

THE BARKING AND DAGENHAM PROGRESS PROJECT

England & Wales · Charity number 1102465

Details

Other names	PROGRESS PROJECT
Status	Registered
Legal form	Charitable company
Company number	04574234
Registered	2004-03-03
Register	View on the Charity Commission register

Contact

Address	Unit 15 Dagenham Business Centre 123 Rainham Road North Dagenham Essex RM10 7FD
Phone	07973841596
Email	progress.project@btinternet.com
Website	www.barkinganddagenhamprogressproject.btck.co.uk

Activities

Objects: (A) TO RELIEVE THE NEEDS OF DISABLED CHILDREN & YOUNG PEOPLE WITHIN ENGLAND AND THEIR FAMILIES, IN PARTICULAR BUT NOT EXCLUSIVELY, THOSE WHO ARE RESIDENT IN THE LONDON BOROUGH OF BARKING AND DAGENHAM AND ADJOINING AREAS OR SUCH OTHER AREA AS THE COMPANY MAY FROM TIME TO TIME DETERMINE BY PROVIDING OR ENCOURAGING THE PROVISION OF RESOURCES AND SERVICES WHICH WILL IMPROVE THEIR OPPORTUNITIES AND ALSO FACILITATE ACTIVE PARTICIPATION, INCLUSION AND FULL INTEGRATION INTO SOCIETY.(B) TO PROMOTE AND/OR PROVIDE TRAINING AND EDUCATION AS WILL ASSIST DISABLED CHILDREN & YOUNG PEOPLE AND THEIR FAMILIES, IN PURSUING AN INDEPENDENT LIFE, MAKING THE TRANSITION INTO ADULTHOOD AND AIDING THEIR INTEGRATION WITHIN THE COMMUNITY GENERALLY.(C) TO PROMOTE, ESTABLISH AND OPERATE OTHER SCHEMES OF A CHARITABLE NATURE FOR THE BENEFIT OF THE COMMUNITY AND GROUPS WHICH WORK WITH DISABLED CHILDREN & YOUNG PEOPLE AND THEIR FAMILIES IN THE GREATER LONDON AREA.

Activities: The Barking & Dagenham Progress Project aims to develop services, strategy and joined up ways of working with disabled children & young people to effect good practice, promote the ethos of inclusivity and by being user led within a theme of 'participation'. This is achieved through a combination of project delivery and developing collaborative work within a partnership / consortium approach.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Arts/culture/heritage/science, Amateur Sport, Economic/community Development/employment, Recreation
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** IN THE LONDON BOROUGH OF BARKING AND DAGENHAM AND ADJOINING AREAS OR SUCH OTHER AREA AS THE COMPANY MAY FROM TIME TO TIME DETERMINE
- Barking And Dagenham

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£63,907	£100,662	-	-
2024-03-31	£116,888	£73,444	-	-
2023-03-31	£77,418	£100,584	-	-
2022-03-31	£81,556	£95,447	-	-
2021-03-31	£98,751	£74,451	-	-

Trustees

Name	Role	Appointed
Margaret Mpalampa		2026-01-15
Mark Gerbaldi		2025-05-13
Rajiv Gadhvi		2024-02-20

THE BARKING AND DAGENHAM PROGRESS PROJECT

England & Wales - Charity number 1102465

Accounts

The Barking and Dagenham Progress Project

**Registered Company Number
04574234**

**Registered Charity Number
1102465**

**Annual Report and Financial Statements
for the Year Ended 31 March 2025**

MDCP Accountancy
25 Merton Road
Seven Kings
Greater London
IG3 8PB

The Barking & Dagenham Progress Project

Contents

	<u>Page</u>
Legal & administrative information	3
Report of the Trustees	4 – 9
Independent Examiner's Report to the Trustees	10
Statement of Financial Activities	11
Balance Sheet	12
Notes to the Financial Statements	13 - 18

The Barking & Dagenham Progress Project

Legal and Administrative Information

For the year ended 31 March 2025

Charity Name	The Barking and Dagenham Progress Project (working name: the Progress Project).	
Registered Charity number	1102465 (England & Wales) registered 3 rd March 2004.	
Registered Company Number	04574234 (England & Wales) The Progress Project was incorporated as a company limited by guarantee on the 25 October 2002.	
Principal Address	42 - 48 Parsloes Avenue, Dagenham Essex RM9 5NB Tel: (01708) 478140 Email: progress.project@btinternet.com	
Governing Document	Memorandum and Articles of Association	
Objects	The objects of the charity are summarised as follows: (i) To relieve the needs of disabled children and young people within England and their families, in particular but not exclusively, those who are resident in the London Borough of Barking and Dagenham and adjoining areas or such other area as the company may from time to time determine by providing or encouraging the provision of resources and services which will improve their opportunities and also facilitate active participation, inclusion and full integration into society. (ii) To promote and/or provide training and education as will assist disabled children & young people and their families, in pursuing an independent life, making the transition into adulthood and aiding their integration within the community generally. (iii) To promote, establish and operate other schemes of a charitable nature for the benefit of the community and groups which work with disabled children & young people and their families in the Greater London Area.	
Trustees	Elaine James Emma Middleton Rajiv Gadhvi	(Treasurer) (Resigned 11-Aug-25) (Resigned 28-Apr-25)
Company Secretary	Mark Gerbaldi	
Key Management Personnel	Those in charge of planning, directing, controlling, running and operating the Charity, including those members of staff who are the senior management personnel to whom the Trustees have delegated significant authority or responsibility in the day-to-day running of the charity, are the Trustees / Directors. Mark Gerbaldi (Company Secretary) and Andy Murphy (Young People's Development Forum) have been delegated some authority and responsibility in the day-to-day running and administration of the charity. Project work is led by Andy Murphy (Young People's Development Forum), Nichola Fairbairn (Sporting Futures collaborating with This Girls Ability CIC) and Simon Blewitt (International Day of Disabled People Participation Project), Company Secretary and Contractor Consultant Mark Gerbaldi (MG – Training & Consultancy), and contractor Martin Pringle (Financial Officer) (MDCP Accountancy)	
Independent Examiner	John Helm ACA Tandem Accounting Ltd 17 Heathville Road London N19 3AL	

The Barking & Dagenham Progress Project

Trustees Report

For the year ended 31 March 2025

The Trustees, who are also directors of the charitable company for the purposes of Company Law, present their report with the accounts of the charitable company for the year ended 31 March 2025. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) and as amended by Update Bulletin 1 (effective 1 January 2016) and Update Bulletin 2 (effective 1 January 2019). The legal and administrative information set out earlier in this document forms part of this report.

Structure, Governance & Management

Method of Appointment / Election of Trustees

The Trustees, who are also Company Directors, are appointed at the Annual General Meeting by members of the company / charity, for a period lasting up to 3 years. Additionally, new Trustees may be appointed by the existing Trustees during the year up to a maximum of nine.

Induction and Training New Trustees

New Trustees undergo an orientation course to brief them on the legal obligations under charity and company laws and the content of the Memorandum & Articles of Association of the charity. The Board's decision-making process, the Business Plan and financial performance together with Health & Safety regulations are all covered in the induction and, furthermore, Trustees are encouraged to attend appropriate external training events and activities to support the role they are performing.

Risk Management

The Trustees actively review the major risks associated with the activities of the charity on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of key financial controls, will provide sufficient resources in the event of adverse conditions.

Public Benefit

In planning the activities for the year, we kept in mind the Charity Commissions' guidance on public benefit. The focus of activities of the charity covers three main spheres to benefit the London Borough of Barking and Dagenham, which suffers from lack of resources, when working with disabled children, young people and their parents / carers: -

- (1) Disabled children and young people are able to access the same opportunities for activities and services as those children who do not have disabilities.
- (2) Local and newly established organisations, which aim to provide services to disabled children and young people, have the resources that will enable them to conduct their programs effectively.
- (3) The London Borough of Barking and Dagenham has a strong and effective voluntary sector catering for disabled children and young people.

Achievements & Performance:

Progress Project delivered 3 programmes during the reporting period 2024 - 25, funding by:

- National Lottery Community Fund (Reaching Communities),
- People's Health Trust,
- Postcode Society Trust,
- LCF Youth Futures Fund,
- UK Youth,
- LB Barking & Dagenham,
- Sport England.

Programmes included the following as in the following reports:

The Barking & Dagenham Progress Project

Trustees Report

For the year ended 31 March 2025

“Sporting Futures”:

We continue to connect with ‘This Girl’s Ability CIC’ to deliver our inclusive sports programme, complemented by sports activity delivered by our Participation Officer, Andy Murphy.

Funded by Sport England and the Postcode Society Trust, key sporting activities delivered throughout 2024 – 25, included: -

1. Multi-Sports: our Wednesday sports club continued to introduce young people with disabilities to inclusive sports activity, motivating our young people who assist in development of the programme, i.e. they choose their own sports activity as our sports programme continues and extends our user-led ethos.
2. Swimming Club: Tuesday sessions continued, led by Paralympic World Record Holder Brock Whiston, who continues as Patron of our swimming programme, enabling disabled young people inclusive opportunities to learn how to swim and develop their swimming abilities.
3. Adapted cycling: our ongoing partnership with Vandome Cycling continued; although, this was limited to the warmer weather months as an outdoor pursuit.
4. Part of our sports offer is also to recognise participants’ achievements, for which purpose we host awards ceremonies whereby they receive certificates to congratulate them on their sporting achievements. These were followed by fun activities such as 10-pin bowling which kept the group together and provided team building as well as confidence building, adding to the ‘fun’ objective which is a key theme to all our activities.
5. Sports Leaders: having trained our young people as sports leaders, we benefit from their support during sessions, which also provides employment pathways leading to one of our volunteers gaining paid work within a sports company this year.

Overall, during 2024 – 25, more than 100 young people benefited through participation in our sports programme and due to its ongoing success, we secured a new grant from the City Bridge Foundation, rekindling our previous association to run our sports programme from 2025 onwards, ensuring that inclusive sports continue to be available for another 2-years as an integral part of our overall offer which has been such a great success.

“Youth Futures”:

“Youth Futures” completed another successful year as part of its 2-year term which ended in Mar-25, providing 4-key parts, including: -

1. Health Support: coaching, workshops and support activities promoting participants’ emotional, mental & physical well-being, ensuring they are ready to participate and thrive through training & development,
2. Skills Training Programme: developing disabled young people’s [soft] skills including: -
 - Confidence building,
 - Practical skills such as time management and communications,
 - CV development,
 - career planning & employment mentoring,
3. Sports & Leisure: opportunities to train as Sports Leaders, which is an employment pathway for which local opportunities are available through our connections e.g. jobs in sports centres and with community groups.
4. Volunteer Programme: recruiting and training [Peer] volunteers, providing skills and direct work experience schemes e.g. with our partners and local businesses.

The programme has been a tremendous success; in the past year alone, 118 young people participated within 103 sessions delivered, leading to over 1,000 interactions with our young people.

The Barking & Dagenham Progress Project

Trustees Report

For the year ended 31 March 2025

“Young People’s Development Forum”:

Our Youth Forum is a crucial function which was launched in 2007 and continues to drive all our strategies and activities as we uphold our key ethos to be a user-led charity which is critical when supporting disabled young people who fed back to us many years ago that they prefer to have activities delivered ‘with them’ as opposed to ‘at them’.

Sessions continued using the same informal format following the success of last year, whereby we changed the structure meeting fortnightly at The Vibe Youth Club with a core team of up to 12-regular participants who lead the project.

We continue to encourage others to join and achieve outcomes which include measuring ongoing project work, suggesting new ideas for activities and discussing issues which are relevant to disabled young people with a view towards providing solutions for them.

Specific outputs included: -

1. Consultations: this year, within 6 consultation exercises, we discussed issues which were important to our young people and produced brief reports, recommendations and suggestions including careers, parks, transitions, parenting & families and ongoing issues of services and community venue exclusions.
2. Skills training through 18 Forum meetings, addressing: -
 - confidence & team building,
 - communication skills,
 - time management,
 - developing Forum protocols,
 - staying safe in the community and online.
 - bullying awareness workshops,
 - planning for training and employment pathways.
3. Volunteer Development: 6 [peer] young people supported us all year round during every session; all our volunteers attended ILA training courses to equip them with certificated employability skills.

“Speak Up” Project:

“Speak Up” continued into its 2nd year, funded by the local council [London Borough of Barking & Dagenham] building upon our successful Young People’s Development Forum to encourage young people to meet, discuss issues and give their views on matters within the Borough.

Positive outcomes, included: -

1. We developed our [upper age] 14–25-year-old “Speak Up” group where we regularly met at the Vibe and went out into the community to conduct our consultation reporting.
2. On launching the project [Aug-23], we had 10 regular members. We developed this to over 30 young people want to participate in the programme.
3. Our Age 8–14-year-old speak up group have over 60 children & young people registered, but very low turn out to our actual monthly club at the Vibe i.e. between 5 and 10 young people.

However, the younger cohorts attended sessions in high numbers within our programmes, including Adapted Cycling, “i CAN run Club”, Swimming, Multi Sports and cricket.

Working with the age 14–25-year-old “Speak Up” group, we submitted 9 consultation reports, which assist our charity and the local area to access young people’s feelings and thoughts as regards local issues and how they can be addressed - this is integral to meeting community needs and ensuring inclusivity which is a key part of our mission.

The Barking & Dagenham Progress Project

Trustees Report

For the year ended 31 March 2025

Outputs [Numbers Overview]:

1. 111 Young People have interacted and attended a Barking and Dagenham Progress Project, LBBD Funded Speak up session over the last 11.5 months.
2. A further 31YP have signed up but not yet ever attended a session (across all age groups 8-25)

International Day of Disabled People (IDDP) “Participation Project”:

The Progress Project has now led on the annual International Day of Disabled People (IDDP) event in Barking and Dagenham for the past 13 years, each with a different theme and centered on disabled community, access, and conclusion.

Previous years have included themes which have covered technology, disability history, transport and each year focuses on positives and challenging misconceptions and preconceived ideas..... with that in mind our mantra is always ‘Who says I can’t’.

Since 2018 the project has benefitted by being funded by People’s Health Trust which has enabled an activity programme to be developed around the single day annual event; a 12-months’ extension enabled this year’s programme to be delivered.

A team of volunteers and organising committee work throughout the year to deliver a main event and associated activities, which continued the previous programmes delivered successfully.

Since the start of the project we delivered 147 sessions, engaging local disabled people in a variety of activities including:-

1. Weekly social activity e.g. art projects, park walks and playing games,
2. Sports and exercise e.g. we set up and developed an IDDP FC [football team] and gave opportunities for participants to play other sports including cricket, cycling and our new running clubs,
3. Training and personal skills development e.g. confidence building, enabling them to attend other sessions and ‘join in’,
4. Volunteering as participants assisted sessions and supported their peers,

... we even held an end of year talent contest!!!

All activities fed into the annual IDDP (International Day of Disabled People) event, held at Dagenham & Redbridge Football Club which was open to all LBBD residents with the aim of shining a light on local disabled people and their achievements.

This year’s event welcomed 226 people, exceeding the target, with 6 of our participants sharing hosting duties.

The event engages with local charities and service providers during the day with keynote speakers and local people sharing their stories; the day then evolved to become a talent show, family disco and culminated with live music and audience participation.

Financial Activity and Financial Position

The Statement of Financial Activities and Balance Sheet can be found on pages 11 and 12 respectively. The Charity’s reserves decreased by £36,755 during the year (2023-24 – increased by £43,444).

The balance sheet shows total net assets of £14,967 (2023-24: £51,722).

Included in total funds are amounts totaling £26,597 (2023-23: £55,942) which are restricted. These monies have either been raised for, and their use restricted to, specific purposes, or they comprise donations subject to donor-imposed conditions.

The Barking & Dagenham Progress Project

Trustees Report

For the year ended 31 March 2025

Full details of these restricted funds can be found in note 9 in the accounts together with an analysis of movements in the year.

Reserves Policy

The Trustees strive to achieve a Reserves Policy as recommended by the Charity Commission which is to have 3 months' revenue funding in unrestricted / free reserves to:

1. protect our services against losses of funding / sustain service levels;
2. invest in new programmes as needs are identified by young people;
3. support costs which funders do not readily consider e.g. core costs; and
4. cover winding down costs including redundancies where appropriate.

At 31 March 2025 the charity had free reserves deficit of £11,630 (2023-24: deficit of £5,076) as follows:

	2024-25	2023-24
	£	£
Total reserves	14,967	51,722
Less: restricted funds	(26,597)	(55,942)
Less: unrestricted fixed assets used for the continuing work of the charity	-	(856)
Free reserves (deficit)	(11,630)	(5,076)
Free reserves requirement:	20,000	20,000

The Trustees are aware of the unrestricted reserves deficit; although, through fund-raising efforts during the year, the previous year's deficit decreased, i.e. we are making progress with new plans including: -

- increase in unrestricted funds being built into new grant bids as 'full cost recovery'; and
- new grant applications being developed specifically targeted towards securing unrestricted grants,

These actions will resolve this issue and provide our immediate priority going forward as regards financial management applicable to our fund-raising plans and actions.

Trustees' Responsibilities Statement

The charity's Trustees are responsible for preparing the Annual Report and financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the situation of the charitable company during the period and of the incoming resources and application of resources, including the net income and expenditure, of the charitable company for the financial period.

In preparing financial statements giving a true and fair view, the Trustees should follow best practice and are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Follow applicable accounting standards, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity, and which enable them to ensure that the financial statements comply with the Companies Act 2006.

