



Company Number 3548669

Charity Number 1104413

INSPIRE HOUNSLOW
UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31ST MARCH 2025

INSPIRE HOUNSLOW
(A company limited by Guarantee)



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Mission Statement

Vision and Values

Our Vision is to inspire disadvantaged young people in Hounslow to succeed and live a fulfilling future contributing to a flourishing, inclusive and sustainable community and society.

Our Values are fundamental to how we work every day with clients, colleagues, volunteers, supporters and partners. They describe the sort of people we are, how we conduct ourselves, and the experience people can expect when they come into contact with Inspire Hounslow. They are integral to what we do and how we do it, and we look for them in everyone we work with. Our values show that helping people to help themselves is at the heart of everything we do.

Four core values underlie and drive everything we do:

RESPECT

- Trust is important and all our communications and actions are transparent.
- We are an action oriented and community focussed organisation intending to get things done.

INSPIRATION

- We are passionate about what we do and demonstrate enthusiasm and tenacity when dealing with challenges.

PRAGMATISM

- We are realistic about what can be achieved and ensure our work is targeted at needs and improving outcomes.
- We are able to demonstrate the progress made and outcomes delivered.

OPENNESS

- We are an inclusive and approachable organisation that is for the benefit of all members of the community and especially those facing discrimination and/or disadvantage.
- Collaboration and community involvement with integrity are part of all we seek to do.



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LEGAL AND ADMINISTRATIVE INFORMATION

Charity Name	Inspire Hounslow
Company Number	03548669
Date of Incorporation	14 April 1998
Charity Number	1104413
Date of Registration	17 June 2004
Company Secretary	Jacqueline Ann Foster
Registered Office	South Street House, 51 South Street, Isleworth, United Kingdom, TW7 7AA
Honorary President	Edward Jonathan Locke (former Chair)
Chair	Howard William Simmons
Vice Chair	Linda Suyin Leaney
Trustees	Vipan Bij (resigned 8 October 2024) Gillian Margaret Chapman (resigned 16 June 2025) Sylvia Ann Cordell (appointed 12 November 2024) Jacqueline Ann Foster Mandeep Kaur Gill (appointed 12 November 2024) Ceylin Kolsal Sarper (resigned 16 March 2025) William Patrick Charles Rees (resigned 15 May 2025) Heather Janet Jessica Smith Rachit Mohan Sharma

Independent Examiner	Mr Paul Alexander FCA, Accountancy Management Services Limited, South Street House, 51 South Street, Isleworth, Middlesex, TW7 7AA
Investment Managers	Atomos Wealth and Finance Managers, 5 Hatfields, London SE1 9PG
Bankers	Lloyds Bank Plc, Chiswick London W4



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CHAIRMAN'S INTRODUCTORY STATEMENT for the year ended 31 March 2025

Inspire Hounslow has had a busy and successful year. It continued in its core priorities to address the issues and needs faced by disadvantaged young people in the Borough of Hounslow and to help provide opportunities for them to learn new skills; as well as to fund intergenerational projects that build community cohesion and resilience.

We are very grateful to former Trustees, Ceylin Kolsal and Gill Chapman who resigned from the Board and to Charles Rees, who retired from the Board for their significant contributions to Inspire Hounslow during their time in office.

Both Mandeep Kaur and Sylvia Cordell joined the Board in November 2024, bringing with them knowledge and experience of Charity Governance and the community sector generally, alongside financial and grant experience.

We continue to seek new Trustees to reflect the rich cultural diversity and community experience within the Borough of Hounslow. The Recruitment Group has worked hard and effectively to recruit new Trustees during the year.

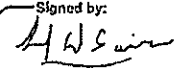
The Board has also worked hard to determine grants that have been made to a wide range of organisations - tackling discrimination and disadvantage and building opportunities and new skills for young people - as well as celebrating cultural and community life in Hounslow.

As always, I would like to express my personal thanks to all Board members and also to our professional staff - Gillian de Soyres, our Grant Development Manager and Becky O'Flynn our External Accountant - who have ensured that all financial reporting and due diligence in grant making is carried out efficiently and effectively.

I also wish to thank our partner organisations and the funded groups with whom we have worked over this last year who are all contributing to and delivering inspirational outcomes and impacts across the borough. A summary of the activities and achievements of Inspire Hounslow is set out in the following sections of this Annual Report.

Howard Simmons

Chair of the Board of Trustees

Signed by:

70352AB345DB480
12/17/2025



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Trustees Annual Report for the year ended 31st March 2025

A YEAR OF CONSOLIDATION, BUILDING LINKS, AND OF PROGRESS

1. CONSOLIDATION

While the Memorandum and Articles of Association of the Charity provide a wide remit to address community needs across the London Borough of Hounslow, the Board has continued with its chosen priority focus on the needs of young people from all communities and especially those facing discrimination, disability and disadvantage.

We have sought to build opportunities for young people who "reside, work or study in the London Borough of Hounslow" by investing in community-based projects and programmes that develop skills, build confidence and promote equality alongside community capacity and resilience. Good examples of this are the major investments we have made in Skylarks Hounslow, providing a new borough wide resource centre for families and children with special needs. Also, in the School and Family Works programme, based in the Cedars School in Cranford, undertaking trans generational change and support work with vulnerable and disadvantaged families.

We have in addition continued to support events and activities that build community cohesion and pride and celebrate diversity across Hounslow such as the Polish Festival, the Brentford Canal Festival and the Creative Mile Arts Trail.

We have maintained a twin track approach to our Grants Programme with Small Grants of up to £1,500 being considered at each of our 10 Board meetings throughout the year and Large Grants of between £1,500 and £30,000 being considered and agreed on a quarterly basis. Publicity about the overall Grants Programme has been revised and improved with more attractive and accessible material produced and greater use of social media and online application procedures being developed.



