

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.

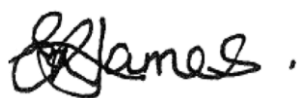
In preparing financial statements giving a true and fair view, the Trustees should follow best practice and are required to:

- 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

Notes to the Financial Statements

For the year ended 31 March 2024

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.