



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
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The Barking & Dagenham Progress Project

Year ended 31 March 2023

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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	<p>The objects of the charity are summarised as follows:</p> <ul style="list-style-type: none">(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	<p>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.</p> <p>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)</p>	
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:

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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

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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.

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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'.

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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.

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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.

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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

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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.