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Inspire Hounslow has overall through its programme of small and large grants invested in projects and activities that benefit clearly identified partner organisations, communities of interest and of place with clearly focussed beneficiaries. The Charity can therefore demonstrate impact and positive outcomes and therefore the value of its operations.

This is clearly important in showing the significance of Inspire Hounslow's activities and its compliance with the Charity Commission's guidance on and requirements for demonstrating public benefit.

It is also important in enabling the Board to compile and regularly review the Register of Risks to which the Charity is regularly exposed through its operations and thereby determine appropriate and mitigating actions and plans.

2. BUILDING LINKS

Throughout 2024/25 Inspire Hounslow has developed its working and intelligence gathering, sharing links with key partners, organisations and agencies so that there is a better awareness and understanding of the purpose, priorities and activities of the Charity.

While Board members have continued to attend relevant Area Fora to gain a better understanding of localities, the Chair and Grant Development Manager have held meetings with the Council's Community Partnerships Unit and the Grants and Community Development Teams.

This has enabled a sharing of information and much better awareness and understanding of community issues and activities across Hounslow, while also enabling conversations about collaboration and improved coordination with a resultant referral of several community organisations to Inspire Hounslow.

Meetings and discussions have also been held with the Ealing and Hounslow Council for Voluntary Service (EHCVS). Trustees have attended several of their events and working groups on how to better support and grow the voluntary and community sector in the borough. The Chair attended the AGM of the EHCVS and gave a presentation to its membership on the activities of and grants available from Inspire Hounslow.



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3. PROGRESS

Over the last year Inspire Hounslow has raised the profile of the Charity and made an increasingly wide range of contacts with other agencies working to support the community sector as well as with other funding bodies.

Inspire Hounslow now attends the regular meetings of the Hounslow Funders Group which brings all those bodies: National - such as the Lottery; Regional - such as the City Bridge Foundation; and Local - such as Freshwater Foundation etc. together to discuss strategic issues like measuring impacts and practical issues, such as simplifying grant allocation processes.

In addition, Inspire Hounslow has made presentations to the annual Borough Funders' Fair and attended funding workshops organised on a locality basis, such as Feltham and Hanworth Area Forums and meetings of Ealing and Hounslow CVS.

As a result, Inspire Hounslow has become a better known and understood funding body within Hounslow and a participant and contributor to borough networking meetings, discussing collaboration and partnership working with other agencies.

In particular, further work has been done with partner organisations, especially Hounslow Council, on the previous Index of Multiple Deprivation (IMD) to better determine the most deprived and disadvantaged communities and geographical areas across the borough.

Inspire Hounslow has over the past two years set out to direct its grant investment towards community groups and the development of community capacity in the most deprived parts of Hounslow. As a result, the majority of grants have been directed to Feltham, Cranford, Bedfont, Heston and Hanworth in the west of the borough.

The further work done on the IMD has included additional data from the NHS on mental and physical health and disability, more details on employment, unemployment and pay together with educational achievement and skills levels, as well as updated information on housing, race, gender and age profiles.



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This has led to the identification of 10 Equality Opportunity Areas across the borough where it is felt investment and community support can make a significant improvement in life opportunities for residents. While the majority of these will continue to be in the West of the borough, they also include areas in Isleworth, Brentford and Chiswick.

This information will be factored into considerations by the Inspire Hounslow Board about the support and priority given to grant applications and will inform grant decisions alongside the capacity of the community organisation applicant.

4. Achievements and Performance during 2024/5

The main achievements of the Charity this year and outcomes delivered relate directly to the funding of a variety of projects, activities and programmes across the Borough of Hounslow. These aim to build opportunities, develop skills, tackle disadvantage and discrimination and build individual and community capacity and resilience.

Considerable effort is made by Trustees in the grant assessing, giving and monitoring process to ensure that the funds invested have been utilised to benefit the identified individuals, groups and communities and that the monies have been allocated wisely and spent effectively.


In the following section both the small and large grants awarded during 2024/25 are briefly reviewed and their distribution shown on a map of the Borough of Hounslow as well as the Equality Opportunity Areas.

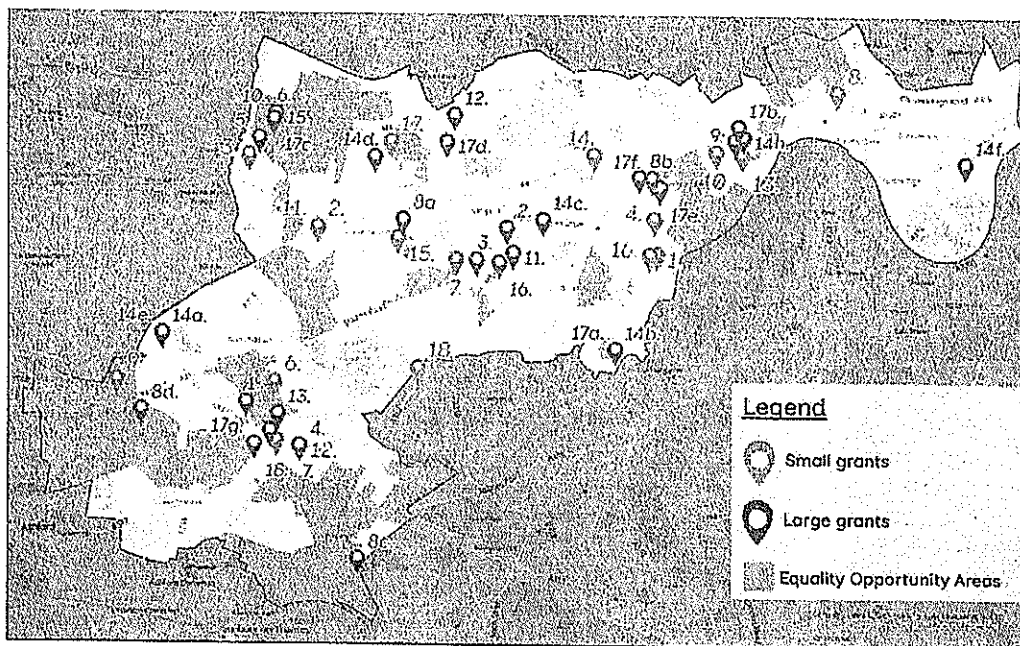
In the following section the grants awarded in the year 2024/25 are briefly reviewed.