The Barking & Dagenham Progress Project

Trustees Report

For the year ended 31 March 2025

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

The financial statements were approved by the Trustees on 23 December 2025 and signed on their behalf by



Mark Gerbaldi
Company Secretary
23 December 2025

The Barking & Dagenham Progress Project

Independent Examiner's Report on Accounts

For the year ended 31 March 2025

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 31 March 2025, set out on pages 11 to 19.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 ("the 2011 Act") and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the 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 you as 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

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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



John Helm ACA
17 Heathville Road
London N19 3AL

23 December 2025

Statement of Financial Activities

For the year ended 31 March 2025

	Note	Unrestricted Funds 2024-25 £	Restricted Funds 2024-25 £	Total 2024-25 £	Unrestricted Funds 2023-24 £	Restricted Funds 2023-24 £	Total 2023-24 £
Income from:	2						
Donations and Legacies		8,150	55,757	63,907	8,650	108,123	116,773
Other Income		-	-	-	115	-	115
Total Income		8,150	55,757	63,907	8,765	108,123	116,888
Expenditure on:							
Raising Funds	3	2,040	35	2,075	277	8,555	8,832
Charitable Activities	4	14,241	84,346	98,587	11,428	53,184	64,612
Total Expenditure		16,281	84,381	100,662	11,705	61,739	73,444
Net (Expenditure)/Income		(8,131)	(28,624)	(36,755)	(2,940)	46,384	43,444
Transfers		721	(721)	-			
Net movement in funds		(7,410)	(29,345)	(36,755)	(2,940)	46,384	43,444
Total funds brought forward		(4,220)	55,942	51,722	(1,280)	9,558	8,278
Total funds carried forward		(11,630)	26,597	14,967	(4,220)	55,942	51,722

The Barking & Dagenham Progress Project

Balance Sheet

As at 31 March 2025

	Note	Unrestricted Funds 2024-25 £	Restricted Funds 2024-25 £	Total 2024-25 £	Total 2023-24 £
Fixed assets					
Tangible assets	5	-	-	-	920
Current assets					
Debtors	6	-	-	-	5,898
Cash at bank and in hand	7	(10,812)	30,916	20,104	71,228
		(10,812)	30,916	20,104	77,126
Liabilities					
Creditors: amounts falling due within one year	8	818	4,319	5,137	26,324
Net current assets		(11,630)	26,597	14,967	50,802
Net Assets		(11,630)	26,597	14,967	51,722
Represented by Funds					
Unrestricted	10	(11,630)	-	(11,630)	(4,220)
Restricted	9	-	26,597	26,597	55,942
Total Funds		(11,630)	26,597	14,967	51,722

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2025.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31st March 2025 in accordance with Section 476 of the Companies Act 2006. The Trustees acknowledge their responsibilities for the following, including:

- ensuring that that charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as is applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

Approval

The financial statements were approved by the Trustees on 23 December 2025 and signed on their behalf by



Mark Gerbaldi
Company Secretary

Notes to the Financial Statements

For the year ended 31 March 2025

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of Accounting

The financial statements have been prepared on an accruals basis under the historical cost convention and in accordance with the Companies Act 2006 and the requirements of Accounting and Reporting by Charities Statement of Recommended Practice 2019 [FRS 102]. They have been prepared to comply with the format and disclosure requirements of the Companies Act 2006 in order to provide a 'true and fair view'. The charity has taken advantage of the exemption from the requirement to produce a cash flow statement because it is a small charity. There has been no change to the accounting policies (valuation rules and methods of accounting) since last year. The accounting policies below have been applied consistently in dealing with the items which are considered material in relation to the charity's financial statements.

b) Public Benefit Entity

The Charity meets the definition of a public benefit entity under FRS 102.

c) Going Concern

There are no material uncertainties about the charity's ability to continue as a going concern and accordingly the accounts have been drawn up on a going concern basis.

d) Funds structure

The charity holds unrestricted and restricted funds. Unrestricted funds are spent or applied at the discretion of the Trustees. Restricted funds can only be used for the purpose for which they were given or collected.

e) Income recognition

Voluntary income, grants and donations are included in income. All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount to income receivable can be measured reliably.

f) Expenditure recognition

Expenditure is accounted for on an accruals basis and inclusive of VAT which is irrecoverable. It has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to headings, they have been allocated to activities on a basis consistent with the use of resources. Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the Charity to that expenditure, it is probable that settlement will be required, and the amount of the obligation can be measured or estimated reliably.

g) Tangible fixed assets

Depreciation is provided on office equipment at an annual rate of 25%, and on sports and other equipment at an annual rate of 33.3% in order to write off each asset over its estimated useful life.

h) Taxation

The charity is exempt from corporation tax on its charitable activities, but not from VAT. Irrecoverable VAT is included within the cost of those items to which it relates.

i) Debtors including income accruals and deferred expenditure

Debtors are measured at their recoverable amounts i.e. the amount the charity anticipates it will receive from a debt owed to the charity but not received during the accounting period.

j) Creditors including expenditure accruals

Liabilities are recognised for the amount that the charity anticipates it will pay to settle a debt or the amount it has received as an advance payment for services. The term accruals are used for services which the charity is liable for but has not been invoiced or paid for during the accounting period.

The Barking & Dagenham Progress Project

Notes to the Financial Statements

For the year ended 31 March 2025

2 Income

	Unrestricted Funds 2024-25 £	Restricted Funds 2024-25 £	Total 2024-25 £	Total 2023-24 £
Donations & Legacies				
Grants (see note 2a below)	8,150	55,757	63,907	116,773
	8,150	55,757	63,907	116,773
Other Income				
Other Income	-	-	-	115
	8,150	55,757	63,907	116,888

2a Grants

	Unrestricted Funds 2024-24 £	Restricted Funds 2024-24 £	Total 2024-24 £	Total 2023-24 £
Award 4 All	-	-	-	9,811
Barking and Dagenham	-	-	-	22,275
Groundwork UK	-	-	-	500
London Community Foundation	-	15,000	15,000	15,000
National Lottery Community Fund	-	16,529	16,529	32,320
People's Health Trust	-	10,628	10,628	4,000
Postcode Society Trust	-	-	-	24,717
UK Youth	8,150	-	8,150	8,150
Sport England	-	13,600	13,600	-
	8,150	55,757	63,907	116,773

3 Expenditure – Cost of raising funds

	Unrestricted Funds 2024-25 £	Restricted Funds 2024-25 £	Total 2024-25 £	Total 2023-24 £
Consultancy Fees	2,040	35	2,075	7,862
Advertising and publicity	-	-	-	970
	2,040	35	2,075	8,832

The Barking & Dagenham Progress Project

Notes to the Financial Statements

For the year ended 31 March 2025

4 Expenditure - Charitable Activities

	Unrestricted Funds 2024-25 £	Restricted Funds 2024-25 £	Total 2024-25 £	Total 2023-24 £
Staff costs				
Wages and salaries	7,605	26,207	33,812	29,799
Social security costs	386	1,931	2,317	1,873
Employment Allowance	(2,317)	-	(2,317)	(1,873)
Pension contributions	98	549	647	507
Staff expenses	36	3,588	3,624	1,834
Contractors' remuneration	-	9,612	9,612	2,627
	5,808	41,887	47,695	34,767
Activities/ programme delivery				
Hire of venues/halls	-	5,749	5,749	1,434
Activities expenses	350	3,885	4,235	6,496
Coaching cost	-	4,041	4,041	1,170
Resources and equipment	840	-	840	551
Training & Programme consumables	70	3,357	3,427	935
Volunteer costs	110	1,563	1,673	1,412
Entertainment & prizes (IDDP)	300	7,667	7,967	648
Sessional budget	2,768	3,522	6,290	6,698
Accessible transport	-	-	-	91
Refreshments/Hospitality	223	719	942	1,757
	4,661	30,503	35,164	21,192
Office/ running costs				
Insurance	536	207	743	656
Rent	-	-	-	5,500
General running expenses	81	1,711	1,792	313
Depreciation	111	808	920	1,053
(Profit)/Loss on disposal of fixed assets	-	-	-	517
Subscriptions & memberships	-	946	945	-
Bank charges	-	2	2	-
Sundries	18	34	52	363
	746	3,708	4,454	8,402
Governance				
Accountancy	737	3,325	4,062	4,036
Consultancy	2,289	3,711	6,000	-
Independent	-	1,140	1,140	950
Other professional fees	-	72	72	-
	3,026	8,248	11,274	4,986
Total Charitable Activities	14,241	84,396	98,587	73,444

No employees received emoluments in excess of £60,000. There was no trustee remuneration.

	2024-25	2023-24
The average number of employees during the year was:	10	6

Andrew Murphy, a participation officer, and three of the sessional workers are enrolled for a statutory workplace pension in the NEST scheme. Andrew made contributions at the minimum rate for tax year 2024-25 of 3% of qualifying earnings, and the sessional workers on all earnings, between April 2024 and March 2025.

There were no Trustees' expenses paid for the year ended 31 March 2025.

The Barking & Dagenham Progress Project

Notes to the Financial Statements

For the year ended 31 March 2025

5 Tangible Fixed Assets

	Office Equipment £	Sports & Other Equipment £	Total £
Cost/valuation			
At 1 April 2024	3,895	1,307	5,202
Revaluation	-	-	-
Additions	-	-	-
Disposals	-	-	-
At 31 March 2025	3,895	1,307	5,202
Depreciation			
At 1 April 2024	3,039	1,243	4,282
Charge for year	856	64	920
Disposals	-	-	-
At 31 March 2025	3,895	1,307	5,202
Net Book Value			
At 31 March 2025	-	-	-
At 31 March 2024	856	64	920

The fixed assets are office equipment, media and sporting equipment used for charitable purposes.

6 Debtors

	2024-25 £	2023-24 £
Prepayments	-	5,898
Sundry Debtors	-	-
	0	5,898

7 Cash at Bank and in Hand

	2024-25 £	2023-24 £
Metro Current	20,059	71,102
Petty Cash General	39	120
Petty Cash IDDP	6	6
	20,104	71,228

8 Creditors – Amounts falling due within 1 year

	2024-25 £	2023-24 £
Trade Creditors	134	5,898
Wages & Pension Creditors	818	642
Accruals & Deferred Income	4,185	19,784
	5,137	26,324

The Barking & Dagenham Progress Project

Notes to the Financial Statements

For the year ended 31 March 2025

9 Restricted Funds

9a Current Year

	At 1 April 2024 £	Income £	Expenditure £	Transfers £	At 31 March 2025 £
People's Health Trust – IDDP Participation Project	0	10,628	(13,267)	-	(2,639)
National Lottery - Crisis Response Development Programme	1,125	-	(404)	(721)	0
National Lottery – Stronger Together Awards4All	22,157	16,529	(2,059)	-	36,627
Barking & Dagenham	4,413	-	(4,413)	-	0
London Community Foundation – Youth Futures	8,947	-	(26,969)	-	(18,022)
Postcode Society Trust – Sporting Futures	3,423	15,000	(18,312)	-	111
Sport England Movement	15,877	-	(15,877)	-	0
	0	13,600	(3,080)	-	10,520
	55,942	55,757	(84,381)	(721)	26,597

The transfer of £721 from restricted to unrestricted funds represents an adjustment for a historical error. A grant awarded in July 2020 was time-bound to the year ending 31 March 2021, and the funded activities were fully delivered in that period and the funding fully used up. The balance has therefore been released to unrestricted funds in the 2025 accounts.

9b Prior Year

	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At 31 March 2024 £
People's Health Trust – IDDP Participation Project	827	4,000	(4,827)	-	0
National Lottery - Crisis Response Development Programme	1,940	-	(815)	-	1,125
National Lottery – Stronger Together Awards4All	1	32,320	(10,164)	-	22,157
Barking & Dagenham	0	9,811	(5,398)	-	4,413
London Community Foundation – Youth Futures	0	22,275	(13,328)	-	8,947
Cherry Family Foundation	0	15,000	(11,577)	-	3,423
Postcode Society Trust – Sporting Futures	6,790	-	(6,790)	-	0
	0	24,717	(8,840)	-	15,877
	9,558	108,123	(61,739)	-	55,942

There were seven funds / funders for our projects running through 2024-25

Awards4All funded the Youth Futures programme.

People's Health Trust funded the full 'IDDP' programme.

National Lottery Crisis Response funded our COVID response programme.

London Community Foundation funded the Youth Futures programme.

Postcode Society Trust funded the Sporting Futures project.

National Lottery Community Fund funded Stronger Together programme.

Barking & Dagenham funded the Back to the Community/Speak Out programme.

The Barking & Dagenham Progress Project

Notes to the Financial Statements

For the year ended 31 March 2025

10. Unrestricted Funds

10a Current year

	At 1 April 2024 £	Income £	Expenditure £	Transfers £	At 31 March 2025 £
Community Fund Raising & Small Grants	4,160	-	(714)	-	3,446
UK Youth	5,025	8,150	(13,175)	-	0
General	(13,405)	-	(2,392)	721	(15,076)
	(4,220)	8,150	(16,281)	721	(11,630)

10b Prior year

	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At 31 March 2024 £
Community Fund Raising & Small Grants	4,971	-	(811)	-	4,160
UK Youth	0	8,150	(3,125)	-	5,025
Groundwork	0	500	(500)	-	0
NLCF Stronger Together Overheads	471	-	(471)	-	0
General	(6,722)	115	(6,798)	-	(13,405)
	(1,280)	8,765	(11,705)	0	(4,220)

11 Balance Sheet Comparatives

	Note	Unrestricted Funds 2023-24 £	Restricted Funds 2023-24 £	Total 2023-24 £	Total 2022-23 £
Fixed assets					
Tangible assets	5	856	64	920	1,505
Current assets					
Debtors	6	-	5,898	5,898	763
Cash at bank and in hand	7	18,823	52,405	71,228	26,559
		18,823	58,303	77,126	27,322
Liabilities					
Creditors: amounts falling due within one year	8	23,899	2,425	26,324	20,549
Net current assets		(5,076)	55,878	50,802	6,773
Net Assets		(4,220)	55,942	51,722	8,278
Represented by Funds					
Unrestricted	10	(4,220)	-	(4,220)	(1,280)
Restricted	9	-	55,942	55,942	9,558
Total Funds		(4,220)	55,942	51,722	8,278

12. Related Party Transactions

Mark Gerbaldi, the Company Secretary and a member of the Key Management Personnel, provides Training and Consultancy services for which he received a remuneration of £6,000 (2023-24: £7,862).

Martin Pringle (MDCP Accountancy), a member of the Key Management Personnel, provided bookkeeping and accountancy services for £4,062 (2023-24: £4,036) during the year.

There were no other related party transactions.

THE BARKING AND DAGENHAM PROGRESS PROJECT

England & Wales - Charity number 1102465

Accounts

The Barking and Dagenham Progress Project

**Registered Company Number
04574234**

**Registered Charity Number
1102465**

**Annual Report and Financial Statements
for the Year Ended 31 March 2024**

MDCP Accountancy
25 Merton Road
Seven Kings
Greater London
IG3 8PB

The Barking & Dagenham Progress Project

Contents

	<u>Page</u>
Legal & administrative information	3
Report of the Trustees	4 – 9
Independent Examiner's Report to the Trustees	10
Statement of Financial Activities	11
Balance Sheet	12
Notes to the Financial Statements	13 - 18

The Barking & Dagenham Progress Project

Legal and Administrative Information

For the year ended 31 March 2024

Charity Name	The Barking and Dagenham Progress Project (working name: the Progress Project)	
Registered Charity number	1102465 (England & Wales) registered 3 rd March 2004	
Registered Company Number	4574234 (England & Wales) The Progress Project was incorporated as a company limited by guarantee on the 25 October 2002	
Principal Address	42 - 48 Parsloes Avenue, Dagenham Essex RM9 5NB Tel: (01708) 478140 Email: progress.project@btinternet.com	
Governing Document	Memorandum and Articles of Association	
Objects	The objects of the charity are summarised as follows: (i) To relieve the needs of disabled children and young people within England and their families, in particular but not exclusively, those who are resident in the London Borough of Barking and Dagenham and adjoining areas or such other area as the company may from time to time determine by providing or encouraging the provision of resources and services which will improve their opportunities and also facilitate active participation, inclusion and full integration into society. (ii) To promote and/or provide training and education as will assist disabled children & young people and their families, in pursuing an independent life, making the transition into adulthood and aiding their integration within the community generally. (iii) To promote, establish and operate other schemes of a charitable nature for the benefit of the community and groups which work with disabled children & young people and their families in the Greater London Area.	
Trustees	Elaine James Terry Miller Keith Smith Isaac Harvey Christine Laney Emma Middleton Rajiv Gadhvi	(Treasurer) (Resigned 24 April 2023) (Resigned 24 April 2023) (Resigned 15 June 2023) (Resigned 15 June 2023) (Appointed 20 February 2024) (Appointed 20 February 2024)
Company Secretary	Mark Gerbaldi	
Key Management Personnel	Those in charge of planning, directing, controlling, running and operating the Charity, including those members of staff who are the senior management personnel to whom the Trustees have delegated significant authority or responsibility in the day-to-day running of the charity, are the Trustees / Directors. Mark Gerbaldi (Company Secretary) and Nichola Fairbairn (Sports Participation Officer & Community Engagement Officer) are delegated some authority and responsibility in the day-to-day running and administration of the charity. Andy Murphy (Young People's Development Forum), Nichola Fairbairn (Sporting Futures and Stronger Together) and Simon Blewitt (International Day of Disabled People Participation Project), Company Secretary and Contractor Consultant Mark Gerbaldi (MG – Training & Consultancy), and contractor Martin Pringle (Financial Officer) (MDCP Accountancy)	
Independent Examiner	John Helm ACA Tandem Accounting Ltd 17 Heathville Road London N19 3AL	

The Barking & Dagenham Progress Project

Trustees Report

For the year ended 31 March 2024

The Trustees, who are also directors of the charitable company for the purposes of Company Law, present their report with the accounts of the charitable company for the year ended 31 March 2024. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) and as amended by Update Bulletin 1 (effective 1 January 2016) and Update Bulletin 2 (effective 1 January 2019). The legal and administrative information set out earlier in this document forms part of this report.

Structure, Governance & Management

Method of Appointment / Election of Trustees

The Trustees, who are also Company Directors, are appointed at the Annual General Meeting by members of the company / charity, for a period lasting up to 3 years. Additionally, new Trustees may be appointed by the existing Trustees during the year up to a maximum of nine.

Induction and Training of New Trustees

New Trustees undergo an orientation course to brief them on the legal obligations under charity and company laws and the content of the Memorandum & Articles of Association of the charity. The Board's decision-making process, the Business Plan and financial performance together with Health & Safety regulations are all covered in the induction and, furthermore, Trustees are encouraged to attend appropriate external training events and activities to support the role they are performing.

Risk Management

The Trustees actively review the major risks associated with the activities of the charity on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of key financial controls, will provide sufficient resources in the event of adverse conditions.

Public Benefit

In planning the activities for the year, we kept in mind the Charity Commissions' guidance on public benefit. The focus of the activities of the project covers three main spheres to benefit the London Borough of Barking and Dagenham, which suffers from lack of resources, when working with disabled children, young people and their parents/ carers: -

- (1) Disabled children and young people are able to access the same opportunities for activities and services as those children who do not have disabilities.
- (2) Local and newly established organisations, which aim to provide services to disabled children and young people, have the resources that will enable them to conduct their programs effectively.
- (3) The London Borough of Barking and Dagenham have a strong and effective voluntary sector catering for disabled children and young people.

