
- (g) **Unrestricted Funds**  
Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.
- (h) **Restricted Funds**  
Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs, where applicable.

IN-DEEP COMMUNITY TASK FORCE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

2 INCOMING RESOURCES FROM ACTIVITIES TO FURTHER THE OBJECTS OF THE CHARITY

	Unrestricted £	Restricted £	Total £	2024 Total £
Lunch and Individual Donations	20,028	-	20,028	24,616
Well, Gotshal and Manges LLP	32,165			
Main Grants	-	10,334	10,334	8,940
Jessies Fund	-	2,025	2,025	-
COW Trust	-	9,870	9,870	-
Westminster Foundation	-	2,120	2,120	1,670
London Community Foundation	-	13,000	18,000	18,000
City of Westminster	-	42,847	42,847	38,861
John Lyon's Charity	-	-	-	3,500
Julia Rausing Charitable Trust	-	5,000	5,000	
Westminster Almshouse	-	-	-	3,420
Groundwork UK	-	325	325	975
The Pargiter Trust	-	-	-	4,800
The D Oyle Carte	-	-	1,385	1,385
Project Support	-	-	1,520	1,520
Various Others	-	3,400	3,400	-
COW Trust	-	-	-	-
Bank Interest	37	-	37	35
	<u>52,230</u>	<u>88,921</u>	<u>116,891</u>	<u>107,722</u>

3 TOTAL RESOURCES EXPENDED

	Total £	Total £
Motor and Travel	2,654	4,172
Food and Equipment	15,176	19,383
Insurance	1,255	530
Administration Expenses	5,443	6,863
Accountancy Fees	1,920	2,384
Telephone and Internet	1,087	999
Depreciation	-	11
Hire of Office Space	17,990	9,835
Massage, Manicure and Pedicure	770	1,320
Sundry Charity Expenses	2,389	738
Christmas Hamper Scheme	2,851	3,232
Music Therapy and Send Families Work	35,484	25,945
Choir	4,782	6,966
Art and Drama Sessions	8,167	
Over 50's	2,025	
Projects	7,476	
Dinner Entertainment	250	2,030
Fund Raising	-	1,392
Teadance	-	-
Befriending	-	4,123
Workshop	-	-
Cost of Living	-	1,028
	<u>109,719</u>	<u>90,951</u>

4 NET INCOMING RESOURCES IN THE YEAR  
This is stated after charging:

	£	£
Depreciation	-	11
Accountancy Fees	-	1,584
	<u>-</u>	<u>1,595</u>

IN-DEEP COMMUNITY TASK FORCE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

5 TAXATION

The charitable company is exempt from corporation tax on its charitable activities and is registered with the Inland Revenue as such under the reference 1098270.

6 TANGIBLE FIXED ASSETS

	FURNITURE £	MOTOR VAN £	GENERAL EQUIPMENT £	TOTAL £
<b>COST</b>				
At 1 April 2024	330		4,035	4,035
Disposal	-	-	-	-
At 31 March 2025	<u>330</u>	<u>-</u>	<u>4,035</u>	<u>4,035</u>
<b>DEPRECIATION</b>				
At 1 April 2024	330		4,035	4,024
Charge for the Year			-	-
Disposal		-		
At 31 March 2025	<u>330</u>	<u>-</u>	<u>4,035</u>	<u>4,024</u>
<b>NET BOOK VALUE</b>				
At 31 March 2025	<u>-</u>	<u>-</u>	<u>-</u>	<u>11</u>
At 31 March 2024	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

## IN-DEEP COMMUNITY TASK FORCE

### LEGAL AND ADMINISTRATIVE INFORMATION

#### STATUS

The organisation is a voluntary group, set up on 28 January 2002 and registered as a charity on 1 June 2003

The charity was established under a Trust Deed which established the objects and powers of the registered charity and is governed under its Trust Deed. Under the Trust Deed, the trustees may appoint a person who is willing to act to be a trustee, either to fill a vacancy, or as an additional trustee.

<b>CHARITY NUMBER</b>	1098270
<b>PATRON</b>	Baroness Hanham of Kensington CBE
<b>TRUSTEES</b>	C Chapman Esq MBE (Chairman) E Chapman MBE (Secretary) J Pinkney (Treasurer ) P Devaney R Leafe Yi Ting Tsai L Chapman
<b>REGISTERED OFFICE</b>	Unit 300 95 Wilton Road London SW1V 1BZ
<b>ACCOUNTANTS</b>	Saunders Wood & Co. 140A Tachbrook Street London SW1V 2NE
<b>BANKERS</b>	Lloyds Butler Place London SW1

## IN-DEEP COMMUNITY TASK FORCE

### REVIEW OF ACTIVITIES

We work with isolated older people and children with send and their families in London. It was founded by a person named Colin Chapman MBE and consists of a management committee of seven and sixty two volunteers.

Since March 2002 the In-Deep Community Task Force have been running a range of activities and services for elderly people living in the area.

Since January 2003, In-Deep Community task force has been running a manicure and pedicure service for the elderly run by trained professionals. This has provided a boost to many elderly people as many suffer from low self esteem and also helps as many elderly people cannot cut their nails due to Arthritis.

In September 2003 we started a monthly roast beef dinner once a month on a Saturday. This consists of a 3 course meal including soup, topside of beef or roast chicken, roast pork etc roast potatoes, yorkshire pudding, 3 vegetables and pudding of the day. This has proved hugely popular with the elderly people in the area and numbers are now averaging 100 people per dinner. It also provides the elderly with a good source of iron as many cannot afford beef as they are on low incomes.

In 2012, we started a weekly lunch club in Victoria offering jacket potato with various fillings. This has proved a lifeline as it provides elderly people with a good hot meal.

Since the year 2002, In-Deep Community Task Force have been doing talks across London and they have been donating their harvests collections to us. These are then made up into Christmas hampers and given out to the elderly living on estates in the south of Westminster. Last Christmas we gave out hampers to vulnerable elderly people in the area as well as Lambeth. 360 people benefitted from the scheme through our work. Last year we also put on a Christmas Dinner and gave out presents.

Since 2014 we have been running an over 50's choir with a professional choirmaster and accompanist. Everyone is welcome and we have no audition policy. We sign a range of songs from musicals, 50's, 60's and 70's. We do several concerts each year.

Since January 2017 In-Deep has been running music therapy sessions twice a month both face to face and online by qualified music therapists to children and young adults with send. We also offer placements to students from the Royal College of Music. We also run trips, workshops, do work in schools and support families as it is difficult to raise a child with send.

This coming year we will continue with our important work.

In Deep were winners of the queens award for voluntary service in 2013.

**IN-DEEP COMMUNITY TASK FORCE**

**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025**

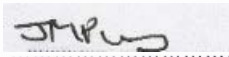
**RESPONSIBILITIES OF THE TRUSTEES**

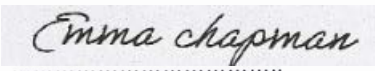
Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the registered charity at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and apply them consistently
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Charities Act 1993. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 23/01/2026 and signed on its behalf by:

  
.....  
J Pinkney (Treasurer)

  
.....  
E Chapman MBE (Secretary)

**IN-DEEP COMMUNITY TASK FORCE**

**INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS**

**Report to the trustees/members of In-Deep Community Task Force  
on the accounts for the year ended 31 March 2025**

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts.  
The charity's trustees consider that an audit is not required for this year ( under section 43(2) of the Charities Act 1993 ( the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 43 of the 1993 Act,
- follow the procedures laid down in the general directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act and
- state whether particular matters have come to my attention.

**Basis of independent examiner's statement**

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently, no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

**Independent Examiner's Statement**

In connection with my examination, no matter has come to my attention :

(1) which gives me reasonable cause to believe that, in any material respect, the requirements to keep accounting records in accordance with section 41 of the 1993 Act and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act have not been met, or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed



Date

23/1/2026

Name

PAUL WOOD

Relevant professional qualifications  
or body (if any )

FFA

Address

15 DARTFORD RISE  
FARNBOROUGH  
GU14 9FS

IN-DEEP COMMUNITY TASK FORCE

STATEMENT OF THE FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MARCH 2025

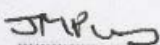
	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Total Funds £
<b>INCOMING RESOURCES</b>					
General Donations	2	52,193	-	52,193	24,605
Grants and Contracts	2	-	88,921	88,921	83,071
Investment Income and Interest		37	-	37	35
<b>TOTAL INCOMING RESOURCES</b>		<b>52,230</b>	<b>88,921</b>	<b>141,151</b>	<b>107,711</b>
<b>RESOURCES EXPENDED</b>					
Motor and Travel		2,654	-	2,654	4,172
Food and Equipment		3,695	11,481	15,176	19,383
Insurance		1,255	-	1,255	530
Administration Exopenses		3,775	1,668	5,443	6,863
Accountancy and Bookkeeping Fees		1,920	-	1,920	2,384
Telephone and Internet		516	571	1,087	999
Depreciation		-	-	-	11
Rent		1,800	16,190	17,990	9,835
Massage, Manicure and Pedicure		770	-	770	1,320
Sundry Charity Expenses		1,519	870	2,389	738
Christmas Hamper Scheme		403	2,448	2,851	3,232
Music Therapy and Send Families Work		11,023	24,461	35,484	25,945
Choir		173	4,609	4,782	6,966
Art and Drama Sessions		-	8,167	8,167	-
Dance		-	2,025	2,025	-
Projects		1,792	5,684	7,476	-
Dinner Entertainment		250	-	250	2,030
Fund Raising		-	-	-	1,392
Teadance		-	-	-	-
Befriending		-	-	-	4,123
Workshop		-	-	-	-
Cost of Living		-	-	-	1,028
<b>TOTAL RESOURCES EXPENDED</b>		<b>31,545</b>	<b>78,174</b>	<b>109,719</b>	<b>90,951</b>
<b>NET MOVEMENT IN FUNDS DURING YEAR</b>		<b>20,685</b>	<b>10,747</b>	<b>31,432</b>	<b>16,760</b>
<b>TOTAL FUNDS AT 1 APRIL 2024</b>		<b>14,173</b>	<b>100,419</b>	<b>114,592</b>	<b>97,832</b>
<b>TOTAL FUNDS AT 31 MARCH 2025</b>		<b>34,858</b>	<b>111,166</b>	<b>146,024</b>	<b>114,592</b>

The notes form part of these Financial Statements

IN-DEEP COMMUNITY TASK FORCE  
BALANCE SHEET AS AT 31 MARCH 2025

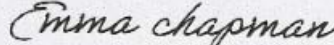
	Notes	2025		2024	
		£	£	£	£
<b>FIXED ASSETS:</b>					
Tangible Assets	6		0		0
<b>CURRENT ASSETS:</b>					
Cash at Bank and In Hand		147,944		116,176	
<b>CREDITORS: Accountancy Accrual</b>		1,920		1,584	
<b>NET CURRENT ASSETS:</b>			146,024		114,592
<b>NET ASSETS</b>			<u>146,024</u>		<u>114,592</u>
<b>UNRESTRICTED FUNDS</b>			34,858		14,173
<b>RESTRICTED FUNDS</b>			111,166		100,419
<b>TOTAL FUNDS</b>			<u>146,024</u>		<u>114,592</u>

Approved by the trustees, and signed on its behalf by:



J Pinkney (Treasurer)

Dated: 23/01/2026



E Chapman MBE (Secretary)

The notes form part of these Financial Statements

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- (a) **Accounting Basis**  
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IN-DEEP COMMUNITY TASK FORCE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

2 INCOMING RESOURCES FROM ACTIVITIES TO FURTHER THE OBJECTS OF THE CHARITY

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Main Grants	-	10,334	10,334	8,940
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Groundwork UK	-	325	325	975
The Pargiter Trust	-	-	-	4,800
The D Oyle Carte	-	-	1,385	1,385
Project Support	-	-	1,520	1,520
Various Others	-	3,400	3,400	-
COW Trust	-	-	-	-
Bank Interest	37	-	37	35
	<u>52,230</u>	<u>88,921</u>	<u>116,891</u>	<u>107,722</u>

3 TOTAL RESOURCES EXPENDED

	Total £	Total £
Motor and Travel	2,654	4,172
Food and Equipment	15,176	19,383
Insurance	1,255	530
Administration Expenses	5,443	6,863
Accountancy Fees	1,920	2,384
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Dinner Entertainment	250	2,030
Fund Raising	-	1,392
Teadance	-	-
Befriending	-	4,123
Workshop	-	-
Cost of Living	-	1,028
	<u>109,719</u>	<u>90,951</u>

4 NET INCOMING RESOURCES IN THE YEAR

This is stated after charging:

	£	£
Depreciation	-	11
Accountancy Fees	-	1,584
	<u>-</u>	<u>1,595</u>

IN-DEEP COMMUNITY TASK FORCE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

5 TAXATION

The charitable company is exempt from corporation tax on its charitable activities and is registered with the Inland Revenue as such under the reference 1098270.

6 TANGIBLE FIXED ASSETS

	FURNITURE £	MOTOR VAN £	GENERAL EQUIPMENT £	TOTAL £
<b>COST</b>				
At 1 April 2024	330		4,035	4,035
Disposal	-	-	-	-
At 31 March 2025	<u>330</u>	<u>-</u>	<u>4,035</u>	<u>4,035</u>
<b>DEPRECIATION</b>				
At 1 April 2024	330		4,035	4,024
Charge for the Year			-	-
Disposal		-		
At 31 March 2025	<u>330</u>	<u>-</u>	<u>4,035</u>	<u>4,024</u>
<b>NET BOOK VALUE</b>				
At 31 March 2025	<u>-</u>	<u>-</u>	<u>-</u>	<u>11</u>
At 31 March 2024	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

**IN-DEEP COMMUNITY TASK FORCE**

England & Wales - Charity number 1098270

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# Accounts

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# IN-DEEP ANNUAL REPORT



**1<sup>st</sup> April 2023 – 31<sup>st</sup> March 2024**

# ORGANISATION DETAILS

**Address**

In-Deep Unit 300,  
95 Wilton Road London  
SW1V 1BZ

**Phone**

07761 263105

**Website**

[www.in-deep.org.uk](http://www.in-deep.org.uk)

**Facebook**

[www.facebook.com/InDeepLDN](http://www.facebook.com/InDeepLDN)

**Facebook**

[www.facebook.com/InDeepMusicTherapy](http://www.facebook.com/InDeepMusicTherapy)

**Instagram**

[www.instagram.com/InDeepCommunity](http://www.instagram.com/InDeepCommunity)

[www.instagram.com/InDeepMusicTherapy](http://www.instagram.com/InDeepMusicTherapy)

**Twitter**

[www.twitter.com/InDeepLDN](http://www.twitter.com/InDeepLDN)

**Registered Charity Number**

1098270

**Project locations**

*Westminster (community meals)*

Westminster Kingsway College, Vincent Square, London, SW1P 2PD

*Westminster (music therapy)*

Millbank Academy Erasmus Street London SW1P 4HR

*Westminster (Drama)*

Francis Holland School, 39 graham terrace, SW1W 8JA

*Lambeth (complementary therapies)*

Coney Way Clubhouse 2 Coney Way London SW8 1LN

*Lambeth (Music therapy)*

Ashmole primary School, 3 Ashmole street, London, SW8 1NT

# OUR FRIENDS AND PEOPLE

---

*As ever our thanks go out to all our supporters and friends in whichever capacity they help. Without you we could not make such an impact.*

## Patron

Baroness Hanham of Kensington

## Trustees

Colin Chapman MBE

Emma Chapman MBE

Richard Leafe

Jeremy Pinkney

Luke Chapman

Jim Beales

Yi Ting Tsai

## Volunteers

Jeremy Pinkney

Luca smile

Ciara O reilly

Tobias desouza

Erin wood

Agneta Demsaite

Joudee miller

Jamie gillen

Lauren gillen

Keisha johnson

Clara lenherr

Dores schemebri

William inman

Eimear mcann

Jamts D costa

Anna toreschni

Ophilia pang

Paloma fleury

Victoria Hamlyn

Megan prigmore

Luke chapman

Yi ting Tsai  
Jeremy Pinkney  
Emma chapman  
Colin chapman  
Samirika castelle  
Tom Leftwich

Bookkeeper

Saunders wood and co

Supporters and Partners

Royal College of Music  
Francis Holland School for Girls  
Weil Gotshal and Manges Ltd  
London Community Foundation  
Tri Borough Music Hub  
Queensmill School  
Essendine Primary School  
Edward Wilson Primary School  
Oxford Gardens Primary School  
United Living Ltd  
Murphy Carey JV  
Westminster City Council  
One Westminster  
Westminster Kingsway College  
Awards for All  
St Michaels church Chester Sq  
BAM  
Galliford Try  
Kings College London Student Union

And a number of individual donors

# CHAIRMAN'S REPORT

This year has been an exciting year with activities finally getting back to normal and an expansion of our work. The past few years has been difficult particularly with the effects of coronavirus and the repeated lockdowns which has had an effect on both older people and children and young people mental health.

This year we finally reopened our lunch club back in Grosvenor hall which has been our base since we began 23 years ago. This was a real highlight to many who welcomed face to face activities again and the enjoyment of meeting others over good food. We added to our activities in February 2024 by beginning a Latin Moves dance class by funding from Westminster City Council Healthy Communities Fund.

The dinner has continued to be very popular with a booking system having to be put in place due to the demand of the activity. Our choir has continued to grow with new members joining and two very popular concerts in summer and Christmas with students from the royal college of music with a medley of songs from the musicals, 40's, 60's, and even opera.

Our children's work has also expanded this year with a grant from Westminster City Council. We are now delivering music and art therapy in a number of schools across Westminster and Kensington and Chelsea. Our numbers have also expanded through referrals from the NHS, schools and the council. We also began our monthly music therapy in the Oval, South London once a month in January as we are aware of the need for music therapy in South London. We also offered placements to students from the Royal College of Music. This would not be possible without funding and a great team of music therapists and art therapists who we always have great feedback.

We are always grateful for our partnerships with a number of places including schools who we work with, the tri borough music hub, the Royal College of Music, the places where we hold functions including Francis

Holland School for Girls and Westminster Kingsway College and funders including Weil, Gotshal and Manges LLP, Westminster City Council, London Community Foundation to name just a few. Without their support our functions would not go ahead which changes so many people's lives. As you can see from reading the report the impact on people's lives is profound.

Many of our activities would not function without volunteers as they are essential to them functioning especially events such as the lunch, dinner and music therapy. Many of our volunteers say how much they get out of volunteering and how they enjoy it and learn from it.

Not only does it support our work but volunteers learn from the experience and it helps them grow as a person. We have a range of volunteers including employee volunteers, older people, students. We have been working with Westminster Connects and Time and Talents and Kings College London to ensure we have enough volunteers for our activities.

As we look to the year ahead we are excited about continuing to build our existing activities which have just started. One of our original trustees who was with us when we began 23 years ago and has now sadly passed away always used to say "out of little acorns grow mighty oak trees" This is what In - Deep is becoming with many branches.

Colin Chapman MBE

Colin Chapman MBE

Founder and Chairman of In-deep



# TREASURER'S REPORT

I am very glad to have taken over as treasurer of In – Deep this January 2024. In – Deep has always been a cause close to my heart and I have been a volunteer for over 10 years at the dinners. With my background as a bookkeeper, I am delighted to be treasurer and using my skills.

