GLOBE COMMUNITY PROJECT

England & Wales · Charity number 1104770

Details

Status	Registered
Legal form	Charitable company
Company number	04992627
Registered	2004-07-05
Register	View on the Charity Commission register

Contact

Address	St Margaret's House 17 Old Ford Road Bethnal Green London E2 9PJ
Phone	07419586150
Email	gcp@globecommunityproject.org
Website	www.globecommunityproject.org

Activities

Objects: TO PROMOTE THE BENEFIT OF THE INHABITANTS OF GLOBE TOWN, TOWER HAMLETS, AND SURROUNDING AREAS, BY ASSOCIATING TOGETHER THE SAID INHABITANTS AND SOMETIMES INCLUDING THE LOCAL AUTHORITIES, VOLUNTARY AND OTHER ORGANISATIONS, IN A COMMON EFFORT TO ENHANCE EDUCATION, AND TO PROVIDE FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION AND LEISURE OCCUPATION WITH THE OBJECT OF IMPROVING THE CONDITIONS OF LIFE FOR THE SAID INHABITANTS.

Activities: The Globe Community Project (GCP) offers a variety of free or affordable activities to the inhabitants of Globe Town and the neighbouring areas. These activities provide a range of educational, cultural and social services that benefit both individuals and the neighbourhood as a whole, reflecting the diversity and complexity of our community.

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Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science, Amateur Sport, Environment/conservation/heritage, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** GLOBE TOWN, TOWER HAMLETS
- Hackney
- Tower Hamlets

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£206,387	£176,077	-	-
2024-04-30	£124,850	£68,330	-	-
2023-04-30	£85,621	£97,276	-	-
2022-04-30	£75,495	£87,396	-	-
2021-04-30	£57,288	£72,156	-	-

Trustees

Name	Role	Appointed
Bethan Charnley		2023-12-13
Funmi Ayorinde		2025-03-05
Ifedayo Adaramola		2025-09-16
Julian David Haxby Mr		2020-01-30
Katherine Elizabeth Pumphrey		2024-09-18
Kyriaki Michaelidou		2025-03-05

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GLOBE COMMUNITY PROJECT

England & Wales - Charity number 1104770

Accounts

IMPACT REPORT

Year ended: 30 April 2025

Globe Community Project
Company number: 04992627
Charity reg: 1104770

GLOBE COMMUNITY PROJECT

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01 Message from our Chair

This year, Globe Community Project (GCP) entered its second year of transforming loneliness into connection among isolated people and under-served groups, in and around Tower Hamlets. Our devoted trustees, committed staff, passionate volunteers and supportive funders have grown our income by 66%, expanded our staff team, and reached almost twice as many people as last year through focussing on our mission.

We are delighted to have provided direct, long term transformational support to 287 people, which equates to a 92% increase on last year. Having identified eight loneliness hotspots across Tower Hamlets, we targeted everything we do towards those areas, making sure our support is felt where it is needed the most.

We welcomed Mohammed Kenawi as our Projects & Operations Officer, as part of a wider investment into our operations, financial management, monitoring and evaluation processes. We also welcomed Lucy Rix as our Touching Safe Ground Outreach Lead, enabling us to reach more refugee women and their children. Lucy has galvanised a team of over 12 volunteers to support us across our projects and core operations.

The Touching Safe Ground project reached more refugee and migrant women than ever before, as well as many of their infant and school-aged children. We thank the generous support of London Community Foundation for contributing to the pilot of a second weekly session of gentle bodywork and English at a local asylum hostel, as well as a homework club for refugee children. On top of this, we partnered with the Community Sauna Baths in Hackney providing free post-yoga sauna sessions for the women. Alongside these new initiatives, we continued to provide Easter and summer holiday activities at the Canal Club Community Garden, Christmas activities, toys and presents, and trips to local galleries, museums and nature sites.

A growing facilitator pool allowed us to expand the Wellbeing for Over 60s project this year. We were sad to say goodbye to Vijayacitta. We welcomed Dhinita and Supaksini to work alongside facilitator Vimoksini. Their work with qualified interpreter Sabekul Naher helped us to better reach older Bangladeshi people. We significantly increased our ability to reach older men and have carried out research to further support this. We also created many new partnerships with community groups, health centres and housing associations, enabling us to reach areas and groups at particular risk of isolation. These included Tower Hamlets Carers Centre, Ocean Regeneration Trust, XX Place Health Centre, the Bow Geezer's Club, Sonali Gardens, Toynbee Hall and Poplar Harca. We thank volunteer Timothy Mweemba, who generously offered his time to support operations and events, conduct research and contribute valuable ideas and suggestions.

Listening to and learning from the people we serve was a top priority this year. We ran new co-design activities and forums for our 'experts by experience,' which have been the foundation for growth in our programmes. The people that we serve have suggested new areas and activities, refined promotional materials and pushed us to work harder to reach the most isolated in our communities.

We thank volunteer Tom Elliott, who assisted our financial management and was shortlisted for Volunteer of the Year at the Voluntary and Community Sector Awards. We also thank global law firm Dentons for continuing to provide expert pro-bono support. The Tower Hamlets Minority Ethnic Trustees onto Boards programme helped us to welcome two new trustees, Funmi Ayorinde and Kiki Michaelidou. I thank current and former board members for their generosity of time, skills and expertise in steering GCP to enhance the charity's capability in improving the lives of more people experiencing loneliness and isolation in our local area.

Thank you to everyone who took part in our projects, shared skills, time, grants or donations, or showed interest in our work.

Together, we transform loneliness into connection across Tower Hamlets.

Lily Wong Le

Lily Wong Le
Chair of the Board of Trustees

02 Our mission

To transform loneliness into connection among isolated people and under-served groups in and around Tower Hamlets.

03 Our aims

To **promote the benefit of local people,** by involving them in a common effort to enhance education, and to provide facilities in the interest of social welfare, recreation and leisure occupations, with the object of improving the quality of life for those in the local area.

To **provide access** to a wide range of **cultural, educational, physical, social and artistic activities** that will act as a vehicle and motivator to develop actual and transferable skills for people of all ages from childhood up.

To **encourage interaction** among people of different ages and **social and ethnic groups** within the community through the medium of arts and other activities and to **encourage the growth of the imagination, self-expression, clear communication and health and wellbeing** of participants.

The broad objects of the charity as stated in our governing document are: "To promote the benefit of the inhabitants of Globe Town, Tower Hamlets and surrounding areas, by associating together with inhabitants and sometimes including the local authorities, voluntary and other organisations, in a common effort to enhance education and to provide facilities in the interests of social welfare, recreation and leisure occupation, with the object of improving the conditions of life for the said inhabitants."

Touching Safe Ground responds to social isolation, disorientation and low wellbeing experienced by newly-arrived women migrants and asylum seekers.

Wellbeing for Over 60s is designed to enhance support for the high proportion of older residents in our borough who experience social isolation, poor mental health or low wellbeing.

Our projects are designed to respond to some of the most pressing needs in Tower Hamlets, and provide access to social connection alongside specialist, tailored wellbeing education, providing long term support and new skills to manage and enhance their personal and social wellbeing.

04 Statement of public benefit

In setting our objectives and planning our activities, our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit.

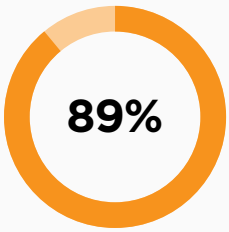
05 Impact Summary

287

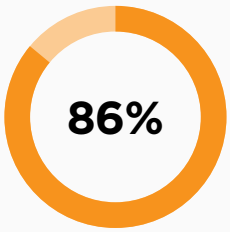
people received in-depth support for up to 48 sessions.

Safe space for refugee & migrant women

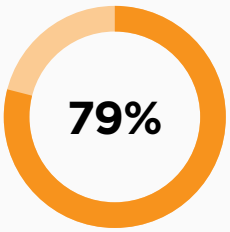
164 refugee and migrant women and children supported



reported improved sense of community and belonging



reported increased confidence, self-esteem and resilience

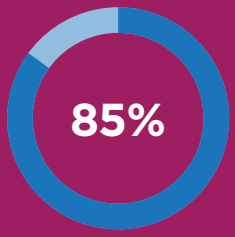


reported improved mental health and wellbeing

Bringing joy, friendship and new skills to lonely older people

123 older people at risk of loneliness and isolation supported

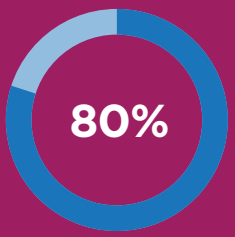
After Level 1 course:



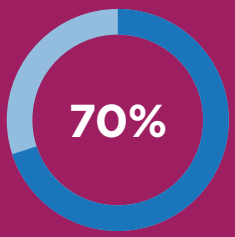
had better wellbeing overall

saw improvements to the existing relationships in their lives

improved their resilience



had better knowledge of spaces, activities and services they need and want



connected with or stayed in touch with people they'd met on the course

After Level 2 course:

further increased their resilience

were better able to appreciate the good things in life

felt more able to turn towards the topics of death and dying, and discuss them with others

had a support network in place and felt able to maintain the gains they'd made

06 Touching Safe Ground

Overview

Touching Safe Ground provides newly-arrived refugee and migrant women who have suffered trauma with wellbeing and English language tools. Our twice weekly service offers trauma-informed yoga integrated with English language learning, providing a safe space for rest, care, social connection and learning, supported by a creche for mums. We also provide a homework club for refugee children.

Who we helped

We supported 112 women, 14 children at homework club, and 38 babies, infants and children. Some experience the repeated threat of deportation. Three quarters of the women were asylum seekers with experience of fleeing war, gender-based violence and/or multiple human rights abuses. About half were single mums, some had been trafficked, and others exploited by traffickers on their way to the UK. Many sustained injuries on the journey. The women and children we supported came from 30 different countries.

Countries of origin

Afghanistan, Albania, Algeria, Angola, Azerbaijan, Bangladesh, Brazil, China, Eritrea, Ethiopia, Gaza, Palestine, Georgia, Ghana, Honduras, Hong Kong, Iran, Iraq, Mexico, Namibia, Nicaragua, Nigeria, Pakistan, Peru, Russia, Saudi Arabia, Sierra Leone, Somalia, Syria, Turkey, Ukraine

What we delivered

- **51 gentle yoga and English** for wellbeing sessions
- **7 homework club** sessions
- **4 summer activity** sessions
- **2 spring activity** sessions
- **Easter egg hunt / Eid al Fitr festival** at Bethnal Green Nature Reserve
- **1 shared dinner** with the local community
- **Holistic health acupuncture** and craniosacral appointments
- **Visit to Whitechapel Gallery** to see exhibition by Brazilian artist Lygia Clark
- **Visit to the Young V&A** with special tour
- **Christmas party**
- **Group visit** to Stratford Community Sauna
- **Weekly provision of donated clothing** thanks to Lama's Pyjamas charity shop
- **Healthy snacks** including lots of fresh fruit and a cuppa each week
- **Coordinated donations** of food, Christmas cards and gifts

Nina, with a drawing of her home before it was bombed

Case study: Nina

Nina is a 79-year-old Ukrainian grandmother. She escaped to London in April 2022 after a 3-week wait at the Moldovian border. Her house was destroyed in a Russian missile attack.

I think of Ukraine all the time, I am not sleeping, my mind goes round and round. I get up most nights and do housework. I take sleeping pills after a night with only two hours sleep. It's not good.

I miss Odessa, I miss my home, so much of my country has been damaged. Bomb, bomb, bomb. I miss the people my age, my friends, my neighbours. My house is bombed. It's only eight minutes from the Black Sea, nine months of sunshine, two hours from London by plane. But it's a different world, very dangerous now. Bombing.

At least I have my daughter and granddaughter with me in London, but the young people are so busy working. I come to yoga every week - it helps me mentally and physically. I feel more positive and I meet people, this is very important. I love the community sauna when we go together after yoga - it helps my back pain. I was walking with a stick two years ago, now I can walk OK. The yoga on Wednesdays helped a lot; it's very important to keep moving.

I speak more English now because we practice in the group, and I met my very good friend Amina* from Uzbekistan there. We are in touch every day, with phone and messages. We meet and go to the supermarket together.

It's through the yoga and English on Wednesdays that I found the local church group for Ukranians. Someone took me there and introduced me. We cook and eat Ukranian food together and talk my language.

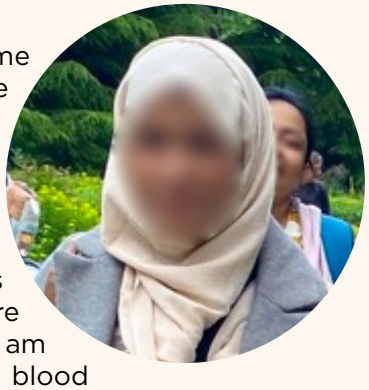
Case study: Khadija*

Khadijya was born in Bangladesh, became a teacher and married a Rohingya man. Her husband is from a stateless, mainly Muslim group with a long history of discrimination and persecution by the Burmese military, culminating in genocide with more than a million Rohingya fleeing in the past decade. They have a five-year-old daughter and a three-and-a-half-year-old son, both born in London.

When I arrived here I was in shock. It was the worst time in my life. It was Covid time and my son was born and we were stuck in one room. We were moved 5 times before we were placed near the doctor's surgery where the Touching Safe Ground group meets. I was very depressed and forgetting everything all the time. Even now my husband has to meet me at the station because I may not remember where I live.

Where I've been moved now - Ilford - I know no one; it is really hard to speak to strangers just like that. We were moved here by the Home Office. We're new to England and to English and not everyone wants us here. We can't just go up to people and make friends. I live on a road with other Bangladeshi people too but we don't meet, talk, we don't have a way to come together.

Without my bigger 'family' here at the Wednesday group I don't know what I'd do. I can meet lots of people, it opens up another world. We share lots of feelings, it's very good to talk together, we feel the space is safe and we feel the trust that has been built up.



Otherwise I stay at home and feel bored, alone with my problems and depressed.

When I come to yoga I see different women and I see everyone has problems, some more serious than mine. So I am not alone. I have high blood pressure now because of all the stress, and diabetes too, and being here helps. I start to feel better. We come to yoga and we feel relaxed and free. The time goes very quickly, we see familiar faces and there's the WhatsApp group so we can message between sessions, and if we want, 1:1. It's good to stay connected. I see the changes. More belonging, more community, more wellbeing for all of us.

Yoga works slowly. It's not like antibiotics which work fast. Yoga changes our wellbeing for the long term. If you keep coming, things improve more. Real change comes gradually. It builds.

On the trips we learn so much, you can learn loads of things for mind and brain, it compliments the yoga for the body. Most of us don't know these places or things. We get good energy for all day and the next day too. For example at Kew we learnt what a greenhouse is - I never knew, we don't have them where I come from, we don't need them. It's the first time I see this new thing. And we saw beautiful things, I was so happy.

**** Names changed to protect identities***

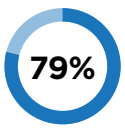
Successes

Impact data continued to show this project is having strong impact and meeting its objectives:

89% report improved sense of community and belonging

86% report improved confidence and self-esteem

80% report improvements in physical health



79% report improvements in mental health and wellbeing

Launched a second weekly session at a local asylum hostel, reaching more women, many with significant barriers to participation, than previously

Launched our homework club for refugee children needing extra support

Took part in East London Business Association's Christmas Toy Appeal, providing gifts and cards for the children

Partnered with Stratford Community Sauna, part of the Community Sauna Baths group

Partnered with the local Coop on Cambridge Heath Road and Lama's Pyjamas charity shop to provide nutritious food and regular donations of warm clothes.

Case study: Aziz*

Aziz is five years old, and he comes from Afghanistan. He has been coming to homework club since it started in March 2025.

Aziz comes to homework club every week and displays huge enthusiasm. He has autism, and although he wasn't yet able to use his own words to describe why he enjoys the club, his mother says she knows he loves coming because, every day after school, he asks if it is homework club, and always wants to run down to the classroom. Aziz is an incredible artist and loves drawing and painting, as well as cutting shapes out of paper. The club has given much-needed positive feedback for both Aziz and his mother, building his confidence. Volunteer Saada, who has worked with him for several weeks, says "he's starting to understand basic maths and has already completed a maths workbook." Aziz also gets stuck into other activities, especially making slime, clay and painting. His mum says, "He loves homework club and he really enjoyed the party last week. It is some time where we are very happy because I can do yoga and talk to friends [whilst Aziz is at homework club]. Otherwise we are all so busy in our stressful lives waiting for our visa. Every day Aziz asks me when is homework club. Even if he is not feeling very well he does not want to miss homework club!"

Aziz and his artwork*

Saada helps Aziz with his workbook

**** Names changed to protect identities***

Funders

SPORT ENGLAND

The Hilden Charitable Fund

MRS SMITH & MOUNT TRUST

THE ALBERT HUNT TRUST

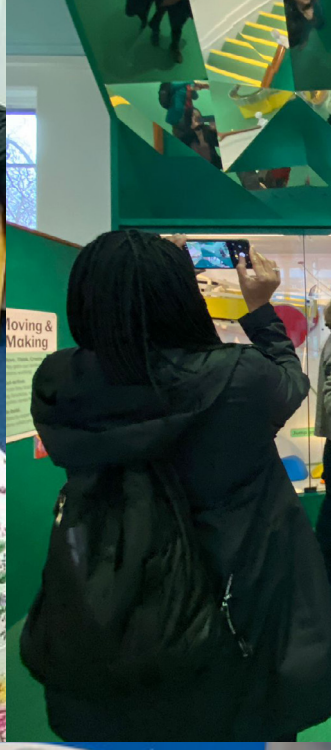
London Churches Refugee Fund

The London Community Foundation

Supported by players of PEOPLE'S POSTCODE LOTTERY

Awarded funds from PEOPLE'S POSTCODE TRUST

Stretching out tension



“Before I came, I was feeling lonely. Now I feel supported, and more confident.”

Amina, Uzbekistan

Birds fly free at homework club

Our first trip to Stratford Community Sauna

Visiting the Young V&A

"It has really helped me feel that I belong somewhere away from home. My mental health has improved and I love everything that the team is doing and the support."

Tamaylah, Namibia

Visiting the Bethnal Green nature reserve

1:1 time at homework club

"I am waiting to come here, is my new happy experience. I can feel your kindness in everything."

Luiza, Brazil

A helping hand to finish the masterpiece

07 Wellbeing for Over 60s

Overview

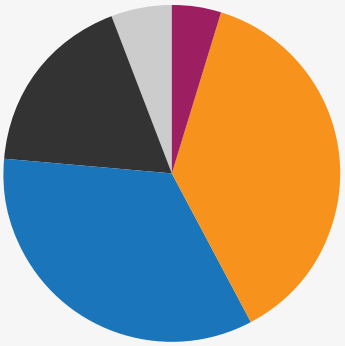
This project supports older people at risk of loneliness and isolation with six-week wellbeing courses. Participants explore later life's benefits and disadvantages, how to manage negative thoughts, and get the chance to socialise, while building skills to develop and maintain connection, including active listening, boosting self-esteem and sharing stories.

Who we helped

123
older people at risk of loneliness and isolation[1]

Participants faced a combination of factors linked to loneliness including low income, disability, sensory impairment, mobility issues, chronic illness, mild mental illness, bereavement, widowhood, and living alone.

Loneliness associative factors	
Low income	78%
Experiencing life changes	49%
Physical or mental health condition	42%
Single / live alone	40%
Have experienced prejudice/ felt different to others	27%
Deaf or disabled	27%
Carer	15%
New to London	1%

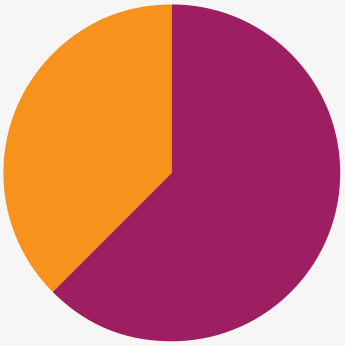


Age*:
- 45-54: 6
- 55-64: 46
- 65-74: 42
- 75-84: 22
- 85 and over: 7

Total: 123

What we delivered

- 8 x Level 1 courses
- 1 x Level 2 course
- 1 x Wellbeing Day
- 1 x follow-on course
- 4 x steering group and co-design sessions
- Over 500 participant engagements through calls and message exchanges
- 85 assisted transport journeys to enable 10 participants to access sessions



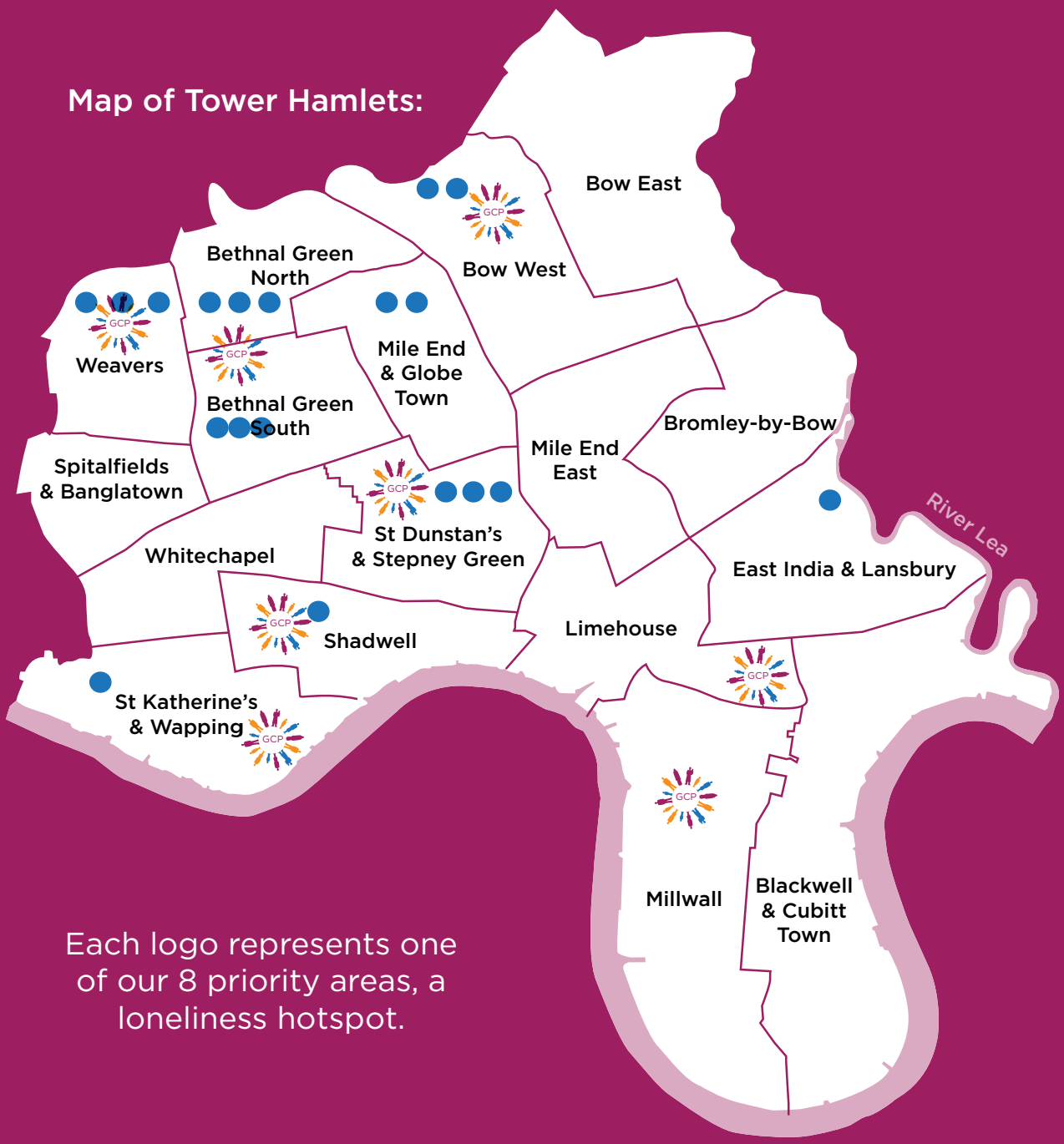
Sex*:
- Female: 77
- Male: 46

Total: 123

[1]While we reached a total of 154 older people, and we believe people can benefit from even one session, the 123 counted here are those who either attended a day event, or came to 2 or more sessions of the Wellbeing for Over 60s course.

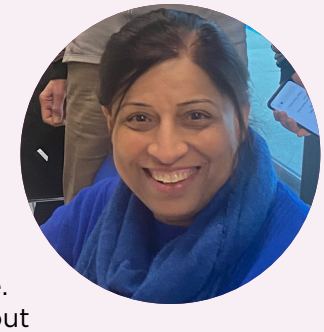
Where we worked

Map of Tower Hamlets:



Each logo represents one of our 8 priority areas, a loneliness hotspot.

Case study: Yasmeen

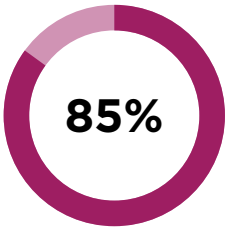


I feel more confident about myself. When people asked me something I would always say 'yes', but now I can more easily say 'no' when people asked me something and I don't want to do it. The other day I said 'no' to my close friend. I always go to her place and she asked me when I was going to come again, but this time I said 'no' I don't want to come to your place, you can come to mine. And she did. It felt good. I really enjoyed the course. I liked listening to everyone and to hear what everyone shared about themselves. I learned how to share more about myself. It felt good to share more about myself. I came to this course every week although my body felt very achy. I'm now able to do more things even when I feel low and depressed.

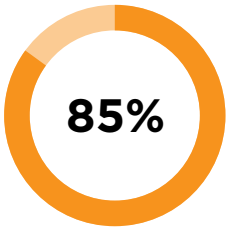
Case study: Ricky

I have been off work with stress because of a work incident. This course has helped me not to see myself so much as a victim, I can help myself. It has also helped ease my pain about it. It has helped me focus on being able to do things differently and has also been calming when I have felt stressed. I don't always remember things from the week before but I think it goes in a bit, and I'm different. I like being in a group - I take away a bit of what everyone says. I'm thinking more about moving out of the comfort zone and taking risks. New things are always scary for me but I am trying now. I have been going to a new community centre and meeting new people at a lunchtime club. I sat with a woman and we really talked, we had things in common and I felt that I could talk to her, this is new.

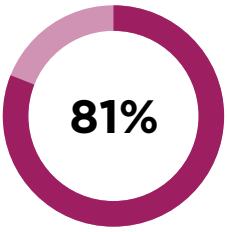
Our impact[2]



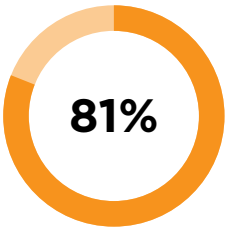
of participants reported better overall wellbeing



increased their psychological resilience



experienced increased high quality connection with others



had increased know-how to access spaces, services and activities they need

"The best thing about this course was being able to feel relaxed with people I have never met before."

Ami

"Since Level 2, I have been going out more."

Clonel

Tea break chats

Case study: Rokeya

I am 63 years old, and I wanted to do this course to learn to keep my mind fresh and healthy. I've learned a lot, and I understand more about myself. I learned a lot about how to be more confident and kind to myself. I also feel that I share more about myself with my children and the women here. I feel very happy that I came to this course. I knew most women here but I didn't know everyone well. Now I feel that I got to know some of the women here better and I have talked with more women outside this course. My mind feels fresh and more relaxed.

[2]Sample size, 120 people. We succeeded in capturing pre-course data for 147 participants, and both pre- and post-course data for 120 participants.

Successes

Held our first ever co-designed activity; a bus tour planned and organised by the steering group, attended by 25 people. Booking out within 24 hours, it showed that co-design really does work!

Held our first ever men's course, in partnership with the Bow Geezer's Club.

Completed further, volunteer-led research on the wellbeing of older men, how they interact with our programme, and how we can better reach them.

Held our first ever interpreter-supported course for older Bangladeshi women.

Funders

Barchester's Charitable Foundation – Making a difference

City Bridge Foundation

Tower Hamlets

"I like coming to the course because I feel lonely at home. I like us learning from each other, with different ideas. Thinking positive, not negative, good for mental health"

Primla

Prima shares her wedding photo

"It's taught me to listen rather than of thinking of what to say next."

Alan

"Since Level 1, I have joined a coffee morning, an exercise group and a walking group."

Shefah

The Bow Geezers at our first ever course for older men

08 How we measure impact

To measure our impact we use a combination of methods:

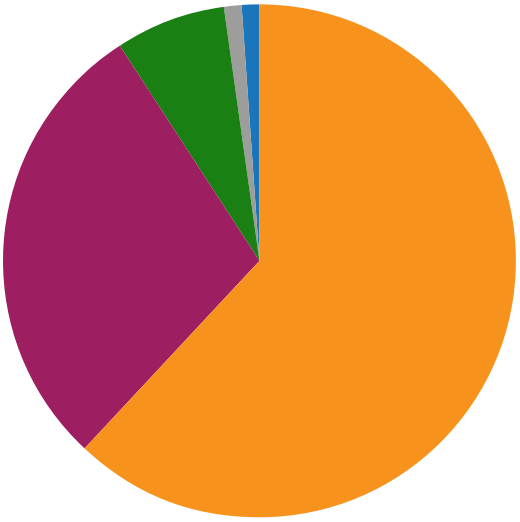
- gathering quantitative data on attendance at activities,
- collecting baseline data on the area of health or wellbeing we're seeking to improve, then checking scores at the end of activities,
- collating case studies which give insights into the lives of those we work with, and how our support is meeting them,
- conducting in-depth interviews with some participants across each project,
- documenting activities with photographs and video, where this is appropriate,
- asking people's informed consent to share their words or any images of them.

We don't calculate data on what academic course providers call 'retention,' as this would be a poor measure of impact or outcomes when working with participants facing multiple barriers to attending sessions. For example, at times a newly-arrived woman seeking asylum may need to care for a child or sick relative, attend health and immigration appointments, or feel too disoriented and overwhelmed to leave her accommodation. But despite missing a session or two, she continues to attend. Or, somebody may attend every week for 12 weeks, then be moved to a different area. Isolated older participants often have sensory impairments, disabilities, and health appointments which can hamper attendance.

