

Alternatives Trust East London

Trustees Annual Report and Unaudited Financial Statements Year ended 31 March 2025

Charity registration - 1103724

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Legal and administrative information

Charity name

Alternatives Trust East London

Other names

Alternatives
Alternatives Crisis Pregnancy Centre

Charity registration no.

1103724

Registered office and contact details

St Edmunds Church
464 Katherine Road
London
E7 8NP

Trustees

Funmilade Aloutade	
Ruth Schwegmann-Fielding De Barros	(appointed 21 May 2024)
Vida Boateng	(appointed 21 May 2024)
Lincyenthe Joan Dallas	(appointed 16 July 2024)
Francesca Ojefua	
Natalie Robinson	(Chair - appointed 24 September 2024)
Rebecca Watherston	(Chair - appointed 16 November 2023 - resigned 24 September 2024)

Independent examiner

Enaid Accountancy Ltd
Units 24 & 25
Goodsheds Container Village
Hood Road
Barry
CF62 5QU

Trustees annual report

The Board of Trustees submit their annual report and the financial statements of Alternatives Trust East London for the period ended 31 March 2025.

The Board of Trustees confirms that the annual report and financial statements of the Charity comply with current statutory requirements, including the Charity Act 2011, as well as the requirements of the Society's governing document and the provisions of the 'Charities SORP (FRS 102) - 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) second edition (effective 1 January 2019)', and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Objectives and activities

During the year, Alternatives Trust East London registered with the Charity Commission its new charitable objectives, updated to better reflect how its services have evolved to meet the changing priorities of those we work with:

- To provide good, accessible mental health, advocacy and community care for marginalised women and their families in Newham
- To address intergenerational cycles of trauma – empowering mothers to help themselves and their children to live healthier lives
- To establish routes out of destitution allowing women to progress on to living more hopeful futures
- To champion good volunteering and work opportunities for women, as employers and beyond.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the trust should undertake.

Achievements and performance during the year

2024 was the 30th Anniversary of Alternatives' foundation. We marked the occasion with a party 'celebrating the stories that bring us together'. Friends and supporters, past and present, enjoyed a delicious spread of international teas and cakes, kindly provided by our partners and volunteers, live music from our friend Nathan Chan, and tours of our newly renovated offices. Lizi and Natalie shared their own stories of becoming involved with Alternatives, and honoured the many people whose own unique stories have been part of the history so far.

Introduction

Alternatives' mental health services currently include one-to-one counselling and group therapy workshops. Our advocacy casework typically involves support with accessing benefits, housing applications, signposting/referrals to specialist services, and immigration support (OISC level 2). Sarah, our Immigration Advisor who originally trained as a volunteer with Alternatives having first been supported herself, was described as the 'Gold Standard' by our GLA Migrant Advice Fund coordinator! Community projects include weekly Family Hub gatherings, Baby Bank, family daytrips and events, structured volunteering opportunities and skills courses/workshops as funding allows.

Family Hub

Relaunching our We Are Family group in our newer, bigger space has been a fantastic opportunity to review and rebrand - making sure we are offering the best support and environment for those in need of caring community. Our Family Support Worker, Jade Ford, stepped up to the task and has done brilliantly organising the weekly Family Hub gathering. She is now a representative within Newham's official Family

Hub Network.

Family Hub meets on Wednesdays during term-time from 10am-12pm. We provide free cooked breakfasts, hot drinks, access to the baby bank and other advocacy services, fun activities, crafts and pre-school creche facilities.

Jade says: “What I love most about Family Hub is the connection between mums who have come together, whilst going through difficult periods of their lives, and still find beauty and joy in the simple things. They uplift and support each other, offering guidance and hope to one another. It is truly wonderful to see and shows us the great purpose we are here to serve.”

Collaborative Community

This year, Alternatives took part in the codesign of a new Uplift Grant funded by Smallwood Trust. The grant aims to address the mental health needs of marginalised women in Newham while empowering local organisations to work together to provide safe routes out of destitution. The successful applicants, along with the three original co-design partners, have formed a new consortium – The Women in Newham Network -collaborating over the course of the four year grant towards our shared aims.

Along with Alternatives, the other Women in Newham Network consortium partners are: Carpenter’s Cafe, Families and Support Services, HealTogether CIC, Magpie Project, Newham Community Project, Shpresa Programme, Skills Enterprise and SEAWA.