Achievements & Performance:

The Progress Project delivered 3 x main programmes during the reporting period 2023 - 24, which benefited from full funding from:

- National Lottery Community Fund (Reaching Communities);
- People's Health Trust;
- Postcode Society Trust; and
- L&Q Foundation Placemakers Fund.

Programmes included the following as in the reports overleaf:

The Barking & Dagenham Progress Project

Trustees Report

For the year ended 31 March 2024

“Sporting Futures”:

With our Sports Participation Officer, Nikki Fairbairn, leaving the charity in May-23, we connected with ‘This Girl’s Ability CIC’ to continue delivery of our inclusive sports programme which was complemented by adding sports activity to our ongoing community programmes as delivered by our Participation Officer, Andy Murphy.

Funded by the Cherry Foundation and TESCO, key sporting activities delivered throughout 2023 included: -

1. Multi-Sports: our Wednesday sports club continued to introduce young people with disabilities to an inclusive sports activity, from which their interest in developing other sports was piqued, assisting in the development of the programme i.e. they choose their own sports activity as our sports programme continues and extends our user-led ethos.
2. Swimming Club: Tuesday sessions continued, led by Paralympic World Record Holder Brock Whiston, who became Patron of our sports programme, enabling disabled young people inclusive opportunities to learn how to swim and develop their swimming abilities.
3. Adapted cycling: our ongoing partnership with Vandome Cycling continued; although, this was limited to the warmer weather months as an outdoor pursuit.
4. Part of our sports offer is also to recognise participants’ achievements, for which purpose we host awards ceremonies whereby they receive certificates to congratulate them on their sporting achievements. These were followed by fun activities such as 10-pin bowling which kept the group together and provided team building as well as confidence building, adding to the ‘fun’ objective which is a key theme to all our activities.
5. Sports Leaders: having trained our young people as sports leaders, we benefit from their support during sessions, which also provides employment pathways leading to one of our volunteers gaining paid work within a sports company this year.

Overall, during 2023 – 24, more than 100 young people benefited through participation in our sports programme and due to its ongoing success, we secured a new grant from the Postcode Society Trust to run our sports programme in 2024 which began in January, ensuring that inclusive sports would continue to be available for another year until we can secure a longer-term grant to add continuity to the programme.

“Youth Futures”:

We launched our new programme “Youth Futures” in Apr-24 which has 4-spheres: -

1. Health Support: coaching, workshops and support activities promoting participants’ emotional, mental & physical well-being, ensuring they are ready to participate and thrive through training & development,
2. Skills Training Programme: developing disabled young people’s [soft] skills including: -
 - Confidence building,
 - Practical skills such as time management and communications,
 - CV development,
 - career planning & employment mentoring,
3. Sports & Leisure: opportunities to train as Sports Leaders, which is an employment pathway for which local opportunities are available through our connections e.g. jobs in sports centres and with community groups.
4. Volunteer Programme: recruiting and training [Peer] volunteers, providing skills and direct work experience schemes e.g. with our partners and local businesses.

The programme has been a tremendous success with 83 x young people, 11 x Forum members and 6 x volunteers peer-volunteers participating over the year.

The Barking & Dagenham Progress Project

Trustees Report

For the year ended 31 March 2024

Success Story:

One young man (NB), having attended our activities, comments on how he used to feel, *"I didn't have much confidence then"* but he has been able to grow, develop new skills and confidence and he has become an official Progress Project Volunteer as part of "Youth Futures".

We have supported him into a sports apprenticeship, leading to his working in a local youth club supporting young people in sporting & youth activities; he continues to volunteer with "Youth Futures" to gain additional skills and experience.

Quotes: -

- *"I cannot believe now that I have a job I love"*
- *"Am I really a role model for younger members?"*

He is also founding member of our 'i CAN Run Club' along with two of our older group members: *"It's amazing that I've created a run club with my name in it"* as his first initial is N and the initials of the other two founder members are C & A making "CAN" = "i CAN Run Club"

We will continue this progress with our young people over the 2-years term and beyond, with this example being a good case study relating to the development of one of our group members.

"Young People's Development Forum":

Our Youth Forum is a crucial function which was launched in 2007 and continues to drive all our strategies and activities as we uphold our key ethos to be a user-led charity which is critical when supporting disabled young people who fed back to us many years ago that they prefer to have activities delivered 'with them' as opposed to 'at them'.

Sessions continued on a more informal basis following the success of the last year, whereby we changed the structure from monthly meetings to meeting fortnightly at The Vibe Youth Club with a core team of 12-regular participants who lead the project.

We continue to encourage others to join and achieve outcomes which include measuring ongoing project work, suggesting new ideas for activities and discussing issues which are relevant to disabled young people with a view towards providing solutions for them.

Specific outputs include: -

1. Consultations: this year, within 7 x consultation exercises, we discussed issues which were important to our young people and produced brief reports, recommendations and suggestions including:-
 - Development of a website for the 'Local Offer' and a newsletter.
 - Borough Libraries
 - Borough Parks.
 - Careers information and Advice.
 - Inclusive Digital Zone.
 - Annual review processes for ECHP's [Education, Health and Care Plans]
 - Community and Family Hubs review and feedback.
2. Volunteer Development: ongoing recruitment of volunteers has taken our team to 15, supporting our young people all year round and during every session; one of our young people progressed from being a Volunteer to gaining a paid role as peer support worker which is for 5-hours per week, illustrating pathways to jobs via our programmes.

The Barking & Dagenham Progress Project

Trustees Report

For the year ended 31 March 2024

3. Befriending: peers interact during every session and this support also extends into their out-of-project lives e.g. at school, as their social connections are developed; furthermore, some of our volunteers also participate in our other programmes e.g. our sports project.
4. Community-based activities included:
5. Community-Based Activities included:
 - (i) 99 sessions were delivered over the course of the year.
 - (ii) 72 community-based activities were delivered.
 - (iii) 27 activities were delivered at the Vibe Youth Club.
 - (iv) Specific activities included: -
 - Cycling
 - Running
 - Art clubs
 - Community based art projects
 - Museum visits
 - Volunteering in LBBD
 - Community festivals
 - Community projects, such as Company drinks, the White House, House for artists, Valence Museum.

Output:

This year, 74 young people attended the 99 sessions resulting in 782 total interactions over the year.

“Speak Up” Project [New for 2023]:

From Sep-23, we renewed our association with the local council [London Borough of Barking & Dagenham] which funded a new project to build on our successful Young People’s Development Forum as a 12-months’ pilot to encourage young people to meet, discuss issues and give their views on matters within the Borough.

From its launch date, we have developed our age 14–25-year-old ‘Speak Up’ group where we regularly meet at the Vibe and go out into the community for our consultation reporting; at the start of the funding period in Sep-23, we had 10 regular members, now we have over 30 and this continues to grow.

Our Age 8–14-year-old speak up group had over 60 registering, but between 5-10 young people attending sessions at the Vibe, where we offer, art, music listening, soft cricket, boxing workshops, snooker, table tennis and table football, as the ‘carrot’ to encourage young people to engage.

Members within this age group have attended multi-sports sessions regularly [Wednesdays] AND Adapted Cycling Sessions, which we offer monthly through the summer months.

Within the first 6-months, the project showed encouraging signs that we can add an effective programme to our roster and a further function for disabled young people to access which would be beneficial and fun.

We have identified barriers to the age 8–14-year-old joining regularly, and we have moved to run an age 8–14-year olds’ club after school on site in schools. starting term September 2024- July 2025.

Over the course of the year, we delivered 7 x consultations and ensuing reports which are available upon request.

The Barking & Dagenham Progress Project

Trustees Report

For the year ended 31 March 2024

International Day of Disabled People (IDDP) “Participation Project”:

The Progress Project has now led on the annual International Day of Disabled People (IDDP) event in Barking and Dagenham for the past 12-years, each with a different theme and centered on disabled community, access, and conclusion.

Previous years have included themes which have covered technology, disability history, transport and each year focuses on positives and challenging misconceptions and preconceived ideas...

... with that in mind our mantra is always ‘Who says I can’t’.

Since 2018 the project has benefitted by being funded by People’s Health Trust which has enabled an activity programme to be developed around the single day annual event.

A team of volunteers and organising committee work throughout the year to deliver a main event and associated activities with the theme for IDDP 2022 being ‘legacy’, based on the 10-year period since the 2012 Olympics and the ensuing aftermath.

We looked at what had changed and what positive things had happened off the back of those amazing few weeks; as always, we engaged with local groups, local disabled people and a variety of guest speakers.

Engagements included:

- Working with Sporting Futures and the Young People’s Development Forum [our own two key projects];
- Stall holders at the ‘One Borough Festival’ promoting our work and activities;
- Stall holders at the Barking Folk Festival promoting our work and activities;
- Ongoing Volunteer and Committee meetings;
- Weekly football sessions with our inclusive football team, IDDP FC;

Over the year over 60 young people benefitted from our project and activities, as well as young adults and the wider community; as always, we look to improve year on year and are looking forward to this year’s activities and events which are scheduled to take place in Dec-24.

Financial Activity and Financial Position

The Statement of Financial Activities and Balance Sheet can be found on pages 11 and 12 respectively. The Charity’s reserves increased by £43,444 during the year (2022-23 – decreased by £22,476).

The balance sheet shows a total net (liabilities) assets of £51,722 (2022-23: £8,278).

Included in total funds are amounts totaling £55,942 (2022-23: £9,558) which are restricted. These monies have either been raised for, and their use restricted to, specific purposes, or they comprise donations subject to donor-imposed conditions.

Full details of these restricted funds can be found in note 9 in the accounts together with an analysis of movements in the year.

Reserves Policy

The Trustees strive to achieve a Reserves Policy as recommended by the Charity Commission which is to have 3 months revenue funding in unrestricted / free reserves to:

- (1) protect our services against losses of funding / sustain service levels;
- (2) invest in new programmes as needs are identified by young people;
- (3) support costs which funders do not readily consider e.g. core costs; and
- (4) cover winding down costs including redundancies where appropriate.

The Barking & Dagenham Progress Project

Trustees Report

For the year ended 31 March 2024

At 31 March 2024 the charity had free reserves deficit of £5,076 (2022-23: deficit of £1,280) as follows:

	2023-24 £	2022-23 £
Total reserves	51,722	8,278
Less: restricted funds	(55,942)	(9,558)
Less: unrestricted fixed assets used for the continuing work of the charity	(856)	-
Free reserves (deficit)	(5,076)	(1,280)
Free reserves requirement:	20,000	20,000

The Trustees are aware of the unrestricted reserves deficit; although, through fund-raising efforts during the year, the previous year's deficit decreased, i.e. we are making progress with new plans including: -

- increase in unrestricted moneys being built into new grant bids as 'full cost recovery'; and
- new grant applications being developed specifically targeted towards securing unrestricted grants,

These actions will resolve this issue and provide our immediate priority going forward as regards financial management applicable to our fund-raising plans and actions.

Trustees' Responsibilities Statement

The charity's Trustees are responsible for preparing the Annual Report and financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the situation of the charitable company during the period and of the incoming resources and application of resources, including the net income and expenditure, of the charitable company for the financial period.

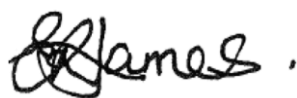
In preparing financial statements giving a true and fair view, the Trustees should follow best practice and are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Follow applicable accounting standards, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity, and which enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval



Elaine James
Trustee

28 February 2025

The Barking & Dagenham Progress Project

Independent Examiner's Report on Accounts

For the year ended 31 March 2024

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 31 March 2024, set out on pages 11 to 18.

Responsibilities and basis of report

As the charity's Trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act').

In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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



John Helm ACA
17 Heathville Road
London N19 3AL

28 February 2025

Statement of Financial Activities

For the year ended 31 March 2024

	Note	Unrestricted Funds 2023-24 £	Restricted Funds 2023-24 £	Total 2023-24 £	Unrestricted Funds 2022-23 £	Restricted Funds 2022-23 £	Total 2022-23 £
Income from:	2						
Donations and Legacies		8,650	108,123	116,773	4,146	72,549	76,695
Income from Charitable Activities		-	-	-	408	-	408
Income from other Trading Activities		-	-	-	314	-	314
Other Income		115	-	115	1	-	1
Total Income		8,765	108,123	116,888	4,869	72,549	77,418
Expenditure on:							
Raising Funds	3	277	8,555	8,832	14,476	276	14,752
Charitable Activities	4	11,428	53,184	64,612	6,629	78,513	85,142
Total Expenditure		11,705	61,739	73,444	21,105	78,789	99,894
Net Income/(Expenditure)		(2,940)	46,384	43,444	(16,236)	(6,240)	(22,476)
Transfers							
Gross transfers between funds — in		-	-	-	-	-	-
Gross transfers between funds — out		-	-	-	-	-	-
Net movement in funds		(2,940)	46,384	43,444	(16,236)	(6,240)	(22,476)
Total funds brought forward		(1,280)	9,558	8,278	14,956	15,798	30,754
Total funds carried forward		(4,220)	55,942	51,722	(1,280)	9,558	8,278

The Barking & Dagenham Progress Project

Balance Sheet

As at 31 March 2024

	Note	Unrestricted Funds 2023-24 £	Restricted Funds 2023-24 £	Total 2023-24 £	Total 2022-23 £
Fixed assets					
Tangible assets	5	856	64	920	1,505
Current assets					
Debtors	6	-	5,898	5,898	763
Cash at bank and in hand	7	18,823	52,405	71,228	26,559
		18,823	58,303	77,126	27,322
Liabilities					
Creditors: amounts falling due within one year	8	23,899	2,425	26,324	20,549
Net current assets		(5,076)	55,878	50,802	6,773
Net Assets		(4,220)	55,942	51,722	8,278
Represented by Funds					
Unrestricted	10	(4,220)	-	(4,220)	(1,280)
Restricted	9	-	55,942	55,942	9,558
Total Funds		(4,220)	55,942	51,722	8,278

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2024.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31st March 2024 in accordance with Section 476 of the Companies Act 2006. The Trustees acknowledge their responsibilities for the following, including:

- ensuring that that charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as is applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

Approval

The financial statements were approved by the Trustees on 28-Feb-25 and signed on its behalf by



Mark Gerbaldi
Company Secretary

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of Accounting

The financial statements have been prepared on an accruals basis under the historical cost convention and in accordance with the Companies Act 2006 and the requirements of Accounting and Reporting by Charities Statement of Recommended Practice 2019 [FRS 102]. They have been prepared to comply with the format and disclosure requirements of the Companies Act 2006 in order to provide a 'true and fair view'. The charity has taken advantage of the exemption from the requirement to produce a cash flow statement because it is a small charity. There has been no change to the accounting policies (valuation rules and methods of accounting) since last year. The accounting policies below have been applied consistently in dealing with the items which are considered material in relation to the charity's financial statements.

b) Public Benefit Entity

The Charity meets the definition of a public benefit entity under FRS 102.

c) Going Concern

There are no material uncertainties about the charity's ability to continue as a going concern and accordingly the accounts have been drawn up on a going concern basis.

d) Funds structure

The charity holds unrestricted and restricted funds. Unrestricted funds are spent or applied at the discretion of the Trustees. Restricted funds can only be used for the purpose for which they were given or collected.

e) Income recognition

Voluntary income, grants and donations are included in income. All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount to income receivable can be measured reliably.

f) Expenditure recognition

Expenditure is accounted for on an accruals basis and inclusive of VAT which is irrecoverable. It has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to headings, they have been allocated to activities on a basis consistent with the use of resources. Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the Charity to that expenditure, it is probable that settlement will be required, and the amount of the obligation can be measured or estimated reliably.

g) Tangible fixed assets

Depreciation is provided on office equipment at an annual rate of 25%, and on sports and other equipment at an annual rate of 33.3% in order to write off each asset over its estimated useful life.

h) Taxation

The charity is exempt from corporation tax on its charitable activities, but not from VAT. Irrecoverable VAT is included within the cost of those items to which it relates.

i) Debtors including income accruals and deferred expenditure

Debtors are measured at their recoverable amounts i.e. the amount the charity anticipates it will receive from a debt owed to the charity but not received during the accounting period.

j) Creditors including expenditure accruals

Liabilities are recognised for the amount that the charity anticipates it will pay to settle a debt or the amount it has received as an advance payment for services. The term accruals are used for services which the charity is liable for but has not been invoiced or paid for during the accounting period.

The Barking & Dagenham Progress Project

Notes to the Financial Statements

For the year ended 31 March 2024

2 Income

	Unrestricted Funds 2023-24 £	Restricted Funds 2023-24 £	Total 2023-24 £	Total 2022-23 £
Donations & Legacies				
Donations	-	-	-	134
Grants (see note 2a below)	8,650	108,123	116,773	76,561
	8,650	108,123	116,773	76,695
Income from Charitable Activities				
Invoiced Income	-	-	-	408
Income from other Trading Activities				
Fund Raising Events	-	-	-	314
Other Income				
Other Income	115	-	115	1
	8,765	108,123	116,888	77,418

2a Grants

	Unrestricted Funds 2023-24 £	Restricted Funds 2023-24 £	Total 2023-24 £	Total 2022-23 £
City Bridge Trust	-	-	-	8,250
Award 4 All	-	9,811	9,811	-
Barking and Dagenham	-	22,275	22,275	-
Cherry Family Foundation	-	-	-	7,715
City Bridge Trust	-	-	-	-
Groundwork UK	500	-	500	-
London Community Foundation	-	15,000	15,000	-
National Lottery Community Fund	-	32,320	32,320	32,156
People's Health Trust	-	4,000	4,000	12,530
L&Q Placemakers	-	-	-	15,910
Postcode Society Trust	-	24,717	24,717	-
UK Youth	8,150	-	8,150	-
	8,650	108,123	116,773	76,561

3 Expenditure – Cost of raising funds

	Unrestricted Funds 2023-24 £	Restricted Funds 2023-24 £	Total 2023-24 £	Total 2022-23 £
Consultancy Fees	(117)	7,979	7,862	9,000
Advertising and publicity	394	576	970	431
	277	8,555	8,832	14,752

The Barking & Dagenham Progress Project

Notes to the Financial Statements

For the year ended 31 March 2024

4 Expenditure - Charitable Activities

	Unrestricted Funds 2023-24 £	Restricted Funds 2023-24 £	Total 2023-24 £	Total 2022-23 £
Staff costs				
Wages and salaries	7,549	22,250	29,799	46,426
Social security costs	-	1,873	1,873	3,415
Employment Allowance	(1,873)	-	(1,873)	(3,415)
Pension contributions	-	507	507	872
Staff Expenses	524	1,310	1,834	1,971
Training	-	-	-	394
Contractors' Remuneration	-	2,627	2,627	-
	6,200	28,567	34,767	49,663
Activities/programme delivery				
Hire of venues/halls	-	1,434	1,434	3,513
Activities expenses	225	6,271	6,496	14,172
Coaching Cost	-	1,170	1,170	-
Resources and equipment	167	384	551	1,135
Training & Programme Consumables	-	935	935	2,293
Volunteer costs	-	1,412	1,412	2,076
Entertainment & prizes (IDDP)	30	618	648	358
Sessional Budget	292	6,406	6,698	2,718
Accessible Transport	-	91	91	91
Refreshments/Hospitality	-	1,757	1,757	721
Evaluation Expenses	-	-	-	-
	714	20,478	21,192	27,077
Office/running costs				
Insurance	1,412	-	1,412	656
Rent	-	-	-	5,500
General running expenses	392	795	1,187	313
Depreciation	-	816	816	1,053
(Profit)/Loss on disposal of fixed asset	-	(19)	(19)	517
Subscriptions & Memberships	34	34	68	-
Bank Charges	(9)	5	(4)	0
Sundries	36	171	207	363
	1,865	1,802	3,667	8,402
Governance				
Accountancy	1,699	2,337	4,036	4,321
Independent Examination	950	-	950	1,000
	2,649	2,337	4,986	5,321
Total Charitable Activities	11,428	53,184	64,612	90,463

No employees received emoluments in excess of £60,000. There was no trustee remuneration.