This year our income has allowed us to expand our activities to tackle in – Deep aims of tackling social isolation. I am grateful for our support from Westminster City Council for our children's work allowing us to expand and also offer individual music therapy and award us 3-year funding from the Healthy community's fund for our lunch club for older people and to start up our Latin moves dance class.

We are also grateful for the continued support from the London Community Foundation and Pargiter Trust who have helped fund our activities and running costs. The long-term support we have received from organisations has enabled us to continue to grow and provided us the security small charities need so we are grateful for this.

We are also grateful to Weil, Gotshal, Manges LLP, Francis Holland School for Girls and companies including Murphey's, Careys Ltd, Galliford Try , BAM for fundraising for us and sponsoring our individual activities or giving gifts in kind. This provides a real tangible difference to the people we work with. As In – Deep looks to the next year I am excited to the prospect of the continued support but also the prospect of building on the strong links we have with funders to continue to grow our activities.

jeremy pinkney

Jeremy Pinkney  
Treasurer to In-deep

# LUNCH CLUB — AND DANCE

This has been an exciting year after a break due to covid and the refurbishment of our long term base Grosvenor Hall reopened in June 2023. We are now back running our weekly jacket potato every Wednesday from 11.30 – 2.00 with a choice of various fillings including chicken, gammon, tuna, cheese, cheese and beans.

All of the food is cooked healthily in winter we also introduced a hot meal option to help with the cost of living and to provide a good hot meal throughout the winter. This ranged from liver, bacon and vegetables, pie and mash, pork chops, potatoes and vegetables.

Numbers now average 20 people a week with people mainly coming from the local area. The lunch is run by volunteers including local people, employee volunteers and students. Funding has been allocated from Westminster City Council Ward Budget and Westminster Amalgamated Charity. In January 2024 we were awarded a 3 year grant for the lunch from Westminster City Council Healthy Communities Fund.

## Dance Class

In February 2024 we began a new initiative thanks to funding from Westminster City Council Healthy Communities Fund. We now run a weekly Latin moves class from 10.30 – 11.30 at Grosvenor hall before the lunch. The sessions are run by a qualified instructor called Bethany and combine elements of samba, salsa and Latin moves. We average 8 – 12 people a session. Feedback has been positive with regulars saying they have improved fitness, coordination, memory and the class has helped them to make friends.

# DINNER CLUB

Since January 2003, our monthly community dinners have been a staple in fostering connections among isolated older individuals. Initially held at Grosvenor Hall, our three-course roast dinner, featuring soup, roast chicken, beef, pork, a vegetarian option, roast potatoes, vegetables, and a delightful pudding of the day, served as a heartwarming occasion for the community.

Since May 2021, the Dinners have been held at Westminster Kingsway College. A dedicated venue allows us to continue providing a warm and welcoming space where older individuals can meet, Enjoy live entertainment, and interact with others.

Our dedicated team of volunteers serve an average of 90 people each dinner. This year, we're grateful for the support of the Gordon Family Fund and the Pargiter trust, ensuring the continuation of this meaningful initiative.



# OVER 50'S CHOIR

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The choir excitedly celebrated it's 10<sup>th</sup> Birthday in January and over those years It has continued to grow with new members growing. We now have an average number of 18 many of whom are from the local community. We sing a range of songs including 50's, 60's, All of this is run by a specialist choirmaster and accompanist. In addition to the rehearsals we do a number of concerts throughout the year which are always a big success and we have enhanced our concerts with a long term partnership with the Royal College of Music were students perform at our concerts. This year we were funded by Westminster City council Ward Budget.



# CHRISTMAS HAMPER SCHEME

Our Christmas Hamper Scheme stands as one of our longstanding initiatives. Through the generous donations of food items, tea, coffee, festive essentials, and various pantry staples, we assemble and distribute 150 hampers to elderly residents across multiple London boroughs. Collaborating with educational institutions, religious establishments, corporations, and government institutions across London, these partners assist in hamper collection and distribution.

We extend our heartfelt gratitude to the Department for Business, Energy & Industrial Strategy, Westminster School, Francis Holland School for Girls, St. Michael's Church, Chester Sq, and Weil Ltd for their instrumental support. Furthermore, through a generous donation from the Together for London Fund.

This initiative aimed to alleviate some of the financial strains posed, ensuring that our beneficiaries receive both blankets and food vouchers during these unsettled times. In addition to this we also provide food vouchers in order to support both families who come to our services and older service users.

The heightened challenges faced by older individuals and families during this time of year can be isolating. Our service serves as a poignant testament to the impact of a supportive community taskforce.

# MUSIC THERAPY

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Our music therapy service, generously funded by Westminster city council, has evolved significantly since its inception in 2017. Specifically catering to children and young people with SEND, we've expanded our offerings to encompass age-appropriate groups spanning ages 3-10, 11-18, and 19-30, with invaluable support from students at the Royal College of Music who undertake placements with us.

Thanks to funding from the Doyle Carte Charitable trust and fundraising events we have opened up a new branch in the Oval, south London and we are delivering music therapy in Kensington Queensmill, Oxford Gardens Primary School, Edward Wilson Primary school and we are delivering art therapy in Essendine primary school and Kensington Queensmill expanding our reach.

We also delivered a second holiday workshop with this year's theme on Disney and our younger group doing a little mermaid and our older group doing the lion king. This met with positive feedback and was a big success.



# SPECIAL EVENTS

Every December at our weekly Lunch club we always do a special Christmas Lunch where a choir from a local school comes in and sings Christmas carols and meets some of the service users this is always a big success.

We also had 2 trips for the families from the music therapy in the Summer and the Winter. In the summer the families went to see Frozen and in the winter they went to see Matthew Bourne's Edward Scissorhands both of which were a huge success and the families really enjoyed this opportunity which they otherwise may not be able to access.



# COMMITTEE

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The 2022-23 Annual Report was approved by the management committee of In- Deep on: 21st janurary 2025 by

*Emma chapman*

general secretary to in - deep

jeremy pinkney

treasurer to in - deep

**IN-DEEP COMMUNITY TASK FORCE**

**LEGAL AND ADMINISTRATIVE INFORMATION**

**STATUS**

The organisation is a voluntary group, set up on 28 January 2002 and registered as a charity on 1 June 2003

The charity was established under a Trust Deed which established the objects and powers of the registered charity and is governed under its Trust Deed. Under the Trust Deed, the trustees may appoint a person who is willing to act to be a trustee, either to fill a vacancy, or as an additional trustee.

<b>CHARITY NUMBER</b>	1098270
<b>PATRON</b>	Baroness Hanham of Kensington CBE
<b>TRUSTEES</b>	C Chapman Esq MBE (Chairman) E Chapman MBE (Secretary) J Pinkney (Treasurer) P Devaney R Leafe Yi Ting Tsai L Chapman J Beales
<b>REGISTERED OFFICE</b>	Unit 300 95 Wilton Road London SW1V 1BZ
<b>ACCOUNTANTS</b>	Saunders Wood & Co. 140A Tachbrook Street London SW1V2NE
<b>BANKERS</b>	Lloyds Butler Place London SW1

## IN-DEEP COMMUNITY TASK FORCE

### REVIEW OF ACTIVITIES

We work with isolated older people and children with send and their families in London. It was founded by a person named Colin Chapman MBE and consists of a management committee of eight and sixty two volunteers.

Since March 2002 the In-Deep Community Task Force have been running a range of activities and services for elderly people living in the area.

Since January 2003, In-Deep Community task force has been running a manicure and pedicure service for the elderly run by trained professionals. This has provided a boost to many elderly people as many suffer from low self esteem and also helps as many elderly people cannot cut their nails due to Arthritis.

In September 2003 we started a monthly roast beef dinner once a month on a Saturday. This consists of a 3 course meal including soup, topside of beef or roast chicken, roast pork etc roast potatoes, yorkshire pudding, 3 vegetables and pudding of the day. This has proved hugely popular with the elderly people in the area and numbers are now averaging 100 people per dinner. It also provides the elderly with a good source of iron as many cannot afford beef as they are on low incomes.

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Since the year 2002, In-Deep Community Task Force have been doing talks across London and they have been donating their harvests collections to us. These are then made up into Christmas hampers and given out to the elderly living on estates in the south of Westminster. Last Christmas we gave out hampers to vulnerable elderly people in the area as well as Lambeth. 360 people benefitted from the scheme through our work. Last year we also put on a Christmas Dinner and gave out presents.

Since 2014 we have been running an over 50's choir with a professional choirmaster and accompanist. Everyone is welcome and we have no audition policy. We sign a range of songs from musicals, 50's, 60's and 70's. We do several concerts each year.

Since January 2017 In-Deep has been running music therapy sessions twice a month both face to face and online by qualified music therapists to children and young adults with send. We also offer placements to students from the Royal College of Music. We also run trips, workshops, do work in schools and support families as it is difficult to raise a child with send.

This coming year we will continue with our important work.

In Deep were winners of the queens award for voluntary service in 2013.

## IN-DEEP COMMUNITY TASK FORCE

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

#### RESPONSIBILITIES OF THE TRUSTEES

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the registered charity at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and apply them consistently
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Charities Act 1993. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 21st January 2025 and signed on its behalf by:

**jeremy pinkney**

J Pinkney (Treasurer)

*Emma Chapman*

E Chapman MBE (Secretary)

IN-DEEP COMMUNITY TASK FORCE

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/members of In-Deep Community Task Force  
on the accounts for the year ended 31 March 2024

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts.  
The charity's trustees consider that an audit is not required for this year ( under section 43(2) of the Charities Act 1993 ( the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 43 of the 1993 Act,
- follow the procedures laid down in the general directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act and
- state whether particular matters have come to my attention.

**Basis of independent examiner's statement**

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently, no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

**Independent Examiner's Statement**

In connection with my examination, no matter has come to my attention :

(1) which gives me reasonable cause to believe that, in any material respect, the requirements to keep accounting records in accordance with section 41 of the 1993 Act and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act have not been met, or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Signed**

**Date**

**Name**

PAUL WOOD

**Relevant professional qualifications**  
or body (if any )

FFA

**Address**

15 DARTFORD RISE  
FARNBOROUGH  
GU14 9FS

IN-DEEP COMMUNITY TASK FORCE

STATEMENT OF THE FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Total Funds £
<b>INCOMING RESOURCES</b>					
General Donations	2	24,605	-	24,605	20,432
Grants and Contracts	2	-	83,071	83,071	67,727
Investment Income and Interest		35	-	35	6
<b>TOTAL INCOMING RESOURCES</b>		<b>24,640</b>	<b>83,071</b>	<b>107,711</b>	<b>88,165</b>
<b>RESOURCES EXPENDED</b>					
Motor and Travel		3,659	513	4,172	4,801
Food and Equipment		2,027	17,356	19,383	15,532
Insurance		530	-	530	524
Administration Exopenses		2,635	4,228	6,863	3,358
Accountancy and Bookkeeping Fees		2,384	-	2,384	1,584
Telephone and Internet		522	477	999	1,033
Depreciation		11	-	11	12
Hire of Office Space		-	9,835	9,835	9,607
Massage, Manicure and Pedicure		240	1,080	1,320	1,520
Sundry Charity Expenses		738	-	738	3,047
Christmas Hamper Scheme		1,579	1,653	3,232	1,262
Music Therapy and Send Families Work		3,894	22,051	25,945	16,190
Choir		1,608	5,358	6,966	3,206
Dinner Entertainment		2,030	-	2,030	2,245
Fund Raising		1,392	-	1,392	-
Teadance		-	-	-	2,490
Befriending		-	4,123	4,123	8,223
Workshop		-	-	-	2,664
Cost of Living		478	550	1,028	2,945
<b>TOTAL RESOURCES EXPENDED</b>		<b>23,727</b>	<b>67,224</b>	<b>90,951</b>	<b>80,243</b>
<b>NET MOVEMENT N FUNDS DURING YEAR</b>		<b>913</b>	<b>15,847</b>	<b>16,760</b>	<b>7,934</b>
<b>TOTAL FUNDS AT 1 APRIL 2023</b>		<b>13,260</b>	<b>84,572</b>	<b>97,832</b>	<b>89,898</b>
<b>TOTAL FUNDS AT 31 MARCH 2024</b>		<b>14,173</b>	<b>100,419</b>	<b>114,592</b>	<b>97,832</b>

The notes form part of these Financial Statements

IN-DEEP COMMUNITY TASK FORCE

BALANCE SHEET AS AT 31 MARCH 2024

		2024		2023	
	Notes	£	£	£	£
<b>FIXED ASSETS:</b>					
Tangible Assets	6		0		12
<b>CURRENT ASSETS:</b>					
Cash at Bank and In Hand		116,176		99,404	
<b>CREDITORS: Accountancy Accrual</b>		1,584		1,584	
<b>NET CURRENT ASSETS:</b>			114,592		97,820
<b>NET ASSETS</b>			<u>114,592</u>		<u>97,832</u>
<b>UNRESTRICTED FUNDS</b>					
			14,173		13,260
<b>RESTRICTED FUNDS</b>					
			100,419		84,572
<b>TOTAL FUNDS</b>			<u>114,592</u>		<u>97,832</u>

Approved by the trustees, and signed on its behalf by:

jeremy pinkney  
J Pinkney (Treasurer)

Dated: 21st january 2025

Emma chapman  
E Chapman MBE (Secretary)

The notes form part of these Financial Statements

1 ACCOUNTING POLICIES

- (a) **Accounting Basis**  
These Financial Statements have been prepared under the Historical Cost Convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective March 2000), the Charities Act 1993 and follow the recommendations in *Accounting and Reporting by Charities: Statement of Recommended Practice* issued in October 2000.
- (b) **Treatment of Voluntary Income**  
Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.
- (c) **Treatment of Grants**  
Grants, including grants for the purchase of fixed assets, are recognised in the Statement of Financial Activities in the year in which they are receivable.
- (d) **Treatment of Incoming Resources**  
Incoming resources are included when receivable.
- (e) **Treatment of Outgoing Resources**  
Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.
- (f) **Depreciation**  
Depreciation is provided at the following rates, calculated to write off the cost of each asset over its expected useful life:
- |                   |                           |
|-------------------|---------------------------|
| Furniture         | 25% p.a. reducing balance |
| General Equipment | 25% p.a. reducing balance |
- (g) **Unrestricted Funds**  
Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.
- (h) **Restricted Funds**  
Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs, where applicable.

**IN-DEEP COMMUNITY TASK FORCE**

**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024**

**2 INCOMING RESOURCES FROM ACTIVITIES TO FURTHER THE OBJECTS OF THE CHARITY**

	Unrestricted £	Restricted £	Total £	2023 Total £
Lunch and Individual Donations	24,616	-	24,616	20,432
Main Grants	-	8,940	8,940	7,375
Westminster School	-	-	-	310
The Sir Jules Thor	-	-	-	-
Westminster Foundation	-	1,670	1,670	-
London Community Foundation	-	18,000	18,000	30,242
City of Westminster	-	38,861	38,861	5,755
John Lyon's Charity	-	3,500	3,500	18,650
Woodroffe Benton	-	-	-	750
Westminster Almshouse	-	3,420	3,420	3,000
Groundwork UK	-	975	975	-
The Pargiter Trust	-	4,800	4,800	-
The D Oyle Carte	-	1,385	1,385	-
Project Support	-	1,520	1,520	-
Trees of the David	-	-	-	750
COW Trust	-	-	-	1,895
Bank Interest	35	-	35	6
	<u>24,651</u>	<u>83,071</u>	<u>107,722</u>	<u>89,165</u>

**3 TOTAL RESOURCES EXPENDED**

	Total £	Total £
Motor and Travel	4,172	4,801
Food and Equipment	19,383	15,532
Insurance	530	524
Administration Expenses	6,863	3,358
Accountancy Fees	2,384	1,584
Telephone and Internet	999	1,033
Depreciation	11	12
Hire of Office Space	9,835	9,607
Massage, Manicure and Pedicure	1,320	1,520
Sundry Charity Expenses	738	3,047
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Choir	6,966	3,206
Dinner Entertainment	2,030	2,245
Fund Raising	1,392	-
Teadance	-	2,490
Befriending	4,123	8,223
Workshop	-	2,664
Cost of Living	1,028	2,945
	<u>90,951</u>	<u>80,243</u>

**4 NET INCOMING RESOURCES IN THE YEAR**

This is stated after charging:

	£	£
Depreciation	11	12
Accountancy Fees	1,584	1,584
	<u>1,595</u>	<u>1,596</u>

## 5 TAXATION

The charitable company is exempt from corporation tax on its charitable activities and is registered with the Inland Revenue as such under the reference 1098270.

## 6 TANGIBLE FIXED ASSETS

	FURNITURE £	<b>MOTOR VAN</b> £	GENERAL EQUIPMENT £	TOTAL £
<b>COST</b>				
At 1 April 2023	330		4,035	4,365
Disposal	-		-	-
At 31 March 2024	<u>330</u>	<u>-</u>	<u>4,035</u>	<u>4,365</u>
<b>DEPRECIATION</b>				
At 1 April 2023	330		4,024	4,354
Charge for the Year			11	11
Disposal		-		
At 31 March 2024	<u>330</u>	<u>-</u>	<u>4,035</u>	<u>4,365</u>
<b>NET BOOK VALUE</b>				
At 31 March 2024	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
At 31 March 2023	<u>-</u>	<u>-</u>	<u>11</u>	<u>11</u>

**IN-DEEP COMMUNITY TASK FORCE**

**LEGAL AND ADMINISTRATIVE INFORMATION**

**STATUS**

The organisation is a voluntary group, set up on 28 January 2002 and registered as a charity on 1 June 2003

The charity was established under a Trust Deed which established the objects and powers of the registered charity and is governed under its Trust Deed. Under the Trust Deed, the trustees may appoint a person who is willing to act to be a trustee, either to fill a vacancy, or as an additional trustee.

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<b>PATRON</b>	Baroness Hanham of Kensington CBE
<b>TRUSTEES</b>	C Chapman Esq MBE (Chairman) E Chapman MBE (Secretary) J Pinkney (Treasurer) P Devaney R Leafe Yi Ting Tsai L Chapman J Beales
<b>REGISTERED OFFICE</b>	Unit 300 95 Wilton Road London SW1V 1BZ
<b>ACCOUNTANTS</b>	Saunders Wood & Co. 140A Tachbrook Street London SW1V2NE
<b>BANKERS</b>	Lloyds Butler Place London SW1

## IN-DEEP COMMUNITY TASK FORCE

### REVIEW OF ACTIVITIES

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This coming year we will continue with our important work.

In Deep were winners of the queens award for voluntary service in 2013.

## IN-DEEP COMMUNITY TASK FORCE

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

#### RESPONSIBILITIES OF THE TRUSTEES

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the registered charity at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and apply them consistently
- make judgements and estimates that are reasonable and prudent; and
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Approved by the trustees on 21st January 2025 and signed on its behalf by:

**jeremy pinkney**

J Pinkney (Treasurer)

*Emma Chapman*

E Chapman MBE (Secretary)

IN-DEEP COMMUNITY TASK FORCE

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/members of In-Deep Community Task Force  
on the accounts for the year ended 31 March 2024

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts.  
The charity's trustees consider that an audit is not required for this year ( under section 43(2) of the Charities Act 1993 ( the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 43 of the 1993 Act,
- follow the procedures laid down in the general directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act and
- state whether particular matters have come to my attention.