The partners are committed to a collaborative approach to providing best care for those we work with. Alternatives’ share of the funding has been allocated to sustaining and developing our volunteer programme to maximise the benefit for as many women from our community as possible, led by previous service user and volunteer, Taiwo. We have also partnered with Shpresa to employ new advocacy worker, Emi Gjoni, who will help link women from the Albanian community in Newham to much needed wider support.

Emi says: “I became an Advocacy Worker because I am passionate about supporting people to overcome challenges and access opportunities they deserve. What motivates me is seeing the positive impact on peoples’ lives and knowing I’ve helped to empower them to achieve their goals.”

Impact in Numbers

- 90 women + 66 children attended Family Hub enjoying weekly meetings, daytrips, parties and picnics together
- 95 families used the Baby Bank receiving preloved clothes and equipment, lovingly made knitted donations + hundreds of packs of nappies
- Ten dedicated volunteers helped us deliver our projects and services over a total of 431 hours. Eight were service users before becoming volunteers
- 16 families received immigration advice
- 35 children were cared for at our on site creche
- 29 women attended parenting support groups
- 30 women attended skills and education courses including ESOL, Teaching Assistant training, food hygiene and employment skills
- 51 women received advocacy support also benefitting their children and families
- 261 one-to-one counselling sessions provided in 2024
- 31 women benefitted from free, accessible counselling
- 4 volunteer counsellors completed placements alongside two salaried counselling staff

- 20 group therapy sessions were held

We carry out a survey of parents each year asking about the impact of our work on their families' lives. In the 2024 survey:

- 86% of parents agreed that their children were healthier
- 95% agreed that their relationship with their children has improved
- 95% of parents agreed that they and their children had made friends since coming to Alternatives
- 100% of parents responding agreed (60% strongly) that Alternatives staff had helped them with their stresses
- 100% of parents said "I can cope better with life's challenges since coming to Alternatives".

"When I am heavy in my heart I can call and we get a way to sort it out. She helps me to fill in forms. She has been very, very helpful."

"If I didn't have clothes, baby bath, anything I ask - if they have it they give it to me. If I have Home Office document I do not understand - they help. This is very important for me."

Counselling

Nirupa first joined Alternatives as a Family Support Worker and Counsellor. When Caroline stepped up as Co-CEO, Nirupa was promoted to run our counselling service. This involves recruiting and overseeing our team of volunteer counsellors, coordinating with the creche to provide childcare where needed and ensuring our practices are in alignment with the BACP requirements.

She says, "Our counselling service has been a lifeline for our service users. Though the lives of the mums that attend our service are often chaotic, they endeavour to come for counselling each week because of their trust in our counsellors. Our dedicated childcare facility ensures mums have time to fully focus on their own needs without worrying about who will care for their small children. The feedback that we have had from our clients, time and time again, is that the counselling they receive at Alternatives is delivered in a simple empathetic and non-judgemental way. Clients often leave us feeling valued, heard and understood and inspired to reach their full potential."

"I am learning to regulate myself, to see things from a different perspective... Because Alternatives is so diverse, there is a sense of safety. I can't express how different, how valuable that is."

Case Study

Farzana, part of the Alternatives community for around three years, has kindly given permission for us to share her experience of having counselling with us:

"I was referred for help after I had my baby because I was totally broken down...They helped me get better and be a better mum and be part of a nice community. I did IT skills and self-defence (courses) and I love family hub and the celebrations. I'm having more counselling now because life is still too stressful but I am coping better... I'm hopeful for a better life for me and my daughter."

Therapies Development

One-to-one talking therapy has been the common thread throughout Alternatives' 30 year history. Rising demand and barriers to access, such as exclusion from mainstream services and No Recourse to Public Funds preventing access to safe childcare for dependants, highlights how invaluable this service remains for Newham's most marginalised women.

Unfortunately, this past year has also highlighted how hard it is to sustainably fund free counselling provision.

We're now exploring ways to make this essential service more financially self-sustaining so we aren't as reliant on grants and donations. Having stepped up as interim co-CEO with Lizi in March 2024, Caroline Cawson (who initially joined the team as Counselling Manager at the end of 2022) has been leading on this priority within her new role of Therapies Development Manager since September 2024. A successful pilot project has taken place, providing paid-for supervision to frontline staff in another local charity.

Mental health support is a concern for so many people at the moment and mainstream counselling services are struggling to meet the demand. By monetising some of our services for those who can afford to pay for them, we hope to better sustain the same essential help for those who can't.