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PROJECTS AWARDED THIS YEAR (2024/25)

 Inspire Hounslow Funded Projects (April 2024 - April 2025)



LARGE GRANTS

1. The Positive Movement Project (£12,463)

With support from Inspire Hounslow, The Positive Movement Project launched the M.O.V.E. programme at Bedfont Lane Community Centre, offering Wellbeing Workout and Family Bonds sessions. Designed to promote mindful movement, open communication, vitality, and emotional expression, the programme helped residents become more active, improved mental wellbeing, and strengthened family relationships, while reducing loneliness and building stronger community connections. This unique project was very successful and greatly benefited parents, carers, and children.

2. Hounslow PHAB Youth Club (£5,824)

Hounslow PHAB's summer residential programme took eight young people to Dukes Barn Outdoor Activity Centre in Derbyshire for a week of confidence-building activities. Participants developed independence by practising daily living skills such as dressing, timekeeping, making choices, and keeping their space organised. Each day included two outdoor activities supported by PHAB leaders and qualified instructors in an inclusive, fully accessible environment. The trip offered new experiences, teamwork, and friendships, which were especially valuable for members with special needs who might not otherwise have had access to such opportunities.

3. The Hounslow Arts Centre – Drama Club (£13,340.63)

The Hounslow Arts Centre Drama Club provided a supportive space for students to build confidence, communication skills, and creativity through collaborative theatre projects. It offered West Thames College and Great Oaks College students access to drama activities not otherwise available to them, enriching their learning and development. By bringing together SEND and EHCP students from both colleges, the club promoted wellbeing and fostered meaningful social connections beyond their usual environment.

4. Ambitions About Autism - Learner and Family Support Programme at The Rise School (£10,000)

The Rise School in Feltham supported 134 autistic pupils aged four to 18, over half with co-occurring learning disabilities, combining special needs provision with access to the national curriculum to equip them with academic qualifications and life skills. Its Family Services programme guided families through complex systems, offering one-to-one advice, welfare casework, and support with housing, benefits, tribunals, and transitions. The Transitions and Welfare Officer worked closely with families, staff, and professionals to safeguard wellbeing, while initiatives such as training, information events, and food parcel distribution further supported families.

5. School & Family Works - Transgenerational Change (£20,000)

This programme based at the Cedar's School, a school for children with Social, Emotional and Mental Health needs (SEMH), provided parents and carers with a supportive space to connect, reducing isolation while building collaborative relationships. Through short, skills-based activities, participants developed practical relational strategies such as mirroring and containment, with opportunities to reflect and rehearse in parent-only sessions. Joint parent-child activities, including movement, yoga, and relaxation, supported regulation and co-regulation, helping families recognise signs of dysregulation and build calming, self-resourcing habits into daily life.

6. Cranford Community College - Heston and Cranford Summer Youth Programme (HAF Extension) - C-Change (£10,000)

The Heston and Cranford Summer Youth Programme (HAF Extension) was designed to support children aged 5 to 16 and their families in Heston and Cranford, with plans undertaken for the provision pending Council approval. Delivered in partnership with Creative Spaces London and Cranford Community College, the programme sought to expand beyond the standard HAF eligibility to include children from single-parent households, young carers, disabled youth, and those in need but not qualifying for free school meals. Building on the success of the 2019 programme, which fostered inclusivity through family engagement and youth volunteering, the additional grant allowed for increased staffing, greater accessibility for children with SEND, the introduction of multi-sports and other activities, and the provision of nutritious meals to all participants, reducing isolation and promoting community wellbeing.

7. Spring West - Summer 2025, Residential Trip Calvert Exmoor (£8,190)

The project involved seven to eight Year 10 and 11 pupils from The Physical Disabilities Centre visiting Calvert Exmoor in Devon, a residential facility that provided a range of adapted activities such as abseiling, rock climbing, canoeing, zip-wire, swimming, archery, horse-riding and stacking. These activities were designed to give pupils with physical disabilities - including conditions such as cerebral palsy, global development delay, spinal cord injury, spinal muscular atrophy, spastic diplegia, heart conditions, ADHD and autism - the opportunity to take part in experiences they would not normally be able to do. The trip aimed to build their confidence, self-esteem and mental health, as some pupils had previously struggled with mental health issues, while also encouraging greater independence by spending time away from their parents.

8. Purple Elephant - PE schools therapy sessions (£28,350)

The Purple Elephant Project worked with four schools in Hounslow to provide therapy services for children and young people experiencing emotional or mental distress. A therapist delivered half a day of work in each school across the academic year, offering one-to-one Play or Art therapy to eight children most in need, supported by reviews and reports, as well as group sessions that benefited a further 24 children. In addition, the therapist supported teachers to better understand and assist the children, helping them move forward at critical moments in their lives.

9. Springboard – Destination Hospitality 2025 (£22,800)

The Springboard Charity, in partnership with Brentford FC Community Sports Trust, delivered the first of two high-quality employability programmes in Hounslow (February 2025 to January 2026) for disadvantaged young people aged 18–30 at risk of offending, focusing on reducing knife crime. Participants gained soft and hard skills, accredited qualifications, work placements, and long-term mentoring support. The programmes build on the success of Springboard's Galvin's Chance initiative, using sports, wellbeing, and

hospitality training to help young people achieve sustainable employment and positive futures.