**Basis of independent examiner's statement**

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**Independent Examiner's Statement**

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(1) which gives me reasonable cause to believe that, in any material respect, the requirements to keep accounting records in accordance with section 41 of the 1993 Act and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act have not been met, or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Signed**

**Date**

**Name**

PAUL WOOD

**Relevant professional qualifications**  
or body (if any )

FFA

**Address**

15 DARTFORD RISE  
FARNBOROUGH  
GU14 9FS

IN-DEEP COMMUNITY TASK FORCE

STATEMENT OF THE FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Total Funds £
<b>INCOMING RESOURCES</b>					
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Accountancy and Bookkeeping Fees		2,384	-	2,384	1,584
Telephone and Internet		522	477	999	1,033
Depreciation		11	-	11	12
Hire of Office Space		-	9,835	9,835	9,607
Massage, Manicure and Pedicure		240	1,080	1,320	1,520
Sundry Charity Expenses		738	-	738	3,047
Christmas Hamper Scheme		1,579	1,653	3,232	1,262
Music Therapy and Send Families Work		3,894	22,051	25,945	16,190
Choir		1,608	5,358	6,966	3,206
Dinner Entertainment		2,030	-	2,030	2,245
Fund Raising		1,392	-	1,392	-
Teadance		-	-	-	2,490
Befriending		-	4,123	4,123	8,223
Workshop		-	-	-	2,664
Cost of Living		478	550	1,028	2,945
<b>TOTAL RESOURCES EXPENDED</b>		<b>23,727</b>	<b>67,224</b>	<b>90,951</b>	<b>80,243</b>
<b>NET MOVEMENT N FUNDS DURING YEAR</b>		<b>913</b>	<b>15,847</b>	<b>16,760</b>	<b>7,934</b>
<b>TOTAL FUNDS AT 1 APRIL 2023</b>		<b>13,260</b>	<b>84,572</b>	<b>97,832</b>	<b>89,898</b>
<b>TOTAL FUNDS AT 31 MARCH 2024</b>		<b>14,173</b>	<b>100,419</b>	<b>114,592</b>	<b>97,832</b>

The notes form part of these Financial Statements

IN-DEEP COMMUNITY TASK FORCE

BALANCE SHEET AS AT 31 MARCH 2024

		2024		2023	
	Notes	£	£	£	£
<b>FIXED ASSETS:</b>					
Tangible Assets	6		0		12
<b>CURRENT ASSETS:</b>					
Cash at Bank and In Hand		116,176		99,404	
<b>CREDITORS: Accountancy Accrual</b>		1,584		1,584	
<b>NET CURRENT ASSETS:</b>			114,592		97,820
<b>NET ASSETS</b>			<u>114,592</u>		<u>97,832</u>
<b>UNRESTRICTED FUNDS</b>					
			14,173		13,260
<b>RESTRICTED FUNDS</b>					
			100,419		84,572
<b>TOTAL FUNDS</b>			<u>114,592</u>		<u>97,832</u>

Approved by the trustees, and signed on its behalf by:

jeremy pinkney

J Pinkney (Treasurer)

Dated: 21st january 2025

Emma Chapman

E Chapman MBE (Secretary)

The notes form part of these Financial Statements



**IN-DEEP COMMUNITY TASK FORCE**

**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024**

**2 INCOMING RESOURCES FROM ACTIVITIES TO FURTHER THE OBJECTS OF THE CHARITY**

	Unrestricted £	Restricted £	Total £	2023 Total £
Lunch and Individual Donations	24,616	-	24,616	20,432
Main Grants	-	8,940	8,940	7,375
Westminster School	-	-	-	310
The Sir Jules Thor	-	-	-	-
Westminster Foundation	-	1,670	1,670	-
London Community Foundation	-	18,000	18,000	30,242
City of Westminster	-	38,861	38,861	5,755
John Lyon's Charity	-	3,500	3,500	18,650
Woodroffe Benton	-	-	-	750
Westminster Almshouse	-	3,420	3,420	3,000
Groundwork UK	-	975	975	-
The Pargiter Trust	-	4,800	4,800	-
The D Oyle Carte	-	1,385	1,385	-
Project Support	-	1,520	1,520	-
Trees of the David	-	-	-	750
COW Trust	-	-	-	1,895
Bank Interest	35	-	35	6
	<u>24,651</u>	<u>83,071</u>	<u>107,722</u>	<u>89,165</u>

**3 TOTAL RESOURCES EXPENDED**

	Total £	Total £
Motor and Travel	4,172	4,801
Food and Equipment	19,383	15,532
Insurance	530	524
Administration Expenses	6,863	3,358
Accountancy Fees	2,384	1,584
Telephone and Internet	999	1,033
Depreciation	11	12
Hire of Office Space	9,835	9,607
Massage, Manicure and Pedicure	1,320	1,520
Sundry Charity Expenses	738	3,047
Christmas Hamper Scheme	3,232	1,262
Music Therapy and Send Families Work	25,945	16,190
Choir	6,966	3,206
Dinner Entertainment	2,030	2,245
Fund Raising	1,392	-
Teadance	-	2,490
Befriending	4,123	8,223
Workshop	-	2,664
Cost of Living	1,028	2,945
	<u>90,951</u>	<u>80,243</u>

**4 NET INCOMING RESOURCES IN THE YEAR**

This is stated after charging:

	£	£
Depreciation	11	12
Accountancy Fees	1,584	1,584
	<u>1,595</u>	<u>1,596</u>

5 TAXATION

The charitable company is exempt from corporation tax on its charitable activities and is registered with the Inland Revenue as such under the reference 1098270.

6 TANGIBLE FIXED ASSETS

	FURNITURE £	<b>MOTOR VAN</b> £	GENERAL EQUIPMENT £	TOTAL £
<b>COST</b>				
At 1 April 2023	330		4,035	4,365
Disposal	-		-	-
At 31 March 2024	<u>330</u>	<u>-</u>	<u>4,035</u>	<u>4,365</u>
<b>DEPRECIATION</b>				
At 1 April 2023	330		4,024	4,354
Charge for the Year			11	11
Disposal		-		
At 31 March 2024	<u>330</u>	<u>-</u>	<u>4,035</u>	<u>4,365</u>
<b>NET BOOK VALUE</b>				
At 31 March 2024	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
At 31 March 2023	<u>-</u>	<u>-</u>	<u>11</u>	<u>11</u>

**IN-DEEP COMMUNITY TASK FORCE**

England & Wales - Charity number 1098270

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# Accounts

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# IN-DEEP ANNUAL REPORT



**April 1 2022-  
March 31 2023**

# ORGANISATION DETAILS

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## **Address**

In-Deep Unit 300,  
95 Wilton Road  
London  
SW1V 1BZ

## **Phone**

07761 263105

## **Website**

[www.in-deep.org.uk](http://www.in-deep.org.uk) Facebook [www.facebook.com/InDeepLDN](https://www.facebook.com/InDeepLDN)

## **Facebook**

[www.facebook.com/InDeepMusicTherapy](https://www.facebook.com/InDeepMusicTherapy)

## **Instagram**

[www.instagram.com/InDeepCommunity](https://www.instagram.com/InDeepCommunity)  
[www.instagram.com/InDeepMusicTherapy](https://www.instagram.com/InDeepMusicTherapy)

## **Twitter**

[www.twitter.com/InDeepLDN](https://www.twitter.com/InDeepLDN)

## **Registered Charity Number**

1098270

## **Project Locations**

*Westminster (community meals)*

Westminster Kingsway College, Vincent Square, London, SW1P 2PD

*Westminster (music therapy)*

Millbank Academy Erasmus Street London SW1P 4HR

*Lambeth (complementary therapies)*

Coney Way Clubhouse 2 Coney Way London SW8 1LN

# OUR FRIENDS AND PEOPLE

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*As ever, our thanks go out to our supporters and friends in whatever capacity they help. Without you, we could not make such an impact.*

## **Patron**

Baroness Hanham of Kensington CBE

## **Trustees**

Colin Chapman MBE      Tom Leftwich Patricia  
Emma Chapman MBE      De'Vanney  
Richard Leafe

## **Voulenteers**

Jeremy Pickney	Katy Smith	Christabel chittink	Isabelle Akov
Luca Smile	Irma Sjorgen	Kirsty Wilkins	Emma Breslin
Isobel Rudd	Kirsty Leane Dores	Donna Craigie	Tina Robbins
Lucy Kirkum	Richard Leafe	Mark Aslett	Lyndy Welsey
Richa Vera	Ariana Mirbagheri	Joudee Miller	Angela Hsu
Scott Neil	Osmarina Dorcas	Yi Ting Wong	Clemence Rebora
Nataly Bokh	Erin Wood	Sheila Sella	Bill Huan
Ciara O'Reilly	Ekiko Billing	Dalia Rhalmi	Corentin Dorentin
Dalia Dudeney Sailesh	Tobias Desouza	Jamie Gillen	
Peter Griffiths	Ines Marcos	Samirika Castelle	
Marilena Palimeda	Shilpa Sanjoy	Olia Naymushina	
Tom Leftwich	Keisha Johnson	Beatriz Parres	

## **Paid Staff**

Aliss Pollock	Imogen Dyer	Helen de Beresford
Dominic Lo	Wilf Petheridge	Sidra Zahid
Melissa Urban	Loretta Mcdonnell	Hugh Williams
Hannah Merchant	Tahira Khan	Shreya Mugal
Eleanor Emery	Lucy Mullin	

# OUR FRIENDS AND PEOPLE

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## **Bookkeeper**

Saunders, Wood and Co Ltd

## **Supporters and Partners**

Royal College of Music

Queensmill School

Deutsche Bank Fund

Tri Borough Music Hub

London Community Foundation

St Michaels Church Chester Sq

Francis Holland School for Girls

John Lyons Charity

Westminster Amalgamated Charity

Westminster School

Gordon Family Fund

Awards for All

Westminster City Council Ward Budget

Weil, Gotshal and Manges Ltd

Westminster Foundation

Westminster Kingsway College

*And a number of individual donors*

# CHAIRMAN'S REPORT

2022/2023 has been another busy and difficult year for the charity sector as we started to come out of the coronavirus pandemic restrictions. We have endeavored to keep activities going and reopen some of the activities which we had to close in the first initial lockdowns.

There is a saying that out of every bad situation comes good. Since January 2022 we have run all our activities in Grosvenor Hall, Vincent St, SW1 however when the first lockdown happened this shut down. Since then we have formed new relationships with people by starting our monthly 3 course dinner in a new place at Westminster Kingsway College, 76 Vincent Sq. Here we use the canteen to put on our monthly three course meal. We also have a proper commercial kitchen so are able to provide a nutritious, tasty meal cooked fresh on the day. Numbers have continued to grow since we opened the dinner up with restrictions.

Post pandemic, our lunch delivery scheme has become a lifeline for a number of people who are housebound or struggle to get out. It has allowed our outreach to extend with our team of volunteers who deliver the lunches each week to those most isolated in the community. As we emerge from the pandemic we must recognise that by reaching out we were a positive impact to those affected. Isolation affected many of the elderly during covid and we saw cases of depression and anxiety increase. We even had on occasions older people crying when we delivered food due to loneliness. The activities In – deep runs help tackle this and provide a better quality of life.

One scheme set up to combat this is our befriending scheme. This year we received funding to employ a befriending coordinator. We set up the befriending scheme in 2020 in response to the initial lockdowns. We now train, check and match volunteers with people referred to us by housing associations, nhs, charities etc. Feedback has been positive with older people benefitting from the regular interaction and volunteers enjoying getting to know an older person and listen to their stories.

# CHAIRMAN'S REPORT

Our Over 50's choir has resumed in person rehearsals at St Saviours Church. Where we have seen a number of choirs close we have seen new members joining. This has been a real highlight for many particularly the concerts we do. It has also been wonderful seeing students from the Royal College of music enhancing our concerts and bringing something really special to the atmosphere of the concerts.

Our music therapy and children's projects have continued to expand. This year we have continued both our face to face and online provision. We have also been running trips for families to the theatre for relaxed performances. This has been proving very popular. Other initiatives we have run this year is running our first arts based holiday workshop themed around the Greatest Showman. This was a real highlight as it showed the many gifts and talents children and young people with SEND have. The feedback was very positive and there was not a dry eye in the house when the children's performance had finished. We have also been supporting parents by giving supermarket vouchers at Christmas.

As always in – deep's activities could not run without its committed team of staff, an incredible numbers of volunteers. Many activities such as the lunch and dinner would not take place without volunteers. We are grateful to government departments, companies, schools who regularly volunteer with us. It makes a real difference and enables activities to go ahead. Many volunteers have said how much they enjoy the experience and what they learn from it so it is a two way process.

We are also grateful for all funders for their one off or regular support. In – Deep activities would not happen without both large and small donations and grants. As chairman and founder I very much see how the difference that money makes whether to an older person whose health has deteriorated gets to meet others at the dinner or a child with complex needs gets to receive free music therapy on a regular basis were this is often not possible helping their development and progress.

# CHAIRMAN'S REPORT

As we look forward to next year and coming out of restrictions I am aware that many people still carry the effects of the lockdowns whether through mental health problems, deteriorating health as a knock on effect, cost of living crisis. At In - Deep we seek to alleviate and tackle the problems associated with this through our work.

Yours,

A handwritten signature in black ink that reads "Colin Chapman". The signature is written in a cursive, flowing style.

**Colin Chapman MBE**

CHAIRMAN OF IN-DEEP

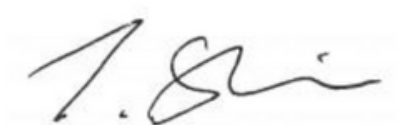
# TREASURER'S REPORT

As 2022/2023 has seen removal of pandemic restrictions and this has been a huge relief to many. However many in society are still seeing the effects of Covid-19 including increased mental health problems and cost of living problems. We have seen a number of charities struggling and projects in other charities close. However we have been incredibly lucky and through diligent fundraising we have continued our projects and expanded some of them. In – Deep is incredibly lucky to have some core funders including the London Community Foundation, Awards for All, Francis Holland School for Girls, Westminster foundation, John Lyons Charity, Weil, Goshal and Manges LLP. Without their support in – deep activities would not run. The difference their financial support makes is invaluable.

Due to the cost of living one thing we did this year with a grant from Together for London was to purchase supermarkets vouchers, blankets and support families. It also helped with the extra costs we were facing with food, staff and the extra demands we were facing as numbers coming to our activities had doubled.

One other highlight of the year was our platinum jubilee project funded by the Arts Council England which combined a number of our projects including our Over 50's choir, our partnership with the Royal College of Music, our SEND work all culminating in a teadance.

As we look forward to the year 2023 / 2024 with more activities starting up including our lunch club beginning back in person I would like to thank all our funders both large and small.



**Thomas Leftwich**

TREASURER OF IN-DEEP

# LUNCH AND DINNER CLUBS

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## WEDNESDAY LUNCH SCHEME

Our Lunch Club, has undergone significant change due to the renovations held at our venue “The Hall” - Grosvenor and Regency Estate in Westminster and ongoing effects of the Covid-19 lockdowns. Since March 2020, we shifted to a lunch delivery scheme, ensuring our community continued to receive nutritious meals. Our dedicated volunteers have been delivering freshly made jacket potatoes with chicken, cheese, or gammon, along with salads, offering not just sustenance but a vital connection, especially for those who may not have had any interaction that day.



Janice, receiving her delivered lunch during 2021 lockdown.

This invaluable service, previously supported by the Pargiter Trust and Gordon Family Fund, has been a lifeline during challenging times. In 2022, Westminster Amalgamated Charity stepped in to fund this initiative, enabling us to continue our mission of providing much-needed support and friendship. As we eagerly anticipate reopening the lunch club in 2023, we are able to reflect on the lasting benefits these weekly deliveries have brought to our community.

# LUNCH AND DINNER CLUBS

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## COMMUNITY DINNER



Everyone at our Community Dinner scheme enjoying their food.

Since January 2003, our monthly community dinners have been a staple in fostering connections among isolated older individuals. Initially held at Grosvenor Hall, our three-course roast dinner, featuring soup, roast chicken, beef, pork, a vegetarian option, roast potatoes, vegetables, and a delightful pudding of the day, served as a heartwarming occasion for the community. Unfortunately, the onset of the Covid-19 pandemic in March 2020 disrupted our in-person gatherings and we had to transition to a delivery scheme during the lockdowns.

Excitingly, since May 2021, we've revived our monthly dinners in a new venue at Westminster Kingsway College. A dedicated venue allows us to continue providing a warm and welcoming space where older individuals can meet, enjoy live entertainment, and interact. Our dedicated team of volunteers serve an average of 90 people each dinner. This year, we're grateful for the support of the Gordon Family Fund and the Together for London Fund, ensuring the continuation of this meaningful initiative.

# OVER 50'S CHOIR

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Our choir has continued to be a real highlight for our service users and their community. Numbers continue to grow, and we have developed an ongoing collaboration with the Royal College of Music to deliver multiple concerts annually. A particular highlight this year was performing at our Platinum Jubilee Concert in June 2022, which was a buzzing community event held at Westminster Kingsway College and is described in detail on page 14. We have embedded learning from the pandemic and the challenges posed for those most isolate

The challenges posed by the Covid-19 lockdowns, particularly for our senior members unaccustomed to digital technologies, prompted us to employ online platforms for continuing choir practice. Hosting choir sessions over Zoom and introducing a quiz format not only sustained but expanded our membership, reaching individuals beyond our geographical remit. ent to the impact of a supportive community taskforce.

We extend our gratitude for the ongoing support received, as our choir is sustained through funding from the Westminster City Council Community Contribution Fund and Arts Council England.



Over 50's Choir performing at Platinum Jubilee Celebration Event.

# CHRISTMAS HAMPER SCHEME

Our Christmas Hamper Scheme stands as one of our longstanding initiatives. Through the generous donations of food items, tea, coffee, festive essentials, and various pantry staples, we assemble and distribute 300 hampers to elderly residents across multiple London boroughs. Collaborating with educational institutions, religious establishments, corporations, and government institutions across London, these partners assist in hamper collection and distribution.

We extend our heartfelt gratitude to the Department for Business, Energy & Industrial Strategy, Westminster School, Francis Holland School for Girls, St. Michael's Church, Chester Sq, and Weil Ltd for their instrumental support. Furthermore, through a gracious grant from the Together for London Fund.

This initiative aimed to alleviate some of the financial strains posed, ensuring that our beneficiaries receive both blankets and food vouchers during these unsettled times.

The heightened challenges faced by older individuals during this time of year can be isolating as many older citizens continued their shielding efforts amid the ongoing pandemic. Our service served as a poignant testament to the impact of a supportive community taskforce.



Jim, receiving Christmas Hamper donation at his door.

# MUSIC THERAPY

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Ella, music therapist, delivering a session.



Tom, a Royal College of Music student, on placement.

Our music therapy service, generously funded by John Lyon's Charity, has evolved significantly since its inception in 2017. Specifically catering to children and young people with SEND, we've expanded our offerings to encompass age-appropriate groups spanning ages 3-10, 11-18, and 19-25, with invaluable support from students at the Royal College of Music who undertake placements with us. In response to the challenges posed by the pandemic, we seamlessly transitioned our sessions online, a shift that not only sustained our program but also broadened its reach. Participants now join us not just from local areas but also from regions as distant as Devon, Scotland, and Nigeria.