09 Your support, and how we used it

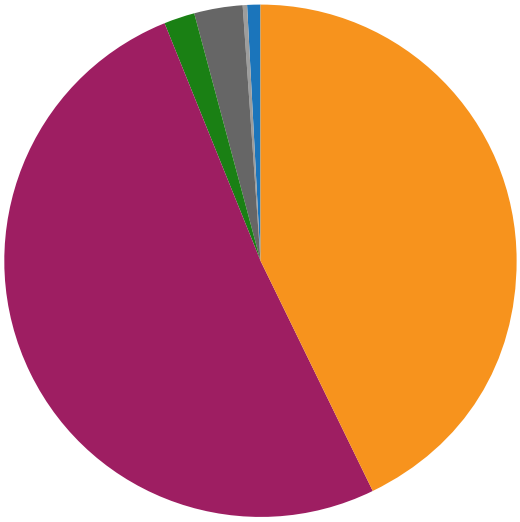
How you gave

2025 Total £206,387



- Trusts & foundations £128,774
- Government & public institutions £59,903
- Donations £13,572
- Rental and other income £263
- Investments £2,761
- Gift Aid £1,114

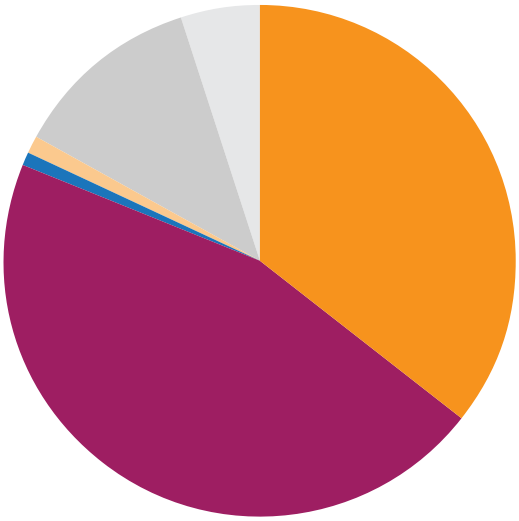
2024 Total £124,850



- Trusts & foundations £54,138
- Government & public institutions £63,348
- Donations £2,349
- Rental and other income £3,150
- Investments £544
- Gift Aid £1,321

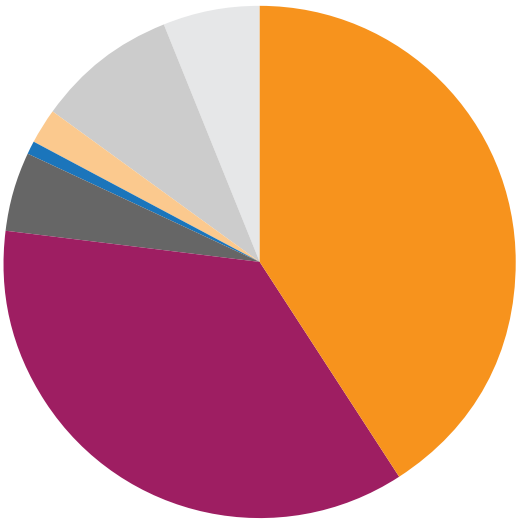
How we used the money

2025 Total £176,077



- Staff costs: £63,642
- Project delivery: £81,217
- Monitoring & evaluation: £0
- Administration & finance: £1,209
- Governance: £1,663
- Office rent & costs: £20,368
- Fundraising: £7,978

2024 Total £68,330



- Staff costs: £27,674
- Project delivery: £24,734
- Monitoring & evaluation: £3,190
- Administration & finance: £1,019
- Governance: £1,033
- Office rent & costs: £6,253
- Fundraising: £4,427

10 Thank you

For being part of the local community and uniting to create positive change for the people who need it most.

To each of our individual supporters. Your donations not only provide the material support to keep our work going, but they show we are not alone in our vision, and that the desire to see more and more connection, creativity and cohesion inspires you too.

To Anna Chabrelie, Zanita Rubens and Sam Kemp of Dentons law firm, for your expert guidance in ensuring that various aspects of our operations are compliant.

To the trusts, foundations, institutions and companies which have generously supported us this year:

- Barchester's Charitable Foundation
- City Bridge Foundation, the funding arm of the City of London Corporation's charity, Bridge House Estates
- Foyle Foundation
- GSK Community Health Programme Award
- Henry Smith Charity
- Hilden Charitable Fund
- London Borough of Tower Hamlets, Mayor's Community Grants Programme
- London Churches Refugee Fund
- London Community Foundation
- Mrs Smith & Mount Charitable Trust
- Rook Irwin Sweeney
- Postcode Society Trust - Players of People's Postcode Lottery
- SD Estates
- Sport England
- The Albert Hunt Trust
- Wakefield & Tetley Trust
- Plus one further Trust which wishes to remain anonymous

To St Margaret's House for being so much more than the building which houses our office. We greatly appreciate all the opportunities for networking, support and friendship.

To our designer Alex Keating for helping us communicate the impact of our work - and making it look beautiful.

11 Financial statements

Globe Community Project

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 30 April 2025

Current year

	Note	Unrestricted £	Restricted £	2025 Total £
Income from:				
Donations	2	5,867	2,979	**8,846**
Charitable activities				
Grants	3	41,000	147,677	**188,677**
Fundraising event		–	5,840	**5,840**
Other trading activities	4	263	–	**263**
Investments		2,761	–	**2,761**
Total income		49,891	156,496	**206,387**
Expenditure on:				
Raising funds	5	–	7,978	**7,978**
Charitable activities	5	19,352	148,747	**168,099**
Total expenditure		19,352	156,725	**176,077**
Net income/(expenditure) for the year	6	30,539	(229)	**30,310**
Reconciliation of funds:				
Total funds brought forward		10,620	57,109	**67,729**
Total funds carried forward	14a	41,159	56,880	**98,039**

Prior year

	Note	Unrestricted £	Restricted £	2024 Total £
Income from:				
Donations		3,670	–	3,670
Charitable activities				
Grants	3	–	117,486	117,486
Other trading activities	4	3,150	–	3,150
Investments		544	–	544
Total income		7,364	117,486	124,850
Expenditure on:				
Raising funds	5	459	3,968	4,427
Charitable activities	5	–	63,903	63,903
Total expenditure		459	67,871	68,330
Net income for the year	6	6,905	49,615	56,520
Reconciliation of funds:				
Total funds brought forward		3,715	7,494	11,209
Total funds carried forward	14b	10,620	57,109	67,729

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 14 to the financial statements.

Globe Community Project

Balance sheet

Company no. 04992627

As at 30 April 2025

	Note	£	2025 £	£	2024 £
Current assets:					
Debtors	11		**10,716**		840
Cash at bank and in hand			**92,382**		96,796
			103,098		97,636
Liabilities:					
Creditors: amounts falling due within one year	12		**(5,059)**		(29,907)
Total net assets			**98,039**		67,729
The funds of the charity:	14a				
Restricted income funds			**56,880**		57,109
Unrestricted income funds:					
Designated funds		**14,767**		–	
General funds		**26,392**		10,620	
Total unrestricted funds			**41,159**		10,620
Total charity funds			**98,039**		67,729

The opinion of the directors is that the company is entitled to the exemptions conferred by Section 477 of the Companies Act 2006 relating to small companies.

The directors acknowledge the following responsibilities:

(i) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476

(ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

Approved by the trustees on 16 September 2025 and signed on their behalf by

Lily Wong Le

Lily Wong Le
Chair

1 Accounting policies

a) Statutory information

Globe Community Project is a charitable company limited by guarantee and is incorporated in England.

The registered office address and principal place of business is St Margaret's House, 21 Old Ford Road, London, E2 9PL.

b) Basis of preparation

The financial statements have been 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) - (Charities SORP FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

c) Public benefit entity

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

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue as a going concern for the next 12 months.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

1 Accounting policies (continued)

f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

g) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

h) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charity in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering projects to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

j) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

k) Creditors and provisions

Creditors and provisions 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. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

l) Pensions

The charity offers a defined contribution scheme to its employees. The costs of contributions are recognised in the year they are payable.

2 Income from donations and legacies

	2025 Restricted £	2025 Unrestricted £	**2025 £**	2024 £
Donations - individuals	-	2,493	**2,493**	2,349
Donations - corporate	2,239	3,000	**5,239**	-
Gift aid	740	374	**1,114**	1,321
	2,979	**5,867**	**8,846**	3,670

All income in the prior year was unrestricted.

3 Grants received

	2025 Restricted **£**	2025 Unrestricted £	**2025 Total £**	2024 Total £
Barchester's Charitable Foundation	1,000	-	**1,000**	-
City Bridge Foundation	40,715	-	**40,715**	31,066
GSK Community Health Programme Award	-	10,000	**10,000**	-
Henry Smith Charity	32,900	-	**32,900**	-
London Borough of Tower Hamlets (LBTH) - Mayor's Community Grants Programme	39,903	-	**39,903**	26,602
London Churches Refugee Fund	500	-	**500**	-
Postcode Society Trust	-	25,000	**25,000**	-
The Albert Hunt Trust	-	3,000	**3,000**	-
The Farthing Trust	-	3,000	**3,000**	-
The Hilden Charitable Fund	6,697	-	**6,697**	6,697
The London Community Foundation	20,000	-	**20,000**	14,024
Wakefield and Tetley Trust	5,962	-	**5,962**	1,875
London Borough of Tower Hamlets (LBTH) - Emergency Fund	-	-	**-**	7,747
London Catalyst	-	-	**-**	3,000
Mrs Smith and Mount Trust	-	-	**-**	4,000
Sport England Grant	-	-	**-**	14,975
The Foyle Foundation	-	-	**-**	7,500
	147,677	41,000	**188,677**	117,486

4 Income from other trading activities

	2025 Total £	2024 Total £
Rent received	**263**	3,150
	263	3,150

All income from other trading actvities is unrestricted.

Globe Community Project

Notes to the financial statements

For the year ended 30 April 2025

5a Analysis of expenditure (current year)

	Raising funds £	Charitable activities £	Governance costs £	Support costs £	**2025 Total £**	2024 Total £
Staff costs (Note 7)	3,688	57,915	–	5,727	**67,330**	30,749
Project delivery	–	81,218	–	–	**81,218**	24,734
Monitoring and evaluation	–	–	–	–	**–**	3,190
Administration and finance	–	–	1,663	1,209	**2,872**	2,052
Office rent and costs	–	5,885	–	14,482	**20,367**	6,253
Raising funds	4,290	–	–	–	**4,290**	1,352
	7,978	145,018	1,663	21,418	**176,077**	68,330
Support costs	–	21,418	–	(21,418)	**–**	–
Governance costs	–	1,663	(1,663)	–	**–**	–
Total expenditure 2025	**7,978**	**168,099**	**–**	**–**	**176,077**	
Total expenditure 2024	**4,427**	**63,903**	**–**	**–**		**68,330**

5b Analysis of expenditure (prior year)

	Raising funds £	Charitable activities £	Governance costs £	Support costs £	**2024 Total £**
Staff costs (Note 7)	3,075	21,524	–	6,150	**30,749**
Project delivery	–	24,734	–	–	**24,734**
Monitoring and evaluation	–	3,190	–	–	**3,190**
Administration and finance	–	–	1,033	1,019	**2,052**
Office rent and costs	–	20	–	6,233	**6,253**
Raising funds	1,352	–	–	–	**1,352**
	4,427	49,468	1,033	13,402	**68,330**
Support costs	–	13,402	–	(13,402)	**–**
Governance costs	–	1,033	(1,033)	–	**–**
Total expenditure 2024	**4,427**	**63,903**	**–**	**–**	**68,330**

6 Net income/(expenditure) for the year

This is stated after charging / (crediting):

	2025	2024
	£	£
Operating lease rentals payable:		
Property	**3,404**	3,246
Independent Examiner's Fee		
Independent Examination (excluding VAT)	**650**	650

7 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2025	2024
	£	£
Salaries and wages	**63,223**	29,886
Social security costs	**5,665**	2,451
Employment allowance	**(5,665)**	(2,451)
Employer's contribution to defined contribution pension schemes	**4,107**	863
	67,330	30,749

No employee earned more than £60,000 during the year (2024: nil).

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £34,921 (2024: £27,656).

The charity trustees were neither paid nor received any other benefits from employment with the charity in the year (2024: £nil). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil).

No trustee received any expenses during this year (2024: £nil)

8 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 1.4 (2024: 0.8).

9 Related party transactions

There are no related party transactions to disclose for this financial year.

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

10 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

11 Debtors

	2025 £	2024 £
Prepayments	–	840
Accrued income	10,716	–
	10,716	840

12 Creditors: amounts falling due within one year

	2025 £	2024 £
Accruals	5,059	1,907
Deferred income	–	28,000
	5,059	29,907

Deferred income comprises comprises grants received in advance. £nil was deferred in the current year (2024: £28,000).

13a Analysis of net assets between funds (current year)

	Unrestricted £	Restricted £	Total funds £
Net current assets	41,159	56,880	98,039
Net assets at 30 April 2025	**41,159**	**56,880**	**98,039**

13b Analysis of net assets between funds (prior year)

	Unrestricted £	Restricted £	Total funds £
Net current assets	10,620	57,109	67,729
Net assets at 30 April 2024	**10,620**	**57,109**	**67,729**

14a Movements in funds (current year)

	At 1 May 2024 £	Income & gains £	Expenditure & losses £	At 30 April 2025 £
Restricted funds:				
Barchester's Charitable Foundation	–	1,000	(1,000)	**–**
City Bridge Foundation	21,647	40,715	(46,637)	**15,725**
Feasts for Friendship	–	6,580	–	**6,580**
Henry Smith Charity	–	32,900	(32,877)	**23**
London Borough of Tower Hamlets (LBTH) – Mayor's Community Grants Programme	14,273	39,903	(48,514)	**5,662**
London Churches Refugee Fund	–	500	(500)	**–**
Mrs Smith and Mount Trust	4,000	–	(4,000)	**–**
SD Estates	–	2,239	(656)	**1,583**
Sport England Grant	10,386	–	(10,386)	–
The Foyle Foundation	2,772	–	(2,772)	–
The Hilden Charitable Fund	4,031	6,697	(5,204)	**5,524**
The London Community Foundation	–	20,000	(4,179)	**15,821**
Wakefield Tetley Trust	–	5,962	–	**5,962**
Total restricted funds	57,109	156,496	(156,725)	**56,880**
Unrestricted funds:				
Designated Funds				
Postcode Society Trust	–	25,000	(13,233)	**11,767**
The Albert Hunt Trust	–	3,000	–	**3,000**
Total designated funds	–	28,000	(13,233)	**14,767**
General funds	10,620	21,891	(6,119)	**26,392**
Total unrestricted funds	10,620	49,891	(19,352)	**41,159**
Total funds	**67,729**	**206,387**	**(176,077)**	**98,039**

The narrative to explain the purpose of each fund is given at the foot of the note below.

14b Movements in funds (prior year)

	At 1 May 2023 £	Income & gains £	Expenditure & losses £	At 30 April 2024 £
Restricted funds:				
City Bridge Foundation	–	31,066	(9,419)	**21,647**
The Foyle Foundation	–	7,500	(4,728)	**2,772**
The Hilden Charitable Fund	–	6,697	(2,666)	**4,031**
London Borough of Tower Hamlets (LBTH) - Emergency Fund	–	7,747	(7,747)	–
London Borough of Tower Hamlets (LBTH) Local Community Fund	1,474	14,024	(15,498)	–
London Borough of Tower Hamlets (LBTH) - Mayor's Community Grants Programme	–	26,602	(12,329)	**14,273**
Sport England Grant	–	14,975	(4,589)	**10,386**
Mrs Smith and Mount Trust	6,020	7,000	(9,020)	**4,000**
Wakefield Tetley Trust	–	1,875	(1,875)	–
Total restricted funds	7,494	117,486	(67,871)	**57,109**
Unrestricted funds:				
General funds	3,715	7,364	(459)	**10,620**
Total unrestricted funds	3,715	7,364	(459)	**10,620**
Total funds	11,209	124,850	(68,330)	**67,729**

Purposes of restricted funds

Fund name	
The Foyle Foundation	Contribution to core costs.
Henry Smith Charity	Contribution towards three years' running costs.
Sport England Grant	Support for recently-arrived, female refugees who are not physically active.
Wakefield Tetley Trust	Contribution to salaries for project management costs.
Wellbeing for Over 60's	Wellbeing courses for older people at risk of loneliness and isolation.

Funded by:

- Barchester's Charitable Foundation
- City Bridge Foundation
- London Borough of Tower Hamlets (LBTH) - Mayor's Community Grants Programme

Touching Safe Ground	A blended programme of trauma-informed yoga, ESOL and local orientation for refugee and migrant women.

Funded by:

- Feasts for Friendship
- The Hilden Charitable Fund
- London Churches Refugee Fund
- SD Estates
- The London Community Foundation
- Mrs Smith and Mount Trust

Purposes of designated funds

Postcode Society Trust	Contribution to Touching Safe Ground project.
The Albert Hunt Trust	Contribution to core costs, designated to support costs associated with the Touching Safe Ground project.

15 Operating lease commitments payable as a lessee

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods

	2025	2024
	£	£
Property:		
Less than one year	**1,378**	1,378
	1,378	1,378

16 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £5.

12 Financial review

The gross income for the year was £206,387, comprising £156,496 Restricted funds and £49,891 Unrestricted funds. Overall income increased by 66% compared with the previous year.

Unrestricted income rose sharply compared with the previous year, in line with our fundraising strategy. Unrestricted income comprised unrestricted grants from GSK Community Health Programme Award, Postcode Society Trust and The Albert Hunt Trust, regular donations, corporate donations from Rook Irwin Sweeney and SD Estates, return on investments and Gift Aid. The charity continued to improve income diversity, with 10 active project grants, 5 core grants and 2 corporate donations this year (YE2024: 7, 3, 0).

Restricted income also rose, again in line with our strategy and reflecting a good return for investing in our fundraising activities. Restricted income comprised ongoing grants from the City Bridge Foundation, LBTH Mayors Community Grants, Sport England, The Hilden Charitable Fund, The London Community Foundation and The Foyle Foundation, as well as new grants from Barchester's Charitable Foundation, Henry Smith Charity, London Churches Refugee Fund, Mrs Smith and Mount Trust, Postcode Society Trust and Wakefield Tetley Trust, as well as the funds from the Feasts for Friendship campaign, which raised £6,580 to support the Touching Safe Ground project.

Total expenditure was £176,077, including £156,725 Restricted funds, and £19,352 Unrestricted funds.

Spending of both Restricted and Unrestricted funds increased this year, as predicted, as our projects scaled up and our core function expanded to support them. We predict modest further growth throughout the next financial year.

We ended the year with total funds of £98,039, comprising £56,880 Restricted funds, £41,159 Unrestricted funds, and a surplus of £30,310.

While at the time of signing these accounts, the charity has been impacted by the global Covid-19 virus, the global economic impacts of the Russia-Ukraine war and the UK Cost of Living crisis, the trustees have reassessed the charity's ability to continue for at least 12 months from the date the accounts are approved, and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to continue as a going concern.

13 Reserves and risk management

The charity's free reserves, excluding fixed assets (£0) and designated funds (£14,767) at the year end were **£26,392**, a significant increase on the £10,620 reserves with which we closed the prior year. While this increase is encouraging, reserves remain below the trustees' target of 3-6 months' operating costs. Trustees have a detailed plan to reach target levels by the year ended 2028 and are confident that this is comfortably achievable.

GCP has a Reserves policy and a Risk Management policy which includes the expectation that the Management Committee will review the year's financial risks at least once a year. The board of trustees aims to ensure that reserves remain at a reasonable proportion of overall turnover, and are able to cover any financial risks that have been identified. Reserves can be accessed, in line with the Reserves policy, in any circumstances in which the expected unrestricted funds fall short of being able to meet essential costs for the year.

14 Governance and management

Constitution

Globe Community Project is a company limited by guarantee and was formed on 11 December 2003. It is governed by a memorandum and articles of association as amended by special resolution dated 17 June 2004, 3 July 2015, 18 September 2019 and 12 January 2021. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £5.

Charity number:	1104770
Company number:	04992627

Directors and trustees

The directors of the charitable company ("the charity") are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees. The management committee is responsible for the day-to-day running of the Globe Community Project (GCP), and meets every three months. The trustees are all members of the management committee. There may also be members of this committee who are not trustees, who have time and/or particular skills to offer and are interested in supporting the work of the charity. These members may be co-opted onto the committee during the year and then stand for re-appointment at the AGM.

Trustees

- Bethan Charnley
- Funmi Ayorinde (appointed March 2025)
- Julian Haxby, Company Secretary
- Katherine Elizabeth Pumphrey (appointed September 2024, following a period as an adviser)
- Kyriaki (Kiki) Michaelidou (appointed March 2025)
- Lily Wong Le
- Lui Marie Goldie (appointed September 2024)
- Ripon Shamsul Ray
- Anna-Paulina Norbury (resigned March 2025)
- Arslan Hussain (resigned December 2024)
- Robert Tame (resigned March 2025)
- Roisin Kavanagh, Treasurer, (resigned September 2024)

Registered Office

St Margaret's House, 21 Old Ford Road,
London, E2 9PL

Phone

07419 586150

Bankers

The Co-operative Bank
PO Box 250 Delf House
Southway
Skelmersdale
WN8 6WT

Independent Examiner

Wendy Smith ACCA
SBC House
Restmor Way
Wallington
SM6 7AH

Investment powers

Under its Memorandum and Articles of Association, the charity has the power to make any investments, which the trustees see fit.

Trustees' responsibilities in relation to the financial statements

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Trustees report and the financial statements in accordance with the applicable law and UK Accounting Standards.

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

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

The trustees are responsible for maintaining proper accounting records, which 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 Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006.

Independent Examination

In line with Charity Commission requirements, an independent examination of our accounts has been commissioned. The report of the Independent Examiner is on page XX. GCP is exempt from audit as our gross income falls below £1,000,000.

Signed on behalf of the board of trustees

Lily Wong Le

Lily Wong Le
Chair
Globe Community Project

16 September, 2025

15 Report of the Independent Examiner

To the members of Globe Community Project,

I report on the financial statements of Globe Community Project (the charity) for the year ended 30 April 2025, which are set out on pages ** to **

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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.

Wendy H Smith

Wendy H Smith
16 September 2025

Fellow of the Association of Chartered Certified Accountants
Tall Horse Consultancy Services Limited
SBC House
Restmor Way
Wallington
SM6 7AH

Globe Community Project
Company number: 04992627
Charity reg: 1104770

GLOBE
COMMUNITY
PROJECT

GLOBE COMMUNITY PROJECT

England & Wales - Charity number 1104770

Accounts

IMPACT REPORT

Year ended: 30 April 2024

Globe Community Project
Company number: 04992627
Charity reg: 1104770

GLOBE COMMUNITY PROJECT

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01

Message from our Chair

This year, Globe Community Project clarified our mission for the next five years: to transform loneliness into connection among isolated people and under-served groups.

Through our research, interviews and ongoing service delivery, we have learned even more about loneliness and isolation in our communities. We investigated the factors which can build up around and within a person, making connection with others harder and harder. We also identified 8 loneliness hotspots in Tower Hamlets, targeting everything we do towards those areas, to make sure our support is felt where it is needed the most.

While we began the year facing significant funding challenges, staff and trustees pulled together to set overall strategy and target our fundraising. The effort was so successful that income rose by almost 50%, including several multiyear grants. The charity is now larger, stronger and more sustainably funded than ever before. As well as being our twentieth year of operation, this was a year of investment, in which we scaled operations, improved financial, monitoring and evaluation processes, and hired new staff to help us reach more people.

We are delighted to have provided direct, long term transformational support to 149 people, and positioned ourselves to significantly exceed this number next year. We also worked to map services in our local area and to build partnerships with new groups so that we can better reach those with specific needs and experiences.

The Touching Safe Ground project continued to grow, reaching more refugee and migrant women than in previous years, as well as many of their infant and school-aged children. We provided Easter and summer activities at the Canal Club Community Garden, Christmas activities, toys and presents, and trips to Bethnal Green nature reserve. We also experimented with novel, less formal, and less burdensome ways of learning about the experiences of women seeking safety. The Wellbeing for Over 60s project was paused during the first half of the year. During the latter half it grew significantly, and we expect considerable growth over the next few years.

Our operational activities received a significant boost through continued pro-bono support from global law firm Dentons, which ensured our HR policies and procedures are compliant. We were also delighted to welcome two new trustees with the support of the East London Business Alliance. I continue to thank current and former board members for their generosity of time and support, steering GCP so it is better ready to improve the lives of more people experiencing loneliness and isolation in our local area.

In the office, Ahmed Hussain joined us as Outreach & Engagement Lead, after many years working in the local community, including 12 years with the Bromley By Bow Centre. We continued to receive outstanding volunteer support from regular finance volunteer Tom Elliott, our five fantastic Touching Safe Ground volunteers, and adviser Kate Pumphrey. We have seen immense personal and professional development in our Director, Maniprabha, who provided leadership through the year's challenges and into a phase of growth for the charity.

Whether you took part in our projects, helped them to happen through your skills, time, grants or donations, or you just want to know more about what's happening in Tower Hamlets, thank you for your interest in our work.

Lily Wong Le
Chair of the Board of Trustees

02

Our mission

To transform loneliness into connection among isolated people and under-served groups in and around Tower Hamlets.

03

Our aims

To **promote the benefit of local people,** by involving them in a common effort to enhance education, and to provide facilities in the interest of social welfare, recreation and leisure occupations, with the object of improving the quality of life for those in the local area.

To **provide access** to a wide range of **cultural, educational, physical, social and artistic activities** that will act as a vehicle and motivator to develop actual and transferable skills for people of all ages from childhood up.

To **encourage interaction** among people of different ages and **social and ethnic groups** within the community through the medium of arts and other activities and to e**ncourage the growth of the imagination, self-expression, clear communication and health and wellbeing** of participants.

The broad objects of the charity as stated in our governing document are: "To promote the benefit of the inhabitants of Globe Town, Tower Hamlets and surrounding areas, by associating together with inhabitants and sometimes including the local authorities, voluntary and other organisations, in a common effort to enhance education and to provide facilities in the interests of social welfare, recreation and leisure occupation, with the object of improving the conditions of life for the said inhabitants."

Take Back Your Life responds to health inequalities in the borough and high levels of poor physical and mental health among disadvantaged communities.

Touching Safe Ground responds to social isolation, disorientation and low wellbeing experienced by newly-arrived women migrants and asylum seekers.

Wellbeing for Over 60s is designed to enhance support for the high proportion of older residents in our borough who experience social isolation, poor mental health or low wellbeing.

Our projects are designed to respond to some of the most pressing needs in Tower Hamlets, and provide access to social connection alongside specialist, tailored wellbeing education, providing long term support and new skills to manage and enhance their personal and social wellbeing.

04

Statement of public benefit

In setting our objectives and planning our activities, our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit.

05

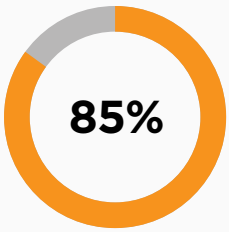
Impact Summary

149

people received in-depth support of up to 48 support sessions.

Safe space for refugee & migrant women

105 refugee and migrant women and children supported

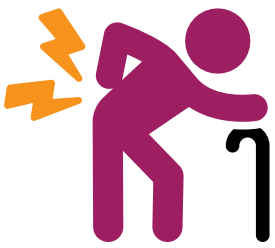


reported improved physical and mental health

reported increased confidence, self-esteem and resilience

reported improved sense of community and belonging

Relief and practical tools to live well with chronic pain and illness



18

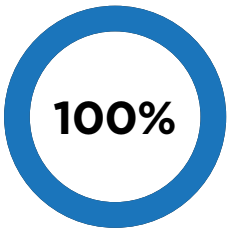
people with chronic pain and illness supported

See pages 10-11 for full results of the 4-year programme

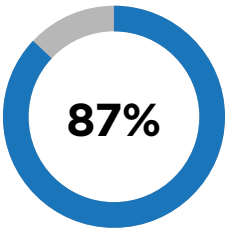
Bringing joy, friendship and new skills to lonely older people

26 older people at risk of loneliness and isolation supported

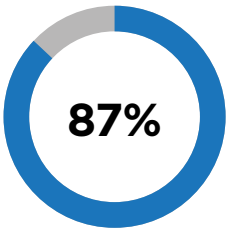
After Level 1 course:



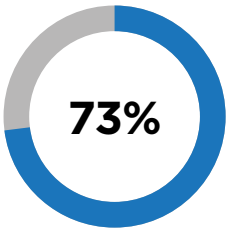
saw improvements to the existing relationships in their lives



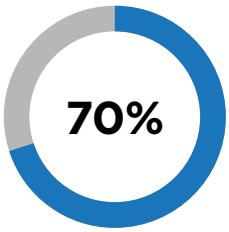
improved their resilience



experienced high quality connection with others

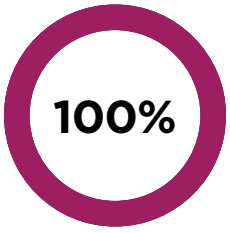


had better knowledge of spaces, activities and services they need and want

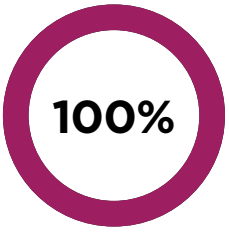


connected with or stayed in touch with people they'd met on the course

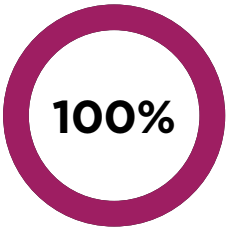
After Level 2 course:



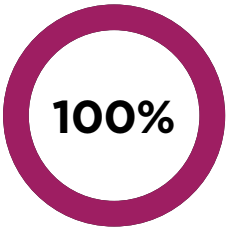
further increased their resilience



were better able to appreciate the good things in life



felt more able to turn towards death and dying, and discuss it with others



had a support network in place and felt able to maintain the gains they'd made

06

Take Back Your Life

Overview

Take Back Your Life ran from February 2019 until October 2023, providing pain management courses in the local community. Courses gave participants tools, knowledge and skills to live well with chronic pain and illness. The project included people with lower incomes and different levels of English language and literacy skills, and was offered free. During the final months of the project, which fell during this financial year, no new courses were offered, in order to focus on providing follow-on support to existing graduates to embed their skills.

Who we helped

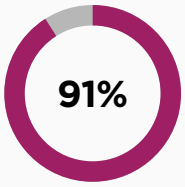
18 Tower Hamlets residents from diverse backgrounds suffering chronic pain and illness.

What we delivered

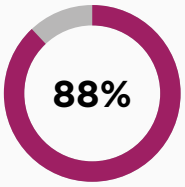
24 mixed gender weekly support sessions
21 women-only weekly support sessions

Our impact

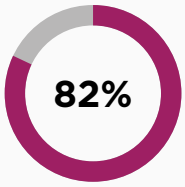
Over the full four-and-a-half years of operation, this programme reached 161 unique individuals and achieved significant results.



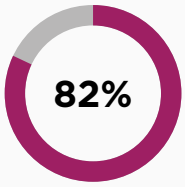
had more skills or ways to manage their pain or condition



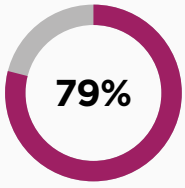
were better able to manage their health, or found their pain or health condition easier to manage



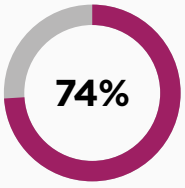
felt less alone



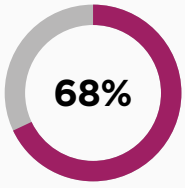
experienced reductions in pain catastrophising



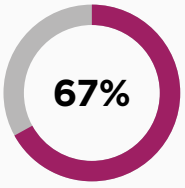
saw a reduction in pain interference, at levels that were clinically significant



enjoyed their lives more



felt less scared or worried about their pain or condition



were able to do more things, even when in pain or poor health

Clinically significant impact

The majority of participants (70%) began their course reporting clinically concerning levels of pain catastrophisation, which is correlated with negative outcomes including depression, unemployment and disability. Of those with clinically concerning scores, 91% experienced a reduction in pain catastrophising, and 49% reduced to the extent their score was no longer clinically concerning.

From helplessness to agency

Of the three domains of pain catastrophisation - magnification, rumination and helplessness, the TBYL intervention was most effective in addressing helplessness, then rumination, with magnification showing the least improvement.