Staff and trustee changes

Trustees appointed Lizi Oni and Caroline Cawson, Counselling Manager, as Co-CEOs in March 2023 for six months. Following a review in September 2024, Lizi was appointed CEO and a new COO recruited to support her. Caroline took on a new role focusing on developing a paid-for counselling and supervision service as a way of bringing in earned income to subsidise our free counselling offer. Jade and Nirupa were promoted to lead the Counselling and Family Support services respectively.

During the year Julia Dexter retired with thanks and appreciation for 20 years of service with Alternatives.

Alternatives recruited four new board members during the year including new Chair, Natalie Robinson, who is a local headteacher. This means that the six trustees are all women, five of them Black, with a range of relevant professional skills and lived experience.

Funding

During the year Alternatives was grateful for grant funding from: Arnold Clark, Children in Need, GLA Migrant Advice & Support Fund, London Borough of Newham, Lyle's Local Fund, Marshall and Wendy Bailey Trust, Mrs Smith & Mount Trust, Skinners Company, Smallwood Trust, The National Lottery Community Fund, Wesleyan Community Fund.

Special thanks to our supporter, financial and In-kind, during the 2024- 2024 financial year including Bonny Downs Baptist Church, Bruderhof Community, CEM Stratford, Discover Centre, East Ham Parish, Harca Poplar, Irons Supporting Foodbanks, Petts Wood Christ Church, Plaistow Christian Fellowship, Royal Women Ministry, Sadlers Wells East, St Giles' and St George's Ashted, St George's and Ethelbert's, St Oswald's Church Ashbourne, Tindersticks, Women in Newham Network along with a number of kind individuals and anonymous donors.

Structure, governance & management

Alternatives Trust East London is a trust and was established by a charitable trust deed on 20 April 2004.

Organisational Structure

The trustees meet normally bimonthly throughout a year to oversee the charity's work. Day-to-day operations are dealt with by the paid, freelance professional and volunteer staff.

The trustees have assessed the major risks to which the trust is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Selection and appointment of Trustees

New trustees are appointed by the agreement of the existing trustees.

Grateful thanks to Rebecca Watherston who resigned as a trustee in the past year. We appreciate the valuable service offered as Chair since November 2023.

Trustee Induction and Training

On their appointment, new Trustees are provided with information, in the form of an induction pack, on their role as a Trustee. Ongoing training is provided as required.

Risk management

Trustees have reviewed the major risks to which the charity is exposed and systems or procedures have been put in place to manage those risks. A risk register is reviewed at each quarterly trustee meeting.

Financial review

During the current year the Charity incurred a deficit of £82,500 (2023: £9,574). This resulted in total reserves decreasing in the period to £107,559 (2024: £190,059).

Of the total reserves held at period end £73,056 were unrestricted as to use (2024: £136,441), however only £61,677 were available as general funds (2024: £74,305).

Reserves policy

It is the policy of the trust that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six months' expenditure. The trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the trust's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Decision to close

It is with deep regret that the trustees announce the difficult decision taken in November 2025 to begin the process of winding up the charity. Despite our best efforts to secure funding and adapt our services, the challenges faced have made continued operation unsustainable.

We are working closely with partners, funders, and regulators to ensure a responsible and transparent closure process, and to minimise disruption to those we serve.

Statement of Board of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations. Charity law requires the Trustees to prepare financial statements for each financial year. Under that law they are required to prepare the financial statements in accordance with UK Accounting Standards and applicable law (UK Generally Accepted Accounting Practice), including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland.

Under charity law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of the excess of expenditure over income for that year. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and,
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue its activities.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and

explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They have general responsibility for taking such steps as are reasonably open to them to safeguard the assets of the Charity and to prevent and detect fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charity's website. Legislation in the UK governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions. In addition, the Trustees confirm that they are happy that content of the annual review in pages 5 to 10 of this document meet the requirements of the Trustees' Annual Report under charity law.

They also confirm that the financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the Charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014.

This report was approved and authorised for issue by the Board of Trustees on 29 January 2026 and signed on its behalf by:

A handwritten signature in black ink that reads "NERobinson". The signature is written in a cursive, slightly stylized font.

NATALIE ROBINSON
CHAIR OF TRUSTEES

Independent examiner's report

I report to the Trustees on my examination of the accounts of Alternatives Trust East London (Charity number 1103724) for the year ended 31 March 2025 which are set out on pages 13 to 28.

Respective responsibilities of trustees and examiner

The Charity's Trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Charities Act). The Charity's Trustees consider that an audit is not required for this year under section 144 of the Charities Act and that an independent examination is needed.