Sessions are led by our team of qualified and experienced music therapists. Through monitoring carried out by our workshop leaders, we have been able to improve the emotional and social anxieties that these families face.

# MUSIC THERAPY

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As well as online sessions, we help beneficiaries through various initiatives, such as organize trips to the theatre, host an annual celebratory party, distribute festive gifts during Christmas, and offer ongoing support to families navigating the complexities of SEND.

In 2022, we launched our arts-based holiday workshop, a multifaceted experience encompassing art, dance, drama, and music. Themed around the film 'The Greatest Showman', this three-day workshop culminated in a performance from our participants, demonstrating their increase in confidence and resilience.



Final performance at The Greatest Showman workshop.

# SPECIAL EVENTS

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In celebration of the Queen's Platinum Jubilee, In-Deep undertook an exciting collaborative project with Queensmill Special School, our over 50s Choir and the Royal College of Music. This project aimed to showcase our commitment to fostering community partnerships and highlighted the artistic talents of our all our participants.

Our Over 50's Choir had the privilege of rehearsing alongside talented students from the Royal College of Music, culminating in a tea dance performance to In-Deep participants and the local community during the Platinum Jubilee weekend. The blend of voices and talents resonated deeply, demonstrating the impact of intergenerational collaboration in the community. Afterwards the students of Queensmill revealed our art mural, prominently displayed at the JOY Disability Arts Festival hosted at the Lyric Theatre Hammersmith, further amplifying our mission to promote accessibility, creativity, and community engagement through the arts.



Royal College of Music students performing with Over 50s Choir at tea dance.



Mural created by Queensmill School students, showcased at Lyric Theatre in Hammersmith as part of the JOY Festival.

# TESTIMONIES

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**“Music group has taught or helped Elerena learn and improve her interactions with her peers at school as well as friends and family... We just wish there was more help and understanding everywhere else like In-Deep.”**

PARENTS OF PARTICIPANT IN 3-10 YEARS FREE MUSIC THERAPY

**“Dance, drama, music, music writing, all this gave me long memories of life(long) friends. Also gives us strong fuel of life. Again thank you very much for the time for all of us. We are very grateful”.**

PARTICIPANT OF GREATEST SHOWMAN PROJECT 2022

**“It made me so happy that my daughter made friends and was happy here.”**

PARENT OF GREATEST SHOWMAN PROJECT 2022 PARTICIPANT

# COMMITTEE

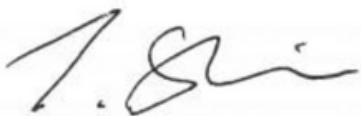
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The 2022-23 Annual Report was approved by the management committee of In-Deep on: 25th January 2024

Signed by:



Emma Chapman MBE  
**General Secretary**



Tom Leftwich  
**Treasurer**

**IN-DEEP COMMUNITY TASK FORCE**

**REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023**

**SAUNDERS, WOOD & CO  
Chartered Accountants  
140A Tachbrook Street  
London  
SW1V 2NE**

IN-DEEP COMMUNITY TASK FORCE  
INDEX TO FINANCIAL STATEMENTS

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Independent Examiners Report	4
Statement of Financial Activities	5
Balance Sheet	6
Notes Forming Part of the Financial Statements	7 to 9

**IN-DEEP COMMUNITY TASK FORCE**

**LEGAL AND ADMINISTRATIVE INFORMATION**

**STATUS**

The organisation is a voluntary group, set up on 28 January 2002 and registered as a charity on 1 June 2003

The charity was established under a Trust Deed which established the objects and powers of the registered charity and is governed under its Trust Deed. Under the Trust Deed, the trustees may appoint a person who is willing to act to be a trustee, either to fill a vacancy, or as an additional trustee.

<b>CHARITY NUMBER</b>	1098270
<b>PATRON</b>	Baroness Hanham of Kensington CBE
<b>TRUSTEES</b>	C Chapman Esq MBE (Chairman) E Chapman MBE (Secretary) T Leftwich (Treasurer ) P Devaney R Leafe
<b>REGISTERED OFFICE</b>	Unit 300 95 Wilton Road London SW1V 1BZ
<b>ACCOUNTANTS</b>	Saunders Wood & Co. 140A Tachbrook Street London SW1V 2NE
<b>BANKERS</b>	Lloyds Butler Place London SW1

## IN-DEEP COMMUNITY TASK FORCE

### REVIEW OF ACTIVITIES

We work with isolated older people and children with send and their families in London. It was founded by a person named Colin Chapman MBE and consists of a management committee of five and sixty two volunteers.

Since March 2002 the In-Deep Community Task Force have been running a range of activities and services for elderly people living in the area.

Since January 2003, In-Deep Community task force has been running a manicure and pedicure service for the elderly run by trained professionals. This has provided a boost to many elderly people as many suffer from low self esteem and also helps as many elderly people cannot cut their nails due to Arthritis. In April 2004 we started a massage service. This is also done by a qualified professional and consists of head, back, neck, shoulders, hands etc. It has been found to be very beneficial to people with osteoarthritis, back problems, stroke etc. We have since expanded the scheme to Lambeth.

In September 2003 we started a monthly roast beef dinner once a month on a Saturday. This consists of a 3 course meal including soup, topside of beef or roast chicken, roast pork etc roast potatoes, yorkshire pudding, 3 vegetables and pudding of the day. This has proved hugely popular with the elderly people in the area and numbers are now averaging 55-60 people per dinner. It also provides the elderly with a good source of iron as many cannot afford beef as they are on low incomes.

In 2012, we started a weekly lunch club in Victoria offering jacket potato with various fillings. This has proved a lifeline as it provides elderly people with a good hot meal. The scheme has proved so popular we have since expanded it to Lambeth once a month.

Since the year 2002, In-Deep Community Task Force have been doing talks across London and they have been donating their harvests collections to us. These are then made up into Christmas hampers and given out to the elderly living on estates in the south of Westminster. Last Christmas we gave out hampers to vulnerable elderly people in the area as well as Lambeth. 360 people benefitted from the scheme through our work. Last year we also put on a Christmas Dinner and gave out presents.

Since 2014 we have been running an over 50's choir with a professional choirmaster and accompanist. Everyone is welcome and we have no audition policy. We sign a range of songs from musicals, 50's, 60's and 70's. We do several concerts each year.

Since January 2017 In-Deep has been running music therapy sessions twice a month both face to face and online by qualified music therapists to children and young adults with send. We also offer placements to students from the Royal College of Music. We also run trips, woprkshops, do work in schools and support families as it is difficult to raise a child with send.

This coming year, although challenging with repeated lockdowns we will continue with our important work.

In Deep were winners of the queens award for voluntary service in 2013.

IN-DEEP COMMUNITY TASK FORCE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

RESPONSIBILITIES OF THE TRUSTEES

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the registered charity at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and apply them consistently
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Charities Act 1993. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on **22/01/2024** and signed on its behalf by:

  
.....  
T Leftwich (Treasurer)

  
E Chapman MBE (Secretary)

## INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/members of In-Deep Community Task Force  
on the accounts for the year ended 31 March 2023

### Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts.  
The charity's trustees consider that an audit is not required for this year ( under section 43(2) of the Charities Act 1993 ( the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 43 of the 1993 Act,
- follow the procedures laid down in the general directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act and
- state whether particular matters have come to my attention.

### Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently, no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

### Independent Examiner's Statement

In connection with my examination, no matter has come to my attention :

(1) which gives me reasonable cause to believe that, in any material respect, the requirements to keep accounting records in accordance with section 41 of the 1993 Act and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act have not been met, or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed

Date 22/01/2024

Name

PAUL WOOD

Relevant professional qualifications  
or body (if any )

FFA

Address

15 DARTFORD RISE  
FARNBOROUGH  
GU14 9FS

page 4

IN-DEEP COMMUNITY TASK FORCE

STATEMENT OF THE FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MARCH 2023


	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Total Funds £
<b>INCOMING RESOURCES</b>					
General Donations	2	20,432	-	20,432	23,702
Grants and Contracts	2	-	67,727	67,727	49,246
Investment Income and Interest		6	-	6	-
<b>TOTAL INCOMING RESOURCES</b>		<b>20,438</b>	<b>67,727</b>	<b>88,165</b>	<b>72,948</b>
<b>RESOURCES EXPENDED</b>					
Motor and Travel		4,801	-	4,801	4,379
Food and Equipment		1,837	13,695	15,532	17,116
Insurance		524	-	524	523
Administration Expenses		1,455	1,903	3,358	2,942
Accountancy Fees		1,584	-	1,584	1,104
Telephone and Internet		1,033	-	1,033	948
Depreciation		12	-	12	12
Hall/Garage Hire		-	-	-	720
Hire of Office Space		2,940	6,667	9,607	5,695
Massage, Manicure and Pedicure		-	1,520	1,520	3,210
Sundry Charity Expenses		3,047	-	3,047	3,249
Christmas Hamper Scheme		1,262	-	1,262	2,388
Music Therapy and Send Families Work		625	15,565	16,190	14,567
Choir		990	2,216	3,206	1,685
Dinner Entertainment		1,995	250	2,245	515
Fund Raising		-	-	-	1,152
Teadance		-	2,490	2,490	-
Befriending		-	8,223	8,223	-
Workshop		-	2,664	2,664	-
Cost of Living		-	2,945	2,945	-
<b>TOTAL RESOURCES EXPENDED</b>		<b>22,105</b>	<b>58,138</b>	<b>80,243</b>	<b>60,205</b>
<b>NET MOVEMENT IN FUNDS DURING YEAR</b>		<b>(1,667)</b>	<b>9,589</b>	<b>7,922</b>	<b>12,743</b>
<b>TOTAL FUNDS AT 1 APRIL 2022</b>		<b>14,915</b>	<b>74,983</b>	<b>89,898</b>	<b>77,155</b>
<b>TOTAL FUNDS AT 31 MARCH 2023</b>		<b>13,248</b>	<b>84,572</b>	<b>97,820</b>	<b>89,898</b>

The notes form part of these Financial Statements

IN-DEEP COMMUNITY TASK FORCE  
BALANCE SHEET AS AT 31 MARCH 2023

		2023		2022	
	Notes	£	£	£	£
<b>FIXED ASSETS:</b>					
Tangible Assets	6	11			23
<b>CURRENT ASSETS:</b>					
Cash at Bank and In Hand		99,404		90,979	
CREDITORS: Accountancy Accrual		1,584		1,104	
<b>NET CURRENT ASSETS:</b>			97,820		89,875
<b>NET ASSETS</b>			<u>97,820</u>		<u>89,898</u>
<b>UNRESTRICTED FUNDS</b>			13,248		14,915
<b>RESTRICTED FUNDS</b>			84,572		74,983
<b>TOTAL FUNDS</b>			<u>97,820</u>		<u>89,898</u>

Approved by the trustees, and signed on its behalf by:

  
.....  
T Leftwich (Treasurer)

Dated: 22/01/2024

  
.....  
E Chapman MBE (Secretary)

1 ACCOUNTING POLICIES

- (a) **Accounting Basis**  
These Financial Statements have been prepared under the Historical Cost Convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective March 2000), the Charities Act 1993 and follow the recommendations in *Accounting and Reporting by Charities: Statement of Recommended Practice* issued in October 2000.
- (b) **Treatment of Voluntary Income**  
Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.
- (c) **Treatment of Grants**  
Grants, including grants for the purchase of fixed assets, are recognised in the Statement of Financial Activities in the year in which they are receivable.
- (d) **Treatment of Incoming Resources**  
Incoming resources are included when receivable.
- (e) **Treatment of Outgoing Resources**  
Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.
- (f) **Depreciation**  
Depreciation is provided at the following rates, calculated to write off the cost of each asset over its expected useful life:
- |                   |                           |
|-------------------|---------------------------|
| Furniture         | 25% p.a. reducing balance |
| General Equipment | 25% p.a. reducing balance |
- (g) **Unrestricted Funds**  
Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.
- (h) **Restricted Funds**  
Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs, where applicable.

IN-DEEP COMMUNITY TASK FORCE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

2 INCOMING RESOURCES FROM ACTIVITIES TO FURTHER THE OBJECTS OF THE CHARITY

	Unrestricted £	Restricted £	Total £	2022 Total £
Lunch and Individual Donations	20,432	-	20,432	22,687
Main Grants	-	7,375	7,375	8,460
Westminster School	-	310	310	-
Magdalen Hospital	-	-	-	1,000
The Sir Jules Thor	-	-	-	1,000
St Michaels Church	-	-	-	1,015
Jessies Fund	-	-	-	2,500
Westminster Foundation	-	-	-	2,000
London Community Foundation	-	30,242	30,242	13,765
City of Westminster	-	5,755	5,755	1,251
John Lyon's Charity	-	18,650	18,650	11,500
Woodroffe Benton	-	750	750	-
Westminster Almshouse	-	3,000	3,000	-
Ann Rylands Trust	-	-	-	940
The Pargiter Trust	-	-	-	5,830
Barchester Health	-	-	-	1,000
Trees of the David	-	750	750	-
COW Trust	-	1,895	1,895	-
Bank Interest	6	-	6	-
	<u>20,438</u>	<u>68,727</u>	<u>89,165</u>	<u>72,948</u>

3 TOTAL RESOURCES EXPENDED

	Total £	Total £
Motor and Travel	4,801	4,379
Food and Equipment	15,532	17,116
Insurance	524	523
Administration Expenses	3,358	2,942
Accountancy Fees	1,584	1,104
Telephone and Internet	1,033	948
Depreciation	12	12
Hall Hire	-	720
Hire of Office Space	9,607	5,695
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Music Therapy and Send Families Work	16,190	14,567
Dinner Entertainment	2,245	515
Fund Raising	-	1,152
Teadance	2,490	-
Befriending	8,223	-
Workshop	2,664	-
Cost of Living	2,945	-
	<u>80,243</u>	<u>60,205</u>

4 NET INCOMING RESOURCES IN THE YEAR

This is stated after charging:

	£	£
Depreciation	12	12
Accountancy Fees	1,584	1,104
	<u>1,596</u>	<u>1,116</u>

5 TAXATION

The charitable company is exempt from corporation tax on its charitable activities and is registered with the Inland Revenue as such under the reference 1098270.

6 TANGIBLE FIXED ASSETS

	FURNITURE £	MOTOR VAN £	GENERAL EQUIPMENT £	TOTAL £
<b>COST</b>				
At 1 April 2022	330		4,035	4,365
Disposal	-	-	-	-
At 31 March 2023	<u>330</u>	<u>-</u>	<u>4,035</u>	<u>4,365</u>
<b>DEPRECIATION</b>				
At 1 April 2022	330		4,012	4,342
Charge for the Year			12	12
Disposal		-		
At 31 March 2023	<u>330</u>	<u>-</u>	<u>4,024</u>	<u>4,354</u>
<b>NET BOOK VALUE</b>				
At 31 March 2023	<u>-</u>	<u>-</u>	<u>11</u>	<u>11</u>
At 31 March 2022	<u>-</u>	<u>-</u>	<u>23</u>	<u>23</u>

**IN-DEEP COMMUNITY TASK FORCE**

**REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023**

**SAUNDERS, WOOD & CO  
Chartered Accountants  
140A Tachbrook Street  
London  
SW1V 2NE**

IN-DEEP COMMUNITY TASK FORCE  
INDEX TO FINANCIAL STATEMENTS

	Pages
Legal and Administrative Information	1
Report of the Trustees	2 to 3
Independent Examiners Report	4
Statement of Financial Activities	5
Balance Sheet	6
Notes Forming Part of the Financial Statements	7 to 9

**IN-DEEP COMMUNITY TASK FORCE**

**LEGAL AND ADMINISTRATIVE INFORMATION**

**STATUS**

The organisation is a voluntary group, set up on 28 January 2002 and registered as a charity on 1 June 2003

The charity was established under a Trust Deed which established the objects and powers of the registered charity and is governed under its Trust Deed. Under the Trust Deed, the trustees may appoint a person who is willing to act to be a trustee, either to fill a vacancy, or as an additional trustee.

<b>CHARITY NUMBER</b>	1098270
<b>PATRON</b>	Baroness Hanham of Kensington CBE
<b>TRUSTEES</b>	C Chapman Esq MBE (Chairman) E Chapman MBE (Secretary) T Leftwich (Treasurer ) P Devaney R Leafe
<b>REGISTERED OFFICE</b>	Unit 300 95 Wilton Road London SW1V 1BZ
<b>ACCOUNTANTS</b>	Saunders Wood & Co. 140A Tachbrook Street London SW1V 2NE
<b>BANKERS</b>	Lloyds Butler Place London SW1

## IN-DEEP COMMUNITY TASK FORCE

### REVIEW OF ACTIVITIES

We work with isolated older people and children with send and their families in London. It was founded by a person named Colin Chapman MBE and consists of a management committee of five and sixty two volunteers.

Since March 2002 the In-Deep Community Task Force have been running a range of activities and services for elderly people living in the area.

Since January 2003, In-Deep Community task force has been running a manicure and pedicure service for the elderly run by trained professionals. This has provided a boost to many elderly people as many suffer from low self esteem and also helps as many elderly people cannot cut their nails due to Arthritis. In April 2004 we started a massage service. This is also done by a qualified professional and consists of head, back, neck, shoulders, hands etc. It has been found to be very beneficial to people with osteoarthritis, back problems, stroke etc. We have since expanded the scheme to Lambeth.

In September 2003 we started a monthly roast beef dinner once a month on a Saturday. This consists of a 3 course meal including soup, topside of beef or roast chicken, roast pork etc roast potatoes, yorkshire pudding, 3 vegetables and pudding of the day. This has proved hugely popular with the elderly people in the area and numbers are now averaging 55-60 people per dinner. It also provides the elderly with a good source of iron as many cannot afford beef as they are on low incomes.

In 2012, we started a weekly lunch club in Victoria offering jacket potato with various fillings. This has proved a lifeline as it provides elderly people with a good hot meal. The scheme has proved so popular we have since expanded it to Lambeth once a month.

Since the year 2002, In-Deep Community Task Force have been doing talks across London and they have been donating their harvests collections to us. These are then made up into Christmas hampers and given out to the elderly living on estates in the south of Westminster. Last Christmas we gave out hampers to vulnerable elderly people in the area as well as Lambeth. 360 people benefitted from the scheme through our work. Last year we also put on a Christmas Dinner and gave out presents.

Since 2014 we have been running an over 50's choir with a professional choirmaster and accompanist. Everyone is welcome and we have no audition policy. We sign a range of songs from musicals, 50's, 60's and 70's. We do several concerts each year.

Since January 2017 In-Deep has been running music therapy sessions twice a month both face to face and online by qualified music therapists to children and young adults with send. We also offer placements to students from the Royal College of Music. We also run trips, woprkshops, do work in schools and support families as it is difficult to raise a child with send.

This coming year, although challenging with repeated lockdowns we will continue with our important work.

In Deep were winners of the queens award for voluntary service in 2013.

## IN-DEEP COMMUNITY TASK FORCE

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

#### RESPONSIBILITIES OF THE TRUSTEES

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the registered charity at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and apply them consistently
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Charities Act 1993. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on **22/01/2024** and signed on its behalf by:

  
.....  
T Leftwich (Treasurer)

  
.....  
E Chapman MBE (Secretary)

## INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/members of In-Deep Community Task Force  
on the accounts for the year ended 31 March 2023

### Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts.  
The charity's trustees consider that an audit is not required for this year ( under section 43(2) of the Charities Act 1993 ( the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 43 of the 1993 Act,
- follow the procedures laid down in the general directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act and
- state whether particular matters have come to my attention.

### Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently, no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

### Independent Examiner's Statement

In connection with my examination, no matter has come to my attention :

(1) which gives me reasonable cause to believe that, in any material respect, the requirements to keep accounting records in accordance with section 41 of the 1993 Act and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act have not been met, or

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Date 22/01/2024

Name

PAUL WOOD

Relevant professional qualifications  
or body (if any )

FFA

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IN-DEEP COMMUNITY TASK FORCE

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The notes form part of these Financial Statements

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	Notes	£	£	£	£
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IN-DEEP COMMUNITY TASK FORCE

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	Total £	Total £
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Workshop	2,664	-
Cost of Living	2,945	-
	<u>80,243</u>	<u>60,205</u>

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This is stated after charging:

	£	£
Depreciation	12	12
Accountancy Fees	1,584	1,104
	<u>1,596</u>	<u>1,116</u>

5 TAXATION

The charitable company is exempt from corporation tax on its charitable activities and is registered with the Inland Revenue as such under the reference 1098270.

6 TANGIBLE FIXED ASSETS

	FURNITURE £	MOTOR VAN £	GENERAL EQUIPMENT £	TOTAL £
<b>COST</b>				
At 1 April 2022	330		4,035	4,365
Disposal	-	-	-	-
At 31 March 2023	<u>330</u>	-	<u>4,035</u>	<u>4,365</u>
<b>DEPRECIATION</b>				
At 1 April 2022	330		4,012	4,342
Charge for the Year			12	12
Disposal		-		
At 31 March 2023	<u>330</u>	-	<u>4,024</u>	<u>4,354</u>
<b>NET BOOK VALUE</b>				
At 31 March 2023	<u>-</u>	<u>-</u>	<u>11</u>	<u>11</u>
At 31 March 2022	<u>-</u>	<u>-</u>	<u>23</u>	<u>23</u>

**IN-DEEP COMMUNITY TASK FORCE**

England & Wales - Charity number 1098270

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# Accounts

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# **In-Deep Annual Report**

1<sup>st</sup> April 2020 - 31<sup>st</sup> March 2021

Registered charity number: 1098270

*Encouraging the spirit of friendship  
deep within the community*

## **Organisation Details**

### **Address**

In-Deep  
Unit 300, 95 Wilton Road  
London SW1V 1BZ

### **Phone**

07761 263105

### **Website**

[www.in-deep.org.uk](http://www.in-deep.org.uk)

### **Facebook**

[www.facebook.com/InDeepLDN](http://www.facebook.com/InDeepLDN)

[www.facebook.com/InDeepMusicTherapy](http://www.facebook.com/InDeepMusicTherapy)

### **Instagram**

[www.instagram.com/InDeepCommunity](http://www.instagram.com/InDeepCommunity)

[www.instagram.com/InDeepMusicTherapy](http://www.instagram.com/InDeepMusicTherapy)

### **Twitter**

[www.twitter.com/InDeepLDN](http://www.twitter.com/InDeepLDN)

### **Registered Charity Number**

1098270

### **Project Locations**

#### **Westminster (community meals)**

Grosvenor Hall  
Vincent Street  
London SW1P 4HB

#### **Westminster (music therapy)**

Millbank Academy  
Erasmus Street  
London SW1P 4HR

#### **Lambeth (complementary therapies)**

Coney Way Clubhouse  
2 Coney Way  
London SW8 1LN

## **Our People and Friends**

As ever, our thanks go to our supporters and friends in whatever capacity they help. Without you, we could not make such an impact.

### **Patron**

Baroness Hanham of Kensington CBE

### **Trustees**

Colin Chapman MBE	Tom Leftwich
Emma Chapman MBE	Patricia De'Vanney
Richard Leafe	

### **Volunteers**

Tahera Ali	Hannah Clayton	Marilena Palamici
Madhawy Alshamman	Sharon Douglas	Alex Perks
Mark Aslett	Jennifer Eldredge	Jeremy Pickney
Sophie Bainbridge	Sara Gilmer	Matilde Ratz
Lorenzo Behenguer	Carol Goble	Dalila Rhalimi
Sandy Bennett	Peter Griffiths	Tina Robbins
Cindy Bergstrom	Grace Hall	Pat Robinson
Jess Bradley	Lisa Kircherer	Julia Shen
Kirsty Bryant	Katy Knipe	Sheila Silva
Alex B	Sophie Krug	Luca Smile
Corinna Burrows	Richard Leafe	Ewan Smith
Katherine Burton	Kirsty Leane	Aster Tewelda
Ollie Campbell	Jhesselle Leano	Alex Tolokonnikal
Colin Chapman	Tom Leftwich	Grace Watson
Emma Chapman	Ines Marcos	Lyndy Wesley
Luke Chapman	Dorota Maslewta	Kirsty Wilkins
Remy Chaugney	Aizhan Nurzhanoua	Rhys Williams
Christabel Chittick	Olia Nhana	
Sophie Churchill	Emily Patel	

### **Paid Staff (sessional)**

Dorothy Benjamin	Vera Mmeni	Aliss Pollock
Imogen Dyer	Lucy Osborne	Roseanna Skikun
Ella Emery	Wilf Petherbridge	Melissa Urban

### **Bookkeeper**

Saunders, Wood and Co. Ltd

### **Supporters and Funders**

Awards For All	London Community Foundation
Brown Fornumn Ltd	London Community Response Fund
Department for Business, Energy & Industrial Strategy	The Mercers' Company Charitable Foundation
Francis Holland School for Girls	Pargiter Trust
John Lyon's Charity	Royal College of Music

St. Michael's Church, Chester Sq  
Tri-Borough Music Hub  
Weil Company Ltd  
Westminster City Council Ward Budget

Westminster Foundation  
Westminster Kingsway College  
Westminster School  
*And a number of individual donors*

## Chairman's Report

Dear all

The year 2020 was a year like none of us have known in our lifetime, even those of an older generation. In January 2020 none of us knew what a dreadful year 2020 would be for millions of people. In March, due to government orders we had to stop all face to face activities. However we did not stop working, and just like in the second world war we kept calm and carried on.

Throughout lockdown we found ways of diversifying and carried on with our mission of combatting isolation, which became even worse for people we worked with. In the process we have now expanded. We delivered jacket potatoes and roast dinners to older people who we knew as well as a number of new people who were referred by social prescribers and health authorities. This was often the only person they would see at the height of lockdown. It is amazing how in a crisis such as the pandemic or the second world war, communities come together to support one another. We had people flocking to us to volunteer, wanting to help those in need. A new initiative we set up was our befriending scheme. Here we had referrals from the NHS, social prescribers and housing associations such as Octavia referring people for weekly phone calls. As rules relaxed, people met up and many friendships developed from this. For the people referred this was often a lifeline, with one person saying the weekly phone calls "kept her going" as she was caring for her partner with dementia and heart disease.

Children also struggled during lockdown along with their parents, with many children being home schooled. All therapies stopped so we made the decision to move sessions online. This expanded our reach right over to Nigeria. We also increased our Carers Groups and sent out educational packs with sensory toys, books and musical instruments so children could take part in online sessions. We gave out iPads and laptops to those in need so they could access sessions. We have now made the sessions on Zoom a permanent feature so that more people can access our services. Parents said what a difference the music therapy and the extra Carers Group sessions made, as it made them feel less isolated and not alone. Their children also benefited from the group activity and interaction which was not available at the time.

Although we are now out of the lockdown and many restrictions have eased, many older people are still struggling and fear still remains. We have carried on supporting both older people and families. This would not have been possible without our dedicated team of volunteers who have doubled in numbers throughout the pandemic, and our two members of staff who have joined us. They have been a lifeline helping with the expanding workload throughout the pandemic.

Last but not least, our General Secretary Emma Chapman received an MBE in the Queen's Birthday Honours in 2020 for preventing isolation amongst older people and children with special needs and disabilities and their families. This is really well deserved for the 20 years of hard work she has put in. Thank you – funders, volunteers, and staff for all you have contributed in 2020, in a year like no other.

Yours

Colin Chapman MBE

Colin Chapman MBE

**Chairman of In-Deep**

## Treasurer's Report

2020/21 was another year of development for In-Deep. Despite the pandemic, people were very generous and supported our work. Although usual fundraising activities such as the 10K run did not take place, we received funding from other sources.

We received a number of grants from the London Community Response Fund which were used to run a delivery service for our dinners, extra admin support, and educational packs and iPads for children with SEND. We also received a three year grant from John Lyon's Charity which has enabled us to expand our music therapy programme and receive support from a Project Support Worker.

Companies, schools and churches were also very generous, with grants from Brown Fornumn Ltd, Weil Ltd, Francis Holland School for Girls and St Michael's Church Chester Sq. These helped pay for the Christmas Hamper scheme, hampers at the beginning of the pandemic, iPads for children with SEND and choir sessions on Zoom.

We also received a grant from the Mercers' Company which paid for the Carers Group, Pilates,

Yours



Thomas Leftwich

**Treasurer**



## Lunch and Dinner Clubs

### Wednesday Lunch Club

Our Lunch Club took place every week at 'The Hall' - Grosvenor Hall, in the Grosvenor and Regency Estate in Westminster, bringing people together over a nutritious meal until March 2020, when the first lockdown began. At that time, we adapted our service into offering home deliveries of freshly made jacket potatoes with chicken, cheese or gammon, and salads. This was much appreciated by the older people we serve, as for some it was the only interaction they would have in the week. The service is run by volunteers and is funded by the Pargiter Trust and Gordon Family Fund.

### Community Dinner

Our monthly community dinners were also halted by Covid-19. Until March 2020, we had been serving a three-course meal consisting of soup, roast chicken, pork or beef, roast potatoes, vegetables, and pudding of the day, along with live entertainment, in person at Grosvenor Hall. This was an important way of bringing isolated older people together and we had seen many friendships develop over the years. The dinner became a delivery service in response to the pandemic. This financial year the dinner has been funded by the London Community Response Fund.



### Quote from an older person:

*"Since my husband died, I have been reluctant to socialise with people I did not know, but a friend persuaded me to go to the dinners. I have found them very enjoyable, especially the social side."*

## Telephone Befriending Scheme

In response to the coronavirus pandemic and the effects of lockdowns on isolated older people, we began a telephone befriending scheme. We recruited, trained and DBS checked volunteers from Do-It.org, King's College London, Westminster Connects and companies such as Weil Ltd. These volunteers gave isolated older people a weekly phone call during lockdown, and once restrictions were lifted, met up in person. What began as a small project has now grown into a large team of 60+ volunteers either making phone calls or taking isolated older people on Covid-safe outings. Referrals come from social prescribers, Octavia Age UK Lambeth and Westminster Adult Social Care. The project has also now benefitted people not only in Westminster but in the neighbouring boroughs of Lambeth and Kensington and Chelsea. It has changed many people's lives, helping to alleviate loneliness, combat depression and form many friendships. This is now one of In-Deep's permanent projects and continues to grow.

### **Quote from a befriendee:**

*“Being told to isolate was not easy for both of us because we are both very sociable people and missed the company of other people and friends. My lovely partner has dementia and serious cardiac issues and I am his full time carer. Some days we can laugh and joke and another day, life can be difficult. I seem to go through every emotion in the book! We are both so grateful to In-Deep to have regular contact. I have a befriender to speak with and if we need shopping, I have volunteers that can help me.”*

## Over 50s Choir

The over 50s choir has now been running for seven years. As for many other choirs, lockdown proved a challenge, particularly for the elderly who are not used to technology. However, we adapted our approach so that people could still practice, through providing links to our music and words, sending updates about the songs on Facebook and running online singing lessons. We also ran choir sessions on Zoom, along with a quiz, which attracted new members from further afield. Although it was not the same, the regular interaction made a difference to people's lives at the height of lockdown, when everyone had to stay at home.



### **Quote from choir member:**

*“I work in the NHS and at times it has been quite stressful. I found the choir has been a great antidote to this. I have been a member for over 3 years – I love to sing and find it an enjoyable and relaxing experience, and the people involved are great.”*

## Christmas Hamper Scheme

Our Christmas Hamper Scheme is our oldest service. Thanks to donations of food, tea, coffee, Christmas items and other cupboard products, we are able to distribute 300 hampers to local older people across London boroughs. We work with schools, churches, companies and government departments across the city. Organisations either run collections of items or make up hampers which we distribute at Christmas. We are grateful to the Department for Business, Energy & Industrial Strategy, Westminster School, Francis Holland School for Girls, St. Michael's Church, Chester Sq, Weil Ltd and Brown Forum who make this service possible.

This can often be a difficult time of year for older people due to isolation, illness and the cold weather. This year, the hand delivered hamper made a massive difference as many older people had been shielding for many months. The service provided an important reminder of community spirit during the height of the pandemic.



## Music Therapy

### **Music therapy sessions**

Our music therapy service is funded by John Lyon's Charity. Like many activities, our music therapy sessions had to move online during the repeated lockdowns. This did, however, enable us to expand, and many families found it easier to tune in to a session from home. We aimed to provide a sense of fun in the sessions, with interactive games, songs, guided relaxation, and collaborative song writing for older children. Students from the Royal College of Music began placements with us, receiving training and supporting the sessions. 2020 was also the year we took on our first member of staff dedicated to supporting our children's work. In September 2020, we made the decision to run two sessions a month due to increasing demand, with one face to face session and one online session each month.



The sessions are led by qualified, experienced music therapists. Monitoring carried out by the music therapists showed that throughout Covid, the interaction with others has helped the children emotionally and socially. When face to face sessions resumed, many families came in and recognised the others they had seen on the screen.



Another part of our growing online work is the facilitation of parent and child relaxation sessions. These are run once a month by a qualified music therapist, and involve storytelling, guided meditations, and movement. The sessions assist both parents and children with SEND to relax and calm their emotions. This is funded by the Mercers' Company Charitable Trust.

An important aspect of our work with families during the pandemic is the handing out of educational packs and laptops. This was made possible due to a grant from the London Community Response Fund and a donation from Weil Ltd. This enabled children to take part in music therapy sessions, supported their schoolwork and helped them cope with the stress of lockdowns. We also gave out presents and supported families at Christmas, through support from the Department for Business, Energy & Industrial Strategy and a grant from the Westminster Foundation.



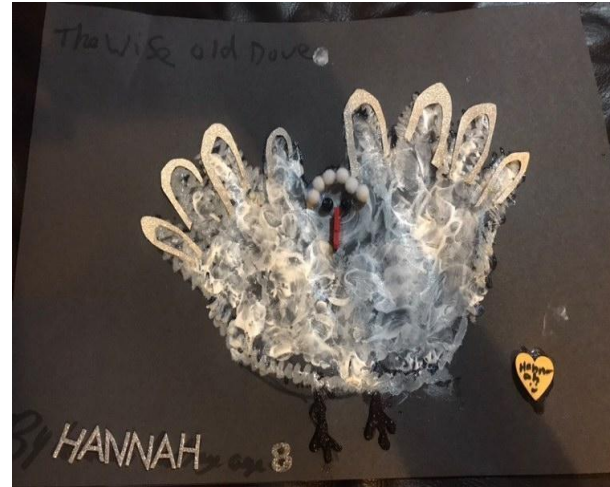
**Quote from a parent:**

*“My son has really enjoyed the group music therapy and relaxation sessions. It’s been good for him to be able to connect to others and be able to be himself, especially with the Zoom calls while we are under the Covid restrictions. He looks forward to the sessions and recognises the friendly faces of the regular attendees now. His communication skills are improving, he is learning more Makaton signs and is able to follow instructions and turn taking more easily. It has also been a good way for him to learn breathing techniques and mindfulness.”*

## Carers' Group

We have now been running the carers' group for several years. Like the music therapy sessions, we moved this online and at the height of the pandemic were running two sessions a month, offering emotional support and advice to parents. We had visiting speakers talking about subjects such as speech therapy and challenging behaviour and gave regular Facebook updates to help parents.

We ran Pilates classes for parents on Zoom, which have since stayed online as many find this easier. This has been funded by the Mercers' Company Charitable Trust. We also ran art competitions and creative writing classes for children, to assist families struggling to find activities whilst home schooling.



## Quote from a parent:

*“The carers' group has been a Godsend to me. My daughter has autism, and a lot of her difficulties show themselves in behaviours that the neurotypical world just cannot understand. It can be isolating at times. Being part of a non-judgemental group during lockdown when things were so hard for my daughter and myself, if I'm honest, made a difference – just knowing I'm not alone. Also listening to various speakers made a huge difference – picking up tips to manage and information about why my daughter may be struggling was a huge help too.”*

The 2020-21 Annual Report was approved by the management committee of In-Deep on:

11th January 2022  
.....

Signed by:

*Emma Chapman*  
.....

Emma Chapman MBE

**General Secretary**

*T. Leftwich*  
.....

Tom Leftwich

**Treasurer**

**IN-DEEP COMMUNITY TASK FORCE**

**REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022**

**SAUNDERS, WOOD & CO**  
Chartered Accountants  
140A Tachbrook Street  
London  
SW1V 2NE

**IN-DEEP COMMUNITY TASK FORCE  
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**IN-DEEP COMMUNITY TASK FORCE**

**LEGAL AND ADMINISTRATIVE INFORMATION**

**STATUS**

The organisation is a voluntary group, set up on 28 January 2002 and registered as a charity on 1 June 2003

The charity was established under a Trust Deed which established the objects and powers of the registered charity and is governed under its Trust Deed. Under the Trust Deed, the trustees may appoint a person who is willing to act to be a trustee, either to fill a vacancy, or as an additional trustee.

<b>CHARITY NUMBER</b>	1098270
<b>PATRON</b>	Baroness Hanham of Kensington CBE
<b>TRUSTEES</b>	C Chapman Esq MBE (Chairman) E Chapman MBE (Secretary) T Leftwich (Treasurer ) P Devaney R Leafe
<b>REGISTERED OFFICE</b>	Unit 300 95 Wilton Road London SW1V 1BZ
<b>ACCOUNTANTS</b>	Saunders Wood & Co. 140A Tachbrook Street London SW1V 2NE
<b>BANKERS</b>	Lloyds Butler Place London SW1

## IN-DEEP COMMUNITY TASK FORCE

### REVIEW OF ACTIVITIES

We work with isolated older people and children with send and their families in London. It was founded by a person named Colin Chapman MBE and consists of a management committee of five and sixty two volunteers.

Since March 2002 the In-Deep Community Task Force have been running a range of activities and services for elderly people living in the area.

Since January 2003, In-Deep Community task force has been running a manicure and pedicure service for the elderly run by trained professionals. This has provided a boost to many elderly people as many suffer from low self esteem and also helps as many elderly people cannot cut their nails due to Arthritis. In April 2004 we started a massage service. This is also done by a qualified professional and consists of head, back, neck, shoulders, hands etc. It has been found to be very beneficial to people with osteoarthritis, back problems, stroke etc. We have since expanded the scheme to Lambeth.