Funders

London Borough of Tower Hamlets, Local Community Fund

TOWER HAMLETS

07

Touching Safe Ground

Overview

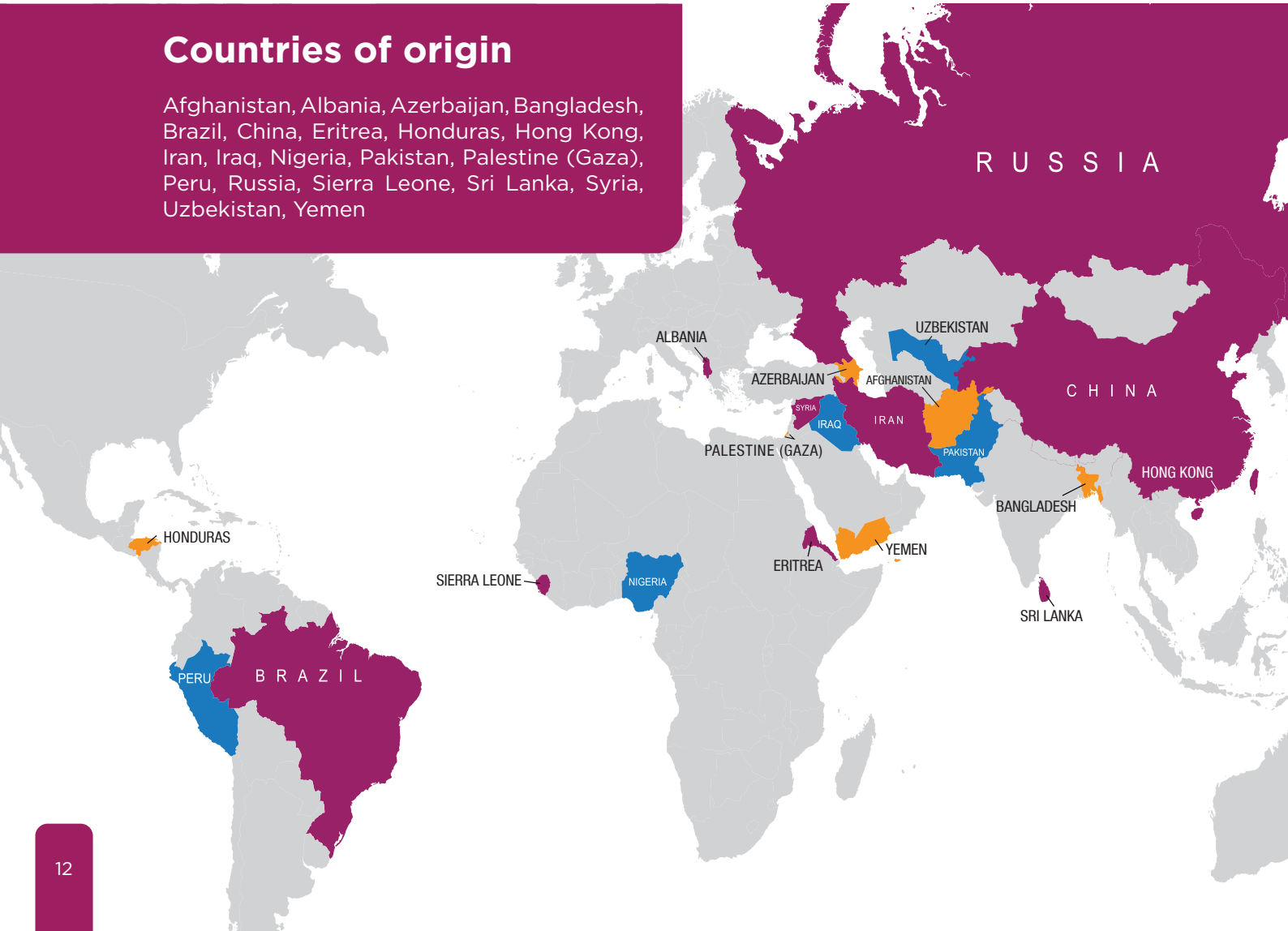
Touching Safe Ground provides newly-arrived refugee and migrant women who have suffered trauma with wellbeing and English language tools. Our weekly service offers trauma-informed yoga integrated with English language learning, providing a safe space for rest, care, social connection and learning, supported by a creche for mums.

Who we helped

We supported 59 women, 26 school-aged children and 20 infants, all of whom have since been moved on, or soon will be, by the asylum system, due to government policies combined with a chronic shortage of housing. Some experience the repeated threat of deportation. Three quarters of the women were asylum seekers with experience of fleeing war, gender-based violence and/or multiple human rights abuses. About half were single mums, some had been trafficked, and others exploited by traffickers on their way to the UK. Many sustained injuries on the journey.

Countries of origin

Afghanistan, Albania, Azerbaijan, Bangladesh, Brazil, China, Eritrea, Honduras, Hong Kong, Iran, Iraq, Nigeria, Pakistan, Palestine (Gaza), Peru, Russia, Sierra Leone, Sri Lanka, Syria, Uzbekistan, Yemen



Case Study

Ranim* fled the war in Syria, leaving her Damascus home and garden with fruit trees behind. Her teenage son made the hazardous journey here while he was still a minor, and Hackney Law Centre managed to secure her passage through family reunion. She landed in London two years ago, and soon started coming to Touching Safe Ground weekly sessions. One Wednesday last June Ranim arrived with a young woman in her mid twenties who was in distress. "This is my daughter Souzan*, I must bring her here", said Ranim in the English she has learnt through Touching Safe Ground. Souzan had arrived with her young son from a Turkish refugee camp only the week before, following the sudden death of her husband. She was in grief and shock from losing her partner and suddenly becoming a single parent. We are not sure exactly what happened in Turkey. We listen but we never ask. At the end of the session, Souzan asked if she could come back next week. Two months later Souzan brought her four-year-old son Zak* to the first of our summer activities sessions at a local community club. All three generations embraced the nature 'treasure hunt' exploring the community gardens in full bloom while learning new vocabulary along the way; painting and drawing using leaves, games on the sports court and yoga indoors. Zak loved joining in on his own yoga mat between mum and grandma. All three generations left the session beaming, saying, "We will be back next week."

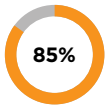
***Not their real names**

What we delivered

- **39 gentle yoga and English for wellbeing sessions** at the Mission Practice GP surgery
- **39 weekly nursery sessions** with a professional playworker to support mums to attend
- **4 summer activities sessions** at the Canal Club with outdoor games, indoor arts and crafts, therapeutic yoga for women and school aged children
- **2 nature connection sessions** at Bethnal Green nature reserve
- **Healthy snacks** including lots of fresh fruit and a cuppa each week
- **Wellbeing training courses** for the 4 volunteers who support weekly sessions
- **2 nature connection sessions** at Bethnal Green nature reserve
- **Easter egg hunt** and **Christmas party**
- **Accompaniment** from the hostel to sessions
- **Weekly provision of donated clothing** thanks to Lama's Pyjamas charity shop
- **Coordinated donations** of food, Christmas cards and gifts

Successes

Impact data continued to show this project is having strong impact and meeting its objectives:



85% of women report improvements in physical and mental wellbeing

100% report improved confidence and self-esteem

100% report improved sense of community and belonging

Took part in East London Business Association's Christmas Toy Appeal, providing gifts and cards for the children

Partnered with the local Coop on Cambridge Heath Road and Lama's Pyjamas charity shop to provide nutritious food and almost weekly donations of warm clothes.

Funders

London Catalyst

The Hilden Charitable Fund

SPORT ENGLAND

Summer art session on butterfly theme

"The news from Gaza is bad. People are starving... What helps is stop watching news all the time. Walking. Company, meeting people... coming here."

Nour*, Gaza

Summer yoga on butterfly theme

Visit to Bethnal Green Nature Reserve

"Thank you for what you have done today. I don't know what you have done but Nour wants to come to these sessions every day!"

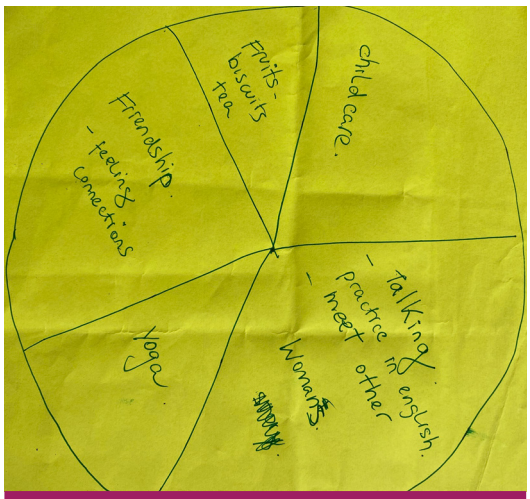
Text from Ayaan*, husband of Nour

"I bad because no paper, no accept Home Office, worry. I was alone because no work, friends or husband. I love the yoga and the English, it helps a lot. I will miss it much."

(Asmara, Eritrea, was moved to the south coast the next day).

Collage on butterfly theme

On the Canal Club basketball court



Women reflect on what helps them most

"When I came I was in pain and very anxious, crying all day, I was depressed. Now I feel more positive, and I plan for the future."

Maria, Peru

Seeing the natural world in close-up

08

Wellbeing for Over 60s

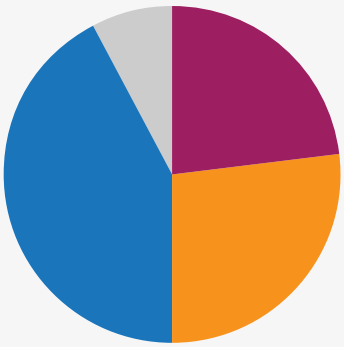
Overview

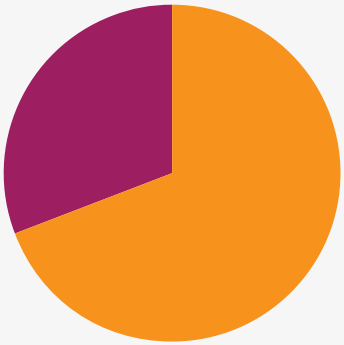
This project supports older people at risk of loneliness and isolation with six-week wellbeing courses. Participants explore later life's benefits and disadvantages, how to manage negative thoughts, and get the chance to socialise, while building skills to develop and maintain connection, including active listening, boosting self-esteem and sharing stories.

Who we helped

26
older people at risk of loneliness and isolation

22
were 'new graduates'





**Collected data on 26 people.*

What we delivered

Two 6-week courses

One steering group and co-design session

Over 100 participant engagement calls

Transport assistance to access sessions for at least four participants

Loneliness associative factors	
Experiencing life changes	73%
New to London	0%
Low income	62%
Single / live alone	65%
Have experienced prejudice/felt different	31%
Deaf or disabled	35%
Physical or mental health condition	46%
Carer	19%

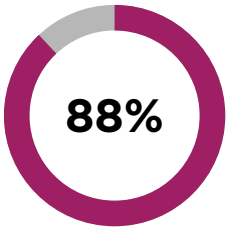
Case Study

Youssef is originally from Egypt, and came to the course for “help with physical and mental states.” He also wanted “to meet new people. Companionship. Getting involved in what is happening for other people. I think I can benefit from that.” At the beginning of the course, Youssef seemed nervous and was unsure of what to expect, but he began to open up over the six weeks; “I have found my illness and pain challenging, but I am proud that I still have my mind.” He started using the tools he had learned, describing what happened when he went on holiday. “I was on holiday last week in a caravan by the sea. It was the first time. All week it rained and was windy, but I didn’t let it affect me. I put my negative thoughts away in a ‘freezer’ in my mind.” During several weeks he was suffering a lot of pain, and shared how it had meant giving up a Mandarin course and his IT course. “I have had a difficult week, and I am in a lot of pain. But getting here was an act of kindness to myself.” By the end of the course, Heshem described how the biggest journey had been the change in his mental states, and knowing how to work with them. “When I am here, I relax, I forget my stresses and worries. When I came in, I had the negative voices in my ears. Now I don’t. I want to thank everyone for giving me hope.”

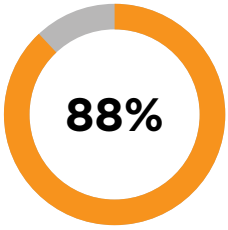
Youssef*
Not his real name

‘The cushion game’ - practising communication

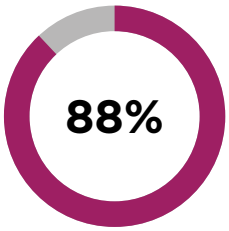
Our impact



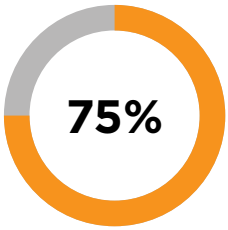
of participants reported better overall wellbeing



increased their psychological resilience



experienced increased high quality connection with others



had increased know-how to access spaces, services and activities they need

Successes

Launched a steering group to help guide and steer the programme, and begin planning fun activities for all graduates, at their request

Increased the proportion of males to females on our courses, as they were significantly under-represented

Began building new partnerships to enable us to specifically reach out to carers, Bangladeshi women, people with sight and hearing loss and those with disabilities

Funders

CITY BRIDGE FOUNDATION

TOWER HAMLETS

Sharing about an object that has meaning in her life

"I really enjoyed the course and I made new friends. I loved every minute of it."

Bridget

"Before the course my level of confidence was between 0-3 and now it's 7! It's very different. I'm now listening more to myself and to others. And I'm understanding much more about myself, what I need when I feel anxious or tired or angry. You think you are always right, but you are not."

Sue

"I appreciate this course so much - two hours ago my heart was heavy, now it is so light. I used to feel very shy and I never wanted to speak in a group but now I feel good about speaking here. I feel confident about myself."

Joseph

Discussing the ups and downs of ageing

09

How we measure impact

To measure our impact we use a combination of methods:

- gathering quantitative data on attendance at activities,
- collecting baseline data on the area of health or wellbeing we're seeking to improve, then checking scores at the end of activities,
- collating case studies which give insights into the lives of those we work with, and how our support is meeting them,
- conducting in-depth interviews with some participants across each project,
- documenting activities with photographs and video, where this is appropriate,
- asking people's informed consent to share their words or any images of them.

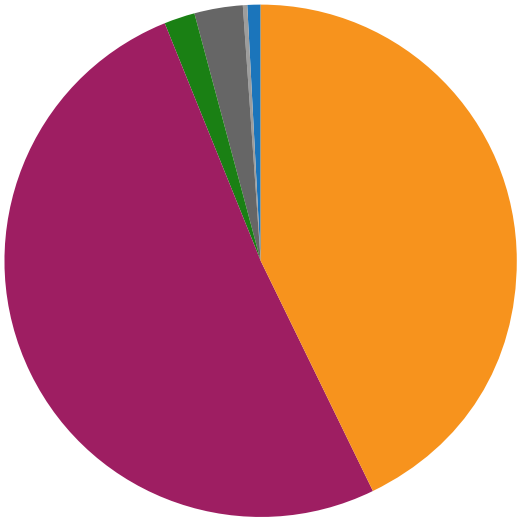
We don't calculate data on what academic course providers call 'retention,' as this would be a poor measure of impact or outcomes when working with participants facing multiple barriers to attending sessions. For example, at times a newly-arrived woman seeking asylum may need to care for a child or sick relative, attend health and immigration appointments, or feel too disoriented and overwhelmed to leave her accommodation. But despite missing a session or two, she continues to attend. Isolated older participants often have sensory impairments, disabilities, and health appointments which can hamper attendance. Likewise, those suffering chronic pain and illness often have health appointments as well as physical and mental health issues which act as further barriers.

10

Your support, and how we used it

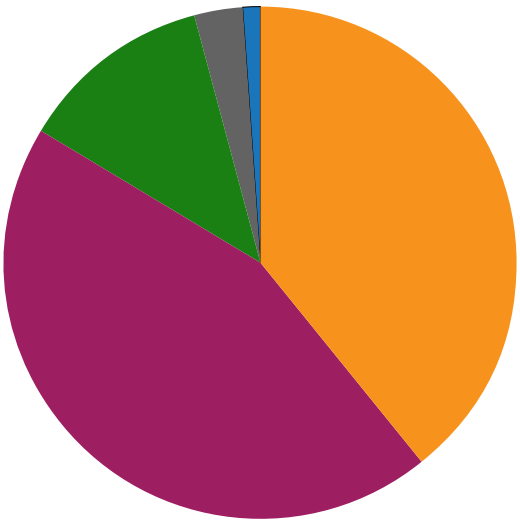
How you gave

2024 Total £124,850



- Trusts & foundations £54,138
- Government & public institutions £63,348
- Donations £2,349
- Rental and other income £3,150
- Investments £544
- Gift Aid £1,321

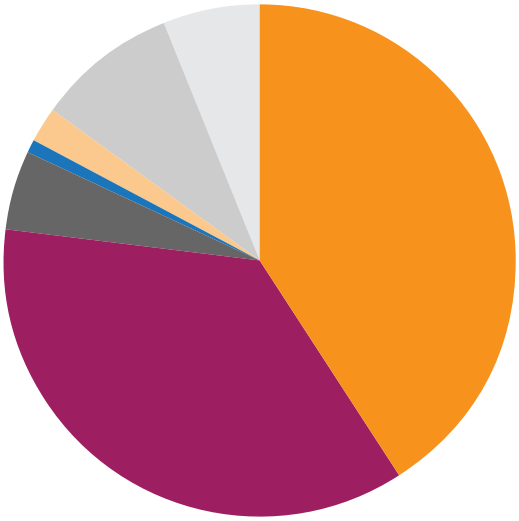
2023 Total £85,621



- Trusts & foundations £33,320
- Government & public institutions £38,047
- Donations £10,186
- Rental and other income £2,923
- Gift Aid £1,145

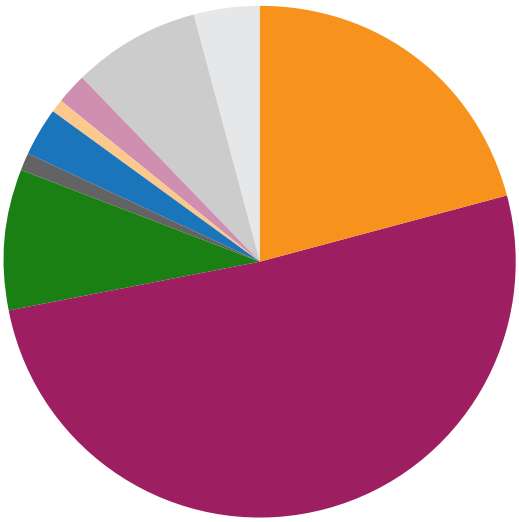
How we used the money

2024 Total £68,330



- Staff costs: £27,674
- Project delivery: £24,734
- Monitoring & evaluation: £3,190
- Administration & finance: £1,019
- Governance: £1,033
- Office rent & costs: £6,253
- Fundraising: £4,427

2023 Total £97,276



- Staff costs: £20,533
- Project delivery: £49,228
- Direct project costs: £8,269
- Monitoring & evaluation: £1,440
- Administration & finance: £2,830
- Governance: £896
- Research & development: £1,560
- Office rent & costs: £8,172
- Fundraising: £4,348

11

Thank you

For being part of the local community and uniting to create positive change for the people who need it most.

To each of our individual supporters. Your donations not only provide the material support to keep our work going, but they show we are not alone in our vision, and that the desire to see more and more connection, creativity and cohesion inspires you too.

To Anna Chabrelie, Esther Langdon and Zanita Rubens of Dentons law firm, for your expert guidance in ensuring that various aspects of our operations are compliant.

To the trusts, foundations and institutions which have generously supported us this year:

- City Bridge Foundation, the funding arm of the City of London Corporation's charity, Bridge House Estates
- Foyle Foundation
- Hilden Charitable Fund
- London Borough of Tower Hamlets, Emergency Funding
- London Borough of Tower Hamlets, Local Community Fund
- London Borough of Tower Hamlets, Mayor's Community Grants Programme
- London Catalyst
- Mrs Smith & Mount Charitable Trust
- Sport England
- Wakefield & Tetley Trust

To St Margaret's House for being so much more than the building which houses our office. We greatly appreciate all the opportunities for networking, support and friendship.

To our designer Alex Keating for helping us communicate the impact of our work - and making it look beautiful.

12

Financial statements

Globe Community Project

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 30 April 2024

Current year

	Note	Unrestricted general fund £	Restricted funds £	2024 Total £
Income from:				
Donations		3,670	–	**3,670**
Charitable activities				
Grants	2	–	117,486	**117,486**
Other trading activities	3	3,150	–	**3,150**
Investments		544	–	**544**
Total income		7,364	117,486	**124,850**
Expenditure on:				
Raising funds	4	459	3,968	**4,427**
Charitable activities	4	–	63,903	**63,903**
Total expenditure		459	67,871	**68,330**
Net expenditure for the year	5	6,905	49,615	**56,520**
Reconciliation of funds:				
Total funds brought forward		3,715	7,494	**11,209**
Total funds carried forward	13a	10,620	57,109	**67,729**

Prior year

	Note	Unrestricted general fund £	Restricted funds £	2023 Total £
Income from:				
Donations		11,331	–	11,331
Charitable activities				
Grants	2	8,501	62,866	71,367
Other trading activities	3	2,923	–	2,923
Total income		22,755	62,866	85,621
Expenditure on:				
Raising funds	4	4,348	–	4,348
Charitable activities	4	29,145	63,783	92,928
Total expenditure		33,493	63,783	97,276
Net income/(expenditure) for the year	5	(10,738)	(917)	(11,655)
Reconciliation of funds:				
Total funds brought forward		14,453	8,411	22,864
Total funds carried forward	13b	3,715	7,494	11,209

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 13 to the financial statements.

Globe Community Project

Balance sheet

Company no. 04992627

As at 30 April 2024

	Note	£	2024 £	£	2023 £
Current assets:					
Debtors	10		**840**		2,337
Cash at bank and in hand			**96,796**		12,575
			97,636		14,912
Liabilities:					
Creditors: amounts falling due within one year	11		**(29,907)**		(3,703)
Total net assets			**67,729**		11,209
The funds of the charity:	13a				
Restricted income funds			**57,109**		7,494
Unrestricted income funds:					
General funds		**10,620**		3,715	
Total unrestricted funds			**10,620**		3,715
Total charity funds			**67,729**		11,209

The opinion of the directors is that the company is entitled to the exemptions conferred by Section 477 of the Companies Act 2006 relating to small companies.

The directors acknowledge the following responsibilities:

(i) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476

(ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

Approved by the trustees on 18 September 2024 and signed on their behalf by

Lily Wong Le
Chair

1 Accounting policies

a) Statutory information

Globe Community Project is a charitable company limited by guarantee and is incorporated in England.

The registered office address and principal place of business is St Margaret's House, 21 Old Ford Road, London, E2 9PL.

b) Basis of preparation

The financial statements have been 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) - (Charities SORP FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

c) Public benefit entity

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

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue as a going concern for the next 12 months.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether ‘capital’ grants or ‘revenue’ grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

1 Accounting policies (continued)

f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

g) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

h) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charity in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering projects to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

j) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

k) Creditors and provisions

Creditors and provisions 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. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

l) Pensions

The charity offers a defined contribution scheme to its employees. The costs of contributions are recognised in the year they are payable.

2 Grants received

	2024 Restricted Total £	Unrestricted £	Restricted £	2023 Total £
City Bridge Foundation	31,066	–	–	–
Foyle Foundation	7,500	–	–	–
Hilden Charitable Fund	6,697	–	–	–
London Borough of Tower Hamlets (LBTH) Local Community Fund	14,024	–	28,047	28,047
London Borough of Tower Hamlets (LBTH) – Emergency Fund	7,747	–	–	–
London Borough of Tower Hamlets (LBTH) – Mayor's Community Grant Programme	26,602	–	–	–
London Catalyst	3,000	–	–	–
Sport England	14,975	–	–	–
The Mrs Smith and Mount Trust	4,000	–	–	–
Wakefield and Tetley Trust	1,875	1	3,125	3,126
Charity of Sir Richard Whittington	–	–	7,894	7,894
Emergence Foundation	–	–	12,000	12,000
LifeLine Community Projects (FaithAction)	–	–	1,800	1,800
National Lottery Community Fund	–	–	10,000	10,000
The Archer Trust	–	3,500	–	3,500
The Merchant Taylors' Foundation	–	5,000	–	5,000
Total income from charitable activities	117,486	8,501	62,866	71,367

3 Income from other trading activities

	2024 Total £	2023 Total £
Rent received	3,150	2,837
Other income	–	86
	3,150	2,923

All income from other trading actvities is unrestricted.

4a Analysis of expenditure (current year)

	Raising funds £	Charitable activities £	Governance costs £	Support costs £	**2024 Total £**	2023 Total £
Staff costs (Note 6)	3,075	21,524	–	6,150	**30,749**	24,503
Project delivery	–	24,734	–	–	**24,734**	49,228
Direct project costs	–	–	–	–	**–**	8,269
Monitoring and evaluation	–	3,190	–	–	**3,190**	1,440
Administration and finance	–	–	1,033	1,019	**2,052**	3,726
Research and development	–	–	–	–	**–**	1,560
Office rent and costs	–	20	–	6,233	**6,253**	8,172
Raising funds	1,352	–	–	–	**1,352**	378
	4,427	49,468	1,033	13,402	**68,330**	97,276
Support costs	–	13,402	–	(13,402)	**–**	–
Governance costs	–	1,033	(1,033)	–	**–**	–
Total expenditure 2024	**4,427**	**63,903**	**–**	**–**	**68,330**	
Total expenditure 2023	**4,348**	**92,928**	**–**	**–**		**97,276**

4b Analysis of expenditure (prior year)

	Raising funds £	Charitable activities £	Governance costs £	Support costs £	**2023 Total £**
Staff costs (Note 6)	3,970	12,661	–	7,872	**24,503**
Project delivery	–	49,228	–	–	**49,228**
Direct project costs	–	8,269	–	–	**8,269**
Monitoring and evaluation	–	1,440	–	–	**1,440**
Administration and finance	–	–	896	2,830	**3,726**
Research and development	–	–	–	1,560	**1,560**
Office rent and costs	–	669	–	7,503	**8,172**
Raising funds	378	–	–	–	**378**
	4,348	72,267	896	19,765	**97,276**
Support costs	–	19,765	–	(19,765)	**–**
Governance costs	–	896	(896)	–	**–**
Total expenditure 2023	**4,348**	**92,928**	**–**	**–**	**97,276**

5 Net expenditure for the year

This is stated after charging / (crediting):

	2024	2023
	£	£
Operating lease rentals payable:		
Property	**3,246**	3,107
Independent Examiner's Fee		
Independent Examination (including VAT)	**780**	780

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2024	2023
	£	£
Salaries and wages	**29,886**	23,821
Social security costs	**2,451**	2,006
Employment allowance	**(2,451)**	(2,006)
Employer's contribution to defined contribution pension schemes	**863**	682
	30,749	24,503

No employee earned more than £60,000 during the year (2023: nil).

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £27,656 (2023: £24,503).

The charity trustees were neither paid nor received any other benefits from employment with the charity in the year (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil).

No trustee received any expenses during this year (2023: £nil)

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 0.8 (2023: 0.6).

8 Related party transactions

There are no related party transactions to disclose for this financial year.

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

9 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10 Debtors

	2024 £	2023 £
Prepayments	840	–
Accrued income	–	2,337
	840	2,337

11 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	–	1,048
Accruals	1,907	780
Deferred income	28,000	1,875
	29,907	3,703

Deferred income comprises comprises grants received in advance. £28,000 was deferred in the current year (2023: £1,875).

12a Analysis of net assets between funds (current year)

	General unrestricted £	Restricted £	Total funds £
Net current assets	10,620	57,109	67,729
Net assets at 30 April 2024	**10,620**	**57,109**	**67,729**

12b Analysis of net assets between funds (prior year)

	General unrestricted £	Restricted £	Total funds £
Net current assets	3,715	7,494	11,209
Net assets at 30 April 2023	**3,715**	**7,494**	**11,209**

13a Movements in funds (current year)

	At 1 May 2023 £	Income & gains £	Expenditure & losses £	At 30 April 2024 £
Restricted funds:				
Wellbeing for over 60's	–	57,668	(21,748)	**35,920**
Take Back Your Life	1,474	14,024	(15,498)	**–**
Touching Safe Ground	6,020	28,672	(16,275)	**18,417**
Wakefield and Tetley Trust	–	1,875	(1,875)	**–**
London Borough of Tower Hamlets (LBTH) – Emergency Fund	–	7,747	(7,747)	**–**
Foyle Foundation	–	7,500	(4,728)	**2,772**
Total restricted funds	7,494	117,486	(67,871)	**57,109**
Unrestricted funds:				
General funds	3,715	7,364	(459)	**10,620**
Total unrestricted funds	3,715	7,364	(459)	**10,620**
Total funds	**11,209**	**124,850**	**(68,330)**	**67,729**

The narrative to explain the purpose of each fund is given at the foot of the note below.

13b Movements in funds (prior year)

	At 1 May 2022 £	Income & gains £	Expenditure & losses £	At 1 May 2023 £
Restricted funds:				
Wellbeing for over 60's	4,711	7,894	(12,605)	**–**
Take Back Your Life	(7,520)	29,847	(20,853)	**1,474**
Touching Safe Ground	11,220	22,000	(27,200)	**6,020**
Wakefield and Tetley Trust	–	3,125	(3,125)	**–**
Total restricted funds	8,411	62,866	(63,783)	**7,494**
Unrestricted funds:				
Designated funds:				
Core Support Fund	7,603	–	(7,603)	**–**
General funds	6,850	22,755	(25,890)	**3,715**
Total unrestricted funds	14,453	22,755	(33,493)	3,715
Total funds	22,864	85,621	(97,276)	**11,209**

Purposes of restricted funds

Fund name	
Wellbeing for over 60's	Wellbeing courses for older people at risk of loneliness and isolation.
Take Back Your Life	Mindfulness-based support to address chronic pain, illness and related social isolation and inactivity.
Touching Safe Ground	A blended programme of trauma-informed yoga, ESOL and local orientation for refugee and migrant women.
Wakefield and Tetley Trust	Contribution to salaries for programme management costs.
London Borough of Tower Hamlets (LBTH) - Emergency Fund	Funding to support the Director's salary and office rent for three months.
Foyle Foundation	Towards core costs.

14 Operating lease commitments payable as a lessee

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods

	2024 £	2023 £
Property:		
Less than one year	**1,378**	1,313
	1,378	1,313

15 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £5.

13

Financial review

The gross income for the year was £124,850, comprising £117,486 Restricted funds and £7,364 Unrestricted funds. Overall income increased by 46% compared with the previous year.

Unrestricted income comprised regular donations, rental and other income, return on investments and Gift Aid. While Unrestricted income appeared to fall sharply this year, significant portions of restricted grants from City Bridge Foundation and Mayor's Community Fund were budgeted to cover areas of core spending which directly support the relevant projects. Likewise, a Foyle Foundation grant for running costs was designated by the funder as restricted. This year the charity successfully focused on trust fundraising for the new project cycle, meaning we held no fundraising events. We continued to improve income diversity, with 7 active project grants and 3 core grants this year (2022: 5, 3). We also developed a strategy to secure corporate funding, to be executed in the coming year.

Restricted income rose again this year, reflecting grants from the City Bridge Foundation and Mayor's Community Grant Programme towards our Wellbeing for Over 60s project, and grants from Sport England, Hilden Charitable Fund and London Catalyst towards the Touching Safe Ground project. We further received funding towards our running costs from Foyle Foundation, and the local government's Emergency Fund, which enabled us to carry out vital fundraising and strategic planning as grants closed for our previous project cycle.

Total expenditure was £68,330, including £67,871 Restricted funds, and £459 Unrestricted funds.