	2023-24	2022-23
The average number of employees during the year was:	6	7

The two participation officers were automatically enrolled for a statutory workplace pension in January 2018 in the NEST scheme. Both made contributions at the minimum rate for tax year 2023-24 of 3% of qualifying earnings between April 2023 and March 2024.

There were no Trustees' expenses paid for the year ended 31 March 2024.

The Barking & Dagenham Progress Project

Notes to the Financial Statements

For the year ended 31 March 2024

5 Tangible Fixed Assets

	Office Equipment £	Sports & Other Equipment £	Total £
Cost/valuation			
At 1 April 2023	4,372	1,307	5,679
Revaluation	-	-	-
Additions	522	-	522
Disposals	(999)	-	(999)
At 31 March 2024	3,895	1,307	5,202
Depreciation			
At 1 April 2023	3,063	1,111	4,174
Charge for year	683	132	815
Disposals	(707)	-	(707)
At 31 March 2024	3,039	1,243	4,282
Net Book Value			
At 31 March 2024	856	64	920
At 31 March 2023	1,309	196	1,505

The fixed assets are office equipment, media and sporting equipment used for charitable purposes.

6 Debtors

	2023-24 £	2022-23 £
Prepayments	5,898	690
Sundry Debtors	-	73
	5,898	763

There is prepayment for This Girls' Ability invoiced services for April–June 2024

7 Cash at Bank and in Hand

	2023-24 £	2022-23 £
Metro Current	71,102	26,356
Petty Cash General	120	197
Petty Cash IDDP	6	6
	71,228	26,559

8 Creditors – Amounts falling due within 1 year

	2023-24 £	2022-23 £
Trade Creditors	5,898	(20)
Wages & Pension Creditors	642	717
Accruals & Deferred Income	19,784	19,852
	26,324	20,549

The Barking & Dagenham Progress Project

Notes to the Financial Statements

For the year ended 31 March 2024

9 Restricted Funds

9a Current Year

	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At 31 March 2024 £
People's Health Trust – IDDP Participation Project	827	4,000	(4,827)	-	-
National Lottery - Crisis Response Development Programme	1,940	-	(815)	-	1,125
National Lottery – Stronger Together Awards4All	1	32,320	(10,164)	-	22,157
Barking & Dagenham	-	9,811	(5,398)	-	4,413
London Community Foundation – Youth Futures	-	22,275	(13,328)	-	8,947
Cherry Family Foundation	-	15,000	(11,577)	-	3,423
Postcode Society Trust – Sporting Futures	6,790	-	(6,790)	-	-
	-	24,717	(8,840)	-	15,877
	9,558	108,123	(61,739)	-	55,942

There were eight funds / funders for our projects running through 2023-24:

Awards4All funded the Youth Futures programme

People's Health Trust funded the full 'IDDP' programme.

National Lottery Crisis Response funded our COVID response programme.

London Community Foundation funded the Youth Futures programme.

Postcode Society Trust funded the Sporting Futures project.

National Lottery Community Fund funded Stronger Together programme.

Cherry Family Foundation began funding on 1 March 2023 various sports programmes including swimming, girls' football, cricket, cycling and multi-sports. Next year it will mainly concentrate on the swimming programme.

Barking & Dagenham funded the Back to the Community/Speak Out programme.

9b Prior Year

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
City Bridge Trust – Sporting Futures	4,689	7,013	(11,702)	-	-
People's Health Trust – IDDP Participation Project	(3,016)	12,530	(8,687)	-	827
National Lottery - Crisis Response Development Programme	2,928	-	(988)	-	1,940
London Community Foundation – Cycling	4,301	-	(4,301)	-	-
L&Q Placemakers – Stronger Together	(320)	15,114	(14,794)	-	-
National Lottery – Stronger Together	-	30,177	(30,176)	-	1
Postcode Society Trust – Back to the Community	7,216	-	(7,216)	-	-
Cherry Family Foundation	-	7,715	(925)	-	6,790
	15,798	72,549	(78,789)	-	9,558

The Barking & Dagenham Progress Project

Notes to the Financial Statements

For the year ended 31 March 2024

10 Unrestricted Funds

10a Current year

	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At 31 March 2024 £
Community Fund Raising & Small Grants	4,971	-	(811)	-	4,160
UK Youth	-	8,150	(3,125)	-	5,025
Groundwork	-	500	(500)	-	-
NLCF Stronger Together Overheads	471	-	(471)	-	-
General	(6,722)	115	(6,798)	-	(13,405)
	(1,280)	8,765	(11,705)	-	(4,220)

10b Prior year

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
Community Fund Raising & Small Grants	7,812	314	(3,155)	-	4,971
Other	7,144	4,555	(17,950)	-	(6,251)
	14,956	4,869	(21,105)	-	(1,280)

11 Balance Sheet Comparatives

	Note	Unrestricted Funds 2022-23 £	Restricted Funds 2022-23 £	Total 2022-23 £	Total 2021-22 £
Fixed assets					
Tangible assets	5	1,309	196	1,505	2,558
Current assets					
Debtors	6	763	-	763	766
Cash at bank and in hand	7	9,511	17,048	26,559	32,240
		10,274	17,048	27,322	33,006
Liabilities					
Creditors: amounts falling due within one year	8	12,863	7,686	20,549	4,810
Net current assets		(2,589)	9,362	6,773	28,196
Net Assets		(1,280)	9,558	8,278	30,754
Represented by Funds					
Unrestricted	10	(1,280)	-	(1,280)	14,956
Restricted	9	-	9,558	9,558	15,798
Total Funds		(1,280)	9,558	8,278	30,754

12 Related Party Transactions

Mark Gerbaldi, the Company Secretary and a member of the Key Management Personnel provides Training and Consultancy services for which he received a remuneration of £7,862 (2022-23: £9,000).

Martin Pringle (MDCP Accountancy), a member of the Key Management Personnel, provided bookkeeping and accountancy services for £4,036 (2022-23: £4,321) during the year.

There were no other related party transactions.

THE BARKING AND DAGENHAM PROGRESS PROJECT

England & Wales - Charity number 1102465

Accounts



The Barking and Dagenham Progress Project

**Registered Company Number
04574234**

**Registered Charity Number
1102465**

**Annual Report and Financial Statements
for the Year Ended 31st March 2023**

MDCP Accountancy
The Earles
Broxhill Road
Havering-atte-Bower
Romford
RM4 1QJ

SATURDAY



A04

ACIZVH5F

23/12/2023

#451

COMPANIES HOUSE

The Barking & Dagenham Progress Project

Year ended 31 March 2023

Contents

	<u>Page</u>
Legal & administrative information	3
Report of the Trustees	4 – 10
Independent Examiner's Report on the Accounts	11
Statement of Financial Activities	12
Balance Sheet	13
Notes to the Financial Statements	14 - 19

The Barking & Dagenham Progress Project

Trustee's Report For the Year Ended 31st March 2023

Charity Name	The Barking and Dagenham Progress Project (working name: the Progress Project)	
Registered Charity number	1102465 (England & Wales) registered 3 rd March 2004	
Registered Company Number	4574234 (England & Wales) The Progress Project was incorporated as a company limited by guarantee on the 25 October 2002	
Principal Address	42 - 48 Parsloes Avenue, Dagenham Essex RM9 5NB Tel: (020) 8592 2020 Email: progress.project@btinternet.com	
Governing Document	Memorandum and Articles of Association	
Objects	The objects of the charity are summarised as follows: (i) To relieve the needs of disabled children and young people within England and their families, in particular but not exclusively, those who are resident in the London Borough of Barking and Dagenham and adjoining areas or such other area as the company may from time to time determine by providing or encouraging the provision of resources and services which will improve their opportunities and also facilitate active participation, inclusion and full integration into society. (ii) To promote and/or provide training and education as will assist disabled children & young people and their families, in pursuing an independent life, making the transition into adulthood and aiding their integration within the community generally. (iii) To promote, establish and operate other schemes of a charitable nature for the benefit of the community and groups which work with disabled children & young people and their families in the Greater London Area.	
Trustees	Elaine James Terry Miller Keith Smith Isaac Harvey Christine Laney	Treasurer Resigned 24 April 2023 Resigned 24 April 2023 Resigned 15 June 2023 Resigned 15 June 2023
Company Secretary	Mark Gerbaldi	
Key Management Personnel	Those in charge of planning, directing, controlling, running and operating the Charity, including those members of staff who are the senior management personnel to whom the trustees have delegated significant authority or responsibility in the day-to-day running of the charity, are the Trustees / Directors. Mark Gerbaldi (Company Secretary) and Nichola Fairbairn (Sports Participation Officer & Community Engagement Officer) are delegated some authority and responsibility in the day-to-day running and administration of the charity. Andy Murphy (Young People's Development Forum), Nikki Fairbairn (Sporting Futures and Stronger Together) and Simon Blewitt (International Day of Disabled People Participation Project), Company Secretary and Contractor Consultant Mark Gerbaldi (MG – Training & Consultancy), and contractor Martin Pringle (Financial Officer) (MDCP Accountancy)	
Independent Examiner	John Helm ACA Tandem Accounting Ltd 17 Heathville Road London N19 3AL	

The Barking & Dagenham Progress Project

Trustee's Report

For the Year Ended 31st March 2023

The Trustees, who are also directors of the charitable company for the purposes of Company Law, present their report with the accounts of the charitable company for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) and as amended by Update Bulletin 1 (effective 1 January 2016) and Update Bulletin 2 (effective 1 January 2019). The legal and administrative information set out earlier in this document forms part of this report.

Structure, Governance & Management

Method of Appointment / Election of Trustees

The Trustees, who are also Company Directors, are appointed at the Annual General Meeting by members of the company / charity, for a period lasting up to 3 years. Additionally, new Trustees may be appointed by the existing Trustees during the year up to a maximum of nine.

Induction and Training of New Trustees

New Trustees undergo an orientation course to brief them on the legal obligations under charity and company laws and the content of the Memorandum & Articles of Association of the charity. The Board's decision-making process, the Business Plan and financial performance together with Health & Safety regulations are all covered in the induction and, furthermore, Trustees are encouraged to attend appropriate external training events and activities to support the role they are performing.

Risk Management

The Trustees actively review the major risks associated with the activities of the charity on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of key financial controls, will provide sufficient resources in the event of adverse conditions.

Public Benefit

In planning the activities for the year, we kept in mind the Charity Commissions' guidance on public benefit. The focus of the activities of the project covers three main spheres to benefit the London Borough of Barking and Dagenham, which suffers from lack of resources, when working with disabled children, young people and their parents/ carers:-

- (1) Disabled children and young people are able to access the same opportunities for activities and services as those children who do not have disabilities.
- (2) Local and newly established organisations, which aim to provide services to disabled children and young people, have the resources that will enable them to conduct their programs effectively.
- (3) The London Borough of Barking and Dagenham have a strong and effective voluntary sector catering for disabled children and young people.

Achievements & Performance:

The Progress Project delivered 3 x main programmes during the reporting period 2022 - 23, which benefited from full funding from:

- National Lottery Community Fund (Reaching Communities);
- People's Health Trust;
- Postcode Society Trust; and
- L&Q Foundation Placemakers Fund.

Programmes included the following as in the reports overleaf:

The Barking & Dagenham Progress Project

Trustee's Report

For the Year Ended 31st March 2023

"Stronger Together" (Incorporating "Sporting Futures"):

"Stronger Together" is our post-COVID recovery programme which completed its first year (of a 3-year term) as funded by the National Lottery Community Fund; this programme also incorporated our successful inclusive sports programme titled "Sporting Futures" which we continued due to overwhelming demand following 5-years of funding by City Bridge Trust.

Led by our Sports Participation Officer who also adopted the role of Community Engagement Officer, Nikki Fairbairn, the project comprised a 'blend' of integrating activities including:

- 1) Club Nights: a traditional youth club activity to bring our young people back to the community post-COVID, make social connections and enjoy themselves, ready to pick up their lives after the trauma of the pandemic.
- 2) Girls' Club: we recognised through our work that disabled girls were less likely to participate in sports and leisure activities; therefore, we set up a girl's club within the charity, which very quickly grew in numbers.
- 3) Physical Activity & Sports: we continued our sports inclusive programme including:
 - (i) Multi-sports every Thursday;
 - (ii) Swimming club every Tuesday: this programme, led by Paralympic World Record Holder Brock Whiston, has gone from strength to strength and has grown from the original six young people to now supporting more than 20 young people (60% male/40% female) to swim and be water confident;
 - (iii) Adapted cycling every weekend;
 - (iv) Girls' football at the weekend and evening training sessions;
 - (v) Trips and events e.g. Panto, Theatre, Bowling etc. all with educational aims as with all our activities;
 - (vi) User-led projects: we deliver a series of short projects throughout the year as planned and suggested by our young people; these included:
 - The Treasured Memories six-week project between June and September;
 - We hosted an African fashion show; and
 - The HVPA Big Band visited the group to offer our members a hands-on live music experience.
- 4) Volunteering & Befriending: 7-volunteers were trained and supported to assist their friends and enable all our sessions to be user-led with benefits including increased self-esteem, skills and connections with their peers as leaders.

Output:

In the first year of the new programme, 96-young people, all disabled, benefited from participation in this engaging programme of activities.

Good News Stories:

- 1) Our dedicated team of 7 disabled volunteers have supported their peers at our weekly sports activities.

One of our team members approached our Sports Participation Officer for a work experience placement to support him into paid employment and subsequently joined us for 8-hours each week for 4-months as part of his supported internship college course.

He worked with our Participation Officer to create a plan to gain, develop and learn new skills in sports and understand a working environment; furthermore, he was supported by our participation officer to

The Barking & Dagenham Progress Project

Trustee's Report

For the Year Ended 31st March 2023

complete safeguarding training, emergency first aid training, BT Playmaker by England Football course and his level 1 in coaching cycling.

Two months after completing his work experience, he secured a sports apprentice with employment and education charity Coach Core.

- 2) Girls' Club: One of our club leaders commented *"To be our girls club Ambassador means a great deal to me. The club is something I could have done with when I was younger. To be able to offer girls with disabilities somewhere to gain confidence through my guidance at the club is amazing."*

Community Projects (Incorporating the Young People's Development Forum):

Following our crisis programmes as delivered during the COVID pandemic and as we navigated the various lockdown restrictions, our main objective has been to assist young people to return safely to community based activity having set up and delivered various on-line offers during 2020 – 21 and into 2022.

Led by our Participation Officer, Andy Murphy, we delivered myriad projects, all combined, but with the same objective, which had titles such as "Back to the Community", "Stronger Together" (which was piloted and then developed into a fuller project as funded by the Lottery) and also the fulcrum of the Progress Project which remains our Young People's Development Forum (YPDF).

Our new Community Programme offered young people a blend of on-line and face-to-face activity as they became more confident, using engaging and fun sessions, which also led into our developmental programmes as we continue our work building young people's confidence, skills and abilities to engage in the community.

The programme comprised:

- 1) The Youth Forum: this crucial function has continued since 2007, driving all our strategies and activities as we uphold our key ethos to be a user-led charity which is critical when supporting disabled young people who fed back to us many years ago that they prefer to have activities delivered 'with them' as opposed to 'at them'.

Sessions became more informal this year post-COVID, meeting fortnightly at The Vibe Youth Club with a core team of 11-regular participants who lead the project, and we continue to encourage others to join; the outcomes of the project are to measure ongoing project work, suggest new ideas for activities and to discuss issues which are relevant to disabled young people with a view towards providing solutions for them.

The output from the Forum, comprises the full roster of programmes we are reporting back on herein i.e. each activity was led by the Forum which we then develop into practice.

- 2) Consultations: as with the Forum, Consultations adopted an air of informality this year as we discussed issues which were important to our young people, produced brief reports and, most importantly, acted upon recommendations and suggestions e.g. we addressed on-line safety after one of our young people had his phone hacked and was scammed out of some money – we produced ways to stay safe on-line which was extremely apposite.
- 3) Volunteer Development: ongoing recruitment of volunteers has taken our team to 15-volunteers who support our young people all year round and during every session.
- 4) Befriending: peers interact during every sessions and this support also extends into their out of project lives e.g. at school, as their social connections are developed; furthermore, some of our volunteers also participate in our other programmes e.g. our sports project.
- 5) On-Line Programme: whilst reducing our on-line offer, as we return back to the community, we still engage weekly using social media as a crucial part of our overall offer e.g. we have set up WhatsApp groups and utilise text messaging, email, Instagram, and Facebook i.e. our social media presence is growing.

The Barking & Dagenham Progress Project

Trustee's Report For the Year Ended 31st March 2023

6) Community-based activities included:

- (i) Noah's Ark Art Project: this project comprises myriad activities including building an actual 'Ark' from recycled plastic bottles, raising awareness of recycling, painting at Laura's Gallery and social activities which promote inclusion and community bonding.
- (ii) Health projects including healthy eating sessions, shopping for healthy foods and dietary advice,
- (iii) Travel training:
 - a) making a video to highlight issues facing young Autistic adults travelling on the new Elizabeth line train and general connections into central London.

Young people's quotes:

- *"The interface of the ticket machine could be made better to understand."*
- *"The signage at Liverpool street station was hard to interpret."*

Parent Quotes:

- *"Great pics, looks like another fab day out, thank you for organising."*
- b) Reviewing alternate forms of transport e.g. travelling on the Uber boat from the New Barking riverside terminal.