It is my responsibility to:

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

This report, including my statement, has been prepared for and only for the Charity's Trustees as a body. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body for my examination work, for this report, or for the statements I have made.

Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England & Wales, which is one of the listed bodies.

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

- accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

I would however draw attention to the decision made by the trustees to close the charity following the financial year end as outlined on page 9 and within the going concern accounting policy on page 15.

A handwritten signature in black ink, appearing to read 'AP Nash', with a stylized flourish at the end.

ANDREW PHILIP NASH FCA

MEMBER OF THE INSTITUTE OF CHARTERED ACCOUNTANTS IN ENGLAND AND WALES – 2461833

DATED: 29 JANUARY 2026

Enaid Accountancy Ltd
Units 24 & 25
Goodsheds Container Village
Hood Road
Barry
CF62 5QU

Statement of financial activities

For the year ended 31 March 2025

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		Year ended 31 Mar 2025	Year ended 31 Mar 2025	Year ended 31 Mar 2025	Year ended 31 Mar 2024
	Notes	£	£	£	£
Income from:					
Donations and legacies	3	79,828	209,911	289,739	306,642
Charitable activities	4	21,558	-	21,558	29,561
Total income		101,386	209,911	311,297	336,203
Expenditure on:					
Raising funds	5 & 6	13,525	-	13,525	11,883
Charitable activities	5 & 7	151,246	229,026	380,272	333,894
Total expenditure		164,771	229,026	393,797	345,777
Net income/(expenditure)		(63,385)	(19,115)	(82,500)	(9,574)
Transfers between funds	12	-	-	-	-
Net movement in funds		(63,385)	(19,115)	(82,500)	(9,574)
Reconciliation of funds:					
Funds brought forward	12 & 13	136,441	53,618	190,059	199,633
Funds carried forward	12 & 13	73,056	34,503	107,559	190,059

The notes on pages 15 to 28 form part of the financial statements.

Balance sheet

As at 31 March 2025

			Total funds 31 Mar 2025	Total funds 31 Mar 2024
	Notes	£	£	£
Fixed assets				
Tangible fixed assets	9		14,590	64,735
Current assets				
Debtors and prepayments	10	19,885		17,964
Cash at bank and in hand		84,198		121,504
		104,083		139,468
Liabilities				
Amounts falling due within one year	11	(11,114)		(14,144)
Net current assets			92,969	125,324
Net assets			107,559	190,059
Funds of the charity				
Restricted	12 & 13		34,503	53,618
Unrestricted				
General	12 & 13	61,677		74,305
Development fund	12 & 13	11,379		61,462
WAF Angels fund	12 & 13	-		674
Unrestricted			73,056	136,441
Total funds			107,559	190,059

The notes on pages 15 to 28 form part of the financial statements.

These financial statements were approved and authorised for issue by the Board of Trustees on 29 January 2026 and signed on their behalf by:

NE Robinson

NATALIE ROBINSON
CHAIR OF TRUSTEES

Notes to the financial statements

1. Accounting policies

Basis of preparation of the financial statements

The financial statements have been prepared in accordance with 'Charities SORP (FRS 102) - 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) second edition (effective 1 January 2019)', the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), including Update Bulletin 1, and relevant charities law.

The effect of any event relating to the year ended 31 March 2025, which occurred before the date of approval of the financial statements by the Board of Trustees has been included in the financial statements to the extent required to show a true and fair view of the state of affairs at 31 March 2025 and the results for the period ended on that date.

Under the exemption available to smaller charities the Board of Trustees has chosen not to include a Statement of Cash Flows within the financial statements.

The functional currency of the Charity is sterling and amounts in the financial statements are rounded to the nearest pound.

Legal status

Alternatives Trust East London is a charitable trust registered in England & Wales, and meets the definition of a public benefit entity. The registered office is St Edmunds Church, 464 Katherine Road, London, E7 8NP.

Going concern

The financial statements have been prepared on a basis other than the going concern basis as it is with deep regret that the trustees announce the difficult decision taken in November 2025 to begin the process of winding up the charity. Despite our best efforts to secure funding and adapt our services, the challenges faced have made continued operation unsustainable. We are working closely with partners, funders, and regulators to ensure a responsible and transparent closure process, and to minimise disruption to those we serve. The main impact on the accounts is the impairment loss on the leasehold improvements as outlined in note 9 of the financial statements.

Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds are unrestricted funds which have been designated for a specific purpose by the Trustees. The aim and use of each designated fund is set out in note 12 of the financial statements.