Spending of both Restricted and Unrestricted funds decreased this year. This was because our previous project cycle of 3.5 years had drawn to a close and funding continuity issues meant pausing some services until new grants began. While activity levels were lower during the first six months of the year, during the second half of the year the arrival of new and larger grants meant activity increased significantly as we began to scale our capacity. We expect spending to increase over the coming year.

We ended the year with total funds of £67,729, comprising £57,109 Restricted funds and £10,620 Unrestricted reserves. The net surplus of £56,520 should be seen in the context of our beginning a new project cycle. Our previous project cycle began in 2020, with a net surplus in that year, followed by deficits in the subsequent three years. As we begin this new project cycle we again have a net surplus, reflecting a slight lag between the arrival of new and increased funds, and the corresponding scale-up of operations.

While at the time of signing these accounts, the charity has been impacted by the global Covid-19 virus, the global economic impacts of the Russia-Ukraine war and the UK Cost of Living crisis, the trustees have reassessed the charity's ability to continue for at least 12 months from the date the accounts are approved, and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to continue as a going concern.

14

Reserves and risk management

The charity's free reserves, excluding fixed assets (£0) at the year end were **£10,620**, a significant increase on the £3,715 reserves with which we closed the prior year. While this increase is encouraging, reserves remain below the trustees' target of 3-6 months' operating costs. Trustees have a detailed plan to reach target levels by the year ended 2028 and are confident that this is comfortably achievable.

GCP has a Reserves policy and a Risk Management policy which includes the expectation that the Management Committee will review the year's financial risks at least once a year. The board of trustees aims to ensure that reserves remain at a reasonable proportion of overall turnover, and are able to cover any financial risks that have been identified. Reserves can be accessed, in line with the Reserves policy, in any circumstances in which the expected unrestricted funds fall short of being able to meet essential costs for the year.

15

Governance and management

Constitution

Globe Community Project is a company limited by guarantee and was formed on 11 December 2003. It is governed by a memorandum and articles of association as amended by special resolution dated 17 June 2004, 3 July 2015, 18 September 2019 and 12 January 2021. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £5.

Charity number:	1104770
Company number:	04992627

Directors and trustees

The directors of the charitable company ("the charity") are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees. The management committee is responsible for the day-to-day running of the Globe Community Project (GCP), and meets every three months. The trustees are all members of the management committee. There may also be members of this committee who are not trustees, who have time and/or particular skills to offer and are interested in supporting the work of the charity. These members may be co-opted onto the committee during the year and then stand for re-appointment at the AGM.

Trustees

Anna-Paulina Norbury
Arslan Hussain
Bethan Charnley (appointed December 2023)
Francis Addai, Treasurer (resigned September 2023)
Julian Haxby, Company Secretary
Kate Hayler (resigned October 2023)
Lily Wong Le
Parmjit Kaur Singh (resigned December 2023)
Ripon Shamsul Ray
Robert Tame
Roisin Kavanagh, Treasurer, (appointed December 2023)

Registered Office

St Margaret's House, 21 Old Ford Road, London, E2 9PL

Phone

07419 586150

Bankers

The Co-operative Bank
PO Box 250 Delf House
Southway
Skelmersdale
WN8 6WT

Independent Examiner

Wendy Smith ACCA
SBC House
Restmor Way
Wallington
SM6 7AH

Investment powers

Under its Memorandum and Articles of Association, the charity has the power to make any investments, which the trustees see fit.

Trustees' responsibilities in relation to the financial statements

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Trustees report and the financial statements in accordance with the applicable law and UK Accounting Standards.

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

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

The trustees are responsible for maintaining proper accounting records, which 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 Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Independent Examination

In line with Charity Commission requirements, an independent examination of our accounts has been commissioned. The report of the Independent Examiner is on page 38. GCP is exempt from audit as our gross income falls below £1,000,000.

Signed on behalf of the board of trustees

Lily Le Wong
Chair
Globe Community Project

18th September, 2024

16

Report of the Independent Examiner

I report to the trustees on my examination of the accounts of Globe Community Project for the year ended 30 April 2024.

This report is made solely to the trustees as a body, in accordance with the Charities Act 2011. My examination has been undertaken so that I might state to the 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 trustees as a body, for my examination, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the trustees of the charitable company you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act'). 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) and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

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 Association of Certified Chartered Accountants, 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 charitable company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the "Accounting and Reporting by Charities: the 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 (FRS102) (effective 1 January 2015)".

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.

Wendy Smith FCCA
Independent Examiner

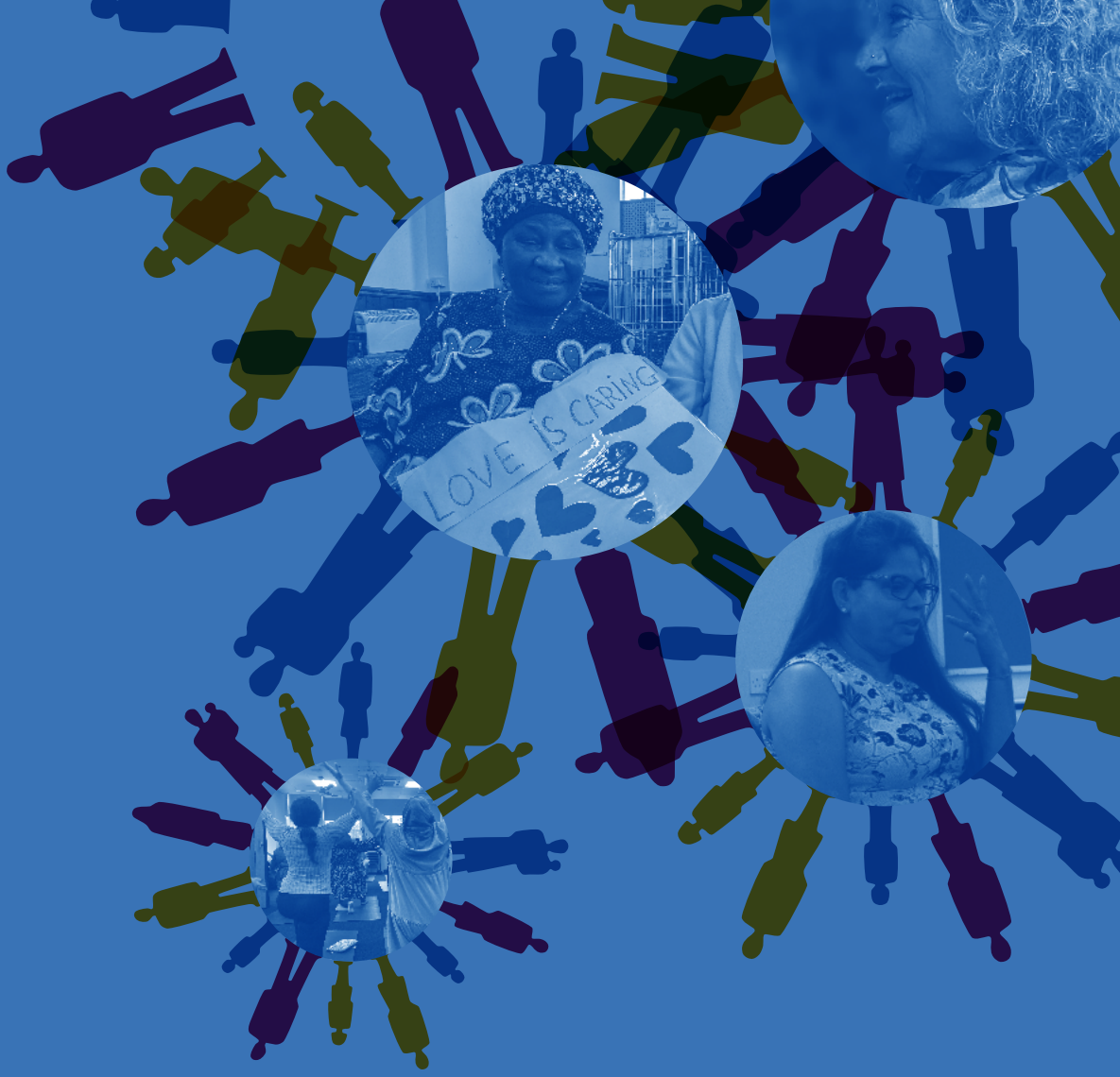
Globe Community Project
Company number: 04992627
Charity reg: 1104770

GLOBE
COMMUNITY
PROJECT

GLOBE COMMUNITY PROJECT

England & Wales - Charity number 1104770

Accounts



IMPACT REPORT

Year ended: 30 April 2023

GLOBE
COMMUNITY
PROJECT

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01
Message from our Chair

I decided to volunteer as a trustee for Globe Community Project to share my skills as a Civil Servant with an organisation that serves to improve the quality of life for the most isolated in Tower Hamlets. Since taking over as Chair, I have been able to engage more deeply and learn more about issues facing Globe Community Project's beneficiaries. I give many thanks to the previous Chair, Anne-Marie Irwin, for her dedication to the charity, its beneficiaries, and the board of trustees during her five years of service.

It has been an extremely positive year for Globe Community Project, and I'm delighted to report significant progress and impacts on many fronts.

Our charity exists to benefit local Tower Hamlets residents, and we reached 300 people this year, of whom 228 received in-depth long-term support, showing a 26% increase on last year's reach. To see the difference our work made to people in the borough, check our impact summary on page 8, or take a look at each project to meet some of the people we worked with.

This year the charity focused on improving delivery and reaching more beneficiaries, while working to proactively respond to their needs. Take Back Your Life, a project responding to health inequalities, experimented with hybrid courses that allow people to attend virtually or in-person, which was supportive for participants learning to manage chronic pain and illness. The project organised several group trips as requested by participants, and was selected as a finalist at the Innovation in Mindfulness Awards. The Touching Safe Ground project reached more refugee and migrant women than previous years, as well as many of their infant and school-aged children. Building on the initial pilot last year, the charity ran a regular crèche to support attendance of mothers, while increasing the nature connection and local orientation aspects of the service, holding outdoor sessions in Victoria Park, Bethnal Green Nature Reserve and Spitalfields City Farm. Globe Community Project developed a new Level 2 course under the Wellbeing for Over 60s project, at the request of participants who wanted to go deeper, explore the wellbeing tools and positive transformation they had already experienced, cover new areas and deepen connections with one another.

Delivering specialist support to three different groups on a modest budget was made possible by building on partnerships with Poplar Harca, St Paul's Way Community Centre, Zaccheus Centre, Bromley By Bow Centre, St Hilda's Community Centre, the Sundial Centre, Mission Practice GP surgery, and Mindfulness in Action. The charity learned from each organisation, and looks forward to continuing these supportive relationships.

Alongside project delivery, Globe Community Project made time for tea, cake and inspiration at our Make It Happen event, where 40 stakeholders gathered at Cranbrook Community Centre to share ideas for the charity, and tell us what inspires them. Globe Community Project then commissioned a local needs assessment to find out what Tower Hamlets needs most, where the gaps are, and how the charity can help.

This year Globe Community Project held our biggest fundraising event ever, joining with local businesses and all our supporters to take the Big Give Christmas Challenge. The charity raised £7,466, with donations from 74 people and support from 7 local businesses; Estateology, Gail Smith Flowers, Face Lace make-up art, financial search tech company Gresham, law firm Rook Irwin Sweeney, Fuckoffee and Look Property.

The board of trustees continued to improve the charity's operations and effectiveness, while ensuring our ethical standards are put into practice. This was the second year as a Living Wage accredited employer, and the board also held a pay and pay policy review. The charity continued to receive pro-bono support from global law firm Dentons, ensuring our HR policies and procedures are compliant, and began preparing our strategy for 2023-2026.

After completing a skills audit of current board members, the charity executed our Expand and Diversify Strategy, completing an energising process with Tower Hamlets Minority Ethnic Trustees programme which led to four new appointments, while welcoming two further trustee appointments via other routes.

After saying goodbye to our Communications Officer Jess Baxter and wishing her well with her Assistant Curator role at Tate Modern, Globe Community Project appointed Tara Pollitt, who re-joins us alongside her work at the London Buddhist Centre. In March the charity said goodbye to Marcy Man Hong Yuen, who provided freelance assistance with our finances for several years. Globe Community Project thanks Marcy for her service. The charity has benefited from fantastic volunteer support this year, with two regular volunteers supporting fundraising and finances, and four Touching Safe Ground volunteers continuing to support newly-arrived refugee and migrant women.

Whether you are someone who took part in our projects, somebody who helped them to happen through your skills, time, grants or donations, or you just want to know more about what's happening in Tower Hamlets, thank you for your interest in our work.

Lily Wong Le
Chair of the Board of Trustees

02
Our mission

To transform loneliness into connection among isolated communities in and around Tower Hamlets.

03
Our aims

To **promote the benefit of local people**, by involving them in a common effort to enhance education, and to provide facilities in the interest of social welfare, recreation and leisure occupations, with the object of improving the quality of life for those in the local area.

To **provide access** to a wide range of **cultural, educational, physical, social and artistic activities that will act as a vehicle and motivator to develop actual and transferable skills for people of all ages from childhood up.**

To **encourage interaction** among people of different ages and **social and ethnic groups** within the community through the medium of arts and other activities and to **encourage the growth of the imagination, self-expression, clear communication and health and wellbeing** of participants.

The broad objects of the charity as stated in our governing document are: “To promote the benefit of the inhabitants of Globe Town, Tower Hamlets and surrounding areas, by associating together with inhabitants and sometimes including the local authorities, voluntary and other organisations, in a common effort to enhance education and to provide facilities in the interests of social welfare, recreation and leisure occupation, with the object of improving the conditions of life for the said inhabitants.”

Take Back Your Life responds to health inequalities in the borough and high levels of poor physical and mental health among disadvantaged communities.

Touching Safe Ground responds to social isolation, disorientation and low wellbeing experienced by newly-arrived women migrants and asylum seekers.

Wellbeing for Over 60s is designed to enhance support for the high proportion of older residents in our borough who experience social isolation, poor mental health or low wellbeing.

Our projects are designed to respond to some of the most pressing needs in Tower Hamlets, and provide access to social connection alongside specialist, tailored wellbeing education, providing long term support and new skills to manage and enhance their personal and social wellbeing.

04
Statement of public benefit

In setting our objectives and planning our activities, our Trustees have given serious consideration to the Charity Commission’s general guidance on public benefit.

05
Impact Summary

Our impact

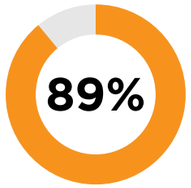
300
people reached

228
received in-depth support of between 6 and 58 support sessions

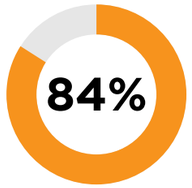
Safe space for refugee & migrant women

87 refugee and migrant women and children supported

improved their confidence, physical and mental health



felt more resilience and agency



were better oriented, and felt more belonging

Relief and practical tools to live well with chronic pain and illness

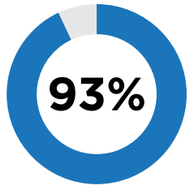
107
people with chronic pain and illness supported

72
further people accessed community mindfulness workshops

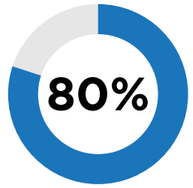
06
community mindfulness champions trained

After our pain management courses this year:

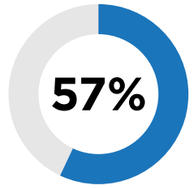
can better manage their pain and illness



have more skills to manage their pain or health condition

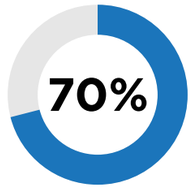


felt less alone



experienced reduced pain interference

After the Mindfulness Champions programme:

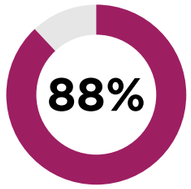


saw increased confidence to share skills with others

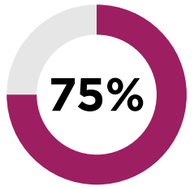
Bringing joy, friendship and new skills to lonely older people

34 older people at risk of loneliness and isolation supported

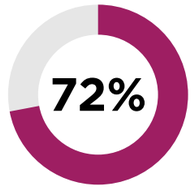
After Level 1 course:



tried new behaviours



felt less isolated and lonely

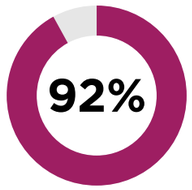


had better wellbeing, self-esteem and sense of personal control over their lives

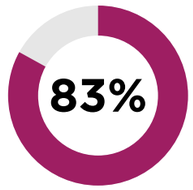
had improved skills and confidence to form bonds with other older people

After Level 2 course:

understood their emotional life better and had practical tools to calm down



felt better able to appreciate the good things in life



felt more able to turn towards death and dying, and discuss it with others

06
Take Back Your Life

Overview

Take Back Your Life provides pain management courses in the local community, giving participants tools, knowledge and skills to live well with chronic pain and illness. It is inclusive of people with lower incomes and different levels of English language and literacy skills, and offered free of charge.

Who we helped

107 Tower Hamlets residents suffering from chronic pain and illness. Participants were from diverse backgrounds including Indian, White British, Bangladeshi, African, Caribbean, Pakistani, German, Greek, Italian and Chinese.

What we delivered

- 3 x 6-week courses
- 52 mixed gender weekly support sessions
- 39 women-only weekly support sessions
- 5 community mindfulness workshops
- Social events including a group lunch, a trip to the opera to see 'It's a Wonderful Life,' and a New Year's Eve meditation workshop

Reported benefits include:

- *reduced pain symptoms*
- *increased ability to manage pain*
- *increased sense of calm, relaxation, appreciation of beauty and nature*
- *increased feelings of connection to others in their community*
- *ability to pace activities so they are manageable*

Successes

Course attendance averaged 86%

Finalist in the Innovations in Mindfulness Award

Subject of a 5-minute docu-short by Awake Academy

Our impact

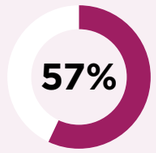
Over four years of operation, this programme has achieved significant results:

were better able to manage their pain or health condition

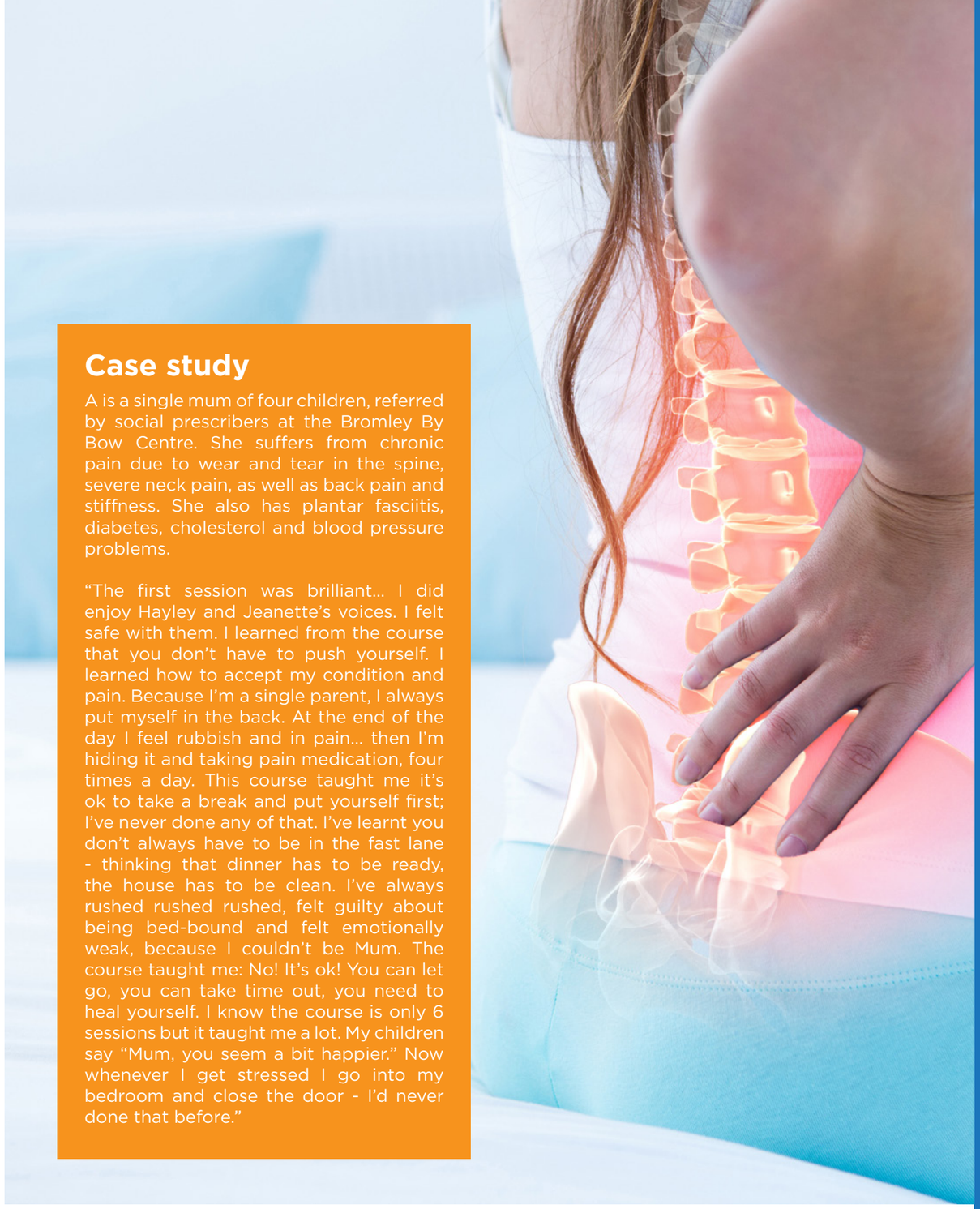
experienced less pain catastrophising

felt less alone

enjoyed their life more



saw a reduction in pain interference



Case study

A is a single mum of four children, referred by social prescribers at the Bromley By Bow Centre. She suffers from chronic pain due to wear and tear in the spine, severe neck pain, as well as back pain and stiffness. She also has plantar fasciitis, diabetes, cholesterol and blood pressure problems.

"The first session was brilliant... I did enjoy Hayley and Jeanette's voices. I felt safe with them. I learned from the course that you don't have to push yourself. I learned how to accept my condition and pain. Because I'm a single parent, I always put myself in the back. At the end of the day I feel rubbish and in pain... then I'm hiding it and taking pain medication, four times a day. This course taught me it's ok to take a break and put yourself first; I've never done any of that. I've learnt you don't always have to be in the fast lane - thinking that dinner has to be ready, the house has to be clean. I've always rushed rushed rushed, felt guilty about being bed-bound and felt emotionally weak, because I couldn't be Mum. The course taught me: No! It's ok! You can let go, you can take time out, you need to heal yourself. I know the course is only 6 sessions but it taught me a lot. My children say "Mum, you seem a bit happier." Now whenever I get stressed I go into my bedroom and close the door - I'd never done that before."

Funders

London Borough of Tower Hamlets, Local Community Fund
Faith Action Network

Awake Academy filming Take Back Your Life

This course did what it said on the tin - it gave me my life back. And now I want to put that into action - we need to continue."

Mumtaz

"Since I've been feeling a bit better about pain I've been able to cycle or rollerskate a bit. Before I just stayed home. Now I know it's there but I want to enjoy these things."

Participant

"I feel more connected with others. In the Monday group - everyone knows what it's like to have pain and feel a degree of debilitation. We understand each other and there is no judgement."

Raphaella

"Before I was so depressed. Now I feel really relaxed, my shoulder pain is gone, and in my chest I feel better. It's given me more energy."

Kalpana

"One thing I used recently is pacing. I hadn't hoovered for a long time and I could see things in the carpet. I only did the corridor and kitchen and thought the rest I will do tomorrow... I left the hoover out to remind me and I did the rest the next day. Pacing is very very good."

Maria

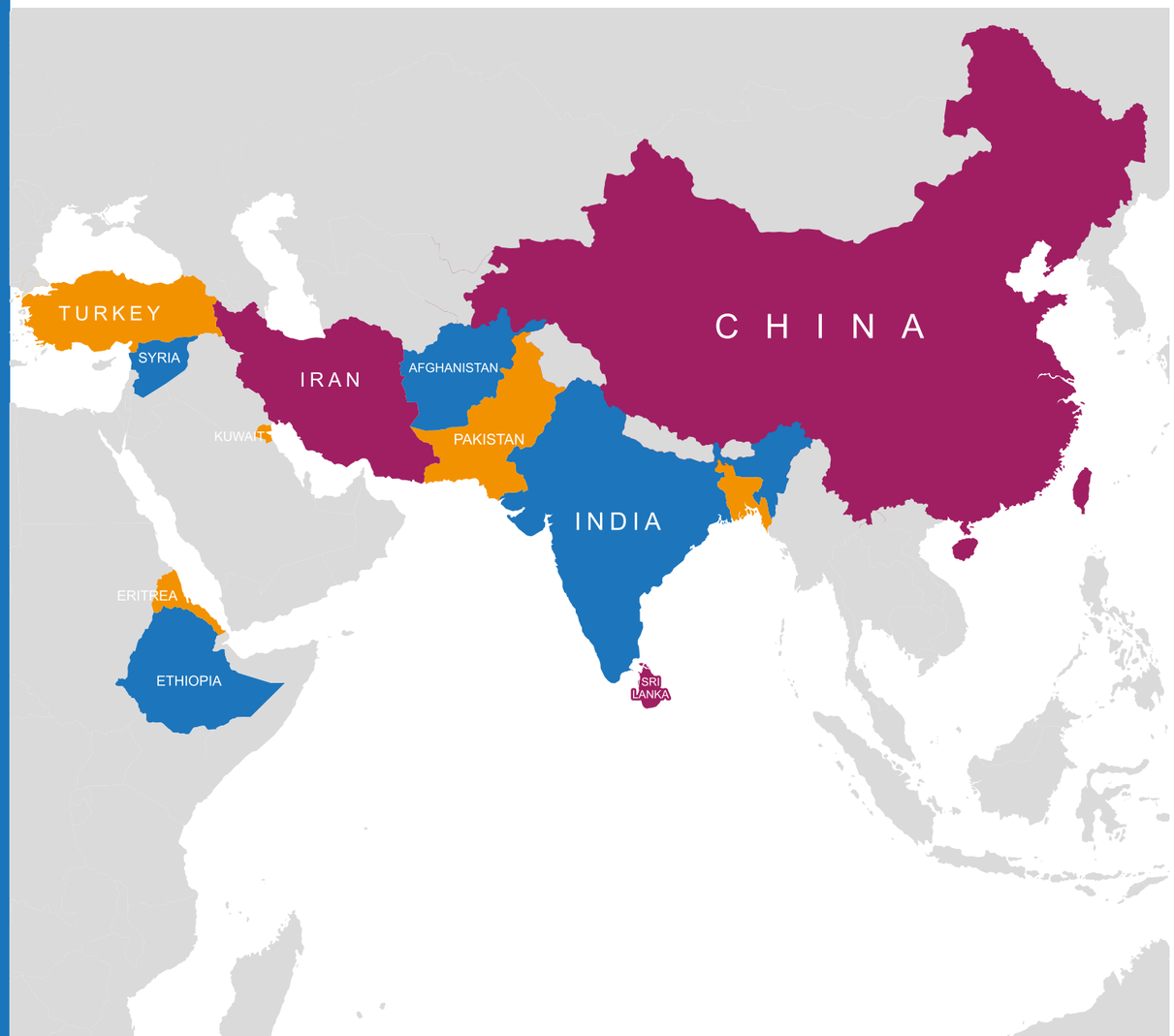
07
Touching Safe Ground

Overview

Touching Safe Ground provides newly-arrived refugee and migrant women who have suffered trauma with wellbeing and English language tools. Our weekly service provides trauma-informed yoga integrated with English language learning, providing a safe space for rest, care, social connection and learning, supported by a creche for mums.

Who we helped

We supported 65 women, 15 school-aged children and 7 infants. Three quarters of the women were asylum seekers with experience of fleeing war, gender-based violence and/or multiple human rights abuses. About half were single mums, some had been trafficked as sex workers, and others exploited by traffickers on their way to the UK. Most had sustained injuries on the journey.



Gentle bodywork session for participants

What we delivered

- 40 gentle yoga and English sessions at the Mission Practice GP surgery
- Weekly nursery sessions to support mums to attend
- 6 yoga and nature connection sessions at Spitalfields city farm
- 6 outdoor mindfulness sessions at Victoria Park
- Accompaniment from the hostel to sessions
- Coordinated donations of food, clothing, Christmas cards and gifts

Case Study

When F joined the group she was suffering severe postnatal depression, spoke very little English, and spent most of her days in bed in the hostel. After she'd attended over 15 sessions, we wanted to find out how she was doing, and asked her some questions.

What stresses you out?
"High blood pressure, sudden fear, angry, hot mood, ill, sad." She later added: "children, husband, Home Office."

How do you take care of yourself?
"I go to walk to take care my body, I meet with family members, I need to take more care of my mind and hair, I can do this by eating fruits, water, yoga, counselling, walk, resting."

How do you feel after class?
"Before yoga today, I feel ok. After yoga I feel great."

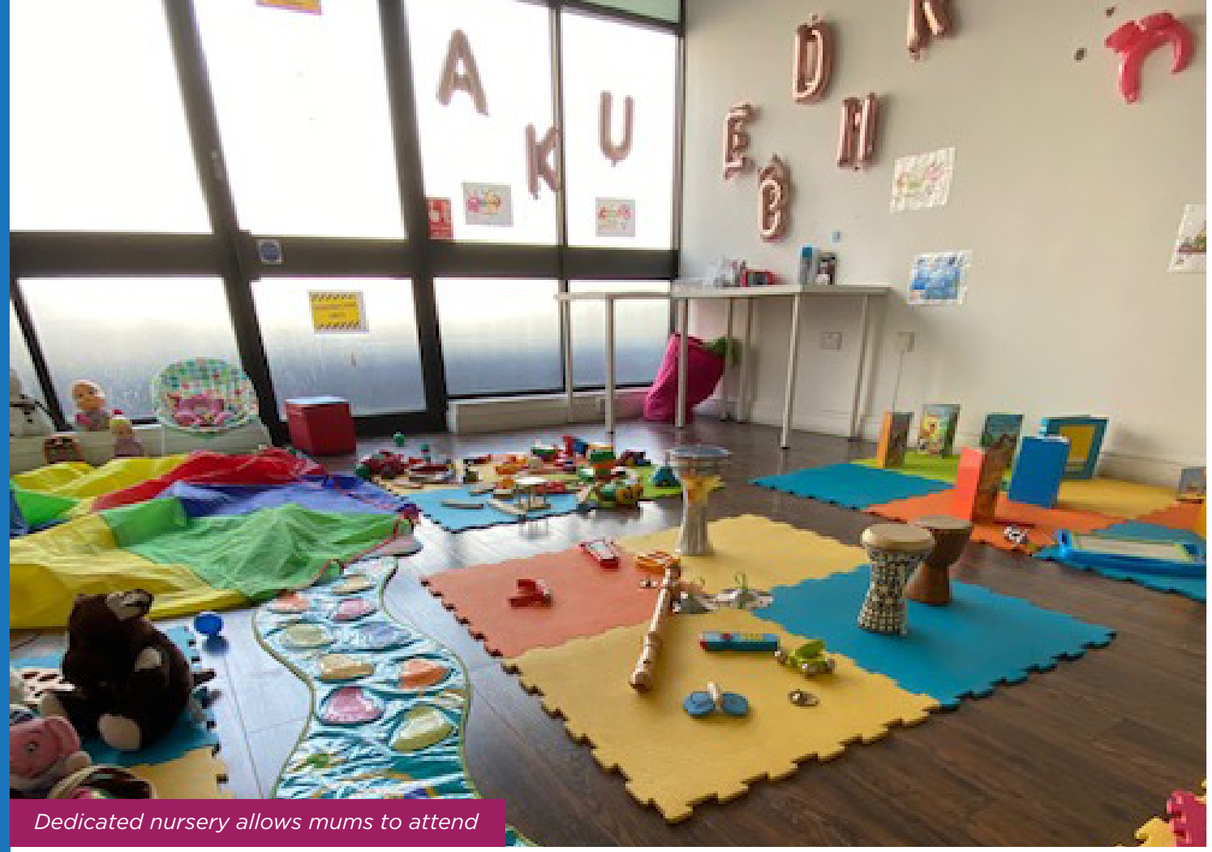
Successes

Outstanding impact data shows this project is having strong impact and meeting its objectives:

- 99% of women report improvements in confidence, physical and mental health
- 84% report increased orientation and belonging
- 83% report improved English
- Took part in East London Business Association's Christmas Toy Appeal for the first time, providing gifts and cards for the children
- Partnered with the local Coop on Cambridge Heath Road to provide more nutrition support for the women

Funders

Emergence Foundation
The National Lottery Community Fund



Dedicated nursery allows mums to attend

"Before my resilience was poor, now I have some friends and day-to-day this kind of confidence is going up."