Young people quotes:

- *"This new uber boat is like being on a plane flying, it's awesome."*
- *"I cannot believe these museums are all free to go into!!"*

Parent Quotes:

- *"You really are doing a lot for the project and the boys, you keep them quite busy this year, thanks."*

- (iv) Heritage, History & Cultural Activity including visits to Greenwich Park & National Maritime Museum.
- (v) 6 of our young people were Invited to a VIP Breakfast at Serpentine gallery in London's Hyde Park, as a thank you for volunteering work the young people did at the Radio Ballads exhibition over the Easter Holidays.

Output:

This year, 103-young people, all disabled, benefited from participation in this community programme.

International Day of Disabled People (IDDP) "Participation Project":

The Progress Project has now led on the annual International Day of Disabled People (IDDP) event in Barking and Dagenham for the past 12-years, each with a different theme and centered on disabled community, access, and conclusion.

Previous years have included themes which have covered technology, disability history, transport and each year focuses on positives and challenging misconceptions and preconceived ideas...

... with that in mind our mantra is always 'Who says I can't'.

The Barking & Dagenham Progress Project

Trustee's Report For the Year Ended 31st March 2023

Since 2018 the project has benefitted by being funded by People's Health Trust which has enabled an activity programme to be developed around the single day annual event.

A team of volunteers and organising committee work throughout the year to deliver a main event and associated activities with the theme for IDDP 2022 being 'legacy', based on the 10-year period since the 2012 Olympics and the ensuing aftermath.

We looked at what had changed and what positive things had happened off the back of those amazing few weeks; as always, we engaged with local groups, local disabled people and a variety of guest speakers.

Engagements included:

- Working with Sporting Futures and the Young People's Development Forum [our own two key projects];
- Stall holders at the 'One Borough Festival' promoting our work and activities;
- Stall holders at the Barking Folk Festival promoting our work and activities;
- Ongoing Volunteer and Committee meetings;
- Weekly football sessions with our inclusive football team, IDDP FC;
- Engagement with Bikeworks, an organisation based at the Olympic Park that promotes and delivers inclusive cycling sessions;
- Sponsored community cycle from the Olympic Park to Barking Town Hall;
- Young people's sponsored cycle at Jim Peters stadium;
- Engagement with Parallel to support Purple Sock Day, raising money and awareness around inclusion;
- "IDDP'S Got Talent": a chance for local disabled people to showcase their talents in an inclusive and supportive environment;
- The IDDP Day Event [An in-person community event running from 11am to 8.30pm on 1st -Dec-2022] where we used a mix of speakers, performance, discussion, stallholder engagement, sports taster sessions, arts and crafts, a disco and live music from High Voltage Big Band; and
- Over 150 people attended over the course of the day.

Over the year over 60 young people benefitted from our project and activities, as well as young adults and the wider community; as always, we look to improve year on year and are looking forward to this year's activities and events which are scheduled to take place in Dec-24.

Financial Activity and Financial Position

The Statement of Financial Activities and Balance Sheet can be found on pages 12 and 13 respectively. The Charity's reserves decreased by £16,236 during the year (2021-22 – decreased by £13,891).

The balance sheet shows total net (liabilities) assets of (1,280) (2021-22: £30,754).

Included in total funds are amounts totaling £9,558 (2021-22: £15,798) which are restricted. These monies have either been raised for, and their use restricted to, specific purposes, or they comprise donations subject to donor-imposed conditions.

The Barking & Dagenham Progress Project

Trustee's Report For the Year Ended 31st March 2023

Full details of these restricted funds can be found in note 9 in the accounts together with an analysis of movements in the year.

Reserves Policy

The Trustees strives to achieve a Reserves Policy as recommended by the Charity Commission which is to have 3 months revenue funding in unrestricted / free reserves to:

- (1) protect our services against losses of funding / sustain service levels;
- (2) invest in new programmes as needs are identified by young people;
- (3) support costs which funders do not readily consider e.g. core costs; and
- (4) cover winding down costs including redundancies where appropriate.

At 31 March 2023 the charity had free reserves deficit of (£1,280) (2021-22: free reserves of £14,956) as follows:

	2022-23	2021-22
	£	£
Total reserves	8,278	30,754
Less: restricted funds	(9,558)	(15,798)
Less: unrestricted fixed assets used for the continuing work of the charity	-	-
Free reserves (deficit)	(1,280)	14,956
Free reserves requirement:	20,000	20,000

The trustees are aware of the unrestricted reserves deficit. The Project secured a significant amount of unrestricted grants from funding sources after the year end date. This is expected to recover the situation somewhat towards the free reserves requirement.

Trustees' Responsibilities Statement

The charity's Trustees are responsible for preparing the Annual Report and financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the situation of the charitable company during the period and of the incoming resources and application of resources, including the net income and expenditure, of the charitable company for the financial period.

In preparing financial statements giving a true and fair view, the Trustees should follow best practice and are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Follow applicable accounting standards, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity, and which enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Barking & Dagenham Progress Project

Trustee's Report

For the Year Ended 31st March 2023

Approval



Elaine James
Trustee

22 December 2023

The Barking & Dagenham Progress Project

Independent Examiner's Report on Accounts For the Year Ended 31st March 2023

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act').

In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



John Helm ACA
17 Heathville Road
London N19 3AL

22 December 2023

The Barking & Dagenham Progress Project

**Statement of Financial Activities
For the Year Ended 31st March 2023**

	Note	Unrestricted Funds 2022-23 £	Restricted Funds 2022-23 £	Total 2022-23 £	Unrestricted Funds 2021-22 £	Restricted Funds 2021-22 £	Total 2021-22 £
Income from:	2						
Donations and Legacies		4,146	72,549	76,695	9,821	66,246	76,067
Income from Charitable Activities		408	-	408	405	-	405
Income from other Trading Activities		314	-	314	2,263	-	2,263
Other Incoming Resources		1	-	1	2,821	-	2,821
Total Income		4,869	72,549	77,418	15,310	66,246	81,556
Expenditure on:							
Raising Funds	3	3,155	276	3,431	2,753	396	3,149
Charitable Activities	4	17,950	78,513	96,463	9,069	83,229	92,298
Total Expenditure		21,105	78,789	100,584	11,822	83,625	95,447
Net income/(expenditure)		(16,236)	(6,240)	(22,476)	3,488	(17,379)	(13,891)
Transfers							
Gross transfers between funds — in		-	-	0	-	-	0
Gross transfers between funds — out		-	-	0	-	-	0
		0	0	0	0	0	0
Net movement in funds		(16,236)	(6,240)	(23,166)	3,488	(17,379)	(13,891)
Total funds brought forward		14,956	15,798	30,754	11,468	33,177	44,645
Total funds carried forward		(1,280)	9,558	8,278	14,956	15,798	30,754

The Barking & Dagenham Progress Project

Balance Sheet As at 31st March 2023

	Note	Unrestricted Funds 2022-23 £	Restricted Funds 2022-23 £	Total 2022-23 £	Total 2021-22 £
Fixed assets					
Tangible assets	5	1,309	196	1,505	2,558
Current assets					
Debtors	6	763	-	763	766
Cash at bank and in hand	7	9,511	17,048	26,559	32,240
		10,274	17,048	27,322	33,006
Liabilities					
Creditors: amounts falling due within one year	8	12,863	7,686	20,549	4,810
Net current assets		(2,589)	9,362	6,772	28,196
Net Assets		(1,280)	9,558	8,278	30,754
Represented by Funds					
Unrestricted	10	(1,280)	-	(1,280)	14,956
Restricted	9	-	9,558	9,558	15,798
Total Funds		(1,280)	9,558	8,278	30,754

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2023.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31st March 2023 in accordance with Section 476 of the Companies Act 2006. The trustees acknowledge their responsibilities for

- ensuring that that charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as is applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

Approval

The financial statements were approved by the trustees on 22 December 2023 and signed on its behalf by

Mark Gerbaldi

Mark Gerbaldi
Company Secretary

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2023

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of Accounting

The financial statements have been prepared on an accruals basis under the historical cost convention and in accordance with the Companies Act 2006 and the requirements of Accounting and Reporting by Charities Statement of Recommended Practice 2019 [FRS 102]. They have been prepared to comply with the format and disclosure requirements of the Companies Act 2006 in order to provide a 'true and fair view'. The charity has taken advantage of the exemption from the requirement to produce a cash flow statement because it is a small charity. There has been no change to the accounting policies (valuation rules and methods of accounting) since last year. The accounting policies below have been applied consistently in dealing with the items which are considered material in relation to the charity's financial statements.

b) Public Benefit Entity

The Charity meets the definition of a public benefit entity under FRS 102.

c) Going Concern

There are no material uncertainties about the charity's ability to continue as a going concern and accordingly the accounts have been drawn up on a going concern basis.

d) Funds structure

The charity holds unrestricted and restricted funds. Unrestricted funds are spent or applied at the discretion of the trustees. The General fund is for day-to-day and regular revenue income and expenditure. Restricted funds can only be used for the purpose for which they were given or collected.

e) Income recognition

Voluntary income, grants and donations are included in incoming recognition. All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount to income receivable can be measured reliably.

f) Expenditure recognition

Expenditure is accounted for on an accruals basis and inclusive of VAT which is irrecoverable. It has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to headings, they have been allocated to activities on a basis consistent with the use of resources. Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the Charity to that expenditure, it is probable that settlement will be required, and the amount of the obligation can be measured or estimated reliably.

g) Tangible fixed assets

Depreciation is provided on office equipment at an annual rate of 25%, and on sports and other equipment at an annual rate of 33.3% in order to write off each asset over its estimated useful life.

h) Taxation

The charity is exempt from corporation tax on its charitable activities, but not from VAT. Irrecoverable VAT is included within the cost of those items to which it relates.

i) Debtors including income accruals and deferred expenditure

Debtors are measured at their recoverable amounts i.e., the amount the charity anticipates it will receive from a debt owed to the charity but not received during the accounting period.

j) Creditors including expenditure accruals

Liabilities are recognised for the amount that the charity anticipates it will pay to settle a debt or the amount it has received as an advance payment for services. The term accruals are used for services which the charity is liable for but has not been invoiced or paid for during the accounting period.

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2023

2 Income

	Unrestricted Funds 2022-23 £	Restricted Funds 2022-23 £	Total 2022-23 £	Total 2021-22 £
Donations & Legacies				
Donations	134	-	134	65
Grants (see note 2a below)	4,012	72,549	76,561	76,002
	4,146	72,549	76,695	76,067
Income from Charitable Activities				
Invoiced Income	408	-	408	405
Income from other Trading Activities				
Fund Raising Events	314	-	314	2,263
Other Incoming Resources				
Other Income	1	-	1	2,821
Total Income	4,869	72,549	77,418	81,556

2a Grants

	Unrestricted Funds 2022-23 £	Restricted Funds 2022-23 £	Total 2022-23 £	Total 2021-22 £
City Bridge Trust – Sporting Futures	1,237	7,012	8,249	33,000
Cherry Family Foundation	-	7,715	7,715	-
People's Health Trust	-	12,530	12,530	6,000
Jack Petchey Foundation – Volunteer Challenge	-	-	0	1,889
L&Q Placemakers	796	15,115	15,911	7,955
London Community Foundation	1,979	30,177	32,156	7,021
Postcode Society Trust	-	-	0	19,637
B&D Equality and Diversity Community	-	-	0	500
	4,012	72,549	76,561	76,002

3 Expenditure – Cost of raising funds

	Unrestricted Funds 2022-23 £	Restricted Funds 2022-23 £	Total 2022-23 £	Total 2021-22 £
Consultancy Fees	3,000	-	3,000	2667
Advertising and publicity	155	276	431	482
	3,155	276	3,431	3,149

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2023

4 Expenditure - Charitable Activities

	Unrestricted Funds 2022-23 £	Restricted Funds 2022-23 £	Total 2022-23 £	Total 2021-22 £
Staff costs				
Wages and salaries	-	46,426	46,426	46,588
Social security costs	-	3,415	3,415	3,453
Employment Allowance	(3,415)	-	(3,415)	(3,453)
Pension contributions	-	872	872	926
Staff Expenses	109	1,862	1,971	1,073
Training	-	394	394	763
	(3,306)	52,969	49,663	49,350
Activities/programme delivery				
Hire of venues/halls	251	3,262	3,513	990
Activities expenses	1,150	13,022	14,172	18,952
Resources and equipment	838	297	1,135	1,266
Training & Programme Consumables	-	2,293	2,293	1,634
Volunteer costs	74	2,002	2,076	3,444
Entertainment & prizes (IDDP)	225	133	358	831
Sessional Budget	567	2,151	2,718	791
Accessible Transport	-	91	91	40
Refreshments/Hospitality	14	707	721	734
Evaluation Expenses	-	-	0	700
	3,119	23,958	27,077	29,382
Office costs				
Insurance	656	-	656	643
Rent	5,500	-	5,500	40
General running expenses	152	161	313	635
Depreciation	-	1,053	1,053	1,301
Subscriptions & Memberships	145	372	517	3,870
Miscellaneous Professional	3,846	-	3,846	86
Bank Charges	-	-	0	0
Sundries	363	-	363	107
	10,662	1,586	12,248	6,682
Governance				
Accountancy	475	-	475	550
Independent Examination	1,000	-	1,000	1,000
Consultancy	6,000	-	6,000	5,334
	7,475	-	7,475	6,884
Total Charitable Activities	17,950	78,513	96,463	92,298

No employees received emoluments in excess of £60,000. There was no trustee remuneration.

	2022-23	2021-22
The average number of employees during the year was:	10	7

The two participation officers were automatically enrolled for a statutory workplace pension in January 2018 in the NEST scheme. Both made contributions at the minimum rate for tax year 2022-23 of 3% of qualifying earnings between April 2022 and March 2023.

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2023

There were no trustees' expenses paid for the year ended 31 March 2023 or for the year ended 31 March 2022.

5 Tangible Fixed Assets

	Office Equipment £	Sports & Other Equipment £	Total £
Cost/valuation			
At 1 April 2022	4,372	1,307	5,679
Revaluation	-	-	-
Additions	-	-	-
Disposals	-	-	-
At 31 March 2023	4,372	1,307	5,679
Depreciation			
At 1 April 2022	2,207	914	3,121
Charge for year	856	197	1,053
Disposals	-	-	-
At 31 March 2023	3,063	1,111	4,174
Net Book Value			
At 31 March 2023	1,309	196	1,505
At 31 March 2022	2,165	393	2,558

The fixed assets are office equipment, media and sporting equipment used for charitable purposes.

6 Debtors

	2022-23 £	2021-22 £
Prepayments	690	766
Sundry Debtors	73	
	763	766

7 Cash at Bank and in Hand

	2022-23 £	2021-22 £
Metro Current	26,356	13,939
Petty Cash General	197	180
Petty Cash IDDP	6	121
	26,559	32,240

8 Creditors – Amounts falling due within 1 year

	2022-23 £	2021-22 £
Trade Creditors	(20)	352
Wages & Pension Creditors	717	690
Tax Creditors	-	(128)
Accruals & Deferred Income	19,852	3,896
	20,549	4,810

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2023

9 Restricted Funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
City Bridge Trust – Sporting Futures	4,689	7,013	(11,702)	-	0
People's Health Trust – IDDP Participation Project	(3,016)	12,530	(8,687)	-	827
National Lottery - Crisis Response Development Programme	2,928	-	(988)	-	1,940
London Community Foundation – Cycling	4,301	-	(4,301)	-	0
L&Q Placemakers – Stronger Together	(320)	15,114	(14,794)	-	0
Postcode Society Trust – Back to the Community	7,216	-	(7,216)	-	0
National Lottery – Stronger Together	-	30,177	(30,176)	-	1
Cherry Family Foundation	-	7,715	(925)	-	6,790
	15,798	72,549	(78,789)	0	9,558

9a Comparatives for Restricted Funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
City Bridge Trust – Sporting Futures	8,343	28,473	(32,128)	-	4,689
People's Health Trust – IDDP Participation Project	4,387	6,000	(13,403)	-	(3,106)
Jack Petchey Foundation – Volunteer Challenge	7,531	1,889	(9,420)	-	0
National Lottery - Crisis Response Development Programme	3,916	-	(988)	-	2,928
London Community Foundation – Healthy Lives	9,000	-	(9,000)	-	0
London Community Foundation – Cycling	-	16,021	(1,720)	-	4,301
L&Q Placemakers – Stronger Together	-	7,557	(7,877)	-	(320)
Postcode Society Trust – Back to the Community	-	16,306	(9,090)	-	7,216
	33,177	66,246	(83,625)	0	15,798

There were eight funds / funders for our projects running through 2022-23:

City Bridge Trust funded Sporting Futures.

People's Health Trust funded the full IDDP programme.

National Lottery Crisis Response funded our COVID response programme.

London Community Foundation funded the 'On Your Bike' cycling programme.

L&Q Placemakers funded "Stronger Together" project.

Postcode Society Trust funded "Back to the Community" project.

National Lottery Community Fund funded Back to the Community programme.

Cherry Family Foundation began funding on 1/3/2023 various sports programmes including swimming, girls football, cricket, cycling and multi sports. Next year it will mainly concentrate on the swimming programme.

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2023

10 Unrestricted Funds

	At 1 April 2022	Income	Expenditure	Transfers	At 31 March 2023
	£	£	£	£	£
Community Fund Raising & Small Grants	7,812	314	(3,155)	-	4,971
Other	7,144	4,555	(17,950)	-	(6,251)
	14,956	4,869	(21,105)	0	(1,280)

10a Comparatives for Unrestricted Funds

	At 1 April 2020	Income	Expenditure	Transfers	At 31 March 2022
	£	£	£	£	£
Community Fund Raising & Small Grants	5,095	2,762	(45)	-	7,812
Other	6,373	12,548	(11,777)	-	7,144
	11,468	15,310	(11,822)	0	14,956

11 Related Party Transactions

There were no related party transactions.

12 Status

The organisation is a charitable company limited by guarantee. The company was established under a Memorandum of Association which establishes the object and powers of the charitable company and is governed under its Articles of Association.