In September 2003 we started a monthly roast beef dinner once a month on a Saturday. This consists of a 3 course meal including soup, topside of beef or roast chicken, roast pork etc roast potatoes, yorkshire pudding, 3 vegetables and pudding of the day. This has proved hugely popular with the elderly people in the area and numbers are now averaging 55-60 people per dinner. It also provides the elderly with a good source of iron as many cannot afford beef as they are on low incomes.

In 2012, we started a weekly lunch club in Victoria offering jacket potato with various fillings. This has proved a lifeline as it provides elderly people with a good hot meal. The scheme has proved so popular we have since expanded it to Lambeth once a month.

Since the year 2002, In-Deep Community Task Force have been doing talks across London and they have been donating their harvests collections to us. These are then made up into Christmas hampers and given out to the elderly living on estates in the south of Westminster. Last Christmas we gave out hampers to vulnerable elderly people in the area as well as Lambeth. 360 people benefitted from the scheme through our work. Last year we also put on a Christmas Dinner and gave out presents.

Since 2014 we have been running an over 50's choir with a professional choirmaster and accompanist. Everyone is welcome and we have no audition policy. We sign a range of songs from musicals, 50's, 60's and 70's. We do several concerts each year.

Since January 2017 In-Deep has been running music therapy sessions twice a month both face to face and online by qualified music therapists to children and young adults with send. We also offer placements to students from the Royal College of Music. We also run trips, woprkshops, do work in schools and support families as it is difficult to raise a child with send.

This coming year, although challenging with repeated lockdowns we will continue with our important work.

In Deep were winners of the queens award for voluntary service in 2013.

**IN-DEEP COMMUNITY TASK FORCE**

**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022**

**RESPONSIBILITIES OF THE TRUSTEES**

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the registered charity at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and apply them consistently
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Charities Act 1993. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on **20th January, 2023** and signed on its behalf by:



.....  
T Leftwich (Treasurer)



.....  
E Chapman MBE (Secretary)

## INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

### Report to the trustees/members of In-Deep Community Task Force on the accounts for the year ended 31 March 2022

#### Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts.  
The charity's trustees consider that an audit is not required for this year ( under section 43(2) of the Charities Act 1993 ( the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 43 of the 1993 Act,
- follow the procedures laid down in the general directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act and
- state whether particular matters have come to my attention.

#### Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently, no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

#### Independent Examiner's Statement

In connection with my examination, no matter has come to my attention :

(1) which gives me reasonable cause to believe that, in any material respect, the requirements to keep accounting records in accordance with section 41 of the 1993 Act and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act have not been met, or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Signed**

**Date**

**Name**

PAUL WOOD

**Relevant professional qualifications  
or body (if any )**

FFA

**Address**

15 DARTFORD RISE  
FARNBOROUGH  
GU14 9FS

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IN-DEEP COMMUNITY TASK FORCE

STATEMENT OF THE FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MARCH 2022

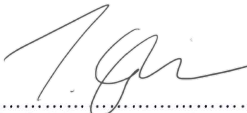
	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Total Funds £
<b>INCOMING RESOURCES</b>					
General Donations	2	23,702	-	23,702	13,294
Grants and Contracts	2	-	49,246	49,246	31,098
Investment Income and Interest		-	-	-	1
<b>TOTAL INCOMING RESOURCES</b>		<b>23,702</b>	<b>49,246</b>	<b>72,948</b>	<b>44,393</b>
<b>RESOURCES EXPENDED</b>					
Motor and Travel		4,379	-	4,379	3,462
Food and Equipment		3,847	13,269	17,116	8,482
Insurance		523	-	523	521
Administration Expenses		627	2,315	2,942	3,718
Accountancy Fees		1,104	-	1,104	1,104
Telephone and Internet		948	-	948	1,054
Depreciation		12	-	12	18
Hall/Garage Hire		720	-	720	4,373
Hire of Office Space		-	5,695	5,695	6,060
Massage, Manicure and Pedicure		-	3,210	3,210	660
Sundry Charity Expenses		3,249	-	3,249	2,984
Christmas Hamper Scheme		1,559	829	2,388	1,778
Music Therapy and Send Families Work		1,966	12,601	14,567	7,971
Choir		1,685	-	1,685	1,171
Dinner Entertainment		515	-	515	-
Fund Raising		1,152	-	1,152	-
Education Packs		-	-	-	2,087
<b>TOTAL RESOURCES EXPENDED</b>		<b>22,286</b>	<b>37,919</b>	<b>60,205</b>	<b>45,443</b>
<b>NET MOVEMENT IN FUNDS DURING YEAR</b>		<b>1,416</b>	<b>11,327</b>	<b>12,743</b>	<b>(1,050)</b>
<b>TOTAL FUNDS AT 1 APRIL 2021</b>		<b>13,499</b>	<b>63,656</b>	<b>77,155</b>	<b>78,205</b>
<b>TOTAL FUNDS AT 31 MARCH 2022</b>		<b>14,915</b>	<b>74,983</b>	<b>89,898</b>	<b>77,155</b>

The notes form part of these Financial Statements

IN-DEEP COMMUNITY TASK FORCE  
BALANCE SHEET AS AT 31 MARCH 2022

		2022		2021	
	Notes	£	£	£	£
<b>FIXED ASSETS:</b>					
Tangible Assets	6		23		35
<b>CURRENT ASSETS:</b>					
Cash at Bank and In Hand		90,979		78,224	
<b>CREDITORS: Accountancy Accrual</b>		<b>1,104</b>		<b>1,104</b>	
<b>NET CURRENT ASSETS:</b>			<b>89,875</b>		<b>77,120</b>
<b>NET ASSETS</b>			<b>89,898</b>		<b>77,155</b>
<b>UNRESTRICTED FUNDS</b>					
			14,915		13,499
<b>RESTRICTED FUNDS</b>					
			74,983		63,656
<b>TOTAL FUNDS</b>			<b>89,898</b>		<b>77,155</b>

Approved by the trustees, and signed on its behalf by:

  
.....  
T Leftwich (Treasurer)

Type text here

Dated: 20th January 2023

  
.....  
E Chapman MBE (Secretary)

1 ACCOUNTING POLICIES

- (a) **Accounting Basis**  
These Financial Statements have been prepared under the Historical Cost Convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective March 2000), the Charities Act 1993 and follow the recommendations in *Accounting and Reporting by Charities: Statement of Recommended Practice* issued in October 2000.
- (b) **Treatment of Voluntary Income**  
Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.
- (c) **Treatment of Grants**  
Grants, including grants for the purchase of fixed assets, are recognised in the Statement of Financial Activities in the year in which they are receivable.
- (d) **Treatment of Incoming Resources**  
Incoming resources are included when receivable.
- (e) **Treatment of Outgoing Resources**  
Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.
- (f) **Depreciation**  
Depreciation is provided at the following rates, calculated to write off the cost of each asset over its expected useful life:
- |                   |                           |
|-------------------|---------------------------|
| Furniture         | 25% p.a. reducing balance |
| General Equipment | 25% p.a. reducing balance |
- (g) **Unrestricted Funds**  
Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.
- (h) **Restricted Funds**  
Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs, where applicable.

IN-DEEP COMMUNITY TASK FORCE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

2 INCOMING RESOURCES FROM ACTIVITIES TO FURTHER THE OBJECTS OF THE CHARITY

	Unrestricted £	Restricted £	Total £	2021 Total £
Lunch and Individual Donations	22,687	-	22,687	6,614
Main Grants	-	8,460	8,460	-
Brown Fornumn Donation	-	-	-	5,000
Magdalen Hospital	-	1,000	1,000	-
The Sir Jules Thor	-	1,000	1,000	-
St Michaels Church	1,015	-	1,015	1,680
Jessies Fund	-	2,500	2,500	-
Westminster Foundation	-	2,000	2,000	1,000
London Community Foundation	-	13,765	13,765	15,802
City of Westminster	-	1,251	1,251	5,346
John Lyon's Charity	-	11,500	11,500	-
Mercers Trustees	-	-	-	8,000
Groundwork UK	-	-	-	950
Ann Rylands Trust	-	940	940	-
The Pargiter Trust	-	5,830	5,830	-
Barchester Health	-	1,000	1,000	-
Bank Interest	-	-	-	1
	<u>23,702</u>	<u>49,246</u>	<u>72,948</u>	<u>44,393</u>

3 TOTAL RESOURCES EXPENDED

	Total £	Total £
Motor and Travel	4,379	3,462
Food and Equipment	17,116	8,482
Insurance	523	521
Administration Expenses	2,942	3,718
Accountancy Fees	1,104	1,104
Telephone and Internet	948	1,054
Depreciation	12	18
Hall Hire	720	4,373
Hire of Office Space	5,695	6,060
Massage, Manicure and Pedicure	3,210	660
Sundry Charity Expenses	3,249	2,984
Christmas Hamper Scheme	2,388	1,778
Choir	1,685	1,171
Music Therapy and Send Families Work	14,567	7,971
Dinner Entertainment	515	-
Fund Raising	1,152	-
Education Packs	-	2,087
	<u>60,205</u>	<u>45,443</u>

4 NET INCOMING RESOURCES IN THE YEAR

This is stated after charging:

	£	2020 £
Depreciation	12	18
Accountancy Fees	1,104	1,104
	<u>1,116</u>	<u>1,122</u>

IN-DEEP COMMUNITY TASK FORCE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

5 TAXATION

The charitable company is exempt from corporation tax on its charitable activities and is registered with the Inland Revenue as such under the reference 1098270.

6 TANGIBLE FIXED ASSETS

	FURNITURE £	MOTOR VAN £	GENERAL EQUIPMENT £	TOTAL £
<b>COST</b>				
At 1 April 2021	330	-	4,035	4,365
Disposal	-	-	-	-
At 31 March 2022	<u>330</u>	<u>-</u>	<u>4,035</u>	<u>4,365</u>
<b>DEPRECIATION</b>				
At 1 April 2021	330	-	4,000	4,330
Charge for the Year			12	12
Disposal		-		
At 31 March 2022	<u>330</u>	<u>-</u>	<u>4,012</u>	<u>4,342</u>
<b>NET BOOK VALUE</b>				
At 31 March 2022	<u>-</u>	<u>-</u>	<u>23</u>	<u>23</u>
At 31 March 2021	<u>-</u>	<u>-</u>	<u>35</u>	<u>35</u>

**IN-DEEP COMMUNITY TASK FORCE**

**REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022**

**SAUNDERS, WOOD & CO**  
Chartered Accountants  
140A Tachbrook Street  
London  
SW1V 2NE

**IN-DEEP COMMUNITY TASK FORCE  
INDEX TO FINANCIAL STATEMENTS**

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**IN-DEEP COMMUNITY TASK FORCE**

**LEGAL AND ADMINISTRATIVE INFORMATION**

**STATUS**

The organisation is a voluntary group, set up on 28 January 2002 and registered as a charity on 1 June 2003

The charity was established under a Trust Deed which established the objects and powers of the registered charity and is governed under its Trust Deed. Under the Trust Deed, the trustees may appoint a person who is willing to act to be a trustee, either to fill a vacancy, or as an additional trustee.

<b>CHARITY NUMBER</b>	1098270
<b>PATRON</b>	Baroness Hanham of Kensington CBE
<b>TRUSTEES</b>	C Chapman Esq MBE (Chairman) E Chapman MBE (Secretary) T Leftwich (Treasurer ) P Devaney R Leafe
<b>REGISTERED OFFICE</b>	Unit 300 95 Wilton Road London SW1V 1BZ
<b>ACCOUNTANTS</b>	Saunders Wood & Co. 140A Tachbrook Street London SW1V 2NE
<b>BANKERS</b>	Lloyds Butler Place London SW1

## IN-DEEP COMMUNITY TASK FORCE

### REVIEW OF ACTIVITIES

We work with isolated older people and children with send and their families in London. It was founded by a person named Colin Chapman MBE and consists of a management committee of five and sixty two volunteers.

Since March 2002 the In-Deep Community Task Force have been running a range of activities and services for elderly people living in the area.

Since January 2003, In-Deep Community task force has been running a manicure and pedicure service for the elderly run by trained professionals. This has provided a boost to many elderly people as many suffer from low self esteem and also helps as many elderly people cannot cut their nails due to Arthritis. In April 2004 we started a massage service. This is also done by a qualified professional and consists of head, back, neck, shoulders, hands etc. It has been found to be very beneficial to people with osteoarthritis, back problems, stroke etc. We have since expanded the scheme to Lambeth.

In September 2003 we started a monthly roast beef dinner once a month on a Saturday. This consists of a 3 course meal including soup, topside of beef or roast chicken, roast pork etc roast potatoes, yorkshire pudding, 3 vegetables and pudding of the day. This has proved hugely popular with the elderly people in the area and numbers are now averaging 55-60 people per dinner. It also provides the elderly with a good source of iron as many cannot afford beef as they are on low incomes.

In 2012, we started a weekly lunch club in Victoria offering jacket potato with various fillings. This has proved a lifeline as it provides elderly people with a good hot meal. The scheme has proved so popular we have since expanded it to Lambeth once a month.

Since the year 2002, In-Deep Community Task Force have been doing talks across London and they have been donating their harvests collections to us. These are then made up into Christmas hampers and given out to the elderly living on estates in the south of Westminster. Last Christmas we gave out hampers to vulnerable elderly people in the area as well as Lambeth. 360 people benefitted from the scheme through our work. Last year we also put on a Christmas Dinner and gave out presents.

Since 2014 we have been running an over 50's choir with a professional choirmaster and accompanist. Everyone is welcome and we have no audition policy. We sign a range of songs from musicals, 50's, 60's and 70's. We do several concerts each year.

Since January 2017 In-Deep has been running music therapy sessions twice a month both face to face and online by qualified music therapists to children and young adults with send. We also offer placements to students from the Royal College of Music. We also run trips, woprkshops, do work in schools and support families as it is difficult to raise a child with send.

This coming year, although challenging with repeated lockdowns we will continue with our important work.

In Deep were winners of the queens award for voluntary service in 2013.

IN-DEEP COMMUNITY TASK FORCE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

RESPONSIBILITIES OF THE TRUSTEES

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the registered charity at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and apply them consistently
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Charities Act 1993. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on **20th January, 2023** and signed on its behalf by:



.....  
T Leftwich (Treasurer)



.....  
E Chapman MBE (Secretary)

## INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

### Report to the trustees/members of In-Deep Community Task Force on the accounts for the year ended 31 March 2022

#### Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts.  
The charity's trustees consider that an audit is not required for this year ( under section 43(2) of the Charities Act 1993 ( the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 43 of the 1993 Act,
- follow the procedures laid down in the general directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act and
- state whether particular matters have come to my attention.

#### Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently, no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

#### Independent Examiner's Statement

In connection with my examination, no matter has come to my attention :

(1) which gives me reasonable cause to believe that, in any material respect, the requirements to keep accounting records in accordance with section 41 of the 1993 Act and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act have not been met, or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Signed**

**Date**

**Name**

PAUL WOOD

**Relevant professional qualifications  
or body (if any )**

FFA

**Address**

15 DARTFORD RISE  
FARNBOROUGH  
GU14 9FS

page 4

IN-DEEP COMMUNITY TASK FORCE

STATEMENT OF THE FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MARCH 2022

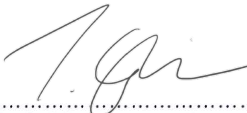
	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Total Funds £
<b>INCOMING RESOURCES</b>					
General Donations	2	23,702	-	23,702	13,294
Grants and Contracts	2	-	49,246	49,246	31,098
Investment Income and Interest		-	-	-	1
<b>TOTAL INCOMING RESOURCES</b>		<b>23,702</b>	<b>49,246</b>	<b>72,948</b>	<b>44,393</b>
<b>RESOURCES EXPENDED</b>					
Motor and Travel		4,379	-	4,379	3,462
Food and Equipment		3,847	13,269	17,116	8,482
Insurance		523	-	523	521
Administration Expenses		627	2,315	2,942	3,718
Accountancy Fees		1,104	-	1,104	1,104
Telephone and Internet		948	-	948	1,054
Depreciation		12	-	12	18
Hall/Garage Hire		720	-	720	4,373
Hire of Office Space		-	5,695	5,695	6,060
Massage, Manicure and Pedicure		-	3,210	3,210	660
Sundry Charity Expenses		3,249	-	3,249	2,984
Christmas Hamper Scheme		1,559	829	2,388	1,778
Music Therapy and Send Families Work		1,966	12,601	14,567	7,971
Choir		1,685	-	1,685	1,171
Dinner Entertainment		515	-	515	-
Fund Raising		1,152	-	1,152	-
Education Packs		-	-	-	2,087
<b>TOTAL RESOURCES EXPENDED</b>		<b>22,286</b>	<b>37,919</b>	<b>60,205</b>	<b>45,443</b>
<b>NET MOVEMENT IN FUNDS DURING YEAR</b>		<b>1,416</b>	<b>11,327</b>	<b>12,743</b>	<b>(1,050)</b>
<b>TOTAL FUNDS AT 1 APRIL 2021</b>		<b>13,499</b>	<b>63,656</b>	<b>77,155</b>	<b>78,205</b>
<b>TOTAL FUNDS AT 31 MARCH 2022</b>		<b>14,915</b>	<b>74,983</b>	<b>89,898</b>	<b>77,155</b>

The notes form part of these Financial Statements

IN-DEEP COMMUNITY TASK FORCE  
BALANCE SHEET AS AT 31 MARCH 2022

	Notes	2022		2021	
		£	£	£	£
<b>FIXED ASSETS:</b>					
Tangible Assets	6		23		35
<b>CURRENT ASSETS:</b>					
Cash at Bank and In Hand		90,979		78,224	
<b>CREDITORS: Accountancy Accrual</b>		<b>1,104</b>		<b>1,104</b>	
<b>NET CURRENT ASSETS:</b>			<b>89,875</b>		<b>77,120</b>
<b>NET ASSETS</b>			<b>89,898</b>		<b>77,155</b>
<b>UNRESTRICTED FUNDS</b>					
			14,915		13,499
<b>RESTRICTED FUNDS</b>					
			74,983		63,656
<b>TOTAL FUNDS</b>			<b>89,898</b>		<b>77,155</b>

Approved by the trustees, and signed on its behalf by:

  
.....  
T Leftwich (Treasurer)

Type text here

Dated: 20th January 2023

  
.....  
E Chapman MBE (Secretary)

1 ACCOUNTING POLICIES

- (a) **Accounting Basis**  
These Financial Statements have been prepared under the Historical Cost Convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective March 2000), the Charities Act 1993 and follow the recommendations in *Accounting and Reporting by Charities: Statement of Recommended Practice* issued in October 2000.
- (b) **Treatment of Voluntary Income**  
Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.
- (c) **Treatment of Grants**  
Grants, including grants for the purchase of fixed assets, are recognised in the Statement of Financial Activities in the year in which they are receivable.
- (d) **Treatment of Incoming Resources**  
Incoming resources are included when receivable.
- (e) **Treatment of Outgoing Resources**  
Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.
- (f) **Depreciation**  
Depreciation is provided at the following rates, calculated to write off the cost of each asset over its expected useful life:
- |                   |                           |
|-------------------|---------------------------|
| Furniture         | 25% p.a. reducing balance |
| General Equipment | 25% p.a. reducing balance |
- (g) **Unrestricted Funds**  
Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.
- (h) **Restricted Funds**  
Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs, where applicable.