10. Action Breaks Silence (£14,998)

This project enabled upskilling and empowerment for two disadvantaged young people under 25 from Hounslow through a 60-hour Train the Trainer programme. This enabled them to deliver Action Breaks Silence prevention education across local schools and the wider community. Working alongside experienced trainers and Sixth Form volunteers, they lead workshops that engage 150 Hounslow primary and 100 Hounslow secondary students in empowerment, empathy, and self-defence education. The project also mentors 40 new Sixth Form Hounslow volunteers to deliver the EEAB programme, expanding community impact and fostering youth leadership. By creating relatable role models, the initiative strengthens gender equality, helps reduce violence against women and girls (VAWG), and builds long-term employability and social responsibility among participants.

11. Creative People and Places Hounslow - Creative Take Over Days (£11,250)

The Creative People and Places (CPP) Programme in Hounslow delivers resident-led exhibitions and creative events across the borough's libraries to increase access to arts and culture. In 2025–26, the Hounslow Exhibitions Group will curate two major exhibitions - a Polish artist's Imagining Futures (June 2025) and a Migration exhibition (February 2026) - touring six libraries for two years and reaching over 250,000 people annually. Alongside these, CPP will run two year-long series of monthly Creative Takeover Days led by local artists: one for young adults (18–25) at Heston Library; and one for families at Hanworth Library. These workshops will build creative skills, confidence, and community connections, inspiring participants to explore important social themes through art.

12. Heston in the Community (HiTC) - Football League (£10,000)

The HiTC Youth Football League supports boys and girls aged 11–16 in Hounslow by using football and mentoring as tools to reduce youth violence and promote positive life choices. Weekly sessions combine physical activity - improving health, confidence, and teamwork - with life skills mentoring focused on communication, leadership, and resilience. The project provides a safe, supportive space where young people can discuss challenges, build self-esteem, and form healthy relationships, particularly those at risk of social isolation or negative influences. Ultimately, the programme aims to divert young people from crime, strengthen community ties, and empower them to realise their full potential both on and off the pitch.

13. LVA Trust – Loved Valued and Able (£15,000)

This one-year project delivers non-statutory, RHSE-based emotional and relational support to disadvantaged young people, addressing the root causes of poor mental health and wellbeing. Through LVA's Theory of Change, the project aims to improve emotional wellbeing, strengthen relationships, and enhance life chances. By building self-esteem, confidence, and awareness around topics such as healthy relationships, consent, and online

behaviour, young people are empowered to make positive life choices. The programme's short-, medium-, and long-term outcomes include improved emotional resilience, healthier relationships, and greater engagement in education and future opportunities.

14. Harlequins Foundation – METTLE (£8,000)

The METTLE programme is an interactive, evidence-based mental resilience initiative delivered in primary schools, designed to equip and inspire young people through principles of positive psychology and solution-focused thinking. Running from March to December 2025, the project will expand into 8 Hounslow primary schools, reaching at least 320 children aged 7–11 who are most at risk of poor mental health. Over six weekly sessions, both in classrooms and playgrounds, METTLE uses the appeal of Harlequins Rugby to help children build confidence, emotional strength, and a positive mindset. Expected outcomes include increased physical activity, improved attitudes toward education, higher engagement in sport, and reduced emotional difficulties among participants.

15. RUILS – Family Matters Service Hounslow (£33,000)

Family Matters Hounslow is an outcome-focused support service helping families of disabled children and young people to access the tools, information, and confidence they need to help their child thrive. Through one-to-one advice sessions, longer-term casework, and specialist workshops, the Family Matters Advisor provides practical guidance on education, benefits and wellbeing, as well as emotional and peer support. The project supports families facing complex challenges such as autism, ADHD, physical or learning disabilities, and mental health conditions, often compounded by isolation or financial hardship, helping children participate more fully at school and in the community, while improving family wellbeing.

Inspire Hounslow awarded RUILS £33,000 funding to support this work. At RUILS' request, the Inspire Hounslow Board approved distributing the funding over two years to maximise service impact and leverage additional funding.

16. Skylarks – BIG GIVE 2025 (£8,000)

Skylarks Hounslow Centre provides vital support to families with children aged 0–25 who have additional needs, particularly those facing significant disadvantage. The centre offers a safe and welcoming environment where children can play, learn, and grow, while parents access advice, guidance, and peer support. Services include creative play sessions, SEND advice, a toy library, workshops, and a planned multi-sensory room to stimulate and soothe children's senses, support development, and provide a calming space for families. The programme aims to enhance accessibility, raise awareness of local support, and reduce isolation, while creating opportunities to leverage match funding from The Big Give to expand and sustain services for Hounslow families.

17. Sweet Science (£4,895)

The Sweet Science Programme is a 10-week structured, non-contact boxing and mentorship initiative that empowers disadvantaged young people. By combining sporting activities with character education, the team provides a positive, structured environment where participants develop confidence, self-discipline and essential life skills.

18. The Resilience Recovery Project (£9,600)

The Resilience Relief Recovery project in Feltham supported 30 young people (aged 13–18) with bipolar disorder and their families through a structured six-week programme. Weekly football sessions engaged participants in physical activity, helping to improve mental health, mood stability, and reduce stress. In addition, emotional wellbeing sessions were facilitated by accredited practitioners to help young people understand and manage their condition, develop self-regulation, and build coping strategies for mood fluctuations, anxiety, and impulsivity. The project combined physical and emotional support to enhance overall wellbeing for both young people and their families.

Total Large Grants 2024/2025: £245,710.63

SMALL GRANTS

1. Alliance Arts – West London (£1,500)

The purpose of this funding request was to enhance the existing dance programme by introducing new sessions led by a dedicated choreographer. These sessions offered participants the opportunity to explore different styles of dance, develop their skills, and engage in creative expression.