(Name protected)

I've had a headache and pain in my body for 12 years and now it's gone."

(Name protected)

"I learnt a lot of things. Especially feelings on others and I am not the only one struggling."

(Name protected)

"All the GPs want to refer to the class."

Link worker,
Mission Practice GP surgery

Easter egg hunt

08
Wellbeing for Over 60s

Overview

This project supports isolated older people at risk of loneliness with six-week wellbeing courses. Participants explore later life's benefits and disadvantages, how to manage negative thoughts, and get the chance to socialise, while building skills to develop and maintain connection, including active listening, boosting self-esteem and sharing stories.

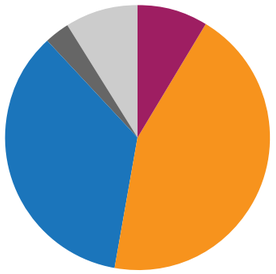
Ages ranged between

52 and **92**

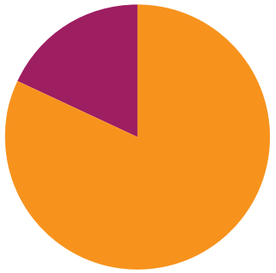
Who we helped

34
older people at risk of loneliness and isolation

22
were 'new graduates.'



Age*:
- Late 50s: 3
- Sixties: 15
- Seventies: 12
- Eighties: 0
- Nineties: 1
- Unknown: 3



Gender*:
- Female 27
- Men 7

**Collected data on 34 people.*

Participants faced a combination of factors linked to loneliness including low income, disability, sensory impairment, mobility issues, chronic illness, mild mental illness, bereavement, widowhood, and living alone.

Case Study

"We are many of us, lonely people – we just want to talk to other people. This course gave me some hope. I was a little bit apprehensive to begin with, because I didn't actually know what was going to happen. I wanted to improve, I think we all do. I've been on my own for a long time, so it was helpful to me being in a group because I'm actually on my own, I have no help, I have no support. So just talking to people, people like me, was beneficial. Overall, it did work. Geoff, 62 years old."

Felicia and Irene

What we delivered

20
sessions

01
feedback and co-design session

Our impact

Of all those taking part so far, we were able to gather pre- and post-intervention data for 28 people. Based on this data:

95%
of participants reported better wellbeing during this 3-year programme.

86%
attended 3 or more of their 6 sessions, despite multiple barriers to attendance

20%
went on to join the alumni programme, supporting new participants

Successes

- Developed and piloted a Level 2 course in response to participant feedback
- Included outdoor nature connection activities at participant's request
- 88% of those accessing Level 2 had tried new behaviours since Level 1
- 100% of those taking the Level 2 course were keen to take their skills further

Funders

The Charity of Sir Richard Whittington, The National Lottery Community Fund

COMMUNITY FUND

THE MERCERS' COMPANY

"I feel lighter, not so 'in my head' all the time. More able to cope with how my life actually is. I have learned to make small changes in my life which make it easier."

Nicole

"I made friendships that are still going... and I'm going out more, communicating more and sticking to things more."

Mary

"I learned how to change a habit, which I really need to do, and how our thoughts are not always right. To be confident."

Sharon

Growing seeds together

09

How we measure our impact

To measure our impact we use a combination of methods:

- gathering quantitative data on attendance at activities,
- collecting baseline data on the area of health or wellbeing we're seeking to improve, then checking scores at the end of activities,
- collating case studies which give insights into the lives of those we work with, and how our support is meeting them,
- conducting in-depth interviews with some participants across each project,
- documenting activities with photographs and video, where this is appropriate,
- asking people's informed consent to share their words or any images of them.

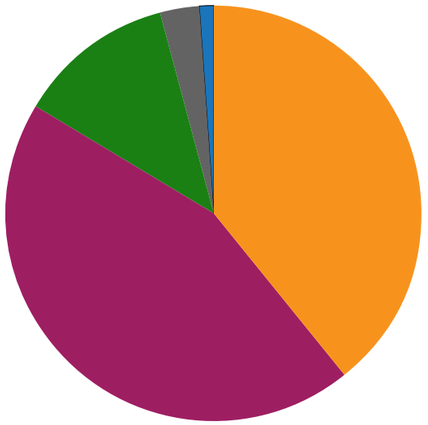
We don't calculate data on what academic course providers call 'retention,' as this would be a poor measure of impact or outcomes when working with participants facing multiple barriers to attending sessions. For example, at times a newly-arrived woman seeking asylum may need to care for a child or sick relative, attend health and immigration appointments, or feel too disoriented and overwhelmed to leave her accommodation. But despite missing a session or two, she continues to attend. Isolated older participants often have sensory impairments, disabilities, and health appointments which can hamper attendance. Likewise, those suffering chronic pain and illness often have health appointments as well as physical and mental health issues which act as further barriers.

10

Your support, and how we used it

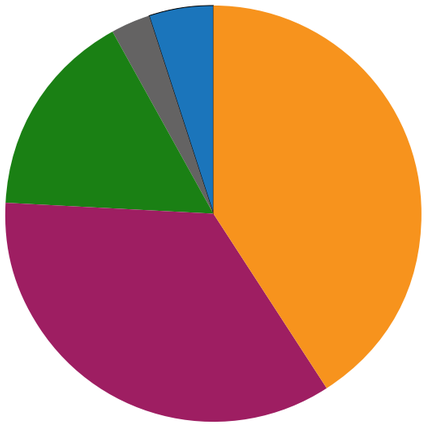
How you gave

2023 Total £85,621



- Trusts & foundations £33,320
- Government & public institutions £38,047
- Donations £10,186
- Rental and other income £2,923
- HMRC Gift Aid £1,145

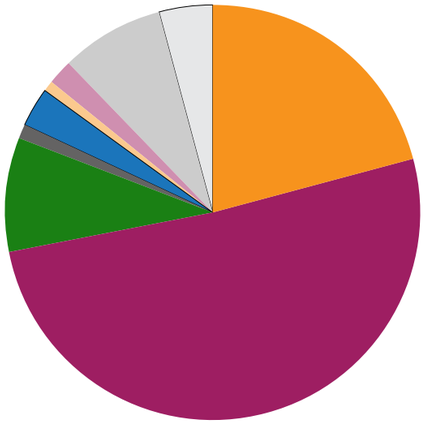
2022 Total £75,459



- Trusts & foundations £30,692
- Government & public institutions £26,373
- Donations £12,325
- Rental and other income £2,406
- HMRC Gift Aid £3,699

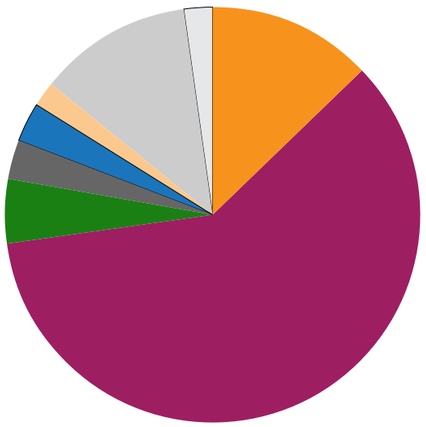
How we used the money

2023 Total £97,276



- Staff costs: £20,533
- Project delivery: £49,228
- Direct project costs: £8,269
- Monitoring & evaluation: £1,440
- Administration & finance: £2,830
- Governance: £896
- Research & development: £1,560
- Office rent & costs: £8,172
- Fundraising*: £4,348

2022 Total £87,396



- Staff costs: £11,183
- Project delivery: £52,124
- Direct project costs: £4,670
- Monitoring & evaluation: £2,246
- Administration & finance: £2,506
- Governance: £1,966
- Research & development: £0
- Office rent & costs: £10,539
- Fundraising*: £2,162

* Fundraising figures are shown differently to those previously reported for YE 2022 as we have refined the way we report our fundraising spend to ensure we reflect staff time spent on fundraising.

11
Thank you

For being part of the local community and uniting to create positive change for the people who need it most.

To each of our individual supporters. Your donations not only provide the material support to keep our work going, but they show we are not alone in our vision, and that the desire to see more and more connection, creativity and cohesion inspires you too.

To Anna Chabrelie and Esther Langdon of Dentons law firm, for your expert guidance in ensuring that various aspects of our operations are compliant.

To the trusts, foundations and institutions which have generously supported us this year:

- Emergence Foundation
- Faith Action Network
- London Borough of Tower Hamlets, Local Community Fund
- London Borough of Tower Hamlets, Social • Value Benefit scheme
- Merchant Taylor's Foundation
- The Archer Trust
- The Charity of Sir Richard Whittington / The Mercers' Company
- The National Lottery Community Fund
- Wakefield and Tetley Trust

EMERGENCE FOUNDATION

Faith Action

MERCHANT TAYLORS' FOUNDATION

TOWER HAMLETS

COMMUNITY FUND

THE WAKEFIELD & TETLEY TRUST

THE MERCERS' COMPANY

To St Margaret's House for being so much more than the building which houses our office. We greatly appreciate all the opportunities for networking, support and friendship.

To our designer Alex Keating for helping us communicate the impact of our work - and make it look beautiful.

12
Financial statements

Globe Community Project

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 30 April 2023

Current year

	Note	Unrestricted general fund £	Designated fund £	Restricted funds £	2023 Total £
Income from:					
Donations		11,331	–	–	**11,331**
Charitable activities					
Grants	2	8,501	–	62,866	**71,367**
Other trading activities	3	2,923	–	–	**2,923**
Total income		22,755	–	62,866	**85,621**
Expenditure on:					
Raising funds	4	4,348	–	–	**4,348**
Charitable activities	4	21,542	7,603	63,783	**92,928**
Total expenditure		25,890	7,603	63,783	**97,276**
Net expenditure for the year	5	(3,135)	(7,603)	(917)	**(11,655)**
Reconciliation of funds:					
Total funds brought forward		6,850	7,603	8,411	**22,864**
Total funds carried forward	13a	3,715	–	7,494	**11,209**

Prior year

	Note	Unrestricted general fund £	Designated fund £	Restricted funds £	2022 Total £
Income from:					
Donations		16,024	–	–	16,024
Charitable activities					
Grants	2	–	–	57,065	57,065
Other trading activities	3	2,406	–	–	2,406
Total income		18,430	–	57,065	75,495
Expenditure on:					
Raising funds	4	2,162	–	–	2,162
Charitable activities	4	14,369	7,471	63,394	85,234
Total expenditure		16,531	7,471	63,394	87,396
Net income/(expenditure) for the year	5	1,899	(7,471)	(6,329)	(11,901)
Reconciliation of funds:					
Total funds brought forward		4,951	15,074	14,740	34,765
Total funds carried forward	13b	6,850	7,603	8,411	22,864

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 13 to the financial statements.

Globe Community Project

Balance sheet

Company no. 04992627

As at 30 April 2023

	Note	£	2023 £	£	2022 £
Current assets:					
Debtors	10		**2,337**		9,213
Cash at bank and in hand			**12,575**		15,956
			14,912		25,169
Liabilities:					
Creditors: amounts falling due within one year	11		**(3,703)**		(2,305)
Total net assets			**11,209**		22,864
The funds of the charity:	13a				
Restricted income funds			**7,494**		8,411
Unrestricted income funds:					
Designated funds		**–**		7,603	
General funds		**3,715**		6,850	
Total unrestricted funds			**3,715**		14,453
Total charity funds			**11,209**		22,864

The opinion of the directors is that the company is entitled to the exemptions conferred by Section 477 of the Companies Act 2006 relating to small companies.

The directors acknowledge the following responsibilities:

(i) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476

(ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

Approved by the trustees on 6 September 2023 and signed on their behalf by

28th July 2022

Lily Wong Le
Chair

1 Accounting policies

a) Statutory information
Globe Community Project is a charitable company limited by guarantee and is incorporated in England.

The registered office address and principal place of business is St Margaret's House, 21 Old Ford Road, London, E2 9PL.

b) Basis of preparation
The financial statements have been 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) – (Charities SORP FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

c) Public benefit entity
The charity meets the definition of a public benefit entity under FRS 102.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

d) Going concern
The trustees are satisfied that there are no material uncertainties about the charity's ability to continue as a going concern for the next 12 months.

e) Income
Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

Globe Community Project

Notes to the financial statements

For the year ended 30 April 2023

1 Accounting policies (continued)

f) Interest receivable
Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

g) Fund accounting
Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

h) Expenditure and irrecoverable VAT
Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charity in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering projects to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Operating leases
Rental charges are charged on a straight line basis over the term of the lease.

j) Cash at bank and in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

k) Creditors and provisions
Creditors and provisions 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. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

l) Pensions
The charity offers a defined contribution scheme to its employees. The costs of contributions are recognised in the year they are payable.

2 Grants received

	Unrestricted £	Restricted £	2023 Total £	Unrestricted £	Restricted £	2022 Total £
London Borough of Tower Hamlets Local Community Fund (LBTH)	–	28,047	**28,047**	–	26,373	26,373
Charity of Sir Richard Whittington	–	7,894	**7,894**	–	13,156	13,156
Wakefield and Tetley Trust	1	3,125	**3,126**	–	4,577	4,577
Emergence Foundation	–	12,000	**12,000**	–	12,959	12,959
The Archer Trust	3,500	–	**3,500**	–	–	–
The Merchant Taylors' Foundation	5,000	–	**5,000**	–	–	–
LifeLine Community Projects (FaithAction)	–	1,800	**1,800**	–	–	–
National Lottery Community Fund	–	10,000	**10,000**	–	–	–
Total income from charitable activities	8,501	62,866	71,367	–	57,065	57,065

3 Income from other trading activities

	Unrestricted £	Restricted £	2023 Total £	Unrestricted £	Restricted £	2022 Total £
Rent received	2,837	–	**2,837**	2,400	–	2,400
Other income	86	–	**86**	6	–	6
	2,923	–	**2,923**	2,406	–	2,406

4a Analysis of expenditure (current year)

	Raising funds £	Charitable activities £	Governance costs £	Support costs £	2023 Total £	2022 Total £
Staff costs (Note 6)	3,970	12,661	–	7,872	**24,503**	13,345
Project delivery	–	49,228	–	–	**49,228**	52,124
Direct project costs	–	8,269	–	–	**8,269**	4,670
Monitoring and evaluation	–	1,440	–	–	**1,440**	2,246
Administration and finance	–	–	896	2,830	**3,726**	4,472
Research and development	–	–	–	1,560	**1,560**	–
Office rent and costs	–	669	–	7,503	**8,172**	10,539
Raising funds	378	–	–	–	**378**	–
	4,348	72,267	896	19,765	**97,276**	87,396
Support costs	–	19,765	–	(19,765)	**–**	–
Governance costs	–	896	(896)	–	**–**	–
Total expenditure 2023	**4,348**	**92,928**	**–**	**–**	97,276	
Total expenditure 2022	**2,162**	**85,234**	**–**	**–**		**87,396**

4b Analysis of expenditure (prior year)

	Raising funds £	Charitable activities £	Governance costs £	Support costs £	2022 Total £
Staff costs (Note 6)	2,162	6,486	–	4,697	**13,345**
Project delivery	–	52,124	–	–	**52,124**
Direct project costs	–	4,670	–	–	**4,670**
Monitoring and evaluation	–	2,246	–	–	**2,246**
Administration and finance	–	1,267	1,966	1,239	**4,472**
Office rent and costs	–	2,920	–	7,619	**10,539**
	2,162	69,713	1,966	13,555	**87,396**
Support costs	–	13,555	–	(13,555)	**–**
Governance costs	–	1,966	(1,966)	–	**–**
Total expenditure 2022	**2,162**	**85,234**	**–**	**–**	**87,396**

5 Net expenditure for the year

This is stated after charging / (crediting):

	2023 £	2022 £
Operating lease rentals payable:		
Property	**3,107**	2,500
Independent Examiner's Fee		
Independent Examination (including VAT)	**780**	720

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2023 £	2022 £
Salaries and wages	**23,821**	12,972
Social security costs	**2,006**	1,093
Employment allowance	**(2,006)**	(1,093)
Employer's contribution to defined contribution pension schemes	**682**	373
	24,503	13,345

No employee earned more than £60,000 during the year (2022: nil).

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £24,503 (2022: £13,345).

The charity trustees were neither paid nor received any other benefits from employment with the charity in the year (2022: £nil). No charity trustee received payment for professional or other services supplied to the charity (2022: £nil).

No trustee received any expenses during this year (2022: £nil)

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 0.6 (2022: 0.4).

8 Related party transactions

There are no related party transactions to disclose for this financial year.

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

Globe Community Project

Notes to the financial statements

For the year ended 30 April 2023

9 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10 Debtors

	2023 £	2022 £
Prepayments	**–**	4,244
Accrued income	**2,337**	4,969
	2,337	9,213

11 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	**1,048**	1,510
Taxation and social security	**–**	15
Accruals	**780**	780
Deferred income	**1,875**	–
	3,703	2,305

Deferred income comprises comprises grants received in advance. £1,875 was deferred in the current year (2022: £nil).

12a Analysis of net assets between funds (current year)

	General unrestricted £	Designated £	Restricted £	Total funds £
Net current assets	3,715	–	7,494	**11,209**
Net assets at 30 April 2023	**3,715**	**–**	**7,494**	**11,209**

12b Analysis of net assets between funds (prior year)

	General unrestricted £	Designated £	Restricted £	Total funds £
Net current assets	6,850	7,603	8,411	**22,864**
Net assets at 30 April 2022	**6,850**	**7,603**	**8,411**	**22,864**

13a Movements in funds (current year)

	At 1 May 2022 £	Income & gains £	Expenditure & losses £	At 30 April 2023 £
Restricted funds:				
Wellbeing for over 60's	4,711	7,894	(12,605)	–
Take Back Your Life	(7,520)	29,847	(20,853)	**1,474**
Touching Safe Ground	11,220	22,000	(27,200)	**6,020**
Wakefield and Tetley Trust	–	3,125	(3,125)	–
Total restricted funds	8,411	62,866	(63,783)	**7,494**
Unrestricted funds:				
Designated funds:				
Core Support Fund	7,603	–	(7,603)	–
General funds	6,850	22,755	(25,890)	**3,715**
Total unrestricted funds	14,453	22,755	(33,493)	**3,715**
Total funds	**22,864**	**85,621**	**(97,276)**	**11,209**

The narrative to explain the purpose of each fund is given at the foot of the note below.

13b Movements in funds (prior year)

	At 1 May 2021 £	Income & gains £	Expenditure & losses £	At 30 April 2022 £
Restricted funds:				
Wellbeing for over 60's	7,571	13,156	(16,016)	**4,711**
Take Back Your Life	1,223	23,645	(32,388)	**(7,520)**
Touching Safe Ground	–	12,959	(1,739)	**11,220**
The Language of Wellbeing	5,946	–	(5,946)	–
Greenways Fete	–	2,728	(2,728)	–
Wakefield and Tetley Trust	–	4,577	(4,577)	–
Total restricted funds	14,740	57,065	(63,394)	**8,411**
Unrestricted funds:				
Designated funds:				
Core Support Fund	15,074	–	(7,471)	**7,603**
General funds	4,951	18,430	(16,531)	**6,850**
Total unrestricted funds	20,025	18,430	(24,002)	14,453
Total funds	34,765	75,495	(87,396)	**22,864**

Purposes of restricted funds

Fund name	
Wellbeing for over 60's	Wellbeing courses for older people at risk of loneliness and isolation.
Take Back Your Life	Mindfulness-based support to address chronic pain, illness and related social isolation and inactivity.
Touching Safe Ground	A blended programme of trauma-informed yoga, ESOL and local orientation for refugee and migrant women.
Wakefield and Tetley Trust	Contribution to salaries for programme management costs.

Purposes of designated funds

Core Support Fund	To cover a shortfall in expected income for the financial years 2021/22 and 2022/23

14 Operating lease commitments payable as a lessee

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods

	2023 £	2022 £
Property:		
Less than one year	**1,313**	1,250
	1,313	1,250

15 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £5.

13
Financial review

The gross income for the year was £85,621, comprising £62,866 Restricted funds and £22,755 Unrestricted funds.

Unrestricted income rose by 23% this year, comprising £3,633 regular donations, £6,553 raised through the Big Give Christmas Challenge, £1,145 in Gift Aid, £2,924 in rental and other income, a £5,000 grant from Merchant Taylor's Foundation towards general running costs, and a £3,500 grant from The Archer Trust towards general costs. The rise in Unrestricted funding was primarily due to winning core funding from two new donors, whereas fundraising events income fell due to fewer events than last year. We achieved our target of improving income diversity, with 5 active project grants and 3 core grants this year (2022: 4, 1).

Restricted income rose again this year, reflecting an £1,800 grant from Faith Action Network towards the Take Back Your Life project, a £10,000 grant from the National Lottery Community Fund towards the Touching Safe Ground project, and a £5,000 grant from The Wakefield & Tetley Trust for Programme Management costs. This grant played a key role in supporting expanded service delivery, with activities reaching 26% more beneficiaries this year.

Total expenditure was £97,276, including £63,783 Restricted funds, and £33,493 Unrestricted funds.

Spending of Unrestricted funds increased compared with the previous year, while Restricted spending remained stable. The increase in Unrestricted spending reflects the planned spend-down of designated funds, recruitment costs to cover a planned sabbatical, Research and Development costs supporting our 2023-2026 strategy, increased Training costs investing in corporate fundraising and financial management training, increased fundraising costs as we approached the end of a three-year project cycle, and increased volunteer expenses matching increased volunteer support. High inflation also played a role.

During the year ended 2021, trustees designated £15,074 of Unrestricted funds for essential future spending during the years ending 2022 and 2023. This decision followed the death of a significant former donor, the ongoing challenges and uncertainties posed by the pandemic, and their impact on GCP's ability to hold fundraising events. The remaining £7,603 from the designated fund was spent this year, in accordance with the designation.

We ended the year with total funds of £11,209, comprising £7,494 Restricted funds and £3,715 Unrestricted reserves. The net deficit of £11,655 should be seen in the context of a three-year project cycle beginning 2020. In 2020 we ended the year with a net surplus of £26,805, with delivery to vulnerable groups delayed by the pandemic. The net deficit shown in our 2021, 2022 and present accounts largely reflects planned spend-down of that initial surplus, concluding this year.

While at the time of signing these accounts, the charity has been impacted by the global Covid-19 virus, the global economic impacts of the Russia-Ukraine war and the UK Cost of Living crisis, the trustees have reassessed the charity's ability to continue for at least 12 months from the date the accounts are approved, and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to continue as a going concern.

14
Reserves and risk management

The charity's free reserves, excluding fixed assets (£0) at the year end were **£3,715**, lower than the £7,000 target level initially set for this year. In December 2022, after reviewing the increasingly uncertain operating environment for small charities, associated financial risks and GCP's desire to sustain increased income levels, as well as standard charity practice, the Management Committee decided to set a target range of 3-6 months' operating costs for reserves. The revised target based on income forecasts is £20-40,000, however it may take up to 3-5 years to reach that target.

GCP has a Reserves policy and a Risk Management policy which includes the expectation that the Management Committee will review the year's financial risks at least once a year. The board of trustees aims to ensure that reserves remain at a reasonable proportion of overall turnover, and are able to cover any financial risks that have been identified. Reserves can be accessed, in line with the Reserves policy, in any circumstances in which the expected unrestricted funds fall short of being able to meet essential costs for the year.

15
Governance and management

Constitution

Globe Community Project is a company limited by guarantee and was formed on 11 December 2003. It is governed by a memorandum and articles of association as amended by special resolution dated 17 June 2004, 3 July 2015, 18 September 2019 and 12 January 2021. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £5.

Charity number: 1104770
Company number: 04992627

Directors and trustees

The directors of the charitable company ("the charity") are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees. The management committee is responsible for the day-to-day running of the Globe Community Project (GCP), and meets every three months. The trustees are all members of the management committee. There may also be members of this committee who are not trustees, who have time and/or particular skills to offer and are interested in supporting the work of the charity. These members may be co-opted onto the committee during the year and then stand for re-appointment at the AGM.

Trustees

Anna-Paulina Norbury (appointed March 2023)
Arslan Hussain (appointed September 2022)
Francis Addai, Treasurer (appointed September 2022)
Julian Haxby, Company Secretary
Kate Hayler
Lily Le Wong (appointed November 2022)
Parmjit Kaur Singh (appointed September 2022)
Ripon Shamsul Ray (appointed March 2023)
Robert Tame
Anne-Marie Irwin, Chair (resigned March 2023)
Ruzina Begum (resigned July 2022)
Sugati /Alison Ticher (resigned July 2022)

Registered Office

St Margaret's House, 21 Old Ford Road,
London, E2 9PL

Phone

07419 586150

Bankers

The Co-operative Bank
PO Box 250 Delf House
Southway
Skelmersdale
WN8 6WT

Independent Examiner

Wendy Smith ACCA
SBC House
Restmor Way
Wallington
SM6 7AH

Investment powers

Under its Memorandum and Articles of Association, the charity has the power to make any investments, which the trustees see fit.

Trustees' responsibilities in relation to the financial statements

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Trustees report and the financial statements in accordance with the applicable law and UK Accounting Standards.

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

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

The trustees are responsible for maintaining proper accounting records, which 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 Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Independent Examination

In line with Charity Commission requirements, an independent examination of our accounts has been commissioned. The report of the Independent Examiner is on page XX. GCP is exempt from audit as our gross income falls below £1,000,000.

Signed on behalf of the board of trustees

Lily Le Wong
Chair
Globe Community Project

6th September, 2023

16
Report of the Independent Examiner

Independent examiner's report to the trustees of Globe Community Project.

I report to the trustees on my examination of the financial statements of Globe Community Project for the year ended 30 April 2023 which are set out on pages 24 to 33.

This report is made solely to the trustees as a body, in accordance with the Charities Act 2011. My examination has been undertaken so that I might state to the 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 Trust and the trustees as a body, for my examination, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the trustees of the charitable company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act') and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

If the charity's gross income exceeds £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 Association of Certified Chartered Accountants, which is one of the listed bodies.

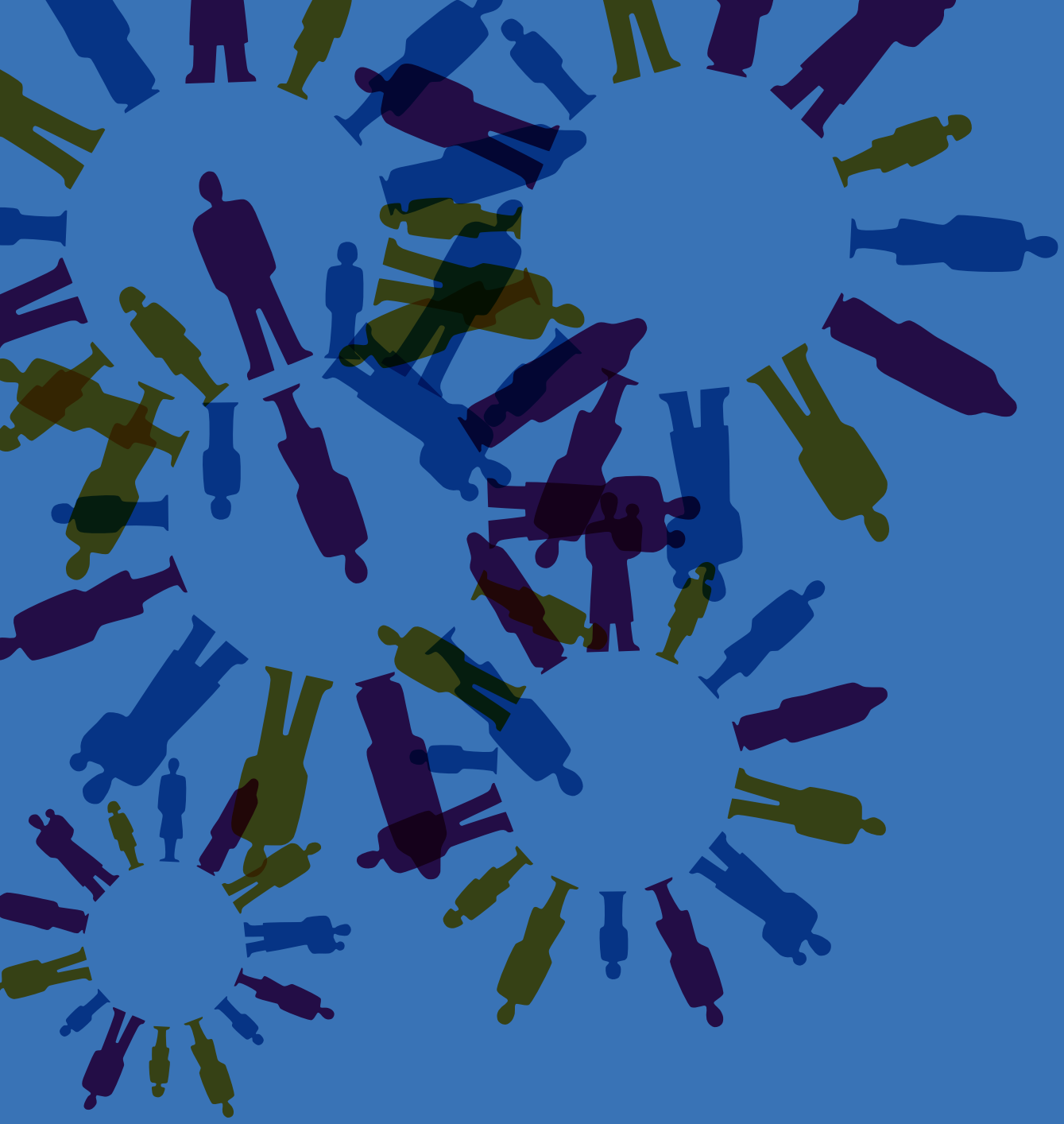
I have completed my examination. I confirm that no matters have come to my attention in connection with my examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the methods and principles of the "Accounting and Reporting by Charities: the 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 (FRS102) (effective 1 January 2015)".

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.

Signed:

Wendy Smith FCCA
Independent Examiner
Date: 6 September 2023



Globe Community Project
Company number: 04992627
Charity reg: 1104770

GLOBE
COMMUNITY
PROJECT

GLOBE COMMUNITY PROJECT

England & Wales - Charity number 1104770

Accounts

IMPACT REPORT

Year ended: 30 April 2022

Globe Community Project
Company number: 04992627
Charity reg: 1104770

GLOBE
COMMUNITY
PROJECT

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01
Message from our Chair

It has been an extremely positive year for Globe Community Project, and while the Covid-19 pandemic continued to impact operations towards the end of this financial year, I'm delighted to report significant progress and impacts on many fronts.