THE BARKING AND DAGENHAM PROGRESS PROJECT

England & Wales - Charity number 1102465

Accounts

The Barking and Dagenham Progress Project

**Registered Company Number
04574234**

**Registered Charity Number
1102465**

**Annual Report and Financial Statements
for the Year Ended 31st March 2022**

MDCP Accountancy
The Earles
Broxhill Road
Havering-atte-Bower
Romford
RM4 1QJ

The Barking & Dagenham Progress Project

Year ended 31 March 2022

Contents

	<u>Page</u>
Legal & administrative information	3
Report of the Trustees	4 – 9
Independent Examiner's Report on the Accounts	10
Statement of Financial Activities	11
Balance Sheet	12
Notes to the Financial Statements	13 – 18

The Barking & Dagenham Progress Project

Trustee's Report For the Year Ended 31st March 2022

Charity Name	The Barking and Dagenham Progress Project (working name: the Progress Project)
Registered Charity number	1102465 (England & Wales) registered 3 rd March 2004
Registered Company Number	4574234 (England & Wales) The Progress Project was incorporated as a company limited by guarantee on the 25 October 2002
Principal Address	42 - 48 Parsloes Avenue Dagenham Essex RM9 5NB Tel: (020) 8592 2020 Email: progress.project@btinternet.com
Governing Document	Memorandum and Articles of Association
Objects	The objects of the charity are summarised as follows: (i) To relieve the needs of disabled children and young people within England and their families, in particular but not exclusively, those who are resident in the London Borough of Barking and Dagenham and adjoining areas or such other area as the company may from time to time determine by providing or encouraging the provision of resources and services which will improve their opportunities and also facilitate active participation, inclusion and full integration into society. (ii) To promote and/or provide training and education as will assist disabled children & young people and their families, in pursuing an independent life, making the transition into adulthood and aiding their integration within the community generally. (iii) To promote, establish and operate other schemes of a charitable nature for the benefit of the community and groups which work with disabled children & young people and their families in the Greater London Area.
Trustees	Keith Smith (Chair): Appointed 23-Feb-2018 Elaine James (Treasurer) Appointed 27-May-2015 Terry Miller: Appointed 01-Apr-2017 Christine Laney: Appointed 10-Apr-2017 Isaac Harvey: Appointed 25-Mar-2021
Company Secretary	Mark Gerbaldi: Date Appointed 25-Oct-2002
Key Management Personnel	Those in charge of planning, directing, controlling, running and operating the Charity, including those members of staff who are the senior management personnel to whom the trustees have delegated significant authority or responsibility in the day-to-day running of the charity, are the trustees. Mark Gerbaldi (Company Secretary) and Nichola Fairbairn (Participation Officer: Various Projects) are delegated some authority and responsibility in the day-to-day running and administration of the charity. Andy Murphy (Forum), Nikki Fairbairn (Sporting Futures, Stronger Together, Adapted Cycling) and Simon Blewitt (Independence Day for Disable People), company secretary and contractor consultant Mark Gerbaldi (MG Consultancy), and contractor Martin Pringle (Financial Officer) (MDCP Accountancy)
Independent Examiner	John Helm ACA Tandem Accounting Ltd 17 Heathville Road London N19 3AL

The Barking & Dagenham Progress Project

Trustee's Report For the Year Ended 31st March 2022

The Trustees, who are also directors of the charitable company for the purposes of Company Law, present their report with the accounts of the charitable company for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) and as amended by Update Bulletin 1 (effective 1 January 2016) and Update Bulletin 2 (effective 1 January 2019). The legal and administrative information set out earlier in this document forms part of this report.

Structure, Governance & Management

Method of Appointment / Election of Trustees

The Trustees, who are also Company Directors, are appointed at the Annual General Meeting by members of the company / charity, for a period lasting up to 3 years. Additionally, new Trustees may be appointed by the existing Trustees during the year up to a maximum of nine.

Induction and Training of New Trustees

New Trustees undergo an orientation course to brief them on the legal obligations under charity and company laws and the content of the Memorandum & Articles of Association of the charity. The Board's decision-making process, the Business Plan and financial performance together with Health & Safety regulations are all covered in the induction and, furthermore, Trustees are encouraged to attend appropriate external training events and activities to support the role they are performing.

Risk Management

The Trustees actively review the major risks associated with the activities of the charity on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of key financial controls, will provide sufficient resources in the event of adverse conditions.

Public Benefit

In planning the activities for the year, we kept in mind the Charity Commissions' guidance on public benefit. The focus of the activities of the project covers three main spheres to benefit the London Borough of Barking and Dagenham, which suffers from lack of resources, when working with disabled children, young people and their parents / carers:-

- (1) Disabled children and young people are able to access the same opportunities for activities and services as those children who do not have disabilities.
- (2) Local and newly established organisations, which aim to provide services to disabled children and young people, have the resources that will enable them to conduct their programs effectively
- (3) The London Borough of Barking and Dagenham have a strong and effective voluntary sector catering for disabled children and young people.

Achievements & Performance:

The Progress Project delivered 3 x main programmes during the reporting period 2021 - 22, which benefited from full funding from City Bridge Trust, People's Health Trust and new grants from the Postcode Society Trust and L&Q Foundation Placemakers Fund; these included the following:-

1) The Young People's Development Forum (YPDF):

The Forum continued to meet monthly and deliver a range of fun and developmental activities including youth club-style initiatives and supported volunteering.

The Barking & Dagenham Progress Project

Trustee's Report For the Year Ended 31st March 2022

However, the Forum programme changed mid-year in that we launched 2 x new initiatives under its main heading which we titled "*Back to the Community*" and "*Stronger Together*" to mark our return post-COVID as we encouraged our young people '*back to the community*'.

We saw a new staff member take over from Matt Dyde who previously led the programme; Andy Murphy made immediate impact from October, with a fresh approach encouraging young people to 'get involved' with activities including:

- (i) Sports sessions, connecting with our "Sporting Futures" sessions to further open opportunities for those young people returning to the community after a long lockdown e.g. multi sports, football and swimming,
- (ii) The Forum: we developed Forum meetings at The Vibe and increased attendance to 18-young people on average, including adding an on-line offer via 'Zoom',
- (iii) Fun Activities included:
 - a 'Pizza Christmas Party' with 10-young people present and 1 via Zoom which the group planned as part of their organisational development training,
 - 11 YP met up at the Liberty Bell Restaurant to discuss a 'healthy lives' project and incorporated their ideas into shopping and cooking sessions we delivered at the 'Future Youth Zone' centre.
 - 'Daggers Diversity Day': 21 young people + 5 siblings were supported to access a 'Boccia' session and attended a number of football matches throughout the year,
 - 5 young people were supported to access the 'Valance Library Becontree Treasured memories' initiative as co-ordinated by Positive Change Consultancy,
 - Hollywood Bowl in Dagenham: this is a regular activity whereby our group organizes and plays games of bowling to learn how to plan activities and for fun / team building,
 - A particularly well-received activity was in formulating an article about Serpentine Gallery Volunteering for the 'Dagenham Post' newspaper,
- (iv) Research & Consultation: what continued communications with young people to find out their views and engage them in project planning, development and measurement [for which training is provided]

We found out that, above everything else, young people are desperate to get back out in the community and socialise, and keen to participate in activities ranging from youth club to joining a library, through sports and leisure sessions / projects.
- (v) Supported Volunteering: we continue to support our young people to volunteer and support their peers with a particular achievement being presentations of Autism Certificates for 6 of our young people,

More than 100-young people benefited through our programme over the year, seeing a successful return from the COVID Pandemic and ensuing lockdowns which we planned to continue as we progressed into 2022 – 23.

2) "Sporting Futures":

Key points from Apr '21 – Mar 22 operations include: -

"Sporting Futures" is our innovative sports programme, the first in the borough to facilitate equal access to sports activity for local children & young people with disabilities.

The Barking & Dagenham Progress Project

Trustee's Report For the Year Ended 31st March 2022

We couldn't be prouder of what we have achieved as we reflect on the skills gained, **increased confidence**, new meaningful friendships formed, and decreased isolation through **greater connections in the community**.

Disabled people were disproportionately affected by COVID-19 with low activity levels, and our project mattered now more than ever.

In the last year of the programme, we ran three weekly and regular extra-curricular activities, attracting 89 children / young people with disabilities and a further 25 siblings/friends.

- (i) Inclusive Multi-Sports (weekly): sports / activities offered each week cater for all tastes and abilities. Staff and volunteers encourage the children/young adults to make friends, interact with their peers and participate in small group games led by staff and members.

Members share ideas to shape their programme of activities to provide autonomy. Our regular weekly multi-sports included free play, cricket, basketball, football, dance, volleyball, rounders, self-defence, tennis, tag rugby, athletics, and dodgeball.

- (ii) Swim Programme (weekly): since starting our swim programme in September with 6-young people, we more than doubled our group to 14; during the first term, 4-young people were awarded Swim England certifications.
- (iii) IDDP FC (weekly): regular weekly training for our football team with quality training from a qualified coach: we welcomed 3-new members to the group of 17.
- (iv) Adapted Cycling Sessions (semi-monthly): we ran cycling sessions twice monthly, working with a local partner who provided expert coaching and adaptive bikes: our last session of the year in October was a sponsored cycle where 21-young people with disabilities, cheered on by their families and friends, completed 500 laps of the stadium track, a massive 125 miles!
- (v) Partnership with Essex Cricket in the Community: Young people from our multi-sports represented Barking & Dagenham in Cricket Tournaments at Leyton, playing matches against Redbridge, Newham, and Bexley.
- (vi) Healthy Lives Consultation/Workshops: consultation was conducted in May with a representative group of 8-young people contributing.
- (vii) Summer Sports & Family Fun Day: held during the Summer, introducing young people with disabilities to sports, arts, and craft e.g., making paper flowers and adding to a community poetry tree: 23-young people with disabilities attended, along with family members, friends, and support workers
- (viii) Girls only self-defence classes: aimed to instil knowledge and confidence, and through a combination of simple techniques and movements, learn how to escape a dangerous situation [11-attendeess].
- (ix) Dagenham & Redbridge F.C. Diversity Day: In January 2022, our members celebrated Diversity Day at Dagenham & Redbridge F.C., where we hosted our biggest group at a live sporting event, forty-five people, of which 21 were young people with disabilities. Our volunteers ran a boccia session for our members and the public for two hours as part of the pre-match activities at their Diversity Day.
- (x) Sports Leadership: 10 disabled young people supported the programme as sports leaders gaining crucial skills and experience which, as well as being purely developmental, enables improved employability by gaining real work experience.

The Barking & Dagenham Progress Project

Trustee's Report

For the Year Ended 31st March 2022

- (xi) **Volunteers & Training:** Seven [7] volunteers were trained and supported to assist their friends and enable the sessions to be user-led. Four volunteers attended an MHFA England Mental Health First Aid Champions course to give them the knowledge and confidence to advocate for mental health awareness, the ability to spot signs of mental ill health and the skills to support positive well-being.

3) International Day of Disabled People (IDDP) "Participation Project":

The Progress Project has led on the annual IDDP for the past 10-years, each with a different theme and has benefited since 2018, by being funded by People's Health Trust which has enabled a complete project to be developed around the single day annual event.

After a challenging period during the Pandemic where our activities and engagements were restricted, and our main event had to be held online, we were dealt a devastating blow when our event Chairperson, Neal Crowley, was diagnosed with Cancer.

Despite this, he was resolute, and we had high hopes for both his recovery, and for the funding period April 2021 to March 2022.

It is always our intention to do more and be bigger and better than the previous year, and planning began for our most ambitious main event to date; given the tough times people had experienced it was vitally important to raise people's spirits and celebrate being back together in person.

With our team of volunteers, we met weekly, working on the theme 'Past, Present, Future?' looking back over 100 years of Disability history and imagining what was to come.

We engaged with Valance House Museum and their archives and disability campaigners to provide insight and an overview of life as a disabled person over the years.

Neal was involved in the planning of the event up until his untimely passing in the September, which was a devastating blow, but collectively we resolved to celebrate as always, particularly to mark his memory and achievements.

We are proud of the programme of engagement that we delivered, which included:-

- (i) Weekly planning and activity meetings held both online and in person
- (ii) Volunteers supporting local youth groups and other Progress Project activities working with disabled children and young people
- (iii) Stallholders at the Summer of Festivals One Borough Day, where we engaged with attendees and promoted the project and wider work of the Progress Project.
- (iv) Working with Studio 3 Arts to produce a short film 'Dr What?': a time travelling adventure short film covering the period from the 1920s to the present day; this premiered at the main event and is due to be entered into a local film awards.
- (v) IDDP FC- Weekly football training sessions for our inclusive football team; when remaining COVID restrictions were applied we maintained contact setting challenges and training drills that participants could action individually
- (vi) Sponsored Cycle [A fundraising sponsored cycle from London Stadium to Barking & Dagenham Town Hall where adult participants used adapted bicycles] raising money to support activities and awareness of our work

The Barking & Dagenham Progress Project

Trustee's Report

For the Year Ended 31st March 2022

- (vii) Children & Young Peoples Cycling Event [A fun cycling event for disabled children and young people in Mayesbrook Park, Barking, where participants used adapted bicycles] raising money to support our activities and awareness
- (viii) IDDP Day [An in-person community event running from 11am to 8.30pm on 2-Dec-2021] where we used a mix of speakers, performance, discussion, stallholder engagement, sports taster sessions, arts and crafts, a disco and live music from High Voltage Big Band. Over 200 people attended over the course of the day

Outputs: over the year, 46-young people benefited from the project, attending regular activities and a further 27 engaged with at least one event [total of 73 young people] which also includes social-media engagements.

Financial Review

The charity's main sources of funding are grants from outside organisations.

Financial Activity and Financial Position

The Statement of Financial Activities and Balance Sheet can be found on pages 11 and 12 respectively. The Charity's reserves decreased by £13,891 during the year (2020-21 – increased by £24,300).

The balance sheet shows total net assets of £30,754 (2020-21: £44,645).

Included in total funds are amounts totaling £15,798 (2020-21: £33,177) which are restricted. These monies have either been raised for, and their use restricted to, specific purposes, or they comprise donations subject to donor-imposed conditions.

Full details of these restricted funds can be found in note 9 to the accounts together with an analysis of movements in the year.

Reserves Policy

The Trustees strives to achieve a Reserves Policy as recommended by the Charity Commission which is to have 3 months revenue funding in unrestricted / free reserves to:

- (1) protect our services against losses of funding / sustain service levels
- (2) invest in new programmes as needs are identified by young people
- (3) support costs which funders do not readily consider e.g. core costs
- (4) cover winding down costs including redundancies where appropriate.

At 31 March 2022 the charity had net free reserves of £14,956 (2020-21: £11,069) as follows:

	2021-22 £	2020-21 £
Total reserves	30,754	44,645
Less: restricted funds	(15,798)	(33,177)
Less: unrestricted fixed assets used for the continuing work of the charity	-	(399)
Free reserves	14,956	11,069
Free reserves requirement:	20,000	20,000

Whilst free reserves show an improvement on the previous year, the trustees are aware that the free reserves requirement continues to be in excess of the free reserves. This will be closely monitored by the trustees during 2022-23.

The Barking & Dagenham Progress Project

Trustee's Report For the Year Ended 31st March 2022

Trustees' Responsibilities Statement

The charity's Trustees are responsible for preparing the Annual Report and financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the situation of the charitable company during the period and of the incoming resources and application of resources, including the net income and expenditure, of the charitable company for the financial period.

In preparing financial statements giving a true and fair view, the Trustees should follow best practice and are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Follow applicable accounting standards, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity, and which enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval



**Keith Smith
Trustee & Chair**

27 January 2023

The Barking & Dagenham Progress Project

Independent Examiner's Report on Accounts For the Year Ended 31st March 2022

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022 which are set out on pages 11-18.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act').

In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



John Helm ACA
17 Heathville Road
London N19 3AL

27 January 2023

The Barking & Dagenham Progress Project

Statement of Financial Activities For the Year Ended 31st March 2022

	Note	Unrestricted Funds 2021-22 £	Restricted Funds 2021-22 £	Total 2021-22 £	Unrestricted Funds 2020-21 £	Restricted Funds 2020-21 £	Total 2020-21 £
Income from:							
Donations and Legacies	2	9,821	66,246	76,067	28,239	69,812	98,051
Other trading activities		5,489	-	5,489	700	-	700
Total Income		15,310	66,246	81,556	28,939	69,812	98,751
Expenditure on:							
Raising Funds	3	2,753	396	3,149	2,457	1,329	3,786
Charitable Activities	4	9,069	83,229	92,298	22,619	48,046	70,665
Total Expenditure		11,822	83,625	95,447	25,076	49,375	74,451
Net income/(expenditure)		3,488	(17,379)	(13,891)	3,863	20,437	24,300
Transfers							
Gross transfers between funds — in		-	-	-	-	-	-
Gross transfers between funds — out		-	-	-	-	-	-
Net movement in funds		3,488	(17,379)	(13,891)	3,863	20,437	24,300
Total funds brought forward		11,468	33,177	44,645	7,605	12,740	20,345
Total funds carried forward		14,956	15,798	30,754	11,468	33,177	44,645

The Barking & Dagenham Progress Project

Balance Sheet As at 31st March 2022

	Note	Unrestricted Funds 2021-22 £	Restricted Funds 2021-22 £	Total 2021-22 £	Total 2020-21 £
Fixed assets					
Tangible assets	5	-	2,558	2,558	3,859
Current assets					
Debtors	6	656	110	766	643
Cash at bank and in hand	7	10,045	22,195	32,240	53,518
		10,701	22,305	33,006	54,161
Liabilities					
Creditors: amounts falling due within one year	8	(4,255)	9,065	4,810	13,375
Net current assets		14,956	13,240	28,196	40,786
Net Assets		14,956	15,798	30,754	44,645
Represented by Funds					
Unrestricted	10	14,956	-	14,956	11,468
Restricted	9	-	15,798	15,798	33,177
Total Funds		14,956	15,798	30,754	44,645

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2022.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31st March 2022 in accordance with Section 476 of the Companies Act 2006. The trustees acknowledge their responsibilities for

- ensuring that that charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as is applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

Approval

The financial statements were approved by the trustees on 27 January 2023 and signed on its behalf by



Terry Miller
Trustee

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2022

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of Accounting

The financial statements have been prepared on an accruals basis under the historical cost convention and in accordance with the Companies Act 2006 and the requirements of Accounting and Reporting by Charities Statement of Recommended Practice 2019 [FRS 102]. They have been prepared to comply with the format and disclosure requirements of the Companies Act 2006 in order to provide a 'true and fair view'. The charity has taken advantage of the exemption from the requirement to produce a cash flow statement because it is a small charity. There has been no change to the accounting policies (valuation rules and methods of accounting) since last year. The accounting policies below have been applied consistently in dealing with the items which are considered material in relation to the charity's financial statements.

b) Public Benefit Entity

The Charity meets the definition of a public benefit entity under FRS 102.

c) Going Concern

There are no material uncertainties about the charity's ability to continue as a going concern and accordingly the accounts have been drawn up on a going concern basis.

d) Funds structure

The charity holds unrestricted and restricted funds. Unrestricted funds are spent or applied at the discretion of the trustees. The General fund is for day-to-day and regular revenue income and expenditure. Restricted funds can only be used for the purpose for which they were given or collected.

e) Income recognition

Voluntary income, grants and donations are included in incoming recognition. All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount to income receivable can be measured reliably.

f) Expenditure recognition

Expenditure is accounted for on an accruals basis and inclusive of VAT which is irrecoverable. It has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to headings, they have been allocated to activities on a basis consistent with the use of resources. Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the Charity to that expenditure, it is probable that settlement will be required, and the amount of the obligation can be measured or estimated reliably.

g) Tangible fixed assets

Depreciation is provided on office equipment at an annual rate of 25%, and on sports and other equipment at an annual rate of 33.3% in order to write off each asset over its estimated useful life.

h) Taxation

The charity is exempt from corporation tax on its charitable activities, but not from VAT. Irrecoverable VAT is included within the cost of those items to which it relates.

i) Debtors including income accruals and deferred expenditure

Debtors are measured at their recoverable amounts i.e., the amount the charity anticipates it will receive from a debt owed to the charity but not received during the accounting period.

j) Creditors including expenditure accruals

Liabilities are recognised for the amount that the charity anticipates it will pay to settle a debt or the amount it has received as an advance payment for services. The term accruals are used for services which the charity is liable for but has not been invoiced or paid for during the accounting period.