2. Crescendo Youth Empowerment – Intergeneration Music Making (IMM) project (£1,500)

The IMM/LVA Trust Pilot Project is a transformative initiative that aims to empower disadvantaged young people in the London Borough of Hounslow through Youth Social Action (YSA) and Intergenerational Youth Social Action (IYSA). Led collaboratively by IMM and the LVA Trust, the project used music and creative arts to promote personal growth, skill development, and positive social change, while fostering intergenerational connections and community cohesion.

3. Sunshine of Hounslow (£1,287.50)

Inspire Hounslow provided funding to Sunshine of Hounslow for its Community Yoga Lifeline initiative to improve the community's wellbeing. The aim is to support elderly people, those with disabilities or long-term health conditions, individuals experiencing low mood, young mums, survivors of domestic violence, crime victims, people on low incomes, and the wider

community. Through regular yoga and relaxation sessions, participants improved their mental and physical health, increased joint flexibility, strengthened muscles, and reduced the risk of knee operations.

4. The Mulberry Centre (£1,500)

The Mulberry Centre applied for funding to support their Welcome Assessment and Information Services, offering personalised 60-minute meetings where individuals could share their needs and receive tailored guidance. Follow-up emails reinforce the information with useful links, helping people feel more in control and better able to manage the physical and mental challenges of a cancer diagnosis.

5. Riverside Vineyard Church, Feltham: Food bank, Compassion Centre including the Storehouse Project (£1,500)

The Compassion Centre at Riverside Vineyard Church is a project that holistically supports the most vulnerable in the local community by alleviating poverty, empowering clients, and providing care and dignity. Alongside meeting practical needs, it connects people with wider support services while demonstrating love, care, and inclusion. The Centre includes a foodbank (Storehouse), children's clothing bank, free English classes, a mental health café, a job club, and money and debt advice.

6. Creative People and Places - CPP (£1,500)

A community arts worker from CPP worked with FLAG, comprised of people who live and work in Feltham, to design an event that was relevant and appealing to residents. FLAG shaped the event and had the final say in the programme, while members actively contributed to planning and delivery, gaining valuable skills and fostering a sense of community ownership. Their involvement not only empowered FLAG members but also strengthened CPP's capacity in events and arts programming, increasing the likelihood of similar events taking place in Feltham and across Hounslow in the future.

7. Cocoon Care After Care (CaC) Christmas Day transport costs (£1,500)

Cocoon Care After Care in Hounslow hosted a Christmas dinner to support and celebrate its community, providing a warm and festive meal for those in need. The event brought together service users, staff, and residents (care leavers), fostering a sense of belonging, community spirit, and holiday cheer while addressing social isolation during the festive season. Inspire Hounslow were pleased to fund the transportation for Hounslow young care leavers.

8. Champion Kickboxing - Care leavers sessions (£1,400)

Champion Kickboxers ran a programme with Hounslow Council for care leavers to empower them mentally and physically through martial arts. They sought to expand their impact as they found it challenging to keep participants engaged and motivated. By broadening the

services offered, they aim to increase motivation, attendance, and the overall benefits of the programme for the care leavers.

9. Hounslow Respiratory Support Group (£1,490)

This "Exercising and Singing" project supports members of the Hounslow Borough Respiratory Support Group by improving lung health, physical fitness, and overall well-being through specialised exercise classes and a singing group. Twice-weekly exercise classes were led by qualified instructors in Bedfont and Isleworth, with a third class planned for 2025 to better serve people with respiratory conditions across Hounslow.

10. Brentford Canal Festival 2025 (£1,500)

Inspire Hounslow supported the Brentford Canal Festival's children's area at this year's event, contributing to its great success. The Festival achieved their goal of recreating a free, joyful event that highlighted Brentford as a destination for leisure, entertainment, and culture.

11. Intergenerational Music Making Move (IMM) and Grove (£1,500)

By harnessing the power of music and creative arts, IMM aims to cultivate personal growth, skill development, and positive social change among youths, while fostering intergenerational connections and community cohesion. Inspire Hounslow's support empowered IMM to provide meaningful opportunities for youth engagement, leadership development, and skill acquisition, thereby addressing pressing challenges such as limited access to opportunities, low self-esteem, and social isolation.

12. Autism Hounslow (£1,450)

Transforming Autism's "Confident Autism Parenting in Hounslow" project delivered and evaluated a 10-week online parenting course for ten Hounslow families, helping parents gain confidence and practical skills to build strong, loving relationships with their autistic children. Through evidence-based guidance from a Senior Psychotherapist and Paediatric Occupational Therapist, parents learned strategies to support communication, reduce anxiety, and enhance family wellbeing.

13. Creative Mile Arts Trail (£1,188)

Creative Mile, a free walking arts trail in Brentford, brought together artists, makers, and the community across 20 venues for three days in late summer. Now in its fifth year, it showcased the work of around 100 artists and celebrated diversity, creativity, and inclusion. The festival attracted over 5,000 visitors, boosted the local economy, and strengthened Brentford's reputation as a vibrant cultural hub. Emerging from the isolation of the pandemic, it has helped reconnect people and revitalise community spirit through shared creativity.

14. Black History 365 (Mindfulness CIC) (£1,490)

Black History 365 enhances the mental health and wellbeing of disadvantaged young people by celebrating Black British history through music. The 3-hour interactive workshops explored the journeys of Black British musicians from the Windrush generation to the present day, inspiring participants to overcome challenges through creativity. Industry professionals Blairy Hendrix and Joshua Olusola shared their experiences and guided young people to create their own music. The project fostered empowerment, belonging, and cultural pride while developing arts skills, confidence, and community connection among young people in Hounslow.