Our charity exists to benefit local Tower Hamlets residents, and we provided in-depth support to 181 people this year – an increase of 21% on last year. High attendance rates suggest that our interventions are deeply valued by each participant, and I look forward to sharing more detail about our projects in the coming pages.

This year we focused on responding to needs and finding new ways to work with 'hard to reach' groups. Our Take Back Your Life project for people with chronic pain and illness created a course exclusively for men, who sometimes find it harder to talk about health issues, as well as a weekly group for women who aren't comfortable in a mixed setting, inclusive of those who speak English as a second or other language. We also piloted an interpreted course for Bangladeshi men. We launched the project Touching Safe Ground in response to a call from local GP surgeries to support the large number of newly-arrived asylum seekers being moved to the area, for whom very few services were available.

Delivering specialist support to three different groups on a modest budget was made possible by building on established partnerships and developing many new ones. This year we worked with Bromley By Bow Centre, The Sundial Centre, St Hilda's East Community Centre, West London Buddhist Centre, London Buddhist Centre, Breathing Space, Poplar Harca, Pathways Trust, the Phytology Medicinal Garden at Bethnal Green Nature Reserve, and the Mission Practice GP surgery. We have learned from each organisation, and look forward to continuing these mutually supportive relationships.

We made significant progress this year on improving the charity's operations and effectiveness, as well as ensuring our ethical standards are put into practice. We became a Living Wage accredited employer in October 2021, affirming our commitment to employees and contractors always to pay London Living Wage or above. We also received pro-bono support from the Cranfield Trust, LawWorks and global law firm Dentons, ensuring that our HR policies and procedures are compliant.

Alongside all the hard work, we had great fun holding the Greenways Fête at Globe Town Market, supporting local high street recovery as part of the Roman Road West Regeneration programme. We also enjoyed pulling together for our Sponsored Row and Sponsored Run in autumn 2021, and were astonished at the commitment and generosity of those who rowed, ran, and donated to support our projects.

As we look to the year ahead, we will be working to increase our sustainability and benefit even more people, through developing our projects, securing new project grants, taking part in The Big Give Christmas Challenge, and building on budding relationships with local businesses.

Whether you are someone who took part in our projects, somebody who helped them to happen through your skills, time, grants or donations, or you just want to know more about what's happening in Tower Hamlets, we'd like to thank you for your interest in our work.

Anne-Marie Irwin
Chair of the Board of Trustees

02
Our aims

To **promote the benefit of local people**, by involving them in a common effort to enhance education, and to provide facilities in the interest of social welfare, recreation and leisure occupations, with the object of improving the quality of life for those in the local area.

To **provide access** to a wide range of **cultural, educational, physical, social and artistic activities** that will act as a vehicle and motivator to develop actual and transferable skills for people of all ages from childhood up.

To **encourage interaction** among people of different ages and **social and ethnic groups** within the community through the medium of arts and other activities and to **encourage the growth of the imagination, self-expression, clear communication and health and wellbeing** of participants.

The broad objects of the charity as stated in our governing document are: "To promote the benefit of the inhabitants of Globe Town, Tower Hamlets and surrounding areas, by associating together with inhabitants and sometimes including the local authorities, voluntary and other organisations, in a common effort to enhance education and to provide facilities in the interests of social welfare, recreation and leisure occupation, with the object of improving the conditions of life for the said inhabitants."

Our projects are designed to respond to some of the most pressing needs in Tower Hamlets. *Take Back Your Life* responds to health inequalities in the borough and high levels of poor physical and mental health among disadvantaged communities. *Touching Safe Ground* responds to social isolation, disorientation and low wellbeing experienced by newly-arrived women migrants and asylum seekers. *Wellbeing for Over 60s* is designed to enhance support for the high proportion of older residents in our borough who experience social isolation, poor mental health or low wellbeing.

All three projects provide access to social connection alongside specialist, tailored wellbeing education, providing long term support and new skills to manage and enhance their personal and social wellbeing.

03
Statement of public benefit

In setting our objectives and planning our activities, our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit.

04
Take Back Your Life

Take Back Your Life gives participants tools, knowledge and skills to live well with chronic pain and illness. It is suitable for and inclusive of people with lower incomes and different levels of English language and literacy skills, and is offered free of charge.

Take Back Your Life is a simplified version of the multi-award-winning Breathworks 'Mindfulness for Health' 8-week course, developed by Vidyamala / Pru Birch OBE. It aims to create a community of wellbeing, where people with chronic pain and illness can continue, over months and years, to manage their condition, learn new techniques and skills, and share with others also in pain.

Take Back Your Life is currently funded by Tower Hamlets Council's Local Community Fund, running from October 2019 until September 2023. We are grateful to Tower Hamlets Council for extending this programme a further six months beyond its original March 2023 closure date. Funding from Queen Adelaide's Charity during the previous year supported three additional complementary health scholarships, which were awarded this year (see below).

This year we focused on developing the programme in response to the needs encountered among people experiencing chronic pain and illness in Tower Hamlets, providing tailored support for those facing more barriers to accessing services. This involved creating a women-only follow-on group, providing a pain management course exclusively for men, providing an LGBTQI-friendly pain management course, and piloting an interpreted course for Bangladeshi men. We were delighted to partner with Breathing Space at the London Buddhist Centre on the men's course, and with the West London Buddhist Centre for the LGBTQI-friendly course. We also improved our referral pathways, benefitting from excellent relationships with GP Surgeries, Social prescribers, NHS Talking therapies, physiotherapy and occupational departments.

This year we offered:

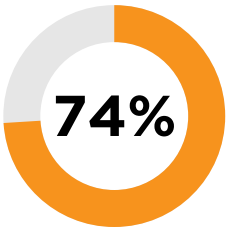
- Four 8-week online pain management courses, of which one was specifically LGBTQ-friendly, and one was exclusively for men.
- One 5-week face-to-face interpreted course for Bangladeshi men.
- 1:1 mindfulness phone support for 29 participants.
- One pilot online health coaching group programme for 4 participants.
- 1:1 online health coaching sessions for 3 participants.
- 52 weekly online Zoom 'follow on' sessions, with 20-30 people dropping in.
- New weekly online Zoom 'follow on' sessions for women only, inclusive of women with lower language and literacy.
- Face-to-face follow-on sessions for both groups at the Phytology Garden, Bethnal Green Nature Reserve.

Who we helped

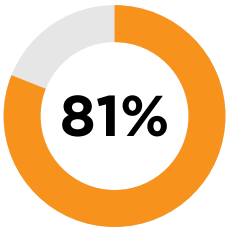
Participants were primarily Tower Hamlets residents suffering from chronic pain and illness, but also included a few people from neighbouring boroughs. The project reached a diverse cross-section of the community, including Indian, White British, Bangladeshi, African, Caribbean, Pakistani, German, Greek, Italian and Chinese people.

Our impact

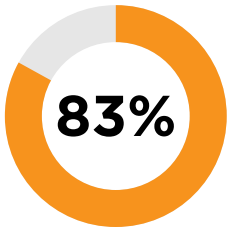
91 people benefitted from the project this year. Of those taking part in a Take Back Your Life course:



Experienced improvements in pain severity



Experienced a reduction in pain catastrophising

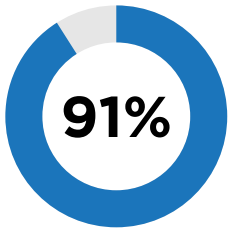


Experienced a reduction in pain interference

Case studies show that participants experience a wide range of benefits:

- increased ability to manage pain
- increased sense of calm and relaxation
- reduced pain symptoms
- reduced dependency on medication*
- knowledge of tools to calm the mind
- feeling kinder towards themselves and their pain
- increased sense of social connection
- increased feelings of connection to others in their community
- increased embodiment
- more appreciative of beauty and nature
- feeling more able to pace activities in life so they are manageable
- relief
- acceptance.

* Take Back Your LIfe is not a replacement for medication and does not advocate any particular approach to medication. Participants are always advised to discuss any potential changes to medication with their GP.



Average Attendance

Complementary Health Scholarships

This small three-person pilot offered complementary health scholarships to people with chronic pain and ill health who are on very low incomes. Participants received 1:1 and group health coaching sessions, as well as a series of complementary therapy sessions of their choosing. One participant suffered from chronic pain in her neck, back and legs, another has complex health needs, with conditions including a genetic connective tissue disorder (EDS), scoliosis, IBS, migraine, and a visual impairment, and the third has suffered trauma and was having a lot of panic attacks. To carry out this pilot, we partnered with Pathways Trust.

"It reminded me that my own situation was not unique. Men don't often speak about these things. I wasn't expecting to feel that sense of connection with others; we were always going through the same process."

Participant, men's course

"I would like to teach Bengali people meditation because I see more people suffering from physical pain and with this mental pain joins... and it's more painful for them. If they do meditation, it reduces mental pain and when mental pain is gone, physical pain is a bit better."

Shahanaz, participant

"I learned to deal with my pain, and have a more positive perspective on life. I'm now volunteering, and for me to be active again is a big step. I am actually a bit surprised because I didn't expect it to be so effective. I would say, 'OK let's try, let's see,' but I didn't have much hope. I was resigned to my pain. But now I see hope. I see a possibility of being pain free."

Flavia, participant

It's helping me to ground myself... guard my blood pressure, and anxiety due to depression. Most of my pain is in my abdomen and I was getting excruciating headaches due to my high blood pressure... It's benefited my health tremendously."

Carole, participant

"I was having pain with hips and knees and I just wasn't sure whether it was for me, but I found that it was... If I am in pain I can focus on that, and by focusing on that it eases the pain; the meditations ease the pain."

Joy, participant

"It's one to do, and embrace it as well because it's fantastic."

Martin, participant

05
Touching Safe Ground

Touching Safe Ground provides newly-arrived refugee and migrant women who have lost everything with wellbeing tools that cannot be taken away. Most participants experienced trauma in their home countries and en route, and have been living in temporary hostel accommodation, often with no window and no communal space. Our initial pilot project offered weekly sessions of gentle bodywork integrated with English language, local orientation and community-building. The project was supported by four volunteers, including two with lived experience of forced migration, one of whom was a participant in our previous Language of Wellbeing project.

We developed Touching Safe Ground in response to an appeal by the Mission Practice GP surgery for activities and support for newly arrived asylum seekers, following a government decision to move large numbers to Bethnal Green in December 2020. We partnered with social prescribers at the Mission Practice on a successful 3-month pilot in autumn 2021, aiming to support improved physical wellbeing, resilience, mental health and social connection. We learned much about what these newly-arrived women want and need, their barriers to attendance, and the need for childcare to attend sessions. Following this pilot we received funding from Emergence Foundation to run a full year programme, ending in January 2023.

Under this workstream we also carried out a three-month Covid Outreach project, using the Language of Wellbeing methodology, funded by the London Borough of Tower Hamlets' Small Grants Fund, via the East End Community Foundation. We delivered ten workshops exploring existing knowledge about Covid-19, testing, the NHS Test & Trace App and vaccinations, providing the latest information and giving demonstrations. This included an online session on vaccination with experts from Doctors of the World, as well as access to vaccinations for those who wanted them.

Who we helped

The three-month pilot supported 13 women, including 10 newly-arrived asylum seekers from across the globe and 3 migrant women, of whom 2 were young Bangladeshi women having recently married husbands here, and 1 was from the Caribbean. Two of the participants fled Iran, two fled Tigray, one Kuwait, another Syria, one Pakistan, and two were trafficked from Central America. Ages ranged from early twenties to mid fifties. Some of the women were pregnant, one was a new mother and very tired. The women presented with a range of health issues and conditions, including exhaustion, back pain, nerves, trauma, depression, grief and bereavement, a stomach pin from an operation, stress, racing heart, detached retina, PTSD and panic attacks.

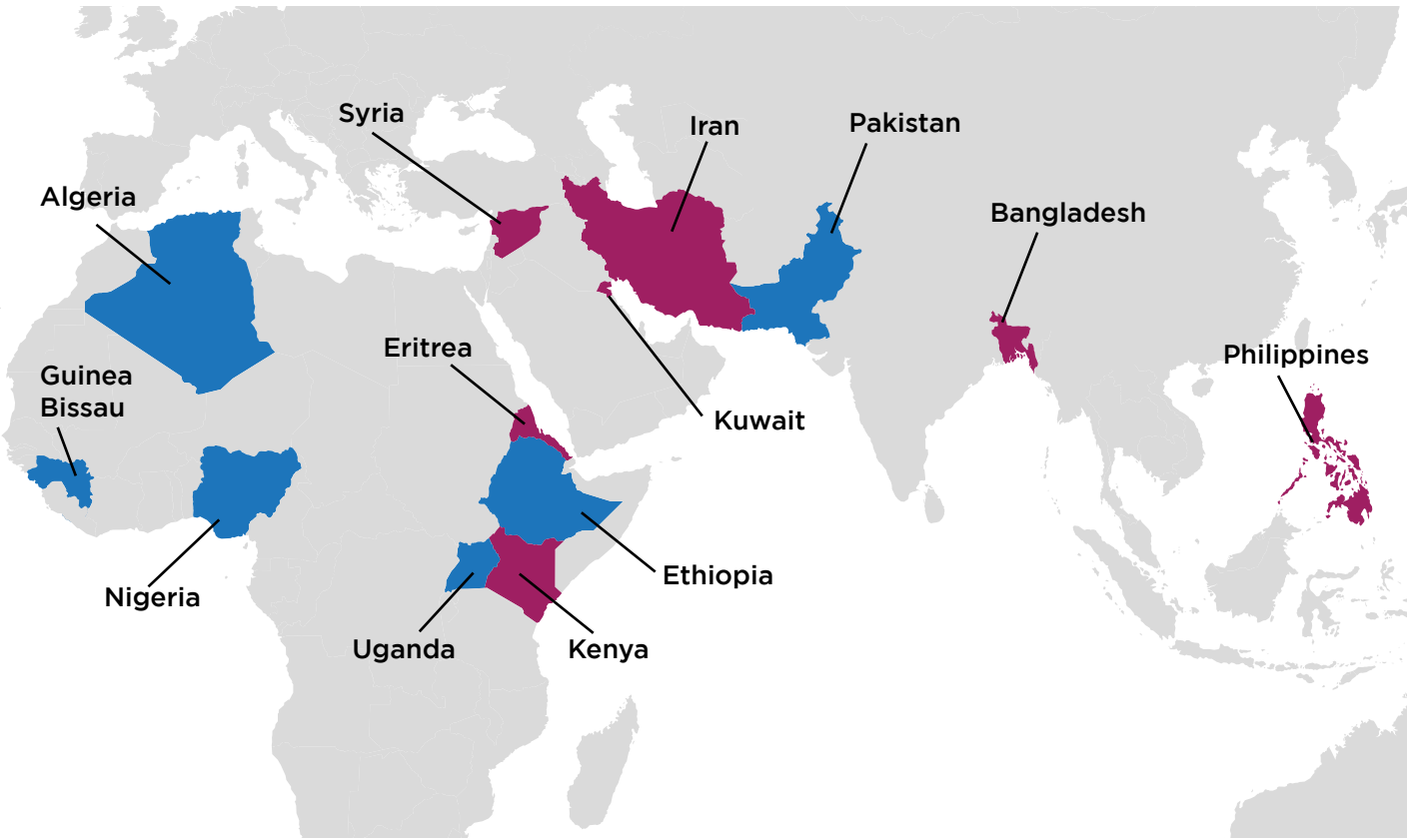
Our Covid Outreach project, which took place from April to June 2021, supported 20 women to engage with new information about Covid 19, including providing the opportunity to get vaccinated in a safe, anonymous environment. All of the women were from BAME backgrounds, coming from Bangladesh, Africa, Southeast Asia, Latin America and the Middle East. Most were mothers, half were Muslim and the rest were of Christian and other faiths. They were at high risk of infection, as around a quarter had caught Covid-19 previously, and many more lost family members in the UK or abroad to Covid-19. Many were nervous because of this, and their visible and growing confidence through the sessions, based on their new knowledge, was very encouraging. Our full Touching Safe Ground project began in April 2022, and by the year end we had begun to support 14 women as part of this programme.

We will report back on the full Touching Safe Ground one-year programme, in our next annual report.

47 refugee and migrant women supported

The map displays the regions of the world that the women came from:

Bangladesh, Jamaica, Iran, Eritrea, Ethiopia, Kuwait, Syria, Pakistan, Algeria, Peru, Kenya, Uganda, Pakistan, Nigeria, Philippines, Guinea Bissau and El Salvador.



Our impact

Three month pilot

All the regular attendees reported improved physical wellbeing by the end of the pilot, with the exception of two women; one was unwell after her vaccination, and the other had just arrived from Syria and was experiencing a lot of physical discomfort. There were significant improvements in mental health, wellbeing and resilience, with participants reporting greater positive changes than for physical wellbeing. All participants self-reported major improvements in the area of social connection. This was also – in all but one case – the outcome where the highest increases in wellbeing were recorded, with scores before and after the pilot moving in some cases from 2-5, from 4-10, and even 1-10.

Case Study, 3-month pilot

Ezana* had fled aerial bombardment, mass rape, razing of crops and food stores in Tigray, and appeared to be experiencing symptoms of PTSD, including panic attacks, in the group. She was the most regular attendee until she was moved away from London by the Home Office. She arrived at each session with breathing difficulties, often lay on her yoga mat weeping and spoke with distress about killings of family and friends. By the end of most sessions she was much calmer and had engaged with the English language group work using fun interactive embodied games and creative tools, including joining in role play and happy laughter at some of the 'comedy drama' that emerged among the group. She cited this project as one of the main reasons she didn't want to be moved out of London, along with the absence of Tigrinya speakers outside the capital.

Covid outreach

All participants reported a significant increase in confidence about awareness of symptoms, what to do if worried they had Covid, the need to self isolate, and awareness of how to use NHS Test and Trace. For some, existing knowledge was very low, meaning there was a sharp increase in confidence. The session voted most helpful for increasing Covid awareness and confidence to handle the virus was the outdoor session in which a care worker participant demonstrated step-by-step how to do a test. Our Bengali-speaking volunteer helped clear up confusion by countering statements like 'if you've already had Covid you're completely protected and don't need a vaccine.'

By the end of 10 sessions, all were aware of NHS Test and Trace and how to use it, and almost all downloaded the App. All were confident at identifying symptoms, and aware of misconceptions such as 'if you don't have a cough you haven't got Covid-19.' Most women took tests using more than one method during the course, and knew how to access further local testing. None tested positive during the project. By the end of this project, 9 had received their first vaccination, 7 had received their 2nd vaccination, 11 had taken lateral flow tests, and 5 had done PCR tests. With the exception of one care worker, all were new to all of these services.

Number of sessions	Number attending this many sessions	Percentage attending this many sessions
1	3	15%
2-3	4	20%
4-6	4	20%
7-10	9	40%

Case study, Covid-Outreach

"In this group we've all been strongly affected mentally, and many of us physically. It's been a very, very sad time. Some of us lost close family members to Covid, in this country and in other countries too. Some of us have Long Covid, others have been very ill or looking after children or husbands, even while ill themselves.

Since last March I've felt so alone. I was scared to go out and confused about everything. It all kept changing so I didn't really understand what was going on. This training has been like going to college and learning about Covid but in a practical way so we know what to do and can protect our family and friends. I feel much better now. I've done two tests and got my vaccinations. I know what to do now so I've been telling my neighbours too."

Lubna,* Covid Outreach group

Kati, Pilot, Before and After

"I've learned to breathe and be calm. I have good feelings when I am here with all the women. Before my body was very stiff, and I was very sad and I felt so low, I almost gave up. This kind of exercise is good for the joints and the brain! And I love meeting people and doing yoga and talking together."

Lucretia,* Touching Safe Ground pilot

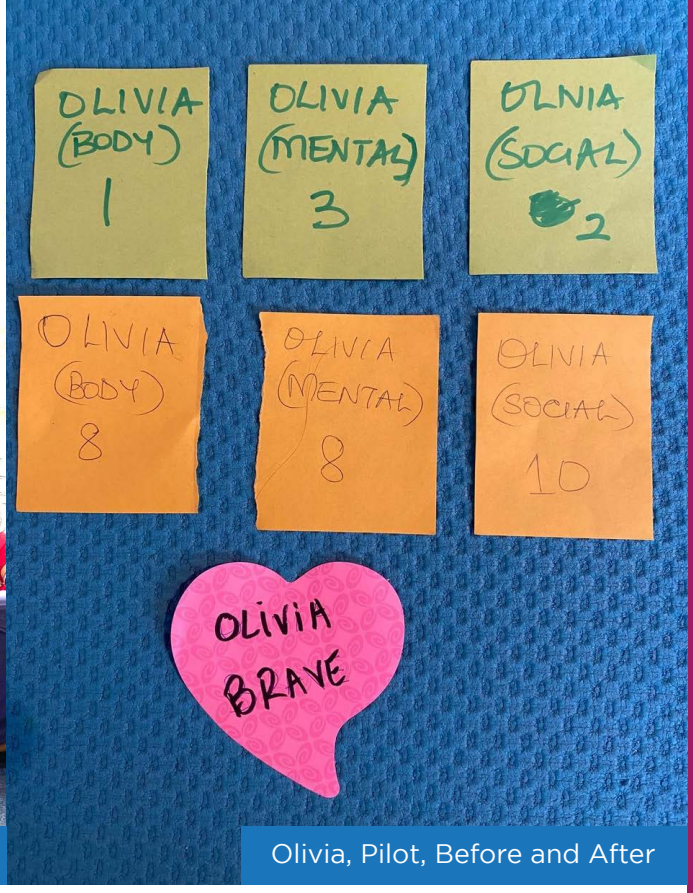
My health in my body is better now - I've moved from a 1 to a 5. The class makes me happy."

Kati,* Touching Safe Ground pilot

Covid outreach evaluation

Evaluation, pilot, Touching Safe Ground

Learning English in small groups



Olivia, Pilot, Before and After

"I feel more calmer. I am happier and in control."

Halli,* Covid Outreach group

*names have been changed to protect the identities of these women

Evaluation, pilot, Touching Safe Ground

06
Wellbeing for Over 60s

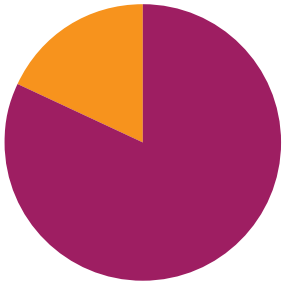
This project supports disadvantaged older residents in Tower Hamlets who are experiencing low wellbeing and social isolation. Our six-week Wellbeing for Over 60s courses provide participants with tools to respond to ageing and low mood in a positive way, the chance to get interested in and make links with other people, to take part more fully in the community and access the support they need. We keep groups small in order to give each person the kind of tailored in-depth support which has real transformative potential.

Tower Hamlets has by far the highest proportion of older people in receipt of adult social care in England, and two thirds have a long-term limiting health problem or a disability. Tower Hamlets' older residents are also amongst the loneliest in England, according to data from Public Health England. Poor health, deprivation, widowhood, living alone and, during the past two years, the Covid-19 pandemic, are all factors contributing towards this high level of loneliness.

We were proud to work with the Sundial Centre, The Bromley By Bow Centre and St Hilda's East Community Centre. The project runs from April 2020 to April 2023, reaching around 20 older people per year. It is funded by the Charity of Sir Richard Whittington.

29
new graduates

8
alumni returned to give talks and support new participants



Gender*:
Men 5
Female 23

Who we helped

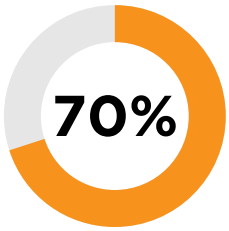
We helped 37 older people at risk of social isolation and loneliness this year. Their reasons for coming along included loneliness, loss of confidence to go out following Covid, grief, loss, needing something to look forward to, depression, low mood, wish to meet others, too much time alone, feeling 'in a rut' after retirement, and to regain confidence.

Age*:
Late 50s: 2
Sixties: 11
Seventies: 8
Eighties: 3
Nineties: 2
Unknown: 2

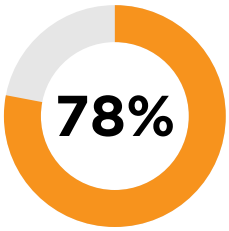
*Collected data on 28 people.

Our impact

Of all those taking part so far, we were able to gather pre- and post-intervention data for 28 people. Based on this data:



of participants feel less lonely and isolated.



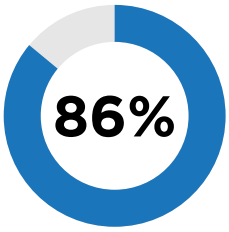
of participants see improved wellbeing, self-esteem and sense of personal control over their lives.

of participants feel their confidence and skills to form bonds and connections with other older people has improved.

Improvements in wellbeing and self-esteem, as well as being most commonly reported, also showed the greatest magnitude of improvement.

Number of sessions	Number* attending this many sessions	Percentage attending this many sessions
1	6	13%
3-4	10	22%
5-6	30	65%

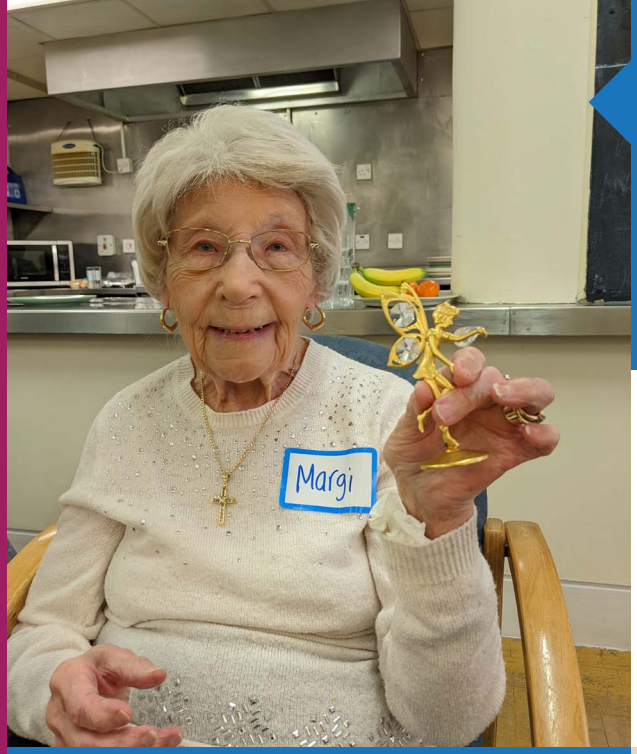
*This table shares attendance data on 45 participants on the project so far. One person attended sessions at more than one course.



Overall attendance

Participants reported many benefits from taking part in the programme, including:

- Getting out and about
- Building confidence to go out
- Increased energy
- Social connection that went beyond superficial 'hellos'
- Feeling less alone
- Meeting new people
- Making friends
- Feeling cared about and valued
- Improved self esteem
- Learning to manage difficult thoughts and feelings
- More confident to express themselves to others
- Being less inward and self-focused
- Dwelling more on the positive
- Better understanding how other people think
- Being fully listened to
- Becoming less judgemental and more understanding



Margi

Margi holds a golden angel figure. She was given this when her friend and neighbour, who she supported through several years of suffering, died. The friend's husband gave Margi the golden angel figure as a memento of her friend.

"I haven't been out for two years. After this session I was feeling so good I did my washing. I went out to the bank, I bumped into neighbours and chatted!"

Margi, participant

Felicia

Felicia holds a photo of her husband at her wedding in Nigeria. She was tearful and the story and sharing touched the rest of the group. She sang for him at his funeral.

"It makes such a difference to how I feel about myself."

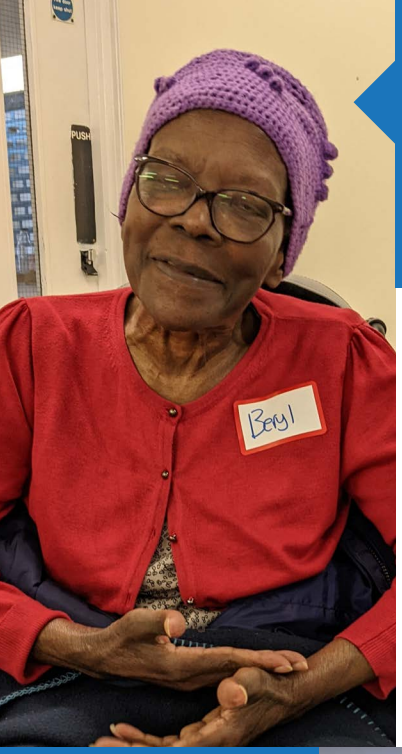
Sharon , participant

Fred

Fred holds a photograph of the view from his room in Devon when he goes to help out at the stables. He feels happy when remembering those times.

"I really surprised myself that I can talk in front of a crowd – I had never done that before this course."

Fred, participant

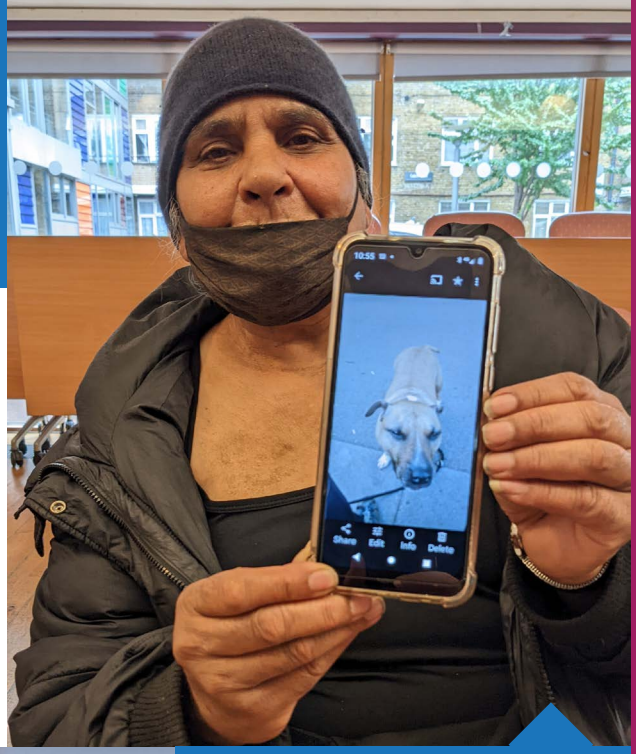


Beryl

Beryl holds in her imagination a cross in her heart, giving her comfort and inspiration.

"If I was at home now, I'd be sleeping – this is exercising and energising."

Beryl, participant



Marian

Marian holds a design classic hairdryer that is about 60 years old. It reminds her of her childhood and makes her want to "go back to being young."

Shirley

Shirley holds a photo of her dog. She is very independent, and her dog is her one true friend and constant. He keeps her safe.

Theresa

Theresa holds a baggage tag, reminding her of her very first time on an aeroplane, all the way to Australia. It reminded her of her bravery in travelling alone, and of seeing her daughter there.

Mary

Mary holds a photograph of her as a small child with her Granny Bridget in Ireland. She has happy memories of the grandmother who brought her up until she was eight years old.

"This course is like a pill that the doctor gives you for your mental health!"