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2022

2 Income

	Unrestricted Funds 2021-22 £	Restricted Funds 2021-22 £	Total 2021-22 £	Total 2020-21 £
Donations & Legacies				
Donations	65	-	65	2,035
Grants (see note 2a below)	9,756	66,246	76,002	96,016
	9,821	66,246	76,067	98,051
Other trading activities				
Fundraising events	2,263	-	2,263	700
Invoiced Income	405	-	405	-
Other Income	2,821	-	2,821	-
	5,489	-	5,489	700
Total Income	15,310	66,246	81,556	98,751

2a Grants

	Unrestricted Funds 2021-22 £	Restricted Funds 2021-22 £	Total 2021-22 £	Total 2020-21 £
City Bridge Trust – Sporting Futures	4,527	28,473	33,000	24,750
City Bridge Trust – Special	-	-	-	9,500
People's Health Trust	-	6,000	6,000	8,930
Jack Petchey Foundation – Volunteer Challenge	-	1,889	1,889	-
Big Lottery - Covid Emergency Response	-	-	-	30,682
London Community Foundation - Provident Social Impact	-	-	-	10,000
HMRC Covid-19 Job Retention Grant	-	-	-	12,154
L&Q Placemakers	398	7,557	7,955	-
London Community Foundation	1,000	6,021	7,021	-
Postcode Society Trust	3,331	16,306	19,637	-
B&D Equality and Diversity Community	500	-	500	-
	9,756	66,246	76,002	96,016

3 Expenditure – Cost of raising funds

	Unrestricted Funds 2021-22 £	Restricted Funds 2021-22 £	Total 2021-22 £	Total 2020-21 £
Consultancy Fees	2667	-	2667	3,534
Advertising and publicity	86	396	482	252
	2,753	396	3,149	3,786

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2022

4 Expenditure - Charitable Activities

	Unrestricted Funds 2021-22 £	Restricted Funds 2021-22 £	Total 2021-22 £	Total 2020-21 £
Staff costs				
Wages and salaries	668	45,920	46,588	44,814
Social security costs	-	3,453	3,453	3,014
Employment Allowance	(3,453)	-	(3,453)	(3,014)
Pension contributions	-	926	926	808
Staff Expenses	6	1,067	1,073	209
Training	-	763	763	289
	(2,779)	52,129	49,350	46,120
Activities/programme delivery				
Hire of venues/halls	-	990	990	60
Activities expenses	145	18,807	18,952	5,925
Resources and equipment	-	1,266	1,266	1,074
Training & Programme Consumables	-	1,634	1,634	-
Volunteer costs	6	3,438	3,444	81
Entertainment & prizes (IDDP)	-	831	831	50
Sessional Budget	-	791	791	-
Accessible Transport	-	40	40	-
Refreshments/Hospitality	45	689	734	-
Evaluation Expenses	-	700	700	-
	196	29,186	29,382	7,190
Office costs				
Insurance	643	-	643	577
Rent	-	40	40	5,700
General running expenses	310	325	635	695
Depreciation	42	1,259	1,301	918
Miscellaneous Professional	3,773	97	3,870	3,347
Bank Charges	86	-	86	-
Sundries	(86)	193	107	291
	4,768	1,914	6,682	11,528
Governance				
Accountancy	550	-	550	450
Independent Examination	1,000	-	1,000	910
Consultancy	5,334	-	5,334	4,467
	6,884	-	6,884	5,827
Total Charitable Activities	9,069	83,229	92,298	70,665

No employees received emoluments in excess of £60,000. There was no key management personnel remuneration.

The average number of employees during the year was:

2021-22	2020-21
7	4

The two participation officers were automatically enrolled for a statutory workplace pension in January 2018 in the NEST scheme. Both made contributions at the minimum rate for tax year 2021-22 of 3% of qualifying earnings between April 2020 and March 2021.

There were no trustees' expenses paid for the year ended 31 March 2022 or for the year ended 31 March 2021.

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2022

5 Tangible Fixed Assets

	Office Equipment	Sports & Other Equipment	Total
	£	£	£
Cost/valuation			
At 1 April 2021	4,372	1,307	5,679
Revaluation	-	-	-
Additions	-	-	-
Disposals	-	-	-
At 31 March 2022	4,372	1,307	5,679
Depreciation			
At 1 April 2021	1,315	505	1,820
Charge for year	892	409	1,301
Disposals	-	-	-
At 31 March 2022	2,207	914	3,121
Net Book Value			
At 31 March 2022	2,165	393	2,558
At 31 March 2021	3,057	802	3,859

The fixed assets are office equipment, media and sporting equipment used for charitable purposes.

6 Debtors

	2021-22	2020-21
	£	£
Prepayments	766	643
	766	643

7 Cash at Bank and in Hand

	2021-22	2020-21
	£	£
Metro Current	13,939	26,037
Barclays Current	-	27,103
Petty Cash General	180	145
Petty Cash IDDP	121	233
	32,240	53,518

8 Creditors – Amounts falling due within 1 year

	2021-22	2020-21
	£	£
Trade Creditors	352	2,970
Wages & Pension Creditors	690	161
Tax Creditors	(128)	-
Accruals	3,896	10,244
Advance Receipts	-	-
	4,810	13,375

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2022

9 Restricted Funds

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
City Bridge Trust – Sporting Futures	8,343	28,473	(32,128)	-	4,689
People's Health Trust – IDDP Participation Project	4,387	6,000	(13,403)	-	(3,106)
Jack Petchey Foundation – Volunteer Challenge	7,531	1,889	(9,420)	-	-
National Lottery - Crisis Response Development Programme	3,916	-	(988)	-	2,928
London Community Foundation – Healthy Lives	9,000	-	(9,000)	-	-
London Community Foundation – Cycling	-	16,021	(1,720)	-	4,301
L&Q Placemakers – Stronger Together	-	7,557	(7,877)	-	(320)
Postcode Society Trust – Back to the Community	-	16,306	(9,090)	-	7,216
	33,177	66,246	(83,625)	-	15,798

The deficit on the IDDP fund will be fully funded in due course by the project funder following their acceptance of a management and evaluation report from the trustees relating to the grant.

9a Comparatives for Restricted Funds	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
City Bridge Trust – Sporting Futures	1,472	21,200	(14,329)	-	8,343
People's Health Trust – IDDP Participation Project	203	8,930	(4,746)	-	4,387
Jack Petchey Foundation – Volunteer Challenge	11,065	-	(3,534)	-	7,531
National Lottery - Crisis Response Development Programme	-	30,682	(26,766)	-	3,916
London Community Foundation – Healthy Lives	-	9,000	-	-	9,000
	12,740	69,812	(49,375)	-	33,177

There were eight funds / funders for our projects running through 2021-22:

City Bridge Trust funded Sporting Futures.
People's Health Trust funded the full IDDP programme.
Jack Petchey Foundation funded "Volunteer Challenge".
National Lottery funded our COVID response programme.
London Community Foundation funded the project "Healthy Lives".
IDDP "giving" part-funded the International Day of Disabled People.
L&Q Placemakers funded "Stronger Together" project.
Postcode Society Trust funded "Back to the Community" project.

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2022

10 Unrestricted Funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Community Fund Raising & Small Grants	5,095	2,762	(45)	-	7,812
Other	6,373	12,548	(11,777)	-	7,144
	11,468	15,310	(11,822)	-	14,956

10a Comparatives for Unrestricted Funds

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
Community Fund Raising & Small Grants	4,315	900	(120)	-	5,095
Other	3,290	15,885	(12,802)	-	6,373
	7,605	16,785	(12,922)	-	11,468

11 Related Party Transactions

There were no related party transactions.

12 Status

The organisation is a charitable company limited by guarantee. The company was established under a Memorandum of Association which establishes the object and powers of the charitable company and is governed under its Articles of Association.

THE BARKING AND DAGENHAM PROGRESS PROJECT

England & Wales - Charity number 1102465

Accounts

The Barking and Dagenham Progress Project

**Registered Company Number
04574234**

**Registered Charity Number
1102465**

**Annual Report and Financial Statements
for the Year Ended 31st March 2021**

**MDCPBookkeeping & Payroll
25 Merton Road
Seven Kings
Ilford
London
IG3 8PB**

The Barking & Dagenham Progress Project

Year ended 31 March 2021

Contents

	<u>Page</u>
Legal & administrative information	3
Report of the Trustees	4 – 9
Independent Examiner's Report on the Accounts	10
Statement of Financial Activities	11
Balance Sheet	12
Notes to the Financial Statements	13 – 18

The Barking & Dagenham Progress Project

Report of the Independent Examiner to the Trustees of The Barking and Dagenham Progress Project ('the Company') For the Year Ended 31st March 2021

Charity Name	The Barking and Dagenham Progress Project (working name: the Progress Project)
Registered Charity number	1102465 (England & Wales) registered 3 rd March 2004
Registered Company Number	4574234 (England & Wales) The Progress Project was incorporated as a company limited by guarantee on the 25 October 2002
Principal Address	42 - 48 Parsloes Avenue Dagenham Essex RM9 5NB Tel: (020) 8592 2020 Email: progress.project@btinternet.com
Governing Document	Memorandum and Articles of Association
Objects	The objects of the charity are summarised as follows: (i) To relieve the needs of disabled children and young people within England and their families, in particular but not exclusively, those who are resident in the London Borough of Barking and Dagenham and adjoining areas or such other area as the company may from time to time determine by providing or encouraging the provision of resources and services which will improve their opportunities and also facilitate active participation, inclusion and full integration into society. (ii) To promote and/or provide training and education as will assist disabled children & young people and their families, in pursuing an independent life, making the transition into adulthood and aiding their integration within the community generally. (iii) To promote, establish and operate other schemes of a charitable nature for the benefit of the community and groups which work with disabled children & young people and their families in the Greater London Area.
Trustees	Keith Smith (Chair): Appointed 23-Feb-2018 Elaine James (Treasurer) Appointed 27-May-2015 Terry Miller: Appointed 01-Apr-2017 Christine Laney: Appointed 10-Apr-2017 Isaac Harvey: Appointed 25-Mar-2021
Company Secretary	Mark Gerbaldi: Date Appointed 25-Oct-2002
Key Management Personnel	Those in charge of planning, directing, controlling, running and operating the Charity, including those members of staff who are the senior management personnel to whom the trustees have delegated significant authority or responsibility in the day-to-day running of the charity, are the trustees. Mark Gerbaldi (Company Secretary) and Matthew Dyde (Participation Officer: Young People's Development Forum) are delegated some authority and responsibility in the day-to-day running and administration of the charity.
Independent Examiner	John Helm ACA Simply Churches Ltd 17 Heathville Road London N19 3AL

The Barking & Dagenham Progress Project

Report of the Independent Examiner to the Trustees of The Barking and Dagenham Progress Project ('the Company') For the Year Ended 31st March 2021

The Trustees, who are also directors of the charitable company for the purposes of Company Law, present their report with the accounts of the charitable company for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) and as amended by Update Bulletin 1 (effective 1 January 2016) and Update Bulletin 2 (effective 1 January 2019). The legal and administrative information set out earlier in this document forms part of this report.

Structure, Governance & Management

Method of Appointment / Election of Trustees

The Trustees, who are also Company Directors, are appointed at the Annual General Meeting by members of the company / charity, for a period lasting up to 3 years. Additionally, new Trustees may be appointed by the existing Trustees during the year up to a maximum of nine.

Induction and Training of New Trustees

New Trustees undergo an orientation course to brief them on the legal obligations under charity and company laws and the content of the Memorandum & Articles of Association of the charity. The Board's decision-making process, the Business Plan and financial performance together with Health & Safety regulations are all covered in the induction and, furthermore, Trustees are encouraged to attend appropriate external training events and activities to support the role they are performing.

Risk Management

The Trustees actively review the major risks associated with the activities of the charity on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of key financial controls, will provide sufficient resources in the event of adverse conditions.

Public Benefit

In planning the activities for the year, we kept in mind the Charity Commissions' guidance on public benefit. The focus of the activities of the project covers three main spheres to benefit the London Borough of Barking and Dagenham, which suffers from lack of resources, when working with disabled children, young people and their parents / carers:-

- (1) Disabled children and young people are able to access the same opportunities for activities and services as those children who do not have disabilities.
- (2) Local and newly established organisations, which aim to provide services to disabled children and young people, have the resources that will enable them to conduct their programs effectively
- (3) The London Borough of Barking and Dagenham have a strong and effective voluntary sector catering for disabled children and young people.

Achievements and Performance

(1) The Young People's Development Forum (YPDF) Incorporating the "Volunteer Challenge":

The Young People's Development Forum continues to offer a medium for personal development and provides the voice for disabled children & young people in Barking & Dagenham; it was the first of its kind and continues to be the 'flag-ship' of our services provision stretching back to 2007 when it was formally introduced, thus celebrating 14 years of successful operations.

In February 2020, we introduced the "Volunteer Challenge" which complemented the programme, offering supported volunteer opportunities to our young people.

The Barking & Dagenham Progress Project

Report of the Independent Examiner to the Trustees of The Barking and Dagenham Progress Project ('the Company') For the Year Ended 31st March 2021

The full programme was delivered by our Participation Officer funded by the Jack Petchey Foundation and the London Community Foundation.

During the year April 2020 – March 2021, the COVID pandemic and ensuing lockdowns meant we had to temporarily suspend services from March 2020, however we were able to re-launch our programmes in August 2020 and received further support from the National Lottery COVID Crisis Fund for an overriding programme to assist us to become operational following the furlough which we titled “Project Re-Start” and would run until the new year.

This also enabled us to launch new provision and continue our existing programmes utilising on-line technologies, which meant we were able to re-connect to our young people, assist them through the crisis and support their return to the community, albeit slowly.

It also means that we are now ready and able to operate both in and out of lockdown which is a real asset if we encounter future crises.

Despite the restrictions and ongoing challenges, we delivered a very successful year with 7 x Forum sessions 48 x individual activity sessions as part of the weekly activities organised by the young people and myriad additional activities including 3 x consultations addressing issues such as ‘Project Re-start’ [how to return to community life], safeguarding training and activities connected with our project “Sporting Futures” including cycling and a sponsored 10k run.

In addition, within “Volunteer Challenge”, we engaged 28-volunteers over the year who supported our activities in general, befriended our members, learned a range of new skills to enhance their volunteering experience and participated in specialist initiatives such as a ‘hate crime’ survey and planning out our post-COVID programme we have titled “Stronger Together” which we hope will come online during 2021 - 22.

(2) “Sporting Futures”:

This project is our innovative sports programme, the first in the borough to facilitate equal access to sports activity for local children & young people with disabilities.

Funded by City Bridge Trust, the project was successfully launched in January 2016, delivering a full programme of inclusive sports activities for young people with disabilities in the borough.

It further provides opportunities for young people [as peers] to volunteer and train to become sports leaders, enabling the project to be user-led at all levels, thus continuing the organisation’s ethos of youth engagement and participation.

This project, delivered by our Sports Participation Officer [21 hours], was fortunate to receive a further 2-year grant from City Bridge Trust, securing the maximum term they provide [5-years].

During the year to 31-Mar-2021 134 young people with disabilities, aged 11 to 25-years-old, were asked to provide their feedback through a sports consultation.

The information gathered was used to assist the Participation Officer in planning the updated sports programme, with the knowledge that the sports offered would then be more appealing to this under-represented group.

- (i) Inclusive Multi-Sports: the most popular selected sports / physical activity preferences were incorporated into the weekly inclusive multi-sports sessions/extra-curricular activities, attracting 93 children / young people, 78 of those children / young people with disabilities.

Our regular weekly multi-sports included cricket, gym, basketball, football, tennis, dance, caged cricket, martial arts, and dodgeball.

The Barking & Dagenham Progress Project

Report of the Independent Examiner to the Trustees of The Barking and Dagenham Progress Project ('the Company') For the Year Ended 31st March 2021

We celebrated Sport Relief, and our sports leaders ran mini competitions for the young people and their families. As well as having fun and bringing people together, we raised a small amount for this charity.

Of the young people engaged throughout the year, a core group took part in regular physical activity.

- (ii) A "Sports & Family Fun Day" was held during the Summer for young people with disabilities, their families, and friends.

The event introduced young people with disabilities to sports that are available all year round through our weekly multi-sports sessions.

The event was a great success with thirty-one [31] young people with disabilities in attendance, and at least forty-five [45] family members, carers and friends and will become a regular event on our annual activities calendar.

- (iii) Swimming: during the Autumn, weekly inclusive swimming lessons were added to our programme. If that wasn't exciting enough, we successfully partnered with Paralympic World Record Holder, Brock Whiston, to be our groups swimming teacher.

- (iv) Our Participation Officer also completed her STA Level 2 Award in Safety for Teachers and STA Level 2 Award in Aquatic Teaching People with Disabilities and the skills gained will ensure our young people have a positive aquatic experience.

- (v) Sports Leadership: through our partnership with Essex Cricket, twelve [12] young people took part in Sports Leadership training.

From this initial group, four [4] young people completed their certification, through the successful completion of the required number of hours training, and their delivery of sports activities.