15. Bridge the Gap Cranford (Hope Church Hounslow (£1,200)

Inspire Hounslow funded the football goal equipment, part of the sports equipment needed to establish a social football facility for 10–18-year-olds in Cranford. The project built a new footballing community for boys and girls aged 10–18 in Cranford, expanding on existing youth and young adult football initiatives in Hounslow. Weekly sessions provided opportunities for young people to develop fitness, resilience, social skills, and leadership, while encouraging regular attendance and building relationships. The project addressed the lack of youth provision in Cranford, giving participants meaningful opportunities regardless of skill, fitness, or financial situation. Funding enabled the purchase of startup equipment and the successful launch of this much-needed community initiative.

16. Inspiring Digital Futures (Cloud Crew CIC) (£1,475)

Inspiring Digital Futures invited young people aged 18–25 to Isleworth Public Hall to explore diverse career opportunities in the digital and technology sectors. Through panel discussions with industry professionals, attendees learned about various tech roles, career pathways, and the wide range of industries using digital skills. The free event offered guidance on training, mentorship, and employment opportunities, inspiring participants to pursue their own digital futures.

17. Hounslow Art Trust (£1,500)

The Heston & Cranford Local Advisory Group developed an annual outdoor cinema series and, in 2024, launched a youth film-making project for 16–21-year-olds. Participants learned to film and edit short movies on their phones and helped produce a November cinema screening at Beavers Hub, where their films were shown alongside a feature film. Inspire Hounslow gave CPP Hounslow a grant, alongside contributions from local partners to support the workshops and final screening.

18. Chronically Marvellous Nature and Natter (£1,500)

The “Nature and Natter Wellbeing Walks” project provides accessible nature walks that promote connection, mental health, and appreciation for local wildlife. The inclusive sessions welcomed participants of all abilities, offering mobility support or transport when needed, and were led by a trained group leader familiar with the area. The walks

encouraged social connection, reflection, and engagement with nature, helping to reduce loneliness and improve wellbeing. The project addressed the growing mental health crisis by combining exercise, nature, and community support to make a positive impact on people's lives.

Total Small Grants 2024/2025: £25,980.50

TOTAL LARGE AND SMALL GRANTS AWARDED 2024/2025:
£271,691.13

(after grants written back relating to prior years, SOFA total is £267,072)



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Financial Review

Inspire Hounslow remains well funded, with its principal source of income continuing to be transferred from the original capital from CIP at the charity's inception. These funds are held with a UK external investment manager within a diversified investment portfolio and with a UK bank for cash management

The portfolio generated income of £71,887 a strong result given prevailing market conditions, the current risk profile and the portfolio's holding structure. At year-end, total funds under management stood at £1,520,423. Detailed financial results are presented on pages 29 of the accompanying accounts.

The charity awarded grants totalling £271,691 during the year (£267,072 after prior year grants written back and compared to £221,276 in the previous year). This increase reflects strategic and operational adjustments made by the Board and aligns with its declared intentions for the year.

The outcomes of this year's grant activities are detailed on pages 27-28.

Overhead costs for the year were £15,716, a 39% reduction from the previous year. This decrease reflects the Board's continued scrutiny and the implementation of tight financial controls, with general overheads maintained at consistent levels.

Income from interest and dividends rose significantly, with the £71,887 received representing a 79% increase year-on-year. The investment portfolio closed the year with a valuation of £1,520,423 as at March 2025. Market conditions remained stable, and Inspire Hounslow was able to draw down funds as needed. The FTSE Index ended the year higher than the previous year.

Investment Trust holdings showed a total annual decrease of 9.6%, inclusive of realised and unrealised gains and withdrawals. The year-end valuation reflected an unrealised loss of £33,480 against book value. The portfolio remains strong and well diversified.

The balance sheet (page 25) confirms net assets of £1,316,154 positioning Inspire Hounslow to continue delivering its charitable programme with confidence.

While grant-giving activities remain robust, there is scope to expand and enhance in the year 2026. In 2025, the Board undertook a strategic review of policies and activities, setting out measures to improve focus, efficiency, and effectiveness.

No dividends were paid or proposed during the financial year.

INSPIRE HOUNSLOW

(A company limited by Guarantee)

TRUSTEES' ANNUAL REPORT for the year ended 31st March 2025



COMPANY/CHARITY STRUCTURE

The charity is a company limited by guarantee with no share capital. The company was formed in 1998 under the name of Hounslow Culture & Community Services to manage the leisure activities of Hounslow Council, and after the cessation of trading operations in 2008 changed its name to Inspire Hounslow.

Its governing document is its Memorandum & Articles of Association, which were refreshed on 11th July 2017 to bring them in line with current activities and aspirations.

The appropriate Governing documents, Memorandum and Articles of Association, constitution, rules, and documentation were fully reviewed and refreshed by March 2020. These activities were completed in association with and, under the guidance of, the IH company solicitors. As a result of this refresh, the Trustees believe that the Charity conforms to all necessary regulations, guidance and recommendations as set out by the Charity Commission.

MANAGEMENT – TRUSTEES' RECRUITMENT AND INDUCTION

The charity is controlled by the board of trustees, who are also the directors for the purpose of company law.

All the trustees are members of the company and guarantee to contribute £1 in the event of a winding up; no Trustee has any beneficial interest in the company.

All trustees are unremunerated.

The Articles of Association require the company to be run by a Board of Trustees who are expected to take decisions collectively. The board when complete consists of at least three and not more than eleven people.

Trustees will each normally hold office for three years and be eligible for re-election twice. Additional board members are sought by public advertisement and by private approach.

New trustees have been recruited in accordance with the appropriate guidelines. There are clearly documented processes listed in the Inspire Hounslow recruitment protocol.

New trustees are initially interviewed by a Recruitment Group, and later by the full Board. Approved applicants are co-opted for an initial term of six months, which is considered a probation period. At the end of the initial term the appointment is reappraised, and, if appropriate, the Trustee is reappointed as a full Trustee. There may be circumstances in which the initial term is extended for a further period of 3 to 6 months. Thereafter, such people are expected to serve for a three-year term and are eligible for re-election in due course.