IN-DEEP COMMUNITY TASK FORCE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

2 INCOMING RESOURCES FROM ACTIVITIES TO FURTHER THE OBJECTS OF THE CHARITY

	Unrestricted £	Restricted £	Total £	2021 Total £
Lunch and Individual Donations	22,687	-	22,687	6,614
Main Grants	-	8,460	8,460	-
Brown Fornumn Donation	-	-	-	5,000
Magdalen Hospital	-	1,000	1,000	-
The Sir Jules Thor	-	1,000	1,000	-
St Michaels Church	1,015	-	1,015	1,680
Jessies Fund	-	2,500	2,500	-
Westminster Foundation	-	2,000	2,000	1,000
London Community Foundation	-	13,765	13,765	15,802
City of Westminster	-	1,251	1,251	5,346
John Lyon's Charity	-	11,500	11,500	-
Mercers Trustees	-	-	-	8,000
Groundwork UK	-	-	-	950
Ann Rylands Trust	-	940	940	-
The Pargiter Trust	-	5,830	5,830	-
Barchester Health	-	1,000	1,000	-
Bank Interest	-	-	-	1
	<u>23,702</u>	<u>49,246</u>	<u>72,948</u>	<u>44,393</u>

3 TOTAL RESOURCES EXPENDED

	Total £	Total £
Motor and Travel	4,379	3,462
Food and Equipment	17,116	8,482
Insurance	523	521
Administration Expenses	2,942	3,718
Accountancy Fees	1,104	1,104
Telephone and Internet	948	1,054
Depreciation	12	18
Hall Hire	720	4,373
Hire of Office Space	5,695	6,060
Massage, Manicure and Pedicure	3,210	660
Sundry Charity Expenses	3,249	2,984
Christmas Hamper Scheme	2,388	1,778
Choir	1,685	1,171
Music Therapy and Send Families Work	14,567	7,971
Dinner Entertainment	515	-
Fund Raising	1,152	-
Education Packs	-	2,087
	<u>60,205</u>	<u>45,443</u>

4 NET INCOMING RESOURCES IN THE YEAR

This is stated after charging:

	£	2020 £
Depreciation	12	18
Accountancy Fees	1,104	1,104
	<u>1,116</u>	<u>1,122</u>

IN-DEEP COMMUNITY TASK FORCE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

5 TAXATION

The charitable company is exempt from corporation tax on its charitable activities and is registered with the Inland Revenue as such under the reference 1098270.

6 TANGIBLE FIXED ASSETS

	FURNITURE £	MOTOR VAN £	GENERAL EQUIPMENT £	TOTAL £
<b>COST</b>				
At 1 April 2021	330	-	4,035	4,365
Disposal	-	-	-	-
At 31 March 2022	<u>330</u>	<u>-</u>	<u>4,035</u>	<u>4,365</u>
<b>DEPRECIATION</b>				
At 1 April 2021	330	-	4,000	4,330
Charge for the Year			12	12
Disposal		-		
At 31 March 2022	<u>330</u>	<u>-</u>	<u>4,012</u>	<u>4,342</u>
<b>NET BOOK VALUE</b>				
At 31 March 2022	<u>-</u>	<u>-</u>	<u>23</u>	<u>23</u>
At 31 March 2021	<u>-</u>	<u>-</u>	<u>35</u>	<u>35</u>

**IN-DEEP COMMUNITY TASK FORCE**

England & Wales - Charity number 1098270

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# Accounts

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## **In-Deep Annual Report**

1<sup>st</sup> April 2020 - 31<sup>st</sup> March 2021

Registered charity number: 1098270

*Encouraging the spirit of friendship  
deep within the community*

## **Organisation Details**

### **Address**

In-Deep  
Unit 300, 95 Wilton Road  
London SW1V 1BZ

### **Phone**

07761 263105

### **Website**

[www.in-deep.org.uk](http://www.in-deep.org.uk)

### **Facebook**

[www.facebook.com/InDeepLDN](http://www.facebook.com/InDeepLDN)

[www.facebook.com/InDeepMusicTherapy](http://www.facebook.com/InDeepMusicTherapy)

### **Instagram**

[www.instagram.com/InDeepCommunity](http://www.instagram.com/InDeepCommunity)

[www.instagram.com/InDeepMusicTherapy](http://www.instagram.com/InDeepMusicTherapy)

### **Twitter**

[www.twitter.com/InDeepLDN](http://www.twitter.com/InDeepLDN)

### **Registered Charity Number**

1098270

### **Project Locations**

#### **Westminster (community meals)**

Grosvenor Hall  
Vincent Street  
London SW1P 4HB

#### **Westminster (music therapy)**

Millbank Academy  
Erasmus Street  
London SW1P 4HR

#### **Lambeth (complementary therapies)**

Coney Way Clubhouse  
2 Coney Way  
London SW8 1LN

## **Our People and Friends**

As ever, our thanks go to our supporters and friends in whatever capacity they help. Without you, we could not make such an impact.

### **Patron**

Baroness Hanham of Kensington CBE

### **Trustees**

Colin Chapman MBE	Tom Leftwich
Emma Chapman MBE	Patricia De'Vanney
Richard Leafe	

### **Volunteers**

Tahera Ali	Hannah Clayton	Marilena Palamici
Madhaw Alshamman	Sharon Douglas	Alex Perks
Mark Aslett	Jennifer Eldredge	Jeremy Pickney
Sophie Bainbridge	Sara Gilmer	Matilde Ratz
Lorenzo Behenguer	Carol Goble	Dalila Rhalimi
Sandy Bennett	Peter Griffiths	Tina Robbins
Cindy Bergstrom	Grace Hall	Pat Robinson
Jess Bradley	Lisa Kircherer	Julia Shen
Kirsty Bryant	Katy Knipe	Sheila Silva
Alex B	Sophie Krug	Luca Smile
Corinna Burrows	Richard Leafe	Ewan Smith
Katherine Burton	Kirsty Leane	Aster Tewelda
Ollie Campbell	Jhesselle Leano	Alex Tolokonnikal
Colin Chapman	Tom Leftwich	Grace Watson
Emma Chapman	Ines Marcos	Lyndy Wesley
Luke Chapman	Dorota Maslewta	Kirsty Wilkins
Remy Chaugney	Aizhan Nurzhanoua	Rhys Williams
Christabel Chittick	Olia Nhana	
Sophie Churchill	Emily Patel	

### **Paid Staff (sessional)**

Dorothy Benjamin	Vera Mmeni	Aliss Pollock
Imogen Dyer	Lucy Osborne	Roseanna Skikun
Ella Emery	Wilf Petherbridge	Melissa Urban

### **Bookkeeper**

Saunders, Wood and Co. Ltd

### **Supporters and Funders**

Awards For All	London Community Foundation
Brown Fornumn Ltd	London Community Response Fund
Department for Business, Energy & Industrial Strategy	The Mercers' Company Charitable Foundation
Francis Holland School for Girls	Pargiter Trust
John Lyon's Charity	Royal College of Music

St. Michael's Church, Chester Sq  
Tri-Borough Music Hub  
Weil Company Ltd  
Westminster City Council Ward Budget

Westminster Foundation  
Westminster Kingsway College  
Westminster School  
*And a number of individual donors*

## Chairman's Report

Dear all

The year 2020 was a year like none of us have known in our lifetime, even those of an older generation. In January 2020 none of us knew what a dreadful year 2020 would be for millions of people. In March, due to government orders we had to stop all face to face activities. However we did not stop working, and just like in the second world war we kept calm and carried on.

Throughout lockdown we found ways of diversifying and carried on with our mission of combatting isolation, which became even worse for people we worked with. In the process we have now expanded. We delivered jacket potatoes and roast dinners to older people who we knew as well as a number of new people who were referred by social prescribers and health authorities. This was often the only person they would see at the height of lockdown. It is amazing how in a crisis such as the pandemic or the second world war, communities come together to support one another. We had people flocking to us to volunteer, wanting to help those in need. A new initiative we set up was our befriending scheme. Here we had referrals from the NHS, social prescribers and housing associations such as Octavia referring people for weekly phone calls. As rules relaxed, people met up and many friendships developed from this. For the people referred this was often a lifeline, with one person saying the weekly phone calls "kept her going" as she was caring for her partner with dementia and heart disease.

Children also struggled during lockdown along with their parents, with many children being home schooled. All therapies stopped so we made the decision to move sessions online. This expanded our reach right over to Nigeria. We also increased our Carers Groups and sent out educational packs with sensory toys, books and musical instruments so children could take part in online sessions. We gave out iPads and laptops to those in need so they could access sessions. We have now made the sessions on Zoom a permanent feature so that more people can access our services. Parents said what a difference the music therapy and the extra Carers Group sessions made, as it made them feel less isolated and not alone. Their children also benefited from the group activity and interaction which was not available at the time.

Although we are now out of the lockdown and many restrictions have eased, many older people are still struggling and fear still remains. We have carried on supporting both older people and families. This would not have been possible without our dedicated team of volunteers who have doubled in numbers throughout the pandemic, and our two members of staff who have joined us. They have been a lifeline helping with the expanding workload throughout the pandemic.

Last but not least, our General Secretary Emma Chapman received an MBE in the Queen's Birthday Honours in 2020 for preventing isolation amongst older people and children with special needs and disabilities and their families. This is really well deserved for the 20 years of hard work she has put in. Thank you – funders, volunteers, and staff for all you have contributed in 2020, in a year like no other.

Yours

Colin Chapman MBE

Colin Chapman MBE

**Chairman of In-Deep**

## Treasurer's Report

2020/21 was another year of development for In-Deep. Despite the pandemic, people were very generous and supported our work. Although usual fundraising activities such as the 10K run did not take place, we received funding from other sources.

We received a number of grants from the London Community Response Fund which were used to run a delivery service for our dinners, extra admin support, and educational packs and iPads for children with SEND. We also received a three year grant from John Lyon's Charity which has enabled us to expand our music therapy programme and receive support from a Project Support Worker.

Companies, schools and churches were also very generous, with grants from Brown Fornumn Ltd, Weil Ltd, Francis Holland School for Girls and St Michael's Church Chester Sq. These helped pay for the Christmas Hamper scheme, hampers at the beginning of the pandemic, iPads for children with SEND and choir sessions on Zoom.

We also received a grant from the Mercers' Company which paid for the Carers Group, Pilates,

Yours



Thomas Leftwich

**Treasurer**

## Lunch and Dinner Clubs

### Wednesday Lunch Club

Our Lunch Club took place every week at 'The Hall' - Grosvenor Hall, in the Grosvenor and Regency Estate in Westminster, bringing people together over a nutritious meal until March 2020, when the first lockdown began. At that time, we adapted our service into offering home deliveries of freshly made jacket potatoes with chicken, cheese or gammon, and salads. This was much appreciated by the older people we serve, as for some it was the only interaction they would have in the week. The service is run by volunteers and is funded by the Pargiter Trust and Gordon Family Fund.

### Community Dinner

Our monthly community dinners were also halted by Covid-19. Until March 2020, we had been serving a three-course meal consisting of soup, roast chicken, pork or beef, roast potatoes, vegetables, and pudding of the day, along with live entertainment, in person at Grosvenor Hall. This was an important way of bringing isolated older people together and we had seen many friendships develop over the years. The dinner became a delivery service in response to the pandemic. This financial year the dinner has been funded by the London Community Response Fund.



### Quote from an older person:

*"Since my husband died, I have been reluctant to socialise with people I did not know, but a friend persuaded me to go to the dinners. I have found them very enjoyable, especially the social side."*

## Telephone Befriending Scheme

In response to the coronavirus pandemic and the effects of lockdowns on isolated older people, we began a telephone befriending scheme. We recruited, trained and DBS checked volunteers from Do-It.org, King's College London, Westminster Connects and companies such as Weil Ltd. These volunteers gave isolated older people a weekly phone call during lockdown, and once restrictions were lifted, met up in person. What began as a small project has now grown into a large team of 60+ volunteers either making phone calls or taking isolated older people on Covid-safe outings. Referrals come from social prescribers, Octavia Age UK Lambeth and Westminster Adult Social Care. The project has also now benefitted people not only in Westminster but in the neighbouring boroughs of Lambeth and Kensington and Chelsea. It has changed many people's lives, helping to alleviate loneliness, combat depression and form many friendships. This is now one of In-Deep's permanent projects and continues to grow.

### **Quote from a befriendee:**

*“Being told to isolate was not easy for both of us because we are both very sociable people and missed the company of other people and friends. My lovely partner has dementia and serious cardiac issues and I am his full time carer. Some days we can laugh and joke and another day, life can be difficult. I seem to go through every emotion in the book! We are both so grateful to In-Deep to have regular contact. I have a befriender to speak with and if we need shopping, I have volunteers that can help me.”*

## Over 50s Choir

The over 50s choir has now been running for seven years. As for many other choirs, lockdown proved a challenge, particularly for the elderly who are not used to technology. However, we adapted our approach so that people could still practice, through providing links to our music and words, sending updates about the songs on Facebook and running online singing lessons. We also ran choir sessions on Zoom, along with a quiz, which attracted new members from further afield. Although it was not the same, the regular interaction made a difference to people's lives at the height of lockdown, when everyone had to stay at home.



### **Quote from choir member:**

*“I work in the NHS and at times it has been quite stressful. I found the choir has been a great antidote to this. I have been a member for over 3 years – I love to sing and find it an enjoyable and relaxing experience, and the people involved are great.”*

## Christmas Hamper Scheme

Our Christmas Hamper Scheme is our oldest service. Thanks to donations of food, tea, coffee, Christmas items and other cupboard products, we are able to distribute 300 hampers to local older people across London boroughs. We work with schools, churches, companies and government departments across the city. Organisations either run collections of items or make up hampers which we distribute at Christmas. We are grateful to the Department for Business, Energy & Industrial Strategy, Westminster School, Francis Holland School for Girls, St. Michael's Church, Chester Sq, Weil Ltd and Brown Forum who make this service possible.

This can often be a difficult time of year for older people due to isolation, illness and the cold weather. This year, the hand delivered hamper made a massive difference as many older people had been shielding for many months. The service provided an important reminder of community spirit during the height of the pandemic.



## Music Therapy

### Music therapy sessions

Our music therapy service is funded by John Lyon's Charity. Like many activities, our music therapy sessions had to move online during the repeated lockdowns. This did, however, enable us to expand, and many families found it easier to tune in to a session from home. We aimed to provide a sense of fun in the sessions, with interactive games, songs, guided relaxation, and collaborative song writing for older children. Students from the Royal College of Music began placements with us, receiving training and supporting the sessions. 2020 was also the year we took on our first member of staff dedicated to supporting our children's work. In September 2020, we made the decision to run two sessions a month due to increasing demand, with one face to face session and one online session each month.



The sessions are led by qualified, experienced music therapists. Monitoring carried out by the music therapists showed that throughout Covid, the interaction with others has helped the children emotionally and socially. When face to face sessions resumed, many families came in and recognised the others they had seen on the screen.



Another part of our growing online work is the facilitation of parent and child relaxation sessions. These are run once a month by a qualified music therapist, and involve storytelling, guided meditations, and movement. The sessions assist both parents and children with SEND to relax and calm their emotions. This is funded by the Mercers' Company Charitable Trust.

An important aspect of our work with families during the pandemic is the handing out of educational packs and laptops. This was made possible due to a grant from the London Community Response Fund and a donation from Weil Ltd. This enabled children to take part in music therapy sessions, supported their schoolwork and helped them cope with the stress of lockdowns. We also gave out presents and supported families at Christmas, through support from the Department for Business, Energy & Industrial Strategy and a grant from the Westminster Foundation.



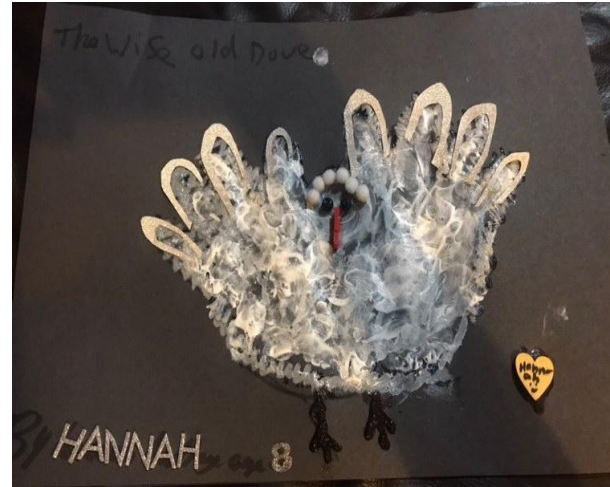
**Quote from a parent:**

*“My son has really enjoyed the group music therapy and relaxation sessions. It’s been good for him to be able to connect to others and be able to be himself, especially with the Zoom calls while we are under the Covid restrictions. He looks forward to the sessions and recognises the friendly faces of the regular attendees now. His communication skills are improving, he is learning more Makaton signs and is able to follow instructions and turn taking more easily. It has also been a good way for him to learn breathing techniques and mindfulness.”*

## Carers' Group

We have now been running the carers' group for several years. Like the music therapy sessions, we moved this online and at the height of the pandemic were running two sessions a month, offering emotional support and advice to parents. We had visiting speakers talking about subjects such as speech therapy and challenging behaviour and gave regular Facebook updates to help parents.

We ran Pilates classes for parents on Zoom, which have since stayed online as many find this easier. This has been funded by the Mercers' Company Charitable Trust. We also ran art competitions and creative writing classes for children, to assist families struggling to find activities whilst home schooling.



## Quote from a parent:

*"The carers' group has been a Godsend to me. My daughter has autism, and a lot of her difficulties show themselves in behaviours that the neurotypical world just cannot understand. It can be isolating at times. Being part of a non-judgemental group during lockdown when things were so hard for my daughter and myself, if I'm honest, made a difference – just knowing I'm not alone. Also listening to various speakers made a huge difference – picking up tips to manage and information about why my daughter may be struggling was a huge help too."*

The 2020-21 Annual Report was approved by the management committee of In-Deep on:

11th January 2022

Signed by:

*Emma Chapman*

Emma Chapman MBE

**General Secretary**

*T. Leftwich*

Tom Leftwich

**Treasurer**

**IN-DEEP COMMUNITY TASK FORCE**

**REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021**

**SAUNDERS, WOOD & CO  
Chartered Accountants  
140A Tachbrook Street  
London  
SW1V 2NE**

**IN-DEEP COMMUNITY TASK FORCE  
INDEX TO FINANCIAL STATEMENTS**

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Statement of Financial Activities	5
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**IN-DEEP COMMUNITY TASK FORCE**

**LEGAL AND ADMINISTRATIVE INFORMATION**

**STATUS**

The organisation is a voluntary group, set up on 28 January 2002 and registered as a charity on 1 June 2003

The charity was established under a Trust Deed which established the objects and powers of the registered charity and is governed under its Trust Deed. Under the Trust Deed, the trustees may appoint a person who is willing to act to be a trustee, either to fill a vacancy, or as an additional trustee.

<b>CHARITY NUMBER</b>	1098270
<b>PATRON</b>	Baroness Hanham of Kensington CBE
<b>TRUSTEES</b>	C Chapman Esq MBE (Chairman) E Chapman MBE (Secretary) T Leftwich (Treasurer ) P Devaney R Leafe
<b>REGISTERED OFFICE</b>	Unit 300 95 Wilton Road London SW1V 1BZ
<b>ACCOUNTANTS</b>	Saunders Wood & Co. 140A Tachbrook Street London SW1V 2NE
<b>BANKERS</b>	Lloyds Butler Place London SW1

## IN-DEEP COMMUNITY TASK FORCE

### REVIEW OF ACTIVITIES

In-Deep Community Task Force is a registered charity that works with the elderly on the estates in the South of Westminster and Lambeth. It was founded by a person named Colin Chapman and consists of a management committee of six and seventeen volunteers.