- (vi) As well as the four engaged Sports Leaders, a further six [6] young people were recruited and trained as volunteers, supporting the activities of the project throughout the year.

- (vii) Sport leaders, volunteers and staff undertook Essential First aid training for Sports Coaches through St John Ambulance.

- (viii) One of the dedicated sports leaders joined the team as a valued sessional staff member.

In overview, the project continues to be successful in engaging our young people in the sports sphere; furthermore, thanks to the Lottery funded "Project Re-start", and further support from City Bridge Trust, we were able to run a sports programme on-line with an ensuing phased return to the community as we navigated the crisis and the various lockdowns with which we were presented.

(3) International Day of Disabled People (IDDP) "Participation Project":

The Progress Project has led on the annual IDDP for the past 9-years, each with a different theme and has benefited since 2018, by being funded by People's Health Trust which has enabled a complete project to be developed around the single day annual event.

As with all the Progress Project programmes, the project was suspended from 1st April to 31st July 2020 but maintained informal weekly contact with our six volunteers to ensure their welfare, and the volunteers maintained contact with our beneficiaries through on-line quizzes and interactions.

The Barking & Dagenham Progress Project

Report of the Independent Examiner to the Trustees of The Barking and Dagenham Progress Project ('the Company') For the Year Ended 31st March 2021

When we returned to work on 1st August, we restarted our weekly Friday afternoon meetings with the volunteer team using a video conferencing platform and worked with them to reassess our plans for August through to December and the main event [IDDP day].

We developed a COVID-19 policy, action plan and generic risk assessment (covering all of our Progress Project programmes) and during August and September we worked with the volunteer team to adapt our plans for International Day of Disabled People [IDDP] community events and programmes, including our main event due to be held on the 3rd December 2020.

Despite the challenges posed by COVID-19 and the recurring changes to the social restrictions in place in Barking and Dagenham during the period covered by this report, we are proud of the programme of engagement that we delivered, which included:-

- Weekly planning and activity meetings held online and in person when COVID-19 restrictions permitted these groups to run face-to-face
- Volunteers supporting local youth groups working with disabled children and young people
- IDDP FC [Five weekly training sessions for our inclusive football team]
- Hate Crime Awareness Week [Our volunteers made videos describing their experiences of bullying which we shared on social media to raise awareness of hate crime]
- Sponsored Cycle [A fundraising sponsored cycle from London Stadium to Barking & Dagenham Town Hall where adult participants used adapted bicycles]
- Children & Young Peoples Cycling Event [A fun cycling event for disabled children and young people in Mayesbrook Park, Barking, where participants used adapted bicycles]
- IDDP Day [An online event running from 11am to 8pm on 03-Dec-2020 where we used social media to engage with the community by sharing video material we created and collected during November interspersed with live links]

Outputs: over the year, 46 young people benefited from the project, attending regular activities and a further 25 engaged with at least one event [total of 71 young people].

This figure does not include members of the community who engaged by watching the material we shared on social media on 3rd December [which was considerable].

Financial Review

The charity's main sources of funding are grants from outside organisations.

Financial Activity and Financial Position

The Statement of Financial Activities and Balance Sheet can be found on pages 10 and 11 respectively. The Charity's reserves increased by £24,300 during the year (2019 – decreased by £11,343).

The balance sheet shows total net assets of £44,645 (2020: 20,345).

Included in total funds are amounts totaling £33,177 (2020: £12,740) which are restricted. These monies have either been raised for, and their use restricted to, specific purposes, or they comprise donations subject to donor-imposed conditions.

Full details of these restricted funds can be found in note 8 to the accounts together with an analysis of movements in the year.

The Barking & Dagenham Progress Project

Report of the Independent Examiner to the Trustees of The Barking and Dagenham Progress Project ('the Company') For the Year Ended 31st March 2021

Reserves Policy

The Trustees strives to achieve a Reserves Policy as recommended by the Charity Commission which is to have 3 months revenue funding in unrestricted / free reserves to:

- (1) protect our services against losses of funding / sustain service levels
- (2) invest in new programmes as needs are identified by young people
- (3) support costs which funders do not readily consider e.g. core costs
- (4) cover winding down costs including redundancies where appropriate.

At 31 March 2021 the charity had net free reserves of £11,069 (2020: £6,843) as follows:

	2020-21 £	2019-20 £
Total reserves	44,645	20,345
Less: restricted funds	(33,177)	(12,740)
Less: unrestricted fixed assets used for the continuing work of the charity	(399)	(762)
Free reserves	11,069	6,843
Free reserves requirement:	20,000	20,000

Whilst free reserves show an improvement on the previous year, the trustees are aware that the free reserves requirement continues to be in excess of the free reserves. This will be closely monitored by the trustees during 2021-22.

Coronavirus Update:

The global coronavirus pandemic had a profound impact on the services provided to young people with disabilities of the Progress Project.

Following UK Government guidelines, stating that the general public should stay at home as much as possible and limit contact with non-household member, activities were suspended from 23 March 2020 and key personnel staff were put on furlough in accordance with the Government's Coronavirus Job Retention Scheme.

The guidelines were relaxed from 4 July 2020 and some employment sectors reopened after rules for social distancing and appropriate protective measures were applied.

The Charity reopened for staff after returning from furlough on 1st August 2020, which was supported by a grant from the National Lottery Community Fund's COVID programme: activities were delivered on-line until young people could return to the community from September, although many chose to remain in lockdown for their own safety.

Special Covid 19 protective measures were written and implanted into our programmes which included compliance with a limitation of numbers according to the Government guidelines.

Activities stopped again for the young people when a national lockdown was made law again for four weeks from 5th November 2020.

Myriad actions have been taken as far as possible to return to normal operations, which has led to the successful re-introduction of our programmes and, ultimately, another successful year of support to disabled young people.

The Barking & Dagenham Progress Project

Report of the Independent Examiner to the Trustees of The Barking and Dagenham Progress Project ('the Company') For the Year Ended 31st March 2021

Trustees' Responsibilities Statement

The charity's Trustees are responsible for preparing the Annual Report and financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the situation of the charitable company during the period and of the incoming resources and application of resources, including the net income and expenditure, of the charitable company for the financial period.

In preparing financial statements giving a true and fair view, the Trustees should follow best practice and are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Follow applicable accounting standards, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity, and which enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval



Keith Smith
Trustee & Chair

20 December 2021

The Barking & Dagenham Progress Project

Report of the Independent Examiner to the Trustees of The Barking and Dagenham Progress Project ('the Company') For the Year Ended 31st March 2021

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act').

In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



John Helm ACA
17 Heathville Road
London N19 3AL

21 December 2021

The Barking & Dagenham Progress Project

Statement of Financial Activities For the Year Ended 31st March 2021

	Note	Unrestricted Funds 2020-21 £	Restricted Funds 2020-21 £	Total 2020-21 £	Unrestricted Funds 2019-20 £	Restricted Funds 2019-20 £	Total 2019-20 £
Income from:	2						
Donations and Legacies		28,239	69,812	98,051	6,791	57,510	64,301
Other trading activities		700	-	700	3,216	-	3,216
Investment Income		-	-	-	11	-	11
Total Income		28,939	69,812	98,751	10,018	57,510	67,528
Expenditure on:							
Raising Funds	3	2,457	1,329	3,786	2,400	516	2,916
Charitable Activities	4	22,619	48,046	70,665	10,928	65,027	75,955
Total Expenditure		25,076	49,375	74,451	13,328	65,543	78,871
Net income/(expenditure)		3,863	20,437	24,300	(3,310)	(8,033)	(11,343)
Transfers							
Gross transfers between funds — in		-	-	-	4,589	-	4,589
Gross transfers between funds — out		-	-	-	-	(4,589)	(4,589)
		-	-	-	4,589	(4,589)	-
Net movement in funds		3,863	20,437	24,300	1,279	(12,622)	(11,343)
Total funds brought forward		7,605	12,740	20,345	6,326	25,362	31,688
Total funds carried forward		11,468	33,177	44,645	7,605	12,740	20,345

The Barking & Dagenham Progress Project

Balance Sheet As at 31st March 2021

	Note	Unrestricted Funds 2020-21 £	Restricted Funds 2020-21 £	Total 2020-21 £	Total 2019-20 £
Fixed assets					
Tangible assets	5	399	3,460	3,859	772
Current assets					
Debtors	6	643	-	643	11,682
Cash at bank and in hand		16,520	36,998	53,518	12,988
		17,163	36,998	54,161	24,670
Liabilities					
Creditors: Amounts falling due within one year	7	6,094	7,281	13,375	5,097
Net current assets		11,069	29,717	40,786	19,573
Net Assets		11,468	33,177	44,645	20,345
Represented by Funds					
Unrestricted	9	11,468	-	11,468	7,605
Restricted	8	-	33,177	33,177	12,740
Total Funds		11,468	33,177	44,645	20,345

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2021.

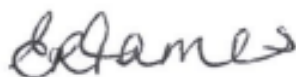
The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31st March 2021 in accordance with Section 476 of the Companies Act 2006. The trustees acknowledge their responsibilities for

- ensuring that that charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as is applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

Approval

The financial statements were approved by the trustees on 20 December 2021 and signed on its behalf by



Elaine James
Trustee Treasurer

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2021

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of Accounting

The financial statements have been prepared on an accruals basis under the historical cost convention and in accordance with the Companies Act 2006 and the requirements of Accounting and Reporting by Charities Statement of Recommended Practice 2015 [FRS 102]. They have been prepared to comply with the format and disclosure requirements of the Companies Act 2006 in order to provide a 'true and fair view'. The charity has taken advantage of the exemption from the requirement to produce a cash flow statement because it is a small charity. There has been no change to the accounting policies (valuation rules and methods of accounting) since last year. The accounting policies below have been applied consistently in dealing with the items which are considered material in relation to the charity's financial statements.

b) Public Benefit Entity

The Charity meets the definition of a public benefit entity under FRS 102.

c) Going Concern

There are no material uncertainties about the charity's ability to continue as a going concern and accordingly the accounts have been drawn up on a going concern basis.

d) Funds structure

The charity holds unrestricted and restricted funds. Unrestricted funds are spent or applied at the discretion of the trustees. The General fund is for day-to-day and regular revenue income and expenditure. Restricted funds can only be used for the purpose for which they were given or collected.

e) Income recognition

Voluntary income, grants and donations are included in incoming recognition. All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount to income receivable can be measured reliably.

f) Expenditure recognition

Expenditure is accounted for on an accruals basis and inclusive of VAT which is irrecoverable. It has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources. Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the Charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured or estimated reliably.

g) Tangible fixed assets

Depreciation is provided on office equipment at an annual rate of 25%, and on sports and other equipment at an annual rate of 33.3% in order to write off each asset over its estimated useful life.

h) Taxation

The charity is exempt from corporation tax on its charitable activities, but not from VAT. Irrecoverable VAT is included within the cost of those items to which it relates.

i) Debtors including income accruals and deferred expenditure

Debtors are measured at their recoverable amounts i.e. the amount the charity anticipates it will receive from a debt owed to the charity but not received during the accounting period.

j) Creditors including expenditure accruals

Liabilities are recognised for the amount that the charity anticipates it will pay to settle a debt or the amount it has received as an advance payment for services. The term accruals are used for services which the charity is liable for but has not been invoiced or paid for during the accounting period.

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2021

2 Income

	Unrestricted Funds 2020-21 £	Restricted Funds 2020-21 £	Total 2020-21 £	Total 2019-20 £
Donations & Legacies				
Donations	2,035	-	2,035	781
Grants (see note 2a below)	26,204	69,812	96,016	63,520
	28,239	69,812	98,051	64,301
Other trading activities				
Fundraising events	700	-	700	2,216
Sponsorship	-	-	-	1,000
	700	-	700	3,216
Investment Income				
Bank Interest	-	-	-	11
Total Income	28,939	69,812	98,751	67,528

2a Grants

	Unrestricted Funds 2020-21 £	Restricted Funds 2020-21 £	Total 2020-21 £	Total 2019-20 £
BBC Children in Need – Young People's Development Forum	-	-	-	21,385
City Bridge Trust – Sporting Futures	3,550	21,200	24,750	18,611
City Bridge Trust – Special	9,500	-	9,500	
People's Health Trust – IDDP Participation Project	-	8,930	8,930	11,459
Jack Petchey Foundation – Volunteer Challenge	-	-	-	11,065
Big Lottery - Covid Emergency Response	-	30,682	30,682	-
London Community Foundation - Provident Social Impact	1,000	9,000	10,000	-
HMRC Covid-19 Job Retention Grant	12,154	-	12,154	-
	26,204	69,812	96,016	62,520

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2021

3 Expenditure – Cost of raising funds

	Unrestricted Funds 2020-21 £	Restricted Funds 2020-21 £	Total 2020-21 £	Total 2019-20 £
Consultancy Fees	2,400	1,134	3,534	2,400
Advertising and publicity	57	195	252	516
	2,457	1,329	3,786	2,916

4 Expenditure - Charitable Activities

	Unrestricted Funds 2020-21 £	Restricted Funds 2020-21 £	Total 2020-21 £	Total 2019-20 £
Staff costs				
Wages and salaries	13,754	31,060	44,814	43,739
Social security costs	930	2,084	3,014	2,892
Employment Allowance	(3,014)	-	(3,014)	(2,892)
Pension contributions	255	553	808	754
Staff Expenses	-	209	209	1,308
Training	-	289	289	2,111
	11,925	34,195	46,120	47,912
Activities/programme delivery				
Hire of venues/halls	-	60	60	3,065
Activities expenses including refreshments	(100)	6,025	5,925	6,958
Resources and equipment	-	1,074	1,074	1,801
Volunteer costs	-	-	-	757
Program expenses Volunteer Challenge	-	81	81	-
Entertainment & prizes (IDDP)	-	50	50	318
Sessional Budget	-	-	-	87
	(100)	7,290	7,190	12,986
Office costs				
Insurance	577	-	577	577
Rent	2,291	3,409	5,700	5,000
General running expenses	49	646	695	449
Depreciation	363	555	918	462
Bookkeeping and payroll	3,347	-	3,347	3,260
Bad Debts	-	-	-	(61)
Sundries	40	251	291	320
	6,667	4,861	11,528	10,007
Governance				
Accountancy	450	-	450	550
Independent Examination	910	-	910	900
Consultancy	2,767	1,700	4,467	3,600
	4,127	1,700	5,827	5,050
Total Charitable Activities	22,619	48,046	70,665	75,955

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2021

4 Expenditure - Charitable Activities (continued)

There were no trustees' expenses paid for the year ended 31 March 2021 or for the year ended 31 March 2020.

No employees received emoluments in excess of £60,000. There was no key management personnel remuneration.

	2020-21	2019-20
The average number of employees during the year was:	4	5

The two participation officers were automatically enrolled for a statutory workplace pension in January 2018 in the NEST scheme. Both made contributions at the minimum rate for tax year 2020-21 of 3% of qualifying earnings between April 2020 and March 2021.

5 Tangible Fixed Assets

	Office Equipment	Sports & Other Equipment	Total
	£	£	£
Cost/valuation			
At 1 April 2020	900	774	1,674
Revaluation	-	-	-
Additions	3,472	533	4,005
Disposals	-	-	-
At 31 March 2021	4,372	1,307	5,679
Depreciation			
At 1 April 2020	667	235	902
Charge for year	648	270	918
Disposals	-	-	-
At 31 March 2021	1,315	505	1,820
Net Book Value			
At 31 March 2021	3,057	802	3,859
At 31 March 2020	233	539	772

The fixed assets are office equipment, media and sporting equipment used for charitable purposes.

6 Debtors

	2020-21	2019-20
	£	£
Prepayments	643	617
Accrued Income	-	11,065
	643	11,682

7 Creditors – Amounts falling due within 1 year

	2020-21	2019-20
	£	£
Trade Creditors	2,971	285
Accruals	10,243	1,897
Advance Receipts	-	2,845
Pension Creditors	161	70
	13,375	5,097

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2021

8 Restricted Funds

	At 1 April 2020	Income	Expenditure	Transfers	At 31 March 2021
	£	£	£	£	£
City Bridge Trust – Sporting Futures	1,472	21,200	(14,329)	-	8,343
People's Health Trust – IDDP Participation Project	203	8,930	(4,746)	-	4,387
Jack Petchey Foundation – Volunteer Challenge	11,065	-	(3,534)	-	7,531
Big Lottery - Crisis Response Development Programme	-	30,682	(26,766)	-	3,916
London Community Foundation – Healthy Lives	-	9,000	-	-	9,000
	12,740	69,812	(49,375)	-	33,177

There were six funds / funders for our projects running through 2020-21:

1. City Bridge Trust funded Sporting Futures and provided an unrestricted grant during the COVID crisis
2. People's Health Trust funded the full IDDP programme
3. Jack Petchey Foundation funded "Volunteer Challenge"
4. Big Lottery funded our COVID response programme
5. London Community Foundation funded the project "Healthy Lives"
6. IDDP "giving" part-funded the International Day of Disabled People

8a Comparatives for Restricted Funds

	At 1 April 2019	Income	Expenditure	Transfers	At 31 March 2020
	£	£	£	£	£
BBC Children in Need	3,503	21,385	(24,888)	-	-
City Bridge Trust	17,301	13,601	(27,432)	(1,998)	1,472
People's Health Trust 1	1,967	-	(1,967)	-	-
People's Health Trust 2	-	11,459	(11,256)	-	203
Community Fund Raising & Small Grants	2,591	-	-	(2,591)	-
Jack Petchey Foundation	-	11,065	-	-	11,065
	25,362	57,510	(65,543)	(4,589)	12,740

9 Unrestricted Funds

	At 1 April 2020	Income	Expenditure	Transfers	At 31 March 2021
	£	£	£	£	£
Community Fund Raising & Small Grants	4,315	900	(120)	-	5,095
Other	3,290	15,885	(12,802)	-	5,823
	7,605	16,785	(12,922)	-	11,468

The Barking & Dagenham Progress Project

Notes to the Financial Statements continued For the Year Ended 31st March 2021

9a Comparatives for Unrestricted Funds

	At 1 April 2019 £	Income £	Expenditure £	Transfers £	At 31 March 2020 £
Community Fund Raising & Small Grants	-	3,671	(1,923)	2,591	4,339
Other	6,326	6,347	(11,405)	1,998	3,264
	6,326	10,018	(13,328)	4,589	7,605

10 Related Party Transactions

There were no related party transactions.

11 Status

The organisation is a charitable company limited by guarantee. The company was established under a Memorandum of Association which establishes the object and powers of the charitable company and is governed under its Articles of Association.