Restricted funds are funds that are to be used in accordance with specific restrictions imposed by donors or that have been raised by the Charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in note 12 of the financial statements.

Income

Income is recognised when the Charity has entitlement to the funds, any performance indicators attached to the item(s) of income have been met, it is probable that the income will be received, and the amount can be measured reliably.

Donations are recognised in full in the Statement of Financial Activities when entitled, receipt is probable and when the amount can be quantified with reasonable accuracy. Gift aid receivable is included when claimable – i.e. when the eligible donation is received.

1. Accounting policies (continued from previous page)

Income (continued from previous page)

Grant income is credited to the Statement of Financial Activities when received or receivable whichever is earlier, unless the grant relates to a future year, in which case it is deferred.

Income from charitable activities is credited to the Statement of Financial Activities when received or receivable whichever is earlier, unless it relates to a specific future period or event, in which case it is deferred.

Expenditure and irrecoverable VAT

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities.

Indirect costs, including governance costs, which cannot be directly attributed to activities, are allocated between activities proportionate to the direct costs incurred in those activities. Irrecoverable VAT is charged against the category of expenditure for which it was incurred.

Tangible fixed assets and depreciation

Any assets costing more than £500 are capitalised other than those purchased using restricted funds. Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their residual value, over their useful life, on the following basis:

Leasehold improvements	6yrs
Fixtures, fittings & equipment	25% p.a. on net value
Computers	25% p.a. on cost

Cash at bank and in hand

Cash at bank and in hand includes cash in hand, deposits with banks and funds that are readily convertible into cash at, or close to, their carrying values, but are not held for investment purposes.

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount is applied.

Creditors

Creditors are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party, and the amount due to settle the obligation can be measured or estimated reliably.

Financial instruments

Basic financial instruments are measured at amortised cost other than investments which are measured at fair value.

Critical estimates and judgements

In preparing financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements. The treatment of tangible fixed assets is sensitive to changes in useful economic lives and residual values of assets. These are reassessed annually. In the view of the Trustees in applying the accounting policies adopted, no judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

1. Accounting policies (continued from previous page)**Pensions**

The Charity operates a defined contribution pension scheme which is administered by an external independent pension provider. Contributions are recognised in the Statement of Financial Activities as they fall due.

2. Comparative statement of financial activities

		Unrestricted Funds Year ended 31 Mar 2024 £	Restricted Funds Year ended 31 Mar 2024 £	Total Funds Year ended 31 Mar 2024 £
	Notes			
Income from:				
Donations and legacies	3	73,815	232,827	306,642
Charitable activities	4	29,561	-	29,561
Total income		103,376	232,827	336,203
Expenditure on:				
Raising funds	5 & 6	11,883	-	11,883
Charitable activities	5 & 7	128,646	205,248	333,894
Total expenditure		140,529	205,248	345,777
Net income/(expenditure)		(37,153)	27,579	(9,574)
Transfers between funds	12	38,792	(38,792)	-
Net movement in funds		1,639	(11,213)	(9,574)
Reconciliation of funds:				
Funds brought forward	12 & 13	134,802	64,831	199,633
Funds carried forward	12 & 13	136,441	53,618	190,059

3. Income from donations and legacies

	Unrestricted Funds Year ended 31 Mar 2025 £	Restricted Funds Year ended 31 Mar 2025 £	Total Funds Year ended 31 Mar 2025 £
Grants	45,371	209,911	255,282
Donations	34,457	-	34,457
	79,828	209,911	289,739

	Unrestricted Funds Year ended 31 Mar 2024 £	Restricted Funds Year ended 31 Mar 2024 £	Total Funds Year ended 31 Mar 2024 £
Grants	50,276	231,754	282,030
Donations	23,539	1,073	24,612
	73,815	232,827	306,642

4. Income from charitable activities

	Unrestricted Funds Year ended 31 Mar 2025 £	Restricted Funds Year ended 31 Mar 2025 £	Total Funds Year ended 31 Mar 2025 £
Consultancy and training	1,131	-	1,131
Other charitable income	20,427	-	20,427
	21,558	-	21,558

	Unrestricted Funds Year ended 31 Mar 2024 £	Restricted Funds Year ended 31 Mar 2024 £	Total Funds Year ended 31 Mar 2024 £
Charitable rental income	166	-	166
Consultancy and training	22,649	-	22,649
Other charitable income	6,746	-	6,746
	29,561	-	29,561

