

# 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

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*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 Demsaitė

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 where 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.

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

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



## IN-DEEP COMMUNITY TASK FORCE

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

## IN-DEEP COMMUNITY TASK FORCE

### REVIEW OF ACTIVITIES

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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 sing 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>		114,592	97,832
<b>UNRESTRICTED FUNDS</b>		14,173	13,260
<b>RESTRICTED FUNDS</b>		100,419	84,572
<b>TOTAL FUNDS</b>		114,592	97,832

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
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 N 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 £	MOTOR VAN £	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>