All new trustees have undergone the appropriate checks and necessary reviews. These are completed by the admin manager and the company solicitor.

On appointment, Trustees are provided with a copy of the charity's governing documents, the rules and an induction pack of policies and procedures, which are a guideline to its method of operation. They are also offered a mentor and formal training on the responsibilities of Charity Trustees, particularly on the requirements of the Charity Commission.

INSPIRE HOUNSLOW

(A company limited by Guarantee)

TRUSTEES' ANNUAL REPORT for the year ended 31st March 2025



Independent Examiner

Charity law requires that the accounts of registered charities should be certified by an Independent Examiner; Paul Alexander FCA of Accountancy Management Services Limited has been asked to fulfil this role for the company.

In so far as the trustees are aware at the time of approving this trustees' annual report,

- there is no relevant information, being information required by the independent examiner in connection with preparing their report, of which the examiner is unaware, and
- the trustees, having made enquiries of fellow directors and the independent examiner that they ought to have individually taken, have each taken all steps that he/she is obliged to take as a director in order to make themselves aware of any relevant information and to establish the examiner is aware of that information.

Trustees responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (UK Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company, and the group, and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:-

- select suitable accounting policies and then apply them consistently
- observe the methods and principles of the charity SORP
- 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
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to 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 the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Board

& signed on its behalf

Howard Simmons
Chair

Signed by:
A handwritten signature in black ink, appearing to read "H. Simmons".
7D352A8345DB480 .

Date: 12/17/2025

INSPIRE HOUNSLOW
(A company limited by Guarantee)



INDEPENDENT EXAMINER'S REPORT for the year ended 31st March 2025

Independent Examiner's report to the Trustees of Inspire Hounslow (the "Company")

I report to the Trustees on my examination of the accounts of the Company for the year ended 31st March 2025.

Responsibilities and basis of report

As the charity's Trustees of the Company (and its Directors for the purposes of Company Law) you are responsible for the preparation of 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 the Charity's accounts 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 can confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- i) accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act, or
- ii) the accounts do not accord with those records
- iii) the accounts do not comply with the accounting requirements of Section 396 of the Companies Act 2006 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
- iv) 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 to 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.

The report is made to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company'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 Company and the Company's Trustees as a body, for my work or for this report.

A handwritten signature in black ink, appearing to read "P. Alexander".

Paul Alexander FCA
Independent Examiner
Accountancy Management Services Limited
South Street House, 51 South Street
Isleworth TW7 7AA

Dated 17 December 2025

INSPIRE HOUNSLOW
(A company limited by Guarantee)



STATEMENT OF FINANCIAL ACTIVITIES for the year ended 31st March 2025

	Note	2024-25 £	2023-24 £
INCOME FROM			
Incoming resources from generated funds			
Investment income	2	71,877	40,117
		<u>71,877</u>	<u>40,117</u>
EXPENDITURE ON			
Charitable activities	4	(267,072)	(221,276)
Governance costs	3	(21,728)	(17,857)
Support costs	5	(15,716)	(25,864)
		<u>(304,516)</u>	<u>(264,997)</u>
NET MOVEMENT OF FUNDS		(232,639)	(224,880)
GAINS FROM INVESTMENTS			
Realised gains from investments		49,350	18,645
Unrealised (losses)/gains	6	(33,480)	137,652
NET INCOME/(EXPENDITURE) FOR THE YEAR		<u>(216,769)</u>	<u>(68,583)</u>
TOTAL FUNDS BROUGHT FORWARD		1,532,923	1,601,506
TOTAL FUNDS CARRIED FORWARD		<u>£1,316,154</u>	<u>£1,532,923</u>

All recognised gains or losses are included in the statement of financial activities.

The notes on pages 26 to 30 form part of these financial statements.

INSPIRE HOUNSLOW
(A company limited by Guarantee)
Company No 3548669
BALANCE SHEET as at 31st March 2025



	Note	31/03/2025 £	31/03/2024 £
Fixed Assets			
Investments	6	1,520,423	1,681,983
Current assets			
Debtors	7	355	479
Cash at bank		65,598	47,670
		<u>65,953</u>	<u>48,149</u>
Creditors: Amounts falling due within one year	8	(270,222)	(197,209)
Net current assets/(liabilities)		<u>(204,269)</u>	<u>(149,060)</u>
		<u><u>£1,316,154</u></u>	<u><u>£1,532,923</u></u>
Represented by			
Capital and reserves			
Unrestricted funds	10	1,316,154	1,532,923
		<u><u>£1,316,154</u></u>	<u><u>£1,532,923</u></u>

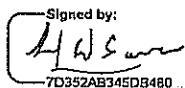
For the year ending 31st March 2025, the Company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies. The members have not required the Company to obtain an audit in accordance with Section 476 of the Companies Act 2006.

The Directors acknowledge responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These financial statements were approved by the directors and authorised for issue, and are signed on their behalf by

Howard Simmons
Chair
12/17/2025
Date:.....

Signed by:

7D352AB345DB480 ..

The notes on pages 26 to 30 form part of these financial statements

INSPIRE HOUNSLOW
(A company limited by Guarantee)



NOTES TO THE FINANCIAL STATEMENTS for the year ended 31st March 2025

1 Accounting policies

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

Basis of Preparation

These financial statements are prepared in accordance with 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 1st January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Inspire Hounslow meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Going concern

It is the trustees' opinion that the going concern basis of preparation of the accounts continues to be appropriate.

Income

The charity presently has no trading activity, so all its income is derived from interest and dividends on its investments and bank interest.

Donated services and facilities

The charity has neither premises or employees which it has to fund.

Financial instruments

The Company only enters into basic financial instrument transactions that result in the recognition of financial assets and liabilities like trade and other debtors and creditors, loans from banks and other third parties, loans to related parties and investments in non-puttable ordinary shares.