5. Total expenditure

	Direct staff costs	Direct other costs	Indirect costs	Total costs
	Year ended 31 Mar 2025	Year ended 31 Mar 2025	Year ended 31 Mar 2025	Year ended 31 Mar 2025
	£	£	£	£
Expenditure on:				
Raising funds	7,000	1,068	5,457	13,525
Charitable activities	204,639	22,204	153,429	380,272
	211,639	23,272	158,886	393,797

	Direct staff costs	Direct other costs	Indirect costs	Total costs
	Year ended 31 Mar 2024	Year ended 31 Mar 2024	Year ended 31 Mar 2024	Year ended 31 Mar 2024
	£	£	£	£
Expenditure on:				
Raising funds	7,943	346	3,594	11,883
Charitable activities	189,979	42,922	100,993	333,894
	197,922	43,268	104,587	345,777

Indirect costs, including governance costs, which cannot be directly attributed to activities, were allocated between cost centres proportionate to the direct staff and other costs allocated to those activities.

An analysis of costs of raising funds split between restricted and unrestricted funds can be found in note 6.

An analysis of charitable activities split between restricted and unrestricted funds can be found in note 7.

An analysis of staff costs can be found in note 8.

5. Total expenditure (continued from previous page)

Indirect costs includes:

	Total costs Year ended 31 Mar 2025 £	Total costs Year ended 31 Mar 2024 £
Staff costs	22,999	26,771
Premises	38,746	29,174
Administration	43,889	37,173
Depreciation	12,753	7,360
Loss on disposals	-	2,573
Impairment loss (see note 9)	38,899	-
Independent examination	1,600	1,536
	158,886	104,587

6. Expenditure on raising funds

	Unrestricted Funds Year ended 31 Mar 2025 £	Restricted Funds Year ended 31 Mar 2025 £	Total Funds Year ended 31 Mar 2025 £
Direct staff costs	7,000	-	7,000
Direct other costs	1,068	-	1,068
Indirect costs	5,457	-	5,457
	13,525	-	13,525

	Unrestricted Funds Year ended 31 Mar 2024 £	Restricted Funds Year ended 31 Mar 2024 £	Total Funds Year ended 31 Mar 2024 £
Direct staff costs	7,943	-	7,943
Direct other costs	346	-	346
Indirect costs	3,594	-	3,594
	11,883	-	11,883

7. Expenditure on charitable activities

	Unrestricted Funds Year ended 31 Mar 2025 £	Restricted Funds Year ended 31 Mar 2025 £	Total Funds Year ended 31 Mar 2025 £
Direct staff costs	11,623	193,016	204,639
Direct other costs	981	21,223	22,204
Indirect costs	138,642	14,787	153,429
	151,246	229,026	380,272

	Unrestricted Funds Year ended 31 Mar 2024 £	Restricted Funds Year ended 31 Mar 2024 £	Total Funds Year ended 31 Mar 2024 £
Direct staff costs	26,882	163,097	189,979
Direct other costs	25,256	17,666	42,922
Indirect costs	76,508	24,485	100,993
	128,646	205,248	333,894

8. Staff costs

	Total costs Year ended 31 Mar 2025 £	Total costs Year ended 31 Mar 2024 £
Gross salary	224,336	215,545
Employer's NIC	6,769	5,873
Employer's pension	3,533	3,275
	234,638	224,693

The average headcount during the period was 16 persons (2024: 16 persons).

No employee received employee benefits above £60,000 (2024: Nil).

The total employee benefits paid to key management personnel during the year was £34,999 (2024: £36,197).

9. Tangible fixed assets

	Leasehold improvements	Fixtures & fittings	Computers	Total
	£	£	£	£
Cost				
As at 1 April 2024	65,977	11,343	22,754	100,074
Additions	-	-	1,508	1,508
As at 31 March 2025	65,977	11,343	24,262	101,582
Accumulated depreciation				
As at 1 April 2024	5,266	9,489	20,584	35,339
Charge in year	10,996	458	1,300	12,754
Impairment	38,337	562	-	38,899
As at 31 March 2025	54,599	10,509	21,884	86,992
Net book value				
As at 1 April 2024	60,711	1,854	2,170	64,735
As at 31 March 2025	11,378	834	2,378	14,590

Following the decision made by the board in November 2025 to commence the process to close the charity, an impairment loss has been recognised on the leasehold improvements and fixtures and fittings that will not be able to be passed to another charity on closure.