Since March 2002 the In-Deep Community Task Force have been running a range of activities and services for elderly people living in the area.

Since January 2003, In-Deep Community task force has been running a manicure and pedicure service for the elderly run by trained professionals. This has provided a boost to many elderly people as many suffer from low self esteem and also helps as many elderly people cannot cut their nails due to Arthritis. In April 2004 we started a massage service. This is also done by a qualified professional and consists of head, back, neck, shoulders, hands etc. It has been found to be very beneficial to people with osteoarthritis, back problems, stroke etc. We have since expanded the scheme to Lambeth.

In September 2003 we started a monthly roast beef dinner once a month on a Saturday. This consists of a 3 course meal including soup, topside of beef or roast chicken, roast potatoes, yorkshire pudding, 3 vegetables and peaches and cream. This has proved hugely popular with the elderly people in the area and numbers are now averaging 55-60 people per dinner. It also provides the elderly with a good source of iron as many cannot afford beef as they are on low incomes. We have now expanded the scheme to Haven Lodge to run a dinner one tuesday a month with people from the surrounding estates attending including one lady of 106.

In 2012, we started a weekly lunch club in Victoria offering jacket potato with various fillings. This has proved a lifeline as it provides elderly people with a good hot meal. The scheme has proved so popular we have since expanded it to Lambeth once a month.

Since the year 2002, In-Deep Community Task Force have been doing talks across London and they have been donating their harvests collections to us. These are then made up into Christmas hampers and given out to the elderly living on estates in the south of Westminster. Last Christmas we gave out hampers to vulnerable elderly people in the area as well as Lambeth. 360 people benefitted from the scheme through our work. Last year we also put on a Christmas Dinner and gave out presents.

We also run an intergenerational choir which meets once a fortnight and has been going since February 2014.

Since January 2017 In-Deep has been running music therapy sessions once a month for children with special needs and disabilities and a parent meeting group.

This coming year, although very challenging with all the government cuts, will always be as rewarding as ever as we see people's needs met.

In-Deep were winners of the Queen's Award for Voluntary Service in 2013.

Due to the Coronavirus pandemic a number of our activities had to be postponed due to government guidance or moved online. We also began a new befriending scheme where trained checked volunteers provided weekly phone calls or took isolated older people out.

**IN-DEEP COMMUNITY TASK FORCE**

**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021**

**RESPONSIBILITIES OF THE TRUSTEES**

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the registered charity at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees should follow best practice and:

- select suitable accounting policies and apply them consistently
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Charities Act 1993. The trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 22/12/21 and signed on its behalf by:



.....  
T Leftwich (Treasurer)



.....  
E Chapman MBE (Secretary)

## INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/members of In-Deep Community Task Force  
on the accounts for the year ended 31 March 2021

### Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts.  
The charity's trustees consider that an audit is not required for this year ( under section 43(2) of the Charities Act 1993 ( the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 43 of the 1993 Act,
- follow the procedures laid down in the general directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act and
- state whether particular matters have come to my attention.

### Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently, no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

### Independent Examiner's Statement

In connection with my examination, no matter has come to my attention :

(1) which gives me reasonable cause to believe that, in any material respect, the requirements to keep accounting records in accordance with section 41 of the 1993 Act and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act have not been met, or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed



Date 13/12/2021

Name

PAUL WOOD

Relevant professional qualifications  
or body (if any )

FFA

Address

15 DARTFORD RISE  
FARNBOROUGH  
GU14 9FS

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**IN-DEEP COMMUNITY TASK FORCE**

**STATEMENT OF THE FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MARCH 2021**

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Total Funds £
<b>INCOMING RESOURCES</b>					
General Donations	2	13,294	-	13,294	27,596
Grants and Contracts	2	-	31,098	31,098	28,984
Investment Income and Interest		1	-	1	2
<b>TOTAL INCOMING RESOURCES</b>		<b>13,295</b>	<b>31,098</b>	<b>44,393</b>	<b>56,582</b>
<b>RESOURCES EXPENDED</b>					
Motor and Travel		3,432	30	3,462	5,297
Food and Equipment		1,551	6,931	8,482	11,568
Insurance		521	-	521	517
Photocopying, Postage, Stationery & Computer Expenses		3,215	503	3,718	2,507
Accountancy Fees		1,104	-	1,104	1,104
Telephone and Internet		1,054	-	1,054	903
Depreciation		18	-	18	18
Hall/Garage Hire		720	3,653	4,373	5,127
Hire of Office Space		-	6,060	6,060	5,512
Massage, Manicure and Pedicure		-	660	660	4,970
Sundry Charity Expenses		2,984	-	2,984	3,970
Christmas Hamper Scheme		1,778	-	1,778	1,663
Music Therapy and Carers Meeting Group		803	7,168	7,971	6,338
Choir		690	481	1,171	1,772
Dinner Entertainment		-	-	-	2,540
Education Packs		-	2,087	2,087	
<b>TOTAL RESOURCES EXPENDED</b>		<b>17,870</b>	<b>27,573</b>	<b>45,443</b>	<b>53,806</b>
<b>NET MOVEMENT IN FUNDS DURING YEAR</b>		<b>(4,575)</b>	<b>3,525</b>	<b>(1,050)</b>	<b>2,776</b>
<b>TOTAL FUNDS AT 1 APRIL 2020</b>		<b>18,074</b>	<b>60,131</b>	<b>78,205</b>	<b>75,429</b>
<b>TOTAL FUNDS AT 31 MARCH 2021</b>		<b>13,499</b>	<b>63,656</b>	<b>77,155</b>	<b>78,205</b>


The notes form part of these Financial Statements

IN-DEEP COMMUNITY TASK FORCE

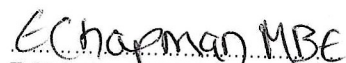
BALANCE SHEET AS AT 31 MARCH 2021

		2021		2020	
	Notes	£	£	£	£
<b>FIXED ASSETS:</b>					
Tangible Assets	6		35		53
<b>CURRENT ASSETS:</b>					
Cash at Bank and In Hand		78,224		79,256	
CREDITORS: Accountancy Accrual		1,104		1,104	
<b>NET CURRENT ASSETS:</b>			77,120		78,152
<b>NET ASSETS</b>			<u>77,155</u>		<u>78,205</u>
<b>UNRESTRICTED FUNDS</b>			13,499		18,074
<b>RESTRICTED FUNDS</b>			63,656		60,131
<b>TOTAL FUNDS</b>			<u>77,155</u>		<u>78,205</u>

Approved by the trustees, and signed on its behalf by:

  
 .....  
 T Leftwich (Treasurer)

Dated: 22/12/21

  
 .....  
 E Chapman MBE (Secretary)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

1 ACCOUNTING POLICIES

- (a) **Accounting Basis**  
These Financial Statements have been prepared under the Historical Cost Convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective March 2000), the Charities Act 1993 and follow the recommendations in *Accounting and Reporting by Charities: Statement of Recommended Practice* issued in October 2000.
- (b) **Treatment of Voluntary Income**  
Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.
- (c) **Treatment of Grants**  
Grants, including grants for the purchase of fixed assets, are recognised in the Statement of Financial Activities in the year in which they are receivable.
- (d) **Treatment of Incoming Resources**  
Incoming resources are included when receivable.
- (e) **Treatment of Outgoing Resources**  
Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.
- (f) **Depreciation**  
Depreciation is provided at the following rates, calculated to write off the cost of each asset over its expected useful life:
- |                   |                           |
|-------------------|---------------------------|
| Furniture         | 25% p.a. reducing balance |
| General Equipment | 25% p.a. reducing balance |
- (g) **Unrestricted Funds**  
Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.
- (h) **Restricted Funds**  
Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs, where applicable.

IN-DEEP COMMUNITY TASK FORCE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

2 INCOMING RESOURCES FROM ACTIVITIES TO FURTHER THE OBJECTS OF THE CHARITY

	Unrestricted £	Restricted £	Total £	2020 Total £
Lunch and Individual Donations	6,614	-	6,614	15,674
Francis Holland	-	-	-	2,172
The OSO Foundation	-	-	-	5,000
Brown Fornumn Donation	5,000	-	5,000	-
CAF	-	-	-	4,750
St Michaels Church	1,680	-	1,680	-
Westminster Amalgamated Society	-	-	-	3,300
Westminster Foundation	-	1,000	1,000	2,640
London Community Foundation	-	15,802	15,802	-
City of Westminster	-	5,346	5,346	3,544
John Lyon's Charity	-	-	-	11,500
Mercers Trustees	-	8,000	8,000	8,000
Groundwork UK	-	950	950	-
Bank Interest	1	-	1	2
	<u>13,295</u>	<u>31,098</u>	<u>44,393</u>	<u>56,582</u>

3 TOTAL RESOURCES EXPENDED

	Total £	Total £
Motor and Travel	3,462	5,297
Food and Equipment	8,482	11,568
Insurance	521	517
Photocopying, Postage, Stationery and Computer Expenses	3,718	2,507
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Music Therapy and Carers Meeting Group	7,971	6,338
Dinner Entertainment	-	2,540
Education Packs	2,087	-
	<u>45,443</u>	<u>53,806</u>

4 NET INCOMING RESOURCES IN THE YEAR

This is stated after charging:

	£	2020 £
Depreciation	18	18
Accountancy Fees	1,104	1,104
	<u>1,122</u>	<u>1,122</u>

IN-DEEP COMMUNITY TASK FORCE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

5 TAXATION

The charitable company is exempt from corporation tax on its charitable activities and is registered with the Inland Revenue as such under the reference 1098270.

6 TANGIBLE FIXED ASSETS

	FURNITURE £	MOTOR VAN £	GENERAL EQUIPMENT £	TOTAL £
<b>COST</b>				
At 1 April 2020	330	-	4,035	4,365
Disposal	-	-	-	-
At 31 March 2021	<u>330</u>	<u>-</u>	<u>4,035</u>	<u>4,365</u>
<b>DEPRECIATION</b>				
At 1 April 2020	330	-	3,982	4,312
Charge for the Year			18	18
Disposal			-	
At 31 March 2021	<u>330</u>	<u>-</u>	<u>4,000</u>	<u>4,330</u>
<b>NET BOOK VALUE</b>				
At 31 March 2021	<u>-</u>	<u>-</u>	<u>35</u>	<u>35</u>
At 31 March 2020	<u>-</u>	<u>-</u>	<u>53</u>	<u>53</u>

**IN-DEEP COMMUNITY TASK FORCE**

**REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021**

**SAUNDERS, WOOD & CO**  
**Chartered Accountants**  
**140A Tachbrook Street**  
**London**  
**SW1V 2NE**

**IN-DEEP COMMUNITY TASK FORCE  
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**IN-DEEP COMMUNITY TASK FORCE**

**LEGAL AND ADMINISTRATIVE INFORMATION**

**STATUS**

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<b>CHARITY NUMBER</b>	1098270
<b>PATRON</b>	Baroness Hanham of Kensington CBE
<b>TRUSTEES</b>	C Chapman Esq MBE (Chairman) E Chapman MBE (Secretary) T Leftwich (Treasurer ) P Devaney R Leafe
<b>REGISTERED OFFICE</b>	Unit 300 95 Wilton Road London SW1V 1BZ
<b>ACCOUNTANTS</b>	Saunders Wood & Co. 140A Tachbrook Street London SW1V 2NE
<b>BANKERS</b>	Lloyds Butler Place London SW1

## IN-DEEP COMMUNITY TASK FORCE

### REVIEW OF ACTIVITIES

In-Deep Community Task Force is a registered charity that works with the elderly on the estates in the South of Westminster and Lambeth. It was founded by a person named Colin Chapman and consists of a management committee of six and seventeen volunteers.

Since March 2002 the In-Deep Community Task Force have been running a range of activities and services for elderly people living in the area.

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**IN-DEEP COMMUNITY TASK FORCE**

**REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021**

**RESPONSIBILITIES OF THE TRUSTEES**

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the registered charity at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the trustees should follow best practice and:

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Approved by the trustees on 22/12/21 and signed on its behalf by:



.....  
T Leftwich (Treasurer)



.....  
E Chapman MBE (Secretary)

## INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/members of In-Deep Community Task Force  
on the accounts for the year ended 31 March 2021

### Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts.  
The charity's trustees consider that an audit is not required for this year ( under section 43(2) of the Charities Act 1993 ( the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 43 of the 1993 Act,
- follow the procedures laid down in the general directions given by the Charity Commission (under section 43(7)(b) of the 1993 Act and
- state whether particular matters have come to my attention.

### Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently, no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

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In connection with my examination, no matter has come to my attention :

(1) which gives me reasonable cause to believe that, in any material respect, the requirements to keep accounting records in accordance with section 41 of the 1993 Act and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act have not been met, or

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Signed



Date 13/12/2021

Name

PAUL WOOD

Relevant professional qualifications  
or body (if any )

FFA

Address

15 DARTFORD RISE  
FARNBOROUGH  
GU14 9FS

page 4

**IN-DEEP COMMUNITY TASK FORCE**

**STATEMENT OF THE FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 MARCH 2021**


	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	Total Funds £
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Education Packs		-	2,087	2,087	
<b>TOTAL RESOURCES EXPENDED</b>		<b>17,870</b>	<b>27,573</b>	<b>45,443</b>	<b>53,806</b>
<b>NET MOVEMENT IN FUNDS DURING YEAR</b>		<b>(4,575)</b>	<b>3,525</b>	<b>(1,050)</b>	<b>2,776</b>
<b>TOTAL FUNDS AT 1 APRIL 2020</b>		<b>18,074</b>	<b>60,131</b>	<b>78,205</b>	<b>75,429</b>
<b>TOTAL FUNDS AT 31 MARCH 2021</b>		<b>13,499</b>	<b>63,656</b>	<b>77,155</b>	<b>78,205</b>

The notes form part of these Financial Statements

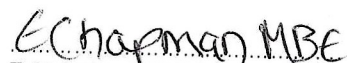
IN-DEEP COMMUNITY TASK FORCE  
BALANCE SHEET AS AT 31 MARCH 2021

		2021		2020	
	Notes	£	£	£	£
<b>FIXED ASSETS:</b>					
Tangible Assets	6		35		53
<b>CURRENT ASSETS:</b>					
Cash at Bank and In Hand		78,224		79,256	
CREDITORS: Accountancy Accrual		1,104		1,104	
<b>NET CURRENT ASSETS:</b>			77,120		78,152
<b>NET ASSETS</b>			<u>77,155</u>		<u>78,205</u>
<b>UNRESTRICTED FUNDS</b>			13,499		18,074
<b>RESTRICTED FUNDS</b>			63,656		60,131
<b>TOTAL FUNDS</b>			<u>77,155</u>		<u>78,205</u>

Approved by the trustees, and signed on its behalf by:

  
.....  
T Leftwich (Treasurer)

Dated: 22/12/21

  
.....  
E Chapman MBE (Secretary)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

1 ACCOUNTING POLICIES

- (a) **Accounting Basis**  
These Financial Statements have been prepared under the Historical Cost Convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective March 2000), the Charities Act 1993 and follow the recommendations in *Accounting and Reporting by Charities: Statement of Recommended Practice* issued in October 2000.
- (b) **Treatment of Voluntary Income**  
Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.
- (c) **Treatment of Grants**  
Grants, including grants for the purchase of fixed assets, are recognised in the Statement of Financial Activities in the year in which they are receivable.
- (d) **Treatment of Incoming Resources**  
Incoming resources are included when receivable.
- (e) **Treatment of Outgoing Resources**  
Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which cannot be recovered.
- (f) **Depreciation**  
Depreciation is provided at the following rates, calculated to write off the cost of each asset over its expected useful life:
- |                   |                           |
|-------------------|---------------------------|
| Furniture         | 25% p.a. reducing balance |
| General Equipment | 25% p.a. reducing balance |
- (g) **Unrestricted Funds**  
Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.
- (h) **Restricted Funds**  
Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs, where applicable.

IN-DEEP COMMUNITY TASK FORCE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

2 INCOMING RESOURCES FROM ACTIVITIES TO FURTHER THE OBJECTS OF THE CHARITY

	Unrestricted £	Restricted £	Total £	2020 Total £
Lunch and Individual Donations	6,614	-	6,614	15,674
Francis Holland	-	-	-	2,172
The OSO Foundation	-	-	-	5,000
Brown Fornumn Donation	5,000	-	5,000	-
CAF	-	-	-	4,750
St Michaels Church	1,680	-	1,680	-
Westminster Amalgamated Society	-	-	-	3,300
Westminster Foundation	-	1,000	1,000	2,640
London Community Foundation	-	15,802	15,802	-
City of Westminster	-	5,346	5,346	3,544
John Lyon's Charity	-	-	-	11,500
Mercers Trustees	-	8,000	8,000	8,000
Groundwork UK	-	950	950	-
Bank Interest	1	-	1	2
	<u>13,295</u>	<u>31,098</u>	<u>44,393</u>	<u>56,582</u>

3 TOTAL RESOURCES EXPENDED

	Total £	Total £
Motor and Travel	3,462	5,297
Food and Equipment	8,482	11,568
Insurance	521	517
Photocopying, Postage, Stationery and Computer Expenses	3,718	2,507
Accountancy Fees	1,104	1,104
Telephone and Internet	1,054	903
Depreciation	18	18
Hall Hire	4,373	5,127
Hire of Office Space	6,060	5,512
Massage, Manicure and Pedicure	660	4,970
Sundry Charity Expenses	2,984	3,970
Christmas Hamper Scheme	1,778	1,663
Choir	1,171	1,772
Music Therapy and Carers Meeting Group	7,971	6,338
Dinner Entertainment	-	2,540
Education Packs	2,087	-
	<u>45,443</u>	<u>53,806</u>

4 NET INCOMING RESOURCES IN THE YEAR

This is stated after charging:

	£	2020 £
Depreciation	18	18
Accountancy Fees	1,104	1,104
	<u>1,122</u>	<u>1,122</u>

IN-DEEP COMMUNITY TASK FORCE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

5 TAXATION

The charitable company is exempt from corporation tax on its charitable activities and is registered with the Inland Revenue as such under the reference 1098270.

6 TANGIBLE FIXED ASSETS

	FURNITURE £	MOTOR VAN £	GENERAL EQUIPMENT £	TOTAL £
<b>COST</b>				
At 1 April 2020	330	-	4,035	4,365
Disposal	-	-	-	-
At 31 March 2021	<u>330</u>	<u>-</u>	<u>4,035</u>	<u>4,365</u>
<b>DEPRECIATION</b>				
At 1 April 2020	330	-	3,982	4,312
Charge for the Year			18	18
Disposal			-	
At 31 March 2021	<u>330</u>	<u>-</u>	<u>4,000</u>	<u>4,330</u>
<b>NET BOOK VALUE</b>				
At 31 March 2021	<u>-</u>	<u>-</u>	<u>35</u>	<u>35</u>
At 31 March 2020	<u>-</u>	<u>-</u>	<u>53</u>	<u>53</u>