Investments are measured at fair value through the Statement of Financial Activities.

Resources expended

Expenditure is accounted for on an accruals basis and has been categorised under the following headings:

Charitable activities - funds disbursed in order to directly further the objects of the charity

Governance costs - incurred in connection with the compliance of the charity with constitutional and statutory requirements

Support costs - associated with the funding of grants and general management costs of the charity

Other

Both Incoming resources and resources expended are recognised on an accruals basis.

The accounts are presented in pounds sterling and figures are rounded to the nearest whole number.

INSPIRE HOUNSLOW
(A company limited by Guarantee)



NOTES TO THE FINANCIAL STATEMENTS for the year ended 31st March 2025 (cont'd)

	2024/25	2023/24
	£	£
2 Incoming resources		
Investment income	71,877	40,117
	<u>£71,877</u>	<u>£40,117</u>
3 Governance costs		
Accountancy	8,221	6,107
Independent examination	2,100	2,220
Investment advisors' fees	11,407	9,530
	<u>£21,728</u>	<u>£17,857</u>
4 Charitable activities		
Charitable grants		
Spring West	8,190	1,500
ACAA	-	25,170
Creative Spaces London	-	1,000
Hay	-	19,000
Skylarks	7,745	34,505
Cycle Sisters	-	1,500
Swimming Club Multivity	(2,445)	28,378
KidWise	-	1,000
Brentford Canal	-	1,000
The Reach Foundation	-	1,500
Polish Klan	-	2,500
Spark	-	40,000
Springboard 2024	(1,919)	29,958
Sunshine of Hounslow	1,288	1,500
The Creative Mile	1,188	1,400
The School & Family Works	20,000	10,000
The Mulberry Centre	1,500	1,500
Brentford Voice	-	1,000
Purple Elephant	28,350	23,490
LVA	15,000	(4,625)
Alliance Arts	1,500	-
Intergenerational Music making move and grove	3,000	-
Positive Movement Group	12,463	-
PHAB	5,824	-
Hounslow Art Centre	13,340	-
Hounslow Art Trust	1,500	-
<i>(cont'd on next page)</i>		

INSPIRE HOUNSLOW
(A company limited by Guarantee)



NOTES TO THE FINANCIAL STATEMENTS for the year ended 31st March 2025 (cont'd)

	2024/25	2023/24
	£	£
4 Charitable activities (cont'd)		
Charitable grants cont'd		
Ambitious about Autism	10,000	-
Cranford Community College	10,000	-
Riverside Vineyard	1,500	-
Creative People & Places	1,500	-
Champion Kickboxing	1,400	-
Cocoon After Care	1,500	-
Hounslow Respiratory Support Group	1,490	-
Brentford Festival	1,500	-
Nature and Natter Walks	1,500	-
Mettle	8,000	-
Ruils	33,000	-
Autism Hounslow	1,450	-
Bridge the Gap	1,200	-
Inspiring Digital Futures	1,475	-
Black History 365	1,490	-
Action Breaks Silence	14,998	-
Take Over Days	11,250	-
Sweet Science Foundation	4,895	-
Springboard Destination 2025	22,800	-
The Resilience Recovery Project	9,600	-
HITC	10,000	-
	£267,072	£221,276
5 Support costs		
Legal & professional	-	100
Consultancy	-	12,650
Meeting expenses	-	36
Insurance	563	534
Bank charges	-	15
Advertising and marketing	-	168
Admin support	11,626	9,094
Venue hire	536	822
IT software and subscriptions	2,380	1,183
Staff and trustee training	-	195
Sundry	611	1,067
	£15,716	£25,864

INSPIRE HOUNSLOW
(A company limited by Guarantee)



NOTES TO THE FINANCIAL STATEMENTS for the year ended 31st March 2025 (cont'd)

	2024/25	2023/24
	£	£
6 Fixed asset investments		
Market value bf	1,681,983	1,670,814
Additions	376,653	1,814,158
Portfolio cash movement	19,742	1,871
Disposals	(524,475)	(1,942,512)
	<u>1,553,903</u>	<u>1,544,331</u>
Revaluation (deficit)/surplus	(33,480)	137,652
Market value cf	<u>£1,520,423</u>	<u>£1,681,983</u>
Analysis of investments		
UK quoted investments	1,485,987	1,667,289
Cash in portfolio	34,436	14,694
Unlisted investment	-	-
	<u>£1,520,423</u>	<u>£1,681,983</u>
	2024/25	2023/24
	£	£
7 Debtors		
Prepaid expenses	355	479
	<u>£355</u>	<u>£479</u>

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31st March 2025 (cont'd)

	2024/25	2023/24
	£	£
8 Creditors: Amounts falling due within one year		
Trade creditors and accruals	7,988	15,000
Charitable grants payable	262,234	182,209
	<u>£270,222</u>	<u>£197,209</u>

9 Company status

The company is a private company registered in England, limited by guarantee. In the event of the company being wound up, each member is required to contribute an amount not exceeding £1.
The registered office is South Street House, 51 South Street, Isleworth TW7 7AA.

	2024/25	2023/24
	£	£
10 Unrestricted funds		
Balance brought forward	1,532,923	1,601,506
Deficit for the year	(216,769)	(68,583)
Balance carried forward	<u>£1,316,154</u>	<u>£1,532,923</u>

The deficit for the year is arrived at after Independent examiner's fees of £2,100 (2024: £2,100).

11 Related party transactions

There were no related party transactions during the year that required disclosure.

	2024/25	2023/24
	£	£
12 Staff Costs		
Wages and Salaries	11,401	9,094
Social Security costs	-	-
	<u>£11,401</u>	<u>£9,094</u>
Staff numbers	1	1

There were no employees who received total employee benefits (excluding employer pension costs) of more than £60,000.

No Trustee/Director received any remuneration or other benefits from the charity.

No expenses were incurred by the Trustees/Directors.