Mary, participant

07
How we measure our impact

This year we focused on improving our ability to measure the impact of our work on people's lives. To do this, we:

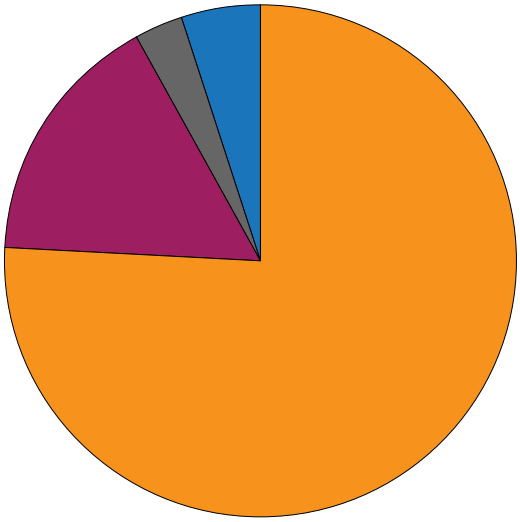
- gather quantitative data on attendance at activities,
- collect baseline data on whatever area of health or wellbeing we're seeking to improve before activities and check scores at the end of activities,
- collate case studies giving an insight into the lives of the people we work with, and how our support is meeting them,
- conduct in-depth interviews with some participants across each project,
- document activities with photographs and video, where this is appropriate,
- always ask people's informed consent to share their words or any images of them.

We don't calculate data on what academic course providers call 'retention,' as this would be a poor measure of impact or outcomes when working with participants facing multiple barriers to attending sessions. For example, at times a newly-arrived woman seeking asylum may need to care for a child or sick relative, attend health and immigration appointments, or feel too disoriented and overwhelmed to leave her accommodation. But despite missing a session or two, she continues to attend. Isolated older participants often have sensory impairments, disabilities, and health appointments which can hamper attendance. Likewise, those suffering chronic pain and illness often have health appointments as well as physical and mental health issues which act as further barriers. In this context, rather than calculating a retention percentage as an academic course provider would, it is more meaningful to show the distribution of attendance; how many people attended 1-2 sessions, 3-4 sessions, 5-6 sessions, and so on.

08
Your support, and how we used it

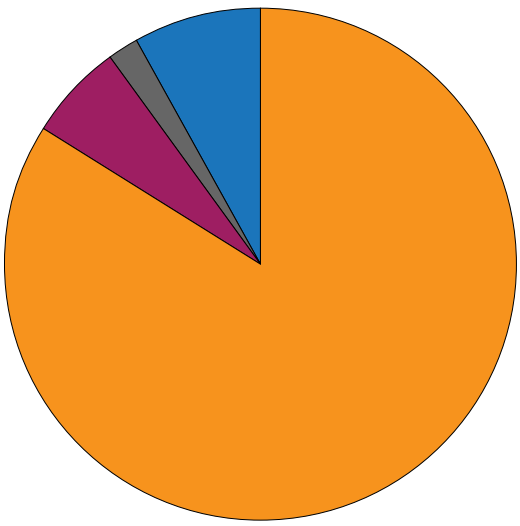
How you gave

2022 Total £75,459



- Trusts & foundations £57,065
- Donations £12,325
- Rental and other income £2,406
- HMRC Gift Aid £3,699

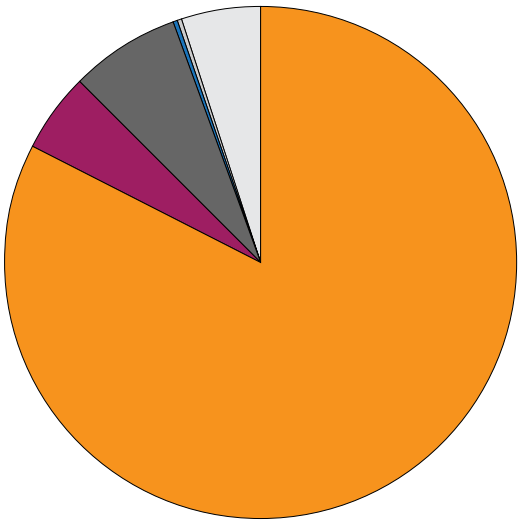
2021 Total £57,288



- Trusts & foundations £48,074
- Donations £3,567
- Rental and other income £1,100
- HMRC Gift Aid £4,547

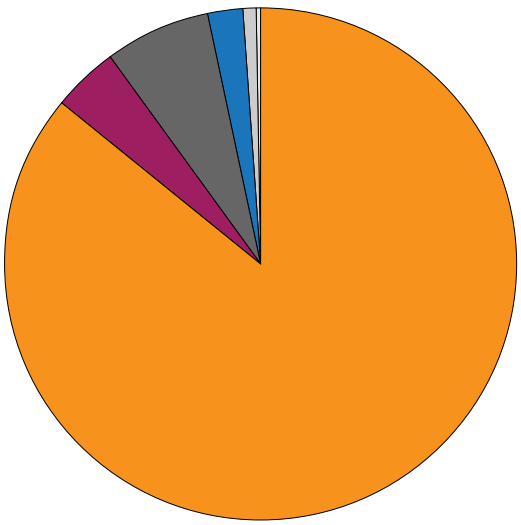
How we used the money

2022 Total £87,396



- Project delivery £72,419
- Administration & finance £4,472
- Support costs* £5,856
- Training £180
- Fundraising £57
- Communications £4,412

2021 Total £72,157



- Project delivery £62,483
- Administration & finance £2,868
- Support costs* £5,074
- Training £1,352
- Fundraising £380
- Communications £ -

* office rent, phone, office expenses, internet, insurance, printing, copying, web maintenance & development, IT & software, other expenses

09
Thank you

For being part of the local community and uniting to create positive change for the people who need it most.

To each of our individual supporters. Your donations not only provide the material support to keep our work going, but they show we are not alone in our vision, and that the desire to see more and more connection, creativity and cohesion inspires you too.

To members of the Lea Rowing Club for their outstanding oarsmanship, team spirit and generosity during our Sponsored Row, and to the West Norfolk Rowing Club and Isle of Ely Rowing Club for kindly hosting the rowers.

To Cranfield Trust, LawWorks, and in particular to Anna Chabrelie and Esther Langdon of Dentons law firm, for your expert guidance in ensuring that various aspects of our operations are compliant.

To the trusts, foundations and institutions which have generously supported us this year:

- London Borough of Tower Hamlets, Local Community Fund
- London Borough of Tower Hamlets, Small Grant Fund, administered by EECF
- Emergence Foundation
- The Charity of Sir Richard Whittington
- Wakefield and Tetley Trust

East End COMMUNITY FOUNDATION

EMERGENCE FOUNDATION

TOWER HAMLETS

THE MERCERS' COMPANY

To St Margaret's House for being so much more than the building which houses our office. We greatly appreciate all the opportunities for networking, support and friendship.

To our designer Alex Keating for helping us communicate the impact of our work – and making it look beautiful.

10
Financial statements

Globe Community Project

Statement of Financial Activities

(including summary income and expenditure account)

for the year ended 30 April 2022

	Notes	2022 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £	2021 Total funds £
Income from:					
Grants and donations	(2)	16,024	57,065	73,089	56,188
Rental income		2,400	-	2,400	1,100
Other income		6	-	6	-
Total income		18,430	57,065	75,495	57,288
Expenditure on:					
Project delivery		-	42,109	42,109	40,062
Programme management		13,138	7,898	21,036	12,268
Monitoring and evaluation		-	2,246	2,246	4,040
Office rent		2,400	645	3,045	2,750
Project management		-	2,324	2,324	2,200
Accreditation		40	2,685	2,725	1,951
Training		-	180	180	1,352
Administration and finance		1,239	1,267	2,506	2,148
Telephone and internet costs		203	616	819	645
Office expenses		-	-	-	533
Materials and equipment		-	672	672	658
Venue hire		-	140	140	430
Professional supervision		-	510	510	410
Insurance		435	130	565	392
Fundraising		-	-	-	380
Event costs		57	-	57	225
Website maintenance and Development		214	-	214	212
Research and development		-	-	-	160
IT and software		295	159	454	114
Printing and copying		66	230	296	70
Refreshments		34	469	503	64
Transport		-	154	154	15
Communications		3,452	960	4,412	-
Other expenses		273	-	273	358
Independent examination		1,680	-	1,680	720
Professional membership		190	-	190	-
Governance costs		286	-	286	-
Total expenditure		24,002	63,394	87,396	72,156
Net income / (expenditure)		(5,572)	(6,329)	(11,901)	(14,868)
Fund balances brought forward		20,025	14,740	34,765	49,633
Fund balances carried forward	(4a)	14,453	8,411	22,864	34,765

All incoming resources and resources expended derive from continuing activities.

Globe Community Project

Balance sheet

as at 30 April 2022

		2022 Unrestricted £	2022 Restricted £	2022 Total £	2021 Total £
Current assets					
Debtors and prepayments	(5)	395	8,818	9,213	3,169
Cash at bank		14,974	982	15,956	32,316
Total current assets		15,369	9,800	25,169	35,485
Current liabilities: amounts falling due within one year					
Creditors and accruals	(6)	916	1,389	2,305	720
Total current liabilities		916	1,389	2,305	720
Net current assets / (liabilities)		14,453	8,411	22,864	34,765
Net assets		14,453	8,411	22,864	34,765
Funds					
Unrestricted funds					
General unrestricted funds		6,850	-	6,850	4,951
Designated funds	(4b)	7,603	-	7,603	15,074
Unrestricted funds		14,453	-	14,453	20,025
Restricted funds		-	8,411	8,411	14,740
Total funds		14,453	8,411	22,864	34,765

For the year ending 30 April 2022 the charitable 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 charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and with FRS 102 (effective January 2019).

The financial statements were approved by the board of trustees on 28th July 2022

Signed: ..... (Trustee)

Name: Anne-Marie Irwin, Chair

Globe Community Project

Notes to the accounts

for the year ended 30 April 2022

1 Accounting policies

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.
There has been no change to the accounting policies since last year.
No changes have been made to the accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.
Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Pensions

The charity operates a defined contribution scheme for the benefit of its employees. The costs of contributions are recognised in the year they are payable.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Globe Community Project

Notes to the accounts continued

for the year ended 30 April 2022

1 Accounting policies continued

Leases

Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.

2 Grants and donations

	2022 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £	2021 Total funds £
London Borough of Tower Hamlets Local Community Fund (LBTH)	-	26,373	26,373	28,047
Emergence Grant	-	12,959	12,959	12,000
Charity of Sir Richard Whittington	-	13,156	13,156	4,029
Wakefield & Tetley Trust	-	4,577	4,577	-
Queen Adelaide's Charity	-	-	-	1,000
East End Community Foundation/London Borough of Tower Hamlets	-	-	-	2,998
Private donation to TBYL project	-	-	-	100
Gift Aid	3,699	-	3,699	4,547
Other Donations	12,325	-	12,325	3,467
	16,024	57,065	73,089	56,188

3 Staff costs and numbers

	2022 £	2021 £
Gross salaries	12,972	-
Social security costs	1,093	-
Employment allowance	(1,093)	-
Pensions	373	-
	13,345	-

The average number of employees during the year was 0.6, being an average of 0.4 full time equivalent (2021: 0, 0 FTE). There were no employees with emoluments above £60,000.

Defined contribution pension scheme

	2022 £	2021 £
Costs of the scheme to the charity for the year	373	-
Amount of any contributions outstanding at the year end	67	-

4a Restricted funds

	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
Wellbeing for over 60's	7,571	13,156	16,016	-	4,711
Take Back Your Life	1,223	23,645	32,388	-	(7,520)
The Language of Wellbeing	5,946	-	5,946	-	-
Greenways Fete	-	2,728	2,728	-	-
Touching Safe Ground	-	12,959	1,739	-	11,220
Wakefield & Tetley Trust	-	4,577	4,577	-	-
	14,740	57,065	63,394	-	8,411

Globe Community Project

Notes to the accounts continued

for the year ended 30 April 2022

4a Restricted funds continued

Fund name	Purpose of restriction
Wellbeing for over 60's	Wellbeing courses for older people at risk of loneliness and isolation.
Take Back Your Life	Mindfulness-based support to address chronic pain, illness and related social isolation and inactivity.
The Language of Wellbeing	Trauma-informed yoga and ESOL teaching for refugee and migrant women to grow confidence and take control of their wellbeing.
Greenways Fete	Local fete organised as part of the Roman Road West Regeneration programme.
Touching Safe Ground	A blended programme of trauma-informed yoga, ESOL and local orientation for refugee and migrant women.
Wakefield & Tetley Trust	Contribution towards programme management costs.

4b Designated funds

	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
Core Support Fund	15,074	-	7,471	-	7,603
	15,074	-	7,471	-	7,603

Fund name	Purpose of designation
Core Support Fund	To cover a shortfall in expected income for financial years 2021/2022 and 2022/2023.

5 Debtors and prepayments

	2022	2021
	£	£
Debtors	4,969	-
Prepayments	4,244	3,169
	9,213	3,169

6 Creditors and accruals

	2022	2021
	£	£
Creditors	1,510	-
Accruals	780	720
Taxation and social security	15	-
	2,305	720

7 Related party transactions

Trustee expenses
No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits
No trustee received any remuneration or benefit during this or the previous year.

Remuneration and benefits received by key management personnel
The key management personnel of the charity include the trustees and Programmes & Operations Manager. The total benefits received were £23,019 (2021: £16,048).
No trustee received any remuneration or benefit in this capacity during this or the previous year.

Other transactions with trustees or related parties

Name of trustee or related party	Relationship to charity	Description of transaction	2022 £	2021 £
Rook Irwin Sweeney (RIS) LLP	Anne-Marie Irwin is a partner in RIS LLP	Rental income received by GCP for use of office at St Margaret's House	1,750	-
			1,750	-

8 Operating leases

Expected future minimum lease payments over the remaining life of the lease, analysed into the period in which the commitment falls due:	2022 £	2021 £
Within one year	1,250	1,250
In the second to fifth years inclusive	-	-
	1,250	1,250

Globe Community Project

Statement of Financial Activities including comparatives for all funds (including summary income and expenditure account) for the year ended 30 April 2022

	2022 Unrestricted funds £	2021 Unrestricted funds £	2022 Restricted funds £	2021 Restricted funds £	2022 Total funds £	2021 Total funds £
Income						
Grants and donations	16,024	18,137	57,065	38,051	73,089	56,188
Rental income	2,400	1,100	-	-	2,400	1,100
Other income	6	-	-	-	6	-
Total income	18,430	19,237	57,065	38,051	75,495	57,288
Expenditure						
Project delivery	-	-	42,109	40,062	42,109	40,062
Programme management	13,138	12,268	7,898	-	21,036	12,268
Monitoring and evaluation	-	529	2,246	3,511	2,246	4,040
Office rent	2,400	2,750	645	-	3,045	2,750
Project management	-	-	2,324	2,200	2,324	2,200
Accreditation	40	-	2,685	1,951	2,725	1,951
Training	-	1,042	180	310	180	1,352
Administration and finance	1,239	1,833	1,267	315	2,506	2,148
Telephone and internet costs	203	-	616	645	819	645
Office expenses	-	533	-	-	-	533
Materials and equipment	-	79	672	579	672	658
Venue hire	-	-	140	430	140	430
Professional supervision	-	-	510	410	510	410
Insurance	435	392	130	-	565	392
Fundraising	-	380	-	-	-	380
Event costs	57	-	-	225	57	225
Website maintenance and Developmer	214	212	-	-	214	212
Research and development	-	-	-	160	-	160
IT and software	295	-	159	114	454	114
Printing and copying	66	-	230	70	296	70
Refreshments	34	-	469	64	503	64
Transport	-	-	154	15	154	15
Communications	3,452	-	960	-	4,412	-
Other expenses	273	358	-	-	273	358
Independent examination	1,680	720	-	-	1,680	720
Professional membership	190	-	-	-	190	-
Governance costs	286	-	-	-	286	-
Total expenditure	24,002	21,096	63,394	51,060	87,396	72,156
Net income / (expenditure)	(5,572)	(1,859)	(6,329)	(13,009)	(11,901)	(14,868)
Fund balances brought forward	20,025	21,884	14,740	27,749	34,765	49,633
Fund balances carried forward	14,453	20,025	8,411	14,740	22,864	34,765

11
Financial review

The gross income for the year was £75,495, comprising £57,065 Restricted funds and £18,430 Unrestricted funds.

While Unrestricted income is shown to be slightly lower this year than the previous year, this is due to the fact that all income from London Borough of Tower Hamlets (Take Back Your Life project) and Charity of Sir Richard Whittington (Wellbeing for Over 60s project) is now shown as Restricted.

It is positive to note that our total funds available to support core operations increased this year, at £27,094, a 41% increase on the previous year. This comprised £3,278 regular donations, £9,047 raised by our Sponsored Row and Sponsored Run, £3,699 in Gift Aid, £2,406 in rental and other income, project grant contributions to overheads totalling £4,087, and a £4,577 Restricted grant from The Wakefield & Tetley Trust for Programme Management costs, enabling us to continue service delivery. The rise in funds available for core costs reflects some success with fundraising, following a year during which the pandemic hampered fundraising efforts. However, we still ended the year with a net shortfall of £5,572 in Unrestricted funds, indicating the need to further increase the relevant income streams.

Our Restricted income was higher than the previous year, and would have been higher still, had several tranches of grant funding not been delayed, thus falling in the subsequent financial year. The rise in restricted income partly reflects the charity's increase in activities, as well as the Restricted fast-track grant from The Wakefield and Tetley Trust.

Total expenditure was £87,396, including £63,394 Restricted funds, and £24,002 Unrestricted funds.

Spending of both Restricted and Unrestricted funds increased compared with the previous year, reflecting a number of changes. The sustained level of increased activity for the charity is reflected in increased Restricted spending, also requiring us to maintain our Programmes & Operations Manager at three days per week. We invested significantly in Communications, hiring a part-time Communications Officer to establish our social media presence, and commissioning updates to our website. The growth of the charity over the past few years has led to increased membership costs for professional bodies, and fees for our new accreditation as a Living Wage Employer, which we are proud of. We invested more in governance and strategy, holding an Away Day for staff and trustees at the Royal Foundation of St Katherine's. Finally, we paid two sets of Independent Examination fees this year; the bill for both the current year and the year ended 2020, as the latter invoice arrived late.

The Take Back Your Life fund was in deficit by £7,520 at year end. This was due to the timing of a quarterly payment from the funder, and the grant's structure of expenditure against income over the lifetime of the grant. This fund will be managed back to a positive balance by the end of the project in September 2023.

During the year ended 2021, trustees designated £15,074 of Unrestricted funds for essential future spending during the years ending 2022 and 2023. This decision followed the death of a significant former donor, the ongoing challenges and uncertainties posed by the pandemic, and their potential impact on GCP's ability to hold fundraising events. A total of £7,471 of these funds were spent during this year, leaving £7,603 for spending during the year ending 2023.

We ended the year with total funds of £22,864, comprising £8,411 Restricted funds, £7,603 Designated Funds, and £6,850 remaining Unrestricted reserves.

The £6,850 Unrestricted reserves were kept aside in a separate account to allow the charity to mitigate or respond to major risks or threats to its operations, or to cover three months' basic operating expenses, in the event that the charity was forced to close. This level of reserves accords with the reserves policy approved by the trustees (see below).

While at the time of signing these accounts, the charity has been impacted by the global Covid-19 virus, the trustees have reassessed the charity's ability to continue for at least 12 months from the date that the accounts are approved and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to continue as a going concern.

12
Reserves and risk management

The charity's free reserves, excluding fixed assets (£0) and Designated Funds (£7,603), at the year end were **£6,850**, meeting the target level set for this year. GCP has a Reserves policy and a Risk Management policy which includes the expectation that the Management Committee will review the year's financial risks at least once a year. Reserves are kept in a separate account. The Treasurer, together with the Finance Officer, ensures that reserves remain at a reasonable proportion of overall turnover, and are able to cover any financial risks that have been identified. Reserves can be accessed, in line with the Reserves policy, in any circumstances in which the expected unrestricted funds fall short of being able to meet essential costs for the year.

13
Governance and management

Constitution

Globe Community Project is a company limited by guarantee and was formed on 11 December 2003. It is governed by a memorandum and articles of association as amended by special resolution dated 17 June 2004, 3 July 2015, 18 September 2019 and 12 January 2021. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £5.

Charity number:	1104770
Company number:	04992627

Directors and trustees

The directors of the charitable company ("the charity") are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees. The management committee is responsible for the day-to-day running of the Globe Community Project (GCP), and meets every three months. The trustees are all members of the management committee. There may also be members of this committee who are not trustees, who have time and/or particular skills to offer and are interested in supporting the work of the charity. These members may be co-opted onto the committee during the year and then stand for re-appointment at the AGM.

Trustees

Anne-Marie Irwin, Chair
Kate Hayler, Treasurer
Julian Haxby, Company Secretary
Sugati /Alison Ticher
Ruzina Begum
Robert Tame (appointed January 2022)

Registered Office

St Margaret's House, 21 Old Ford Road,
London, E2 9PL

Phone

07419 586150

Bankers

The Co-operative Bank
PO Box 250 Delf House
Southway
Skelmersdale
WN8 6WT

Independent Examiner

Rhys North, ACA
West Yorkshire Community Accountancy Service CIO
Stringer House
34 Lupton Street
Leeds
LS10 2QW

Investment powers

Under its Memorandum and Articles of Association, the charity has the power to make any investments, which the trustees see fit.

Trustees' responsibilities in relation to the financial statements

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Trustees report and the financial statements in accordance with the applicable law and UK Accounting Standards.

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

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

The trustees are responsible for maintaining proper accounting records, which 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 Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Independent Examination

In line with Charity Commission requirements, an independent examination of our accounts has been commissioned. The report of the Independent Examiner is on page 38. GCP is exempt from audit as our gross income falls below £1,000,000.

Signed on behalf of the board of trustees

Anne-Marie Irwin
Chair
Globe Community Project
28th July, 2022

14

Report of the Independent Examiner

Globe Community Project

Independent examiner's report to the trustees of Globe Community Project

I report to the charity trustees on my examination of the accounts of the charitable company for the year ended 30 April 2022, which are set out on pages 26 to 32.

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

Having satisfied myself that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

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

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

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

Signed: ..... Name: Rhys North ACA

25/8/2022

West Yorkshire Community Accountancy Service CIO
Stringer House
34 Lupton Street
Leeds
LS10 2QW

Globe Community Project
Company number: 04992627
Charity reg: 1104770

GLOBE
COMMUNITY
PROJECT

GLOBE COMMUNITY PROJECT

England & Wales - Charity number 1104770

Accounts

GLOBE COMMUNITY PROJECT

ANNUAL REPORT & FINANCIAL STATEMENTS

Year ended: 30 April 2021

GLOBE COMMUNITY PROJECT

Globe Community Project
A company limited by guarantee
Charity no: 1104770 | Company no: 4992627

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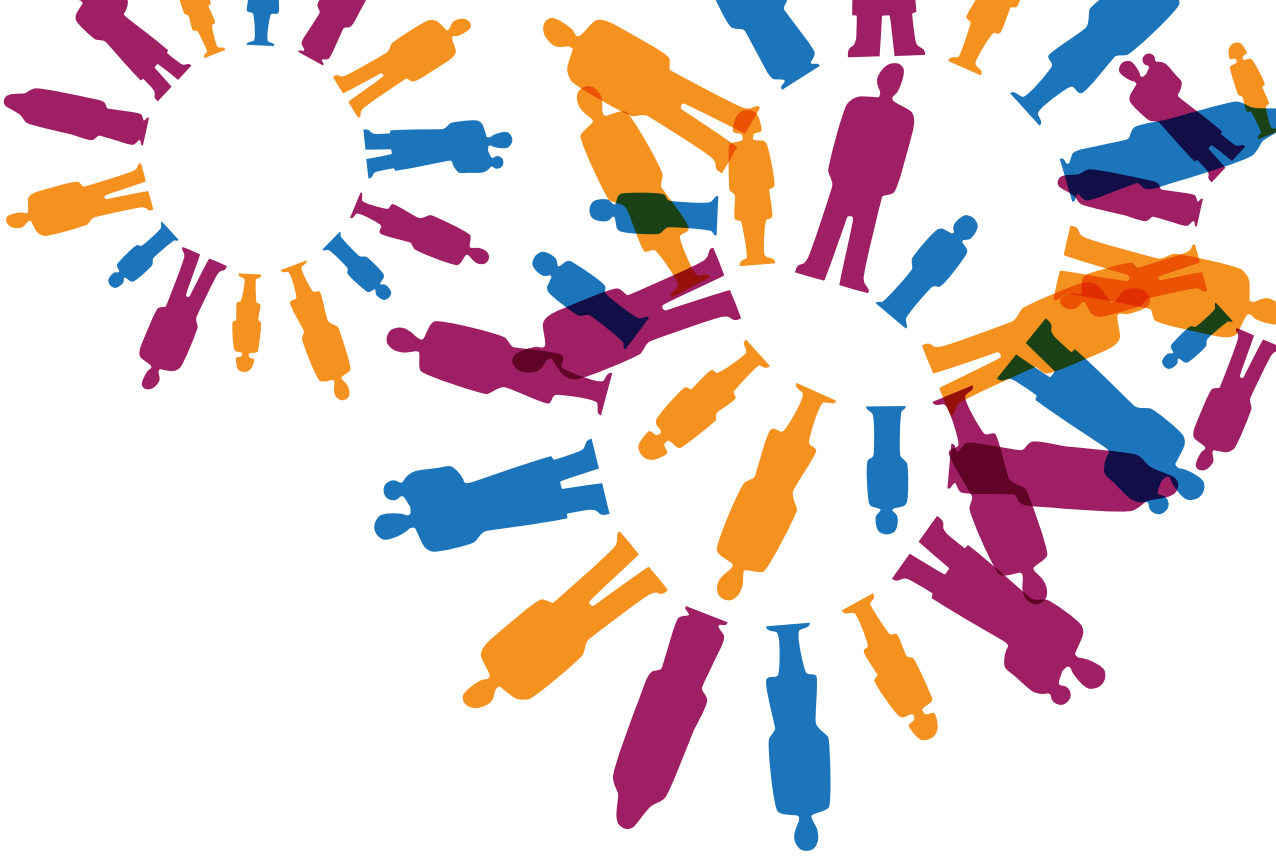
1. OUR AIMS

To **promote the benefit of local people**, by involving them in a common effort to enhance education, and to provide facilities in the interest of social welfare, recreation and leisure occupations, with the object of improving the quality of life for those in the local area.

To **provide access to** a wide range of **cultural, educational, physical, social and artistic activities** that will act as a vehicle and motivator to develop actual and transferable skills for people of all ages from childhood up.

To encourage interaction among people of different ages and **social and ethnic groups** within the community through the medium of arts and other activities and to **encourage the growth of the imagination, self-expression, clear communication and health and wellbeing** of participants.

The broad objects of the charity as stated in our governing document are: "To promote the benefit of the inhabitants of Globe Town, Tower Hamlets and surrounding areas, by associating together with the said inhabitants and sometimes including the local authorities, voluntary and other organisations, in a common effort to enhance education and to provide facilities in the interests of social welfare, recreation and leisure occupation, with the object of improving the conditions of life for the said inhabitants."



Our projects are designed to respond to some of the most pressing needs in Tower Hamlets. Take Back Your Life responds to health inequalities in the borough and high levels of poor physical and mental health among disadvantaged communities. The Language of Wellbeing responds to social isolation experienced by women refugees, migrants and asylum seekers. Wellbeing for Elders is designed to enhance support for the high proportion of older residents in our borough who experience social isolation and poor mental health and wellbeing.

All three projects provide access to social connection alongside specialist, tailored wellbeing education, providing long term support and new skills to manage and enhance their personal and social wellbeing.

In setting our objectives and planning our activities, our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit.

2. OUR STORY THIS YEAR

Letter from our Chair

The Covid-19 pandemic has hit Tower Hamlets hard, with some of the highest case numbers in the capital. In our densely populated borough, the virus disproportionately impacted families living in overcrowded housing conditions, with increased transmission rates and negative mental health and wellbeing impacts. Existing inequalities in Tower Hamlets were exacerbated, and many of those already likely to suffer poor physical and mental health because of poverty, old age, difficulty accessing employment or low English literacy, were unable to access vital information and support when they needed it most.

The groups we work with are among the most vulnerable to Covid-19, and during the pandemic they needed our support more than ever. Many of our service users struggled to access online activities due to lack of training, lack of digital equipment and funds for mobile data. The desperate need for in-person contact which many of our service users already experience increased, and at times could not legally be met.

Like all community organisations, Globe Community Project faced significant challenges this year. In May 2020 our Chair Sraddhapuspa died of ill health, including Covid-19. At 90 years old, Sraddhapuspa had been engaged and active in her local community, at times directing Project matters from her hospital bed. She died peacefully at St Joseph's Hospice, surrounded by her family. It has taken time to adjust to her loss, and we miss her very much. During the pandemic, the workloads of our staff and volunteers skyrocketed, and along with much of the third sector, their ingenuity and endurance were tested.

Like colleagues across the sector, we adapted the way we delivered our projects to respond to the pandemic and meet the needs of the community. Where people were unable to access services online, we offered regular phone calls, and also provided 1:1 mindful walks for older people, continuing the learning and support through helping them connect to their environment and stay in the present moment.

Despite the many obstacles, we helped over 150 people this year, reaching more people than ever before. In a year when loneliness and illness have affected more and more of our community, we helped replace isolation with connection, ease pain, and provide support not just to survive hard times, but to live well.

We couldn't be more proud of the dedication, hard work and creativity shown by our staff and volunteers, and are grateful for the responsiveness and flexibility of our funders.

Anne-Marie Irwin
Chair of the Board of Trustees

3. TAKE BACK YOUR LIFE

Take Back Your Life is a simplified version of the multi-award-winning Breathworks 'Mindfulness for Health' 8-week course, developed by Vidyamala / Pru Birch. It aims to create a community of wellbeing, where people with chronic pain and illness can continue, over months and years, to manage their condition, learn new techniques and skills, and share with others also in pain.

Take Back Your Life is suitable for and inclusive of people with lower incomes and different levels of English language and literacy skills. It is offered free of charge and gives participants tools, knowledge and skills to live well with chronic pain and/or health conditions. Following the success of two pilot courses, Take Back Your Life was awarded funding by Tower Hamlets Council's Local Community Fund, running from October 2019 until March 2023. We also received funding from Queen Adelaide's Charity towards additional complementary health scholarships, which will be awarded next year.

In responding to the Covid-19 pandemic, moving online enabled us to offer more services and ensure that even without access to digital, anybody with a phone could take part. Through the Take Back Your Life project, this year we offered:

- four nine-week online pain management courses
- one online mindfulness-based stress reduction course to support people through the early days of the pandemic
- one online course for people struggling with effects of the pandemic, including Long Covid
- 52 weekly online Zoom 'follow on' sessions
- 56 1:1 health coaching sessions
- regular 1:1 phone support sessions
- one webinar disseminating research findings
- one complementary health scholarship

Who we helped

Participants were primarily Tower Hamlets residents suffering from chronic pain and illness, but also included some people struggling to cope with the general effects of the Covid-19 pandemic, as well as those with long Covid. The project has reached a diverse cross-section of the community, including Bangladeshi, Caribbean, Chinese, Tamil, Turkish, Somali, White British, continental European and Pakistani communities.