10. Debtors and prepayments

	Total funds 31 Mar 2025	Total funds 31 Mar 2024
	£	£
Accounts receivable	7,864	10,554
Prepayments	5,235	6,076
Accrued income	3,333	-
Other debtors	3,453	1,334
	19,885	17,964

11. Creditors: amounts falling due within one year

	Total funds 31 Mar 2025 £	Total funds 31 Mar 2024 £
Accounts payable	5,117	6,593
Net pay control	-	80
Pensions control	757	-
Accruals	5,240	4,138
Deferred income	-	3,333
	11,114	14,144

Deferred income consists of the following grant income:

	Total funds 31 Mar 2025 £	Total funds 31 Mar 2024 £
As at 1 April 2024	3,333	49,821
Amounts released in year	(3,333)	(49,821)
Amounts deferred in year	-	3,333
As at 31 March 2025	-	3,333

12. Analysis of charity funds

	Balance brought forward Year ended 31 Mar 2025 £	Income in the period Year ended 31 Mar 2025 £	Expenditure in the period Year ended 31 Mar 2025 £	Transfers between funds Year ended 31 Mar 2025 £	Balance carried forward Year ended 31 Mar 2025 £
Restricted funds					
Benefact Trust - counselling	8,420	-	(8,420)	-	-
Children in Need	87	36,403	(36,247)	-	243
Comic Relief	127	-	(127)	-	-
Education	1,517	-	(1,517)	-	-
Health Partners	775	-	(775)	-	-
LBN Good Thinking	-	1,182	(1,182)	-	-
LBN Perinatal Health	2,754	4,998	(7,752)	-	-
LBN Welcome Newham	3,560	1,914	(5,474)	-	-
London Catalyst	950	-	(950)	-	-
Migrant Advice Fund	4,702	2,123	(6,825)	-	-
Mrs Smith & Mount Trust	-	3,333	(3,333)	-	-
National Lottery	27,814	127,058	(135,248)	-	19,624
Skinner's	-	2,000	-	-	2,000
Smallwood Trust	-	10,000	(966)	-	9,034
Stef Philips	-	2,600	(2,600)	-	-
Stepping Stones	2,805	-	(2,805)	-	-
SW-HAM	-	3,300	(3,300)	-	-
Tate & Lyle	-	5,000	(1,398)	-	3,602
WAF restricted funds	107	-	(107)	-	-
Wesleyan CF	-	10,000	(10,000)	-	-
Total restricted	53,618	209,911	(229,026)	-	34,503
Unrestricted					
General	74,305	100,672	(113,328)	28	61,677
Development fund	61,462	-	(50,083)	-	11,379
WAF Angels Fund	674	714	(1,360)	(28)	-
Total unrestricted	136,441	101,386	(164,771)	-	73,056
Total funds	190,059	311,297	(393,797)	-	107,559

Benefact Trust - counselling

This was a one year grant for counselling awarded September 2022.

Children in Need

This is a three year grant for Family Support running from 2022 to 2025.

Comic Relief

This was a grant to support the purchase of creche equipment.

12. Analysis of charity funds (continued from previous page)

Education

These are funds received to support education courses.

Health Partners

This was a one year grant for counselling awarded in July 2022.

LBN Good Thinking

This was a grant from LB Newham to support mental health projects.

LBN Perinatal Health

This was a grant from LB Newham to support mental perinatal projects.

LBN Welcome Newham

This was a one off grant for skills courses for migrant women awarded in September 2023.

London Catalyst

This was a grant to support a hardship fund.

Migrant Advice Fund

This was a one year grant to support an immigration advisor role.

Mrs Smith and Mount Trust

This was a two year grant for counselling awarded in July 2022.

National Lottery

This is a three year grant for core costs running from 2023 to 2026.

Skinner's

This is to support counselling services.

Smallwood Trust

This is to support salary costs.

Stef Philips

This is to support project costs.

Stepping Stones

This was an eighteen month grant that ended in June 2023 for a cleaning social enterprise start-up.

SW-HAM

This was a grant to support a hardship fund.

12. Analysis of charity funds (continued from previous page)

WAF restricted funds

These were small amounts recognised at year end that had been received to support the WAF project.

	Balance brought forward Year ended 31 Mar 2024 £	Income in the period Year ended 31 Mar 2024 £	Expenditure in the period Year ended 31 Mar 2024 £	Transfers between funds Year ended 31 Mar 2024 £	Balance carried forward Year ended 31 Mar 2024 £
Restricted funds					
Benefact Trust - counselling	15,566	-	(7,146)	-	8,420
Benefact Trust - building	-	33,000	(6,216)	(26,784)	-
Charles French	-	4,000	(4,000)	-	-
Children in Need	1,837	30,314	(32,064)	-	87
City Bridge Trust	162	26,513	(26,673)	(2)	-
Clothworkers	444	-	(438)	(6)	-
Comic Relief	127	-	-	-	127
Drapers	2,386	9,508	(11,894)	-	-
Education	1,697	-	(180)	-	1,517
Food Club	1,114	1,073	(2,104)	(83)	-
Health Partners	4,171	-	(3,396)	-	775
LBN Mental Health	883	-	(883)	-	-
LBN Perinatal Health	-	4,998	(2,244)	-	2,754
LBN Welcome Newham	-	5,742	(2,182)	-	3,560
Lloyds	4,514	18,750	(23,265)	1	-
London Catalyst	-	1,000	(50)	-	950
Migrant Advice Fund	-	20,303	(15,601)	-	4,702
Mrs Smith & Mount Trust	4,954	10,000	(14,954)	-	-
National Lottery	-	55,134	(27,320)	-	27,814
Rausing Trust	9,451	-	(9,451)	-	-
Restricted assets - building fund	7,542	5,000	(521)	(12,021)	-
Safe Place	67	-	(63)	(4)	-
Stepping Stones	9,916	5,392	(12,503)	-	2,805
SW-HAM	-	2,100	(2,100)	-	-
WAF restricted funds	-	-	-	107	107
Total restricted	64,831	232,827	(205,248)	(38,792)	53,618
Unrestricted					
General	74,196	97,630	(111,631)	14,110	74,305
Development fund	60,606	-	(23,826)	24,682	61,462
WAF Angels Fund	-	5,746	(5,072)	-	674
Total unrestricted	134,802	103,376	(140,529)	38,792	136,441
Total funds	199,633	336,203	(345,777)	-	190,059

12. Analysis of charity funds (continued from previous page)

Benefact Trust - building

This was a building improvement grant for office move, one off in September 2023. Where operational fixed assets were funded by restricted grants these have been included in income when spent and a transfer made from restricted funds to the designated fixed asset funds (development fund) to cover the cost carried forward on the balance sheet to be depreciated over their useful life.

Charles French

This was a one off grant received in March 2023 for Food Club.

City Bridge Trust

This was a three year grant for Family Support Staff which ended in December 2023. The immaterial balance at the end of the grant was transferred to general reserves.

Clothworkers

This was a grant to support building improvement works. The immaterial balance at the end of the grant was transferred to general reserves.

Drapers

This was a one year grant for Family Support awarded in October 2022.

Food club

These were donations from the food club which were ringfenced to support this project. The immaterial balance at the end of the grant was transferred to general reserves.

LBN Mental Health

This was a grant from LB Newham to support mental health projects.

Lloyds

This was a three year grant to support the General Manager role which ended in November 2023. The immaterial negative balance at the end of the grant was met from general reserves.

Rausing Trust

This was a one off grant for Food Club awarded in January 2023.

Building fund

This consists of a number of grants and donations to support the office move. Where operational fixed assets were funded by restricted grants these have been included in income when spent and a transfer made from restricted funds to the designated fixed asset funds (development fund) to cover the cost carried forward on the balance sheet to be depreciated over their useful life.

Safe Place

This was a grant to support training for the WAF programme. The immaterial balance at the end of the grant was transferred to general reserves.

13. Analysis of net assets

	Unrestricted Funds 31 Mar 2025 £	Restricted Funds 31 Mar 2025 £	Total Funds 31 Mar 2025 £
Fixed assets	14,590	-	14,590
Current assets	69,580	34,503	104,083
Current liabilities	(11,114)	-	(11,114)
	73,056	34,503	107,559

	Unrestricted Funds 31 Mar 2024 £	Restricted Funds 31 Mar 2024 £	Total Funds 31 Mar 2024 £
Fixed assets	64,735	-	64,735
Current assets	85,850	53,618	139,468
Current liabilities	(14,144)	-	(14,144)
	136,441	53,618	190,059

14. Trustee remuneration

During the year, no trustee received any remuneration (2024: £Nil). No members of the Board of Trustees received reimbursement of expenses (2024: £Nil).

15. Related party transactions

During the year there were no related party transactions (2024: £Nil).

16. Other financial commitments

At 31 March 2025, the Charity had annual future minimum lease payments under non-cancellable operating leases (all for property) as set out below:

	Total 31 Mar 2025 £	Total 31 Mar 2024 £
Due within one year	25,000	22,917
Due within two to five years	8,333	33,333
	33,333	56,250