Our impact

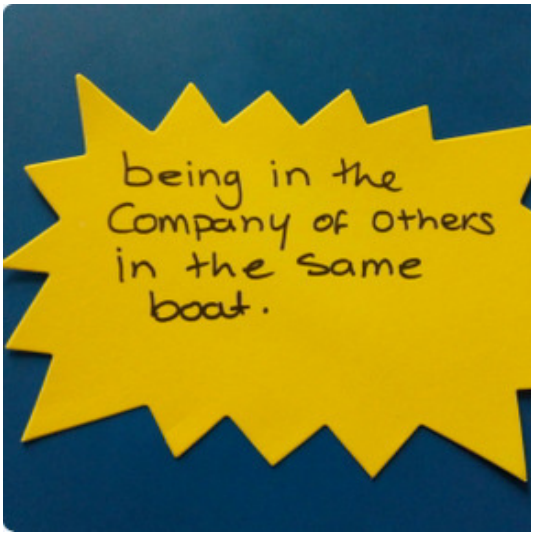
We helped 115 people through the Take Back Your Life project this year. Courses achieved remarkably high retention rates, averaging 80-100% retention, with attendance rates as high as 97% during nine week courses.

Our monitoring data, overseen by external researcher Shannon Phillips, showed statistically significant improvements in participants' levels of pain experienced, pain discomfort, ability to manage pain self, level of catastrophising about pain, and level of mindfulness skills.

Case studies show that participants experience a wide range of benefits:

- increased ability to manage pain
- increased sense of calm and relaxation
- reduced pain symptoms
- reduced dependency on medication
- knowledge of tools to calm the mind
- feeling kinder towards themselves and their pain

- increased sense of social connection
- increased feelings of connection to others in their community
- increased embodiment
- more appreciative of beauty and nature
- feeling more able to pace activities in life so they are manageable.
- relief
- acceptance



"It's a very valuable service, and I would recommend other people to do it. It really does help." -- Shakera

"I have injections in my back and all sorts of problems in my spine, so I have to motivate myself all the time. But the mindfulness... I breathe better. Before, I'm not taking the full breaths. You're rushing, it's a hundred miles an hour life we live in London ain't it? Now, it's just relaxed."
-- Martin

"Sign up as soon as you can - I have benefited so much!" -- Maria

"I've been able to cut down on medication (Tramadol in particular). The doctor is pleased! I'm not feeling so tired because I'm taking less medication, so I'm able to walk and to be out more."
-- Denise

4. THE LANGUAGE OF WELLBEING

The Language of Wellbeing is a yoga, English language and community-building project for women who are migrants, refugees and asylum seekers. The project offers inner enrichment and healing alongside the development of practical language skills, through weekly yoga and English language classes. Each session combines trauma-informed yoga with English language teaching, followed by an informal, participatory and creative English language consolidation session, supported by local volunteers.

Developed in partnership with Sally Ramsden of Natural Connection and Praxis Community Projects, a specialist migrant charity, the project was conceived following an event hosted by Globe Community Project with the local Buddhist community to generate new interest and ideas for projects. It was funded by Emergence Foundation. We also received funding for a three month Covid Outreach project, using the Language of Wellbeing methodology, from the London Borough of Tower Hamlets Small Grants Fund administered via the East End Community Foundation. This project will be carried out in the next financial year.

The timing of the pandemic meant that all Language of Wellbeing sessions were delivered online with the exception of two outdoor sessions. Participants worked extremely hard to overcome financial, technical and equipment-based barriers to accessing online sessions, with dedicated support from the Praxis outreach worker.

Who we helped

A community of over 30 women attended the classes, with 24 regularly attending and a core group of 11 who came to almost every session. All women are based in London, mostly in Tower Hamlets, and their ethnicities included Bangladeshi, Black African, Asian, North African and Latin American.

Our impact

An independent evaluation found that:

- 100% felt better in their bodies, calmer, and more able to deal with the pandemic
- 90% of participants reported their English had improved
- 80% felt more confident to communicate online
- Despite barriers to participation, the group was the best-attended of all Praxis groups

During the evaluation process, participants reported a huge range of benefits:

- Increased health knowledge, such as how to care for different parts of the body and how to adopt good sleep hygiene practices
- Long term physical health improvements including improved pain management and sleep
- Increased energy
- Alleviation of stress, anxiety and social isolation
- Improved mood
- Increased confidence to express feelings and receive peer support, through high levels of trust
- Learning to prioritise self-care, and being more present in the moment

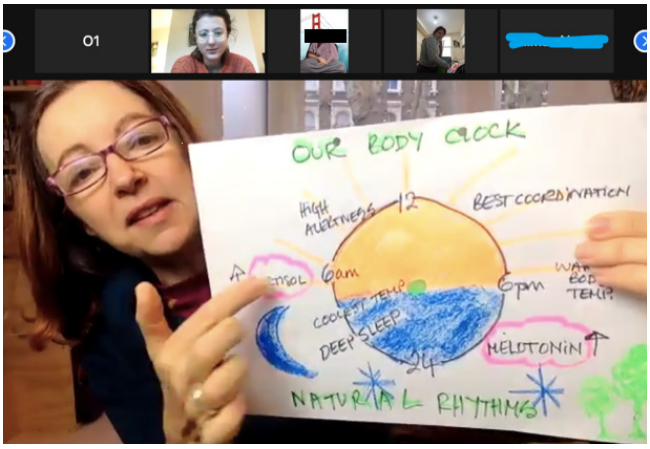
- Picking up new English vocabulary through the yoga, use of visuals and repetition of key words throughout the class
- More competent and confident to use Zoom
- More confident to access other events and information online
- A strong sense of community and connection in the group

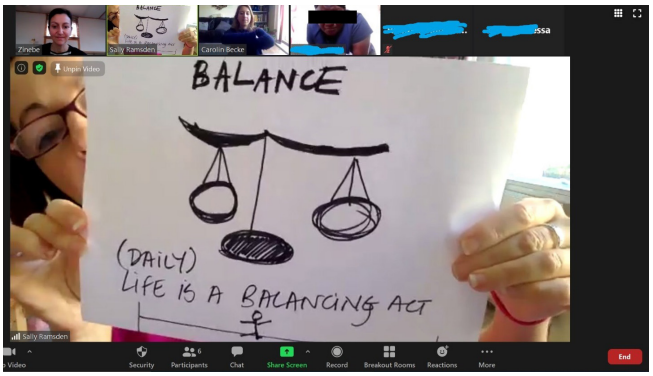
"This lockdown time I am loneliness. That's why, I can see the people and I can do the yoga also. Happy for me." -- Batini*

"It helps you really to look after yourself. You can be very lazy to do something, you may want to do it and may not be able, but when you have the instructor, you get more focused and you get more serious about yourself." -- Lucia*

"I feel like I can do things again – clean and cook. I have energy to do things. I feel happy." -- Razia*

**Names have been changed, in accordance with the wishes of participants*


01
OUR BODY CLOCK
BEST COORDINATION
6pm
DEEP SLEEP
MELOTONIN
NATURAL RHYTHMS


BALANCE
(DAILY)
LIFE IS A BALANCING ACT

THE GUT
LOTS OF HELPFUL BACTERIA

5. WELLBEING FOR ELDERS

The Wellbeing for Elders project supports disadvantaged older residents in Tower Hamlets who are experiencing low wellbeing and social isolation. Tower Hamlets has by far the highest proportion of older people in receipt of adult social care in England, and two thirds have a long-term limiting health problem or a disability. Tower Hamlets' older residents are also amongst the loneliest in England, according to 2016 data from Public Health England estimating subjective loneliness for older people at local authority level. Poor health, deprivation, widowhood and living alone are all factors which are considered to contribute towards this high level of loneliness.

Our six week Wellbeing for Elders courses provide participants with wellbeing tools to adjust to aging and low mood in a positive way, the chance to develop interest and ability to make links with other older people, and to take part more fully in the community and access the support they need. We keep groups small in order to give each person the kind of tailored in-depth support which has real transformative potential.

The project runs from April 2020 to May 2023, reaching 20 older people a year. It is funded by the Charity of Sir Richard Whittington, and in addition to their existing funding, they generously provided an extra grant in November 2020 to provide immediate support during the 2nd and 3rd UK lockdowns. We provided a creative programme of one-to-one phone calls, mindful walks and nature connection, post packs and gifts to maintain support and connection through lockdown.

Who we helped

We helped 8 older people at risk of social isolation and loneliness this year. This was less than our target, due to delayed delivery because of the pandemic and its particular

risks to this group, barriers to digital participation, as well as social distancing restrictions once we were able to run activities. The group was diverse in terms of class background, but more homogenous in terms of ethnicity and gender, as all participants were women, and most were white British.

Our impact

All participants reported feeling less lonely and isolated, many felt that their wellbeing, self-esteem and sense of personal control over their lives had improved, and all of them felt more confident in creating connection with other people of similar ages.

Participants reported many benefits from taking part in the programme, including:

- Getting out and about
- Building confidence to go out
- Social connection that went beyond superficial ‘hellos’
- Feeling less alone
- Meeting new people
- Making friends
- Feeling cared about and valued
- Improved self esteem
- Learning to manage difficult thoughts and feelings
- More confident to express thoughts and feelings to others
- Being less inward and self-focused
- Dwelling more on the positive

- Better understanding how other people think
- Being fully listened to
- Becoming less judgemental and more understanding

Participants also reported a number of concrete tools they had learned and skills they had developed:

- Going for a walk and opening your eyes to things around you
- How to relax
- Breathing exercises
- Calming down
- Knowing when to stop and take a breather, do a little relaxation when things are getting a bit much
- In the morning I get up and get a cup of tea and watch the birds
- How to be in the moment when times get difficult

I enjoyed the mindful walk

it + Feel loved doing it.

go to a place in your mind were you like

Sit in park and look around and see the beauty in things like how much is a rose.

Thank you For Getting in Touch
With me / And Also For The chocolate,

LIKE A TYPE OF MEDITATION

"What this course has done? Last week, I looked into my address book and thought, I'm going to phone a few people I haven't seen, and the pleasure I got, and they got...how lovely to hear from you! Such a lovely surprise! And I thought, Ooo, I'll do that again. Once you start talking it's marvelous. Everybody I spoke to had problems, but you let them to tell you. Or if you make somebody laugh, that's worth a phone call." -- Violet

"I'm not very good on my own... It's given me confidence to walk a bit. Getting washed and dressed, getting my coat on. It's given me confidence to go out." -- Patricia

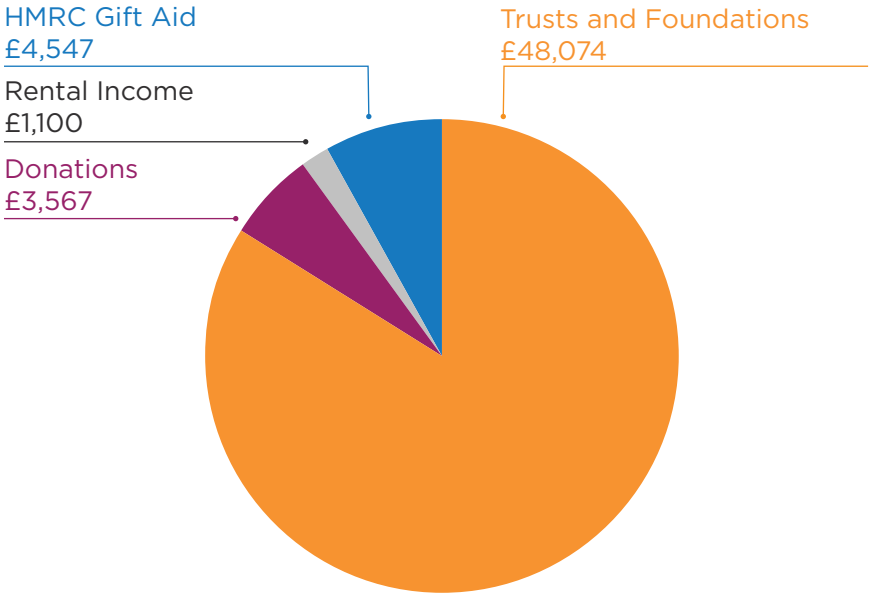
"It has helped me with my health, and stopped me from thinking inwardly about myself all the time."
-- Margaret

"It makes you feel that much better, that people are listening to what you're saying... things like that make you feel valuable, because your brain is still working, even though your body is just falling apart." -- Ruth

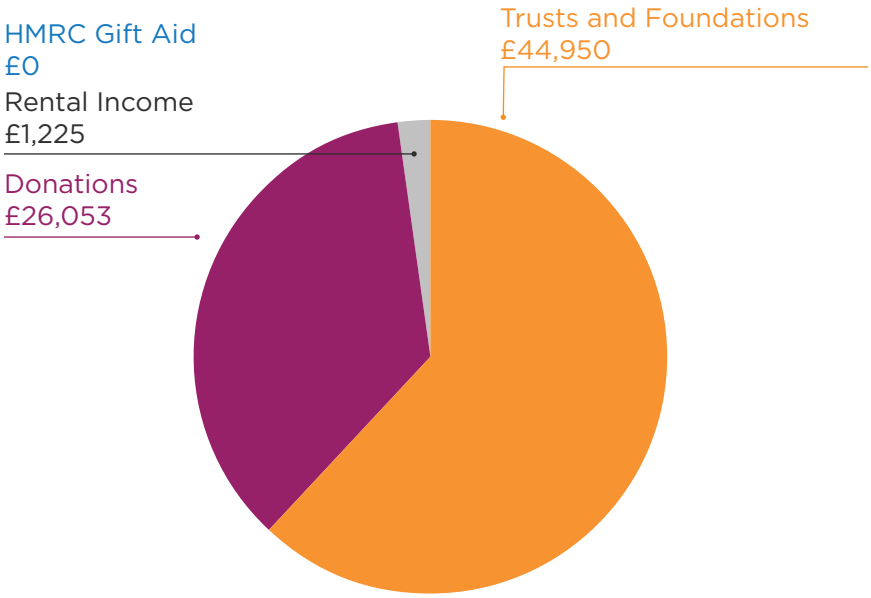
6. YOUR SUPPORT, AND HOW WE USED IT

How you gave

2021 Total £57,288

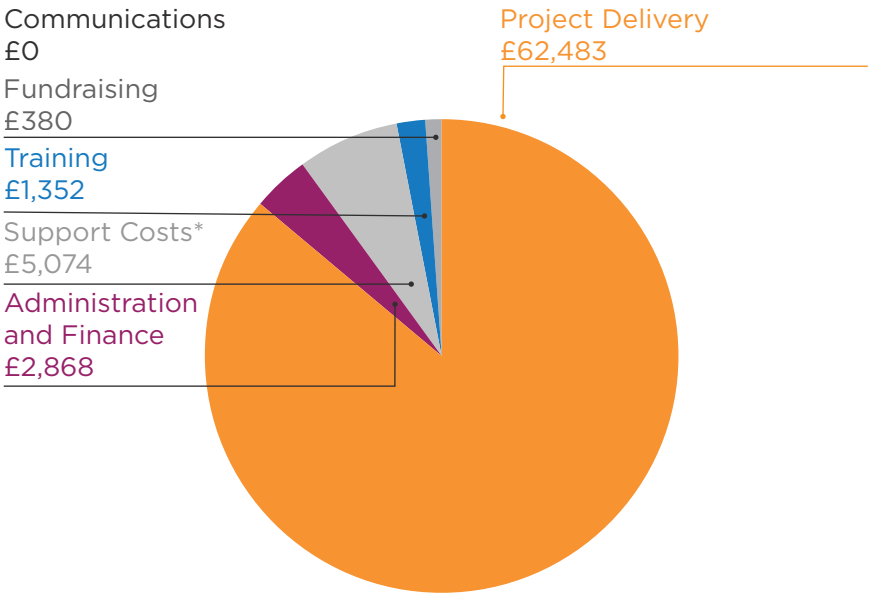


2020 Total £72,228

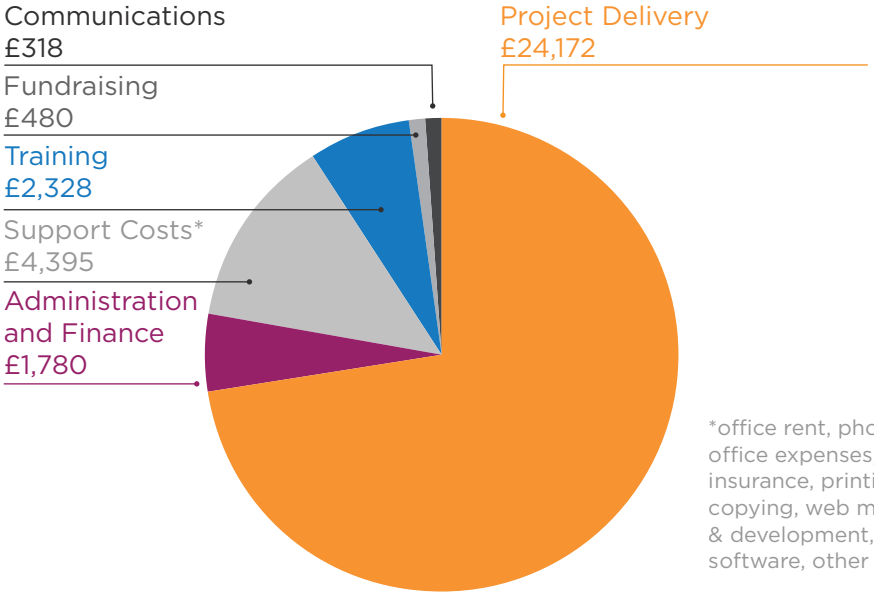


How we used the money

2021 Total £72,157



2020 Total £33,473



*office rent, phone, office expenses, internet, insurance, printing, copying, web maintenance & development, IT & software, other expenses

7. THANK YOU

For being part of the local community and uniting to create positive change for the people who need it most, through a very difficult year.

To each of our individual supporters. Your donations not only provide the material support to keep our work going, but they show we are not alone in our vision, and that the desire to see more and more connection, creativity and cohesion inspires you too.

To the trusts, foundations and institutions which have generously supported us this year:

- London Borough of Tower Hamlets, Local Community Fund
- London Borough of Tower Hamlets, Small Grant Fund, administered by EECF
- Emergence Foundation
- The Charity of Sir Richard Whittington / The Mercers' Company
- Queen Adelaide's Charity

To St Margaret's House for being so much more than the building which houses our office. We greatly appreciate all the opportunities for networking, support and friendship.

To Triratna Arts, for sharing our office and helping to make it a cosy, aesthetic and fun place to work.

To our designer Idoia Acha for her wonderful designs and her kind, responsive and creative approach.

To Sraddhapuspa. We will remember your care for your community, and the considerable focus, time, energy and determination you gave during the last decades of your life, making sure Globe Community Project could keep on working to benefit local people. Much missed, always remembered.

8. FINANCIAL STATEMENTS

Globe Community Project

Statement of Financial Activities

(including summary income and expenditure account)

for the year ended 30 April 2021

	Notes	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	Restated 2020 Total funds £
Income from:					
Grants and donations	(2)	18,137	38,051	56,188	71,003
Rental Income		1,100	-	1,100	1,225
Other Income		-	-	-	60
Total income		19,237	38,051	57,288	72,288
Expenditure on:					
Project delivery		-	40,062	40,062	11,948
Programme management		12,268	-	12,268	6,810
Monitoring & evaluation		480	3,560	4,040	1,280
Office Rent		2,750	-	2,750	3,050
Project management		-	2,200	2,200	-
Accreditation		-	1,691	1,691	1,617
Training		1,042	310	1,352	2,328
Administration & finance		1,833	315	2,148	1,780
Phone costs		-	645	645	346
Office Expenses		533	-	533	-
Materials and Equipment		79	579	658	601
Venue hire		-	430	430	640
Professional supervision		-	410	410	523
Insurance		392	-	392	-
Fund Raising		380	-	380	480
Volunteer Facilitator Accreditation		-	260	260	-
Event costs		-	225	225	-
Website maintenance & Development		212	-	212	651
Research & development		-	160	160	343
IT & software		-	114	114	-
Printing/copying/inks		-	70	70	-
Refreshments		-	64	64	257
Transport		-	15	15	153
Communications		-	-	-	318
Other expense		358	-	358	348
Independent examination		720	-	720	-
Total expenditure		21,047	51,109	72,156	33,473
Net income / (expenditure)		(1,810)	(13,058)	(14,868)	38,815
Fund balances brought forward		21,884	27,749	49,632	10,817
Fund balances carried forward	(3)	20,074	14,691	34,765	49,632

All incoming resources and resources expended derive from continuing activities.

Globe Community Project

Balance sheet

as at 30 April 2021

for the year ended 30 April 2021

		2021 Unrestricted £	2021 Restricted £	2021 Total £	Restated 2020 Total £
Current assets					
Prepayments		-	3,169	3,169	-
Cash at bank and in hand	(5)	20,794	11,522	32,316	49,632
Total current assets		20,794	14,691	35,485	49,632
Current liabilities: amounts falling due within one year					
Accruals		720	-	720	-
Total current liabilities		720	-	720	-
Net current assets / (liabilities)		20,074	14,691	34,765	49,632
Net assets		20,074	14,691	34,765	49,632
Funds					
Unrestricted funds		5,000	-	5,000	21,884
Designated funds	(4)	15,074	-	15,074	-
Restricted funds		-	14,691	14,691	27,749
Total funds		20,074	14,691	34,765	49,632

For the year ending 30 April 2021 the charitable 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 charitable company to obtain an audit of its accounts for the year in question in accordance with section 476. The trustees (who also the directors for the purposes of company law) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and with FRS 102 (effective January 2019).

The financial statements were approved by the board of trustees on 20th July 2021

Signed: ……..…… (Trustee)

Name: Anne-Marie Irwin

Globe Community Project

Notes to the accounts

for the year ended 30 April 2021

1 Accounting policies

Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

There has been no change to the accounting policies since last year.

The 2019/2020 accounts have been restated to recognise the receipt of a £12,010 donation, received into a savings account in February 2020. As a result donations income in 2019/2020 has increased by £12,010 as have bank balances at 30 April 2020. No other changes have been made to the accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Leases

Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.

2 Grants and donations	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	Restated 2020 Total funds £
London Borough of Tower Hamlets Local Community Fund (LBTH)	5,784	22,263	28,047	21,035
Emergence Grant	2,500	9,500	12,000	12,890
Charity of Sir Richard Whittington	1,239	2,790	4,029	10,525
Queen Adelaide's Charity	300	700	1,000	-
East End Community Foundation/LBTH	300	2,698	2,998	-
Private donation to TBYL project	-	100	100	-
Breathworks Foundation	-	-	-	1,000
GroundWork UK	-	-	-	500
Private donation to The Language of Wellbeing project	-	-	-	2,000
Gift Aid	4,547	-	4,547	-
Other Donation	3,467	-	3,467	23,053
	18,137	38,051	56,188	71,003

3 Restricted funds	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
Wellbeing for Elders project	10,525	2,790	5,744	-	7,571
Take Back Your Life LCF	2,947	23,063	24,787	-	1,223
The Language of Wellbeing	12,990	12,198	19,242	-	5,946
Take Back Your Life 1	736	-	736	-	-
Take Back Your Life 2	600	-	600	-	-
	27,799	38,051	51,109	-	14,740

Fund name	Purpose of restriction
Wellbeing for Elders project	Wellbeing courses for older people at risk of loneliness and isolation
Take Back Your Life LCF	Mindfulness-based support to address chronic pain, illness and related social isolation and inactivity
The Language of Wellbeing	Trauma-informed yoga and ESOL teaching for refugee & migrant women to grow confidence and take control of their wellbeing
Take Back Your Life 1	Pilot project, Take Back Your Life
Take Back Your Life 2	Second pilot project, Take Back Your Life

4 Designated funds

	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
Core Support Fund	-	-	-	15,074	15,074
	-	-	-	15,074	15,074

Fund name	Purpose of designation
Core Support Fund	To cover a shortfall in expected income for financial years 2021/2022 and 2022/2023.

5 Cash at bank and in hand

	2021	Restated 2020
	£	£
Current Account	27,316	37,622
Saving Account	5,000	12,010
	32,316	49,632

6 Related party transactions

Trustee expenses
No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits
No trustee received any remuneration or benefit during this or the previous year.

Remuneration and benefits received by key management personnel
The key management personnel of the charity include the trustees, Coordinator and Programmes & Operations Manager. The total benefits received by the Coordinator and Programmes & Operations Manager were £16,048.

No trustee received any remuneration or benefit in this capacity during this or the previous year.

7 Operating leases

Expected future minimum lease payments over the remaining life of the lease, analysed into the period in which the commitment falls due:	Property Lease
	£
Within one year	1,250
	1,250

Globe Community Project

Statement of Financial Activities including comparatives for all funds (including summary income and expenditure account) for the year ended 30 April 2021

	2021 Unrestricted funds £	2020 Unrestricted funds £	2021 Restricted funds £	2020 Restricted funds £	2021 Total funds £	Restated 2020 Total funds £
Income						
Grants and donations	18,137	12,971	38,051	46,022	56,188	71,003
Rental Income	1,100	1,225	-	-	1,100	1,225
Other Income	-	60	-	-	-	60
Total income	19,237	14,256	38,051	46,022	57,288	72,288
Expenditure						
Project delivery	-	161	40,062	11,787	40,062	11,948
Programme management	12,268	6,810	-	-	12,268	6,810
Monitoring & evaluation	480	50	3,560	1,230	4,040	1,280
Office Rent	2,750	3,050	-	-	2,750	3,050
Project management	-	-	2,200	-	2,200	-
Accreditation	-	-	1,691	1,617	1,691	1,617
Training	1,042	28	310	2,300	1,352	2,328
Administration & finance	1,833	930	315	850	2,148	1,780
Phone costs	-	128	645	218	645	346
Office Expenses	533	-	-	-	533	-
Materials and Equipment	79	-	579	601	658	601
Venue hire	-	-	430	640	430	640
Professional supervision	-	-	410	523	410	523
Insurance	392	-	-	-	392	-
Fund Raising	380	480	-	-	380	480
Volunteer Facilitator Accreditation	-	-	260	-	260	-
Event costs	-	-	225	-	225	-
Website maintenance & Development	212	651	-	-	212	651
Research & development	-	-	160	343	160	343
IT & software	-	-	114	-	114	-
Printing/copying/inks	-	-	70	-	70	-
Refreshments	-	-	64	257	64	257
Transport	-	-	15	153	15	153
Communications	-	-	-	318	-	318
Other expense	358	348	-	-	358	348
Independent examination	720	-	-		720	-
Total expenditure	21,047	12,636	51,109	20,837	72,156	33,473
Net income / (expenditure)	(1,810)	1,620	(13,058)	25,185	(14,868)	38,815
Fund balances brought forward	21,884	5,489	27,749	5,329	49,632	10,817
Fund balances carried forward	20,074	7,109	14,691	30,514	34,765	49,632

9. FINANCIAL REVIEW

The gross income for the year was £57,288, including £38,051 restricted funds and £19,237 unrestricted funds.

When comparing the financial statements with the previous year, it should be noted that the accounts for the year ended 2020 were re-stated following this year's independent examination, to reallocate a £12,010 donation to 2020, the year in which it was received.

Unrestricted income decreased this year compared with the previous year, despite the successful reclamation of a large sum of previously unclaimed Gift Aid, and receiving a number of small grants in addition to the main grants funding our projects. This was because during the previous year Globe Community Project received a generous series of donations from a private donor, as well as a large one-off private donation of £12,010, aimed at ensuring the charity and its projects could continue to operate.

Total expenditure was £72,156, including £51,109 from our restricted funds, and £21,047 from our unrestricted funds.

Project spending more than doubled when compared with the previous financial year. This largely reflects delays to project delivery caused by the Covid-19 pandemic towards the end of the previous financial year, meaning that many of that year's planned activities were carried forward to this financial year. Our core costs increased commensurately, as we invested in more core staff time, increasing our Programmes & Operations Manager's time to two, and later three days per week instead of one, while increasing the hours for our Finance Officer.

We ended the year with total funds of £34,765, comprising £14,691 restricted funds, and £20,074 unrestricted funds.

Of our unrestricted funds, £15,074 has been designated by the trustees for essential future spending during the years

ending 2022 and 2023. This decision reflects the loss of a major source of private donations, the ongoing challenges and uncertainties posed by the pandemic, and their potential impact on GCP's ability to hold fundraising events.

The remaining £5,000 unrestricted reserves are kept aside in a separate account to allow the charity to mitigate or respond to major risks or threats to its operations, or to cover three months' operating expenses, in the event that the charity was forced to close. This level of reserves accords with the reserves policy approved by the trustees (see below).

While at the time of signing these accounts, the charity has been impacted by the global Covid-19 virus, the trustees have reassessed the charity's ability to continue for at least 12 months from the date that the accounts are approved and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to continue as a going concern.

10.RESERVES AND RISK MANAGEMENT

The charity's free reserves, excluding fixed assets and designated funds, at the year end were £5,000. GCP has a Reserves policy and a Risk Management policy which includes the expectation that the Management Committee will review the year's financial risks at least once a year. Reserves are kept in a separate account. The Treasurer, together with the Finance Officer, ensures that reserves remain at a reasonable proportion of overall turnover, and are able to cover any financial risks that have been identified. Reserves can be accessed, in line with the Reserves policy, in any circumstances in which the expected unrestricted funds fall short of being able to meet essential costs for the year.

11. LEGAL AND ADMINISTRATIVE INFORMATION

Constitution

Globe Community Project is a company limited by guarantee and was formed on 11 December 2003. It is governed by a memorandum and articles of association as amended by special resolution dated 17 June 2004, 3 July 2015, 18 September 2019 and 12 January 2021. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £5.

Charity number: 1104770
Company number: 04992627

Directors and trustees

The directors of the charitable company ("the charity") are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees. The management committee is responsible for the day-to-day running of the Globe Community Project (GCP), and meets every three months. The trustees are all members of the management committee. There may also be members of this committee who are not trustees, who have time and/or particular skills to offer and are interested in supporting the work of the charity. These members may be co-opted onto the committee during the year and then stand for re-appointment at the AGM.

Trustees

Anne-Marie Irwin, Chair
Kate Hayler, Treasurer
Julian Haxby, Company Secretary
Sraddhapuspa / Susy Powlesland (passed away in May 2020)
Esther Cann (appointed June 2020, resigned September 2020)
Sugati /Alison Ticher (appointed July 2020)
Ruzina Begum (appointed November 2021)

Committee Members
Marcella Man Hong Yuen (resigned December 2020)
Stuart Cox (resigned October 2020)
Tareshvari Robinson (resigned December 2020)

Registered Office
St Margaret's House, 21 Old Ford Road, London, E2 9PL

Phone
07419 586150

Bankers
The Co-operative Bank
PO Box 250 Delf House
Southway
Skelmersdale
WN8 6WT

Independent Examiner
Rhys North, ACA
West Yorkshire Community Accounting Service
Stringer House
34 Lupton Street
Leeds
LS10 2QW

Investment powers
Under its Memorandum and Articles of Association, the charity has the power to make any investments, which the trustees see fit.

Trustees' responsibilities in relation to the financial statements
Company law requires the trustees to prepare financial accounts for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources

and application of resources, including the income and expenditure, of the charitable company for the year. In preparing these financial statements, the trustees are required to:

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

The trustees are responsible for maintaining proper accounting records, which 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 Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Independent Examination

In line with Charity Commission requirements, an independent examination of our accounts has been commissioned. The report of the Independent Examiner is on page 35. GCP is exempt from audit as our gross income falls below £1,000,000.

Signed on behalf of the board of trustees

Anne-Marie Irwin

Chair
Globe Community Project
20th July, 2021

13. REPORT OF THE INDEPENDENT EXAMINER

Globe Community Project

Independent examiner's report to the trustees of Globe Community Project

I report to the charity trustees on my examination of the accounts of the charitable company for the year ended 30 April 2021, which are set out on pages 22 to 27.

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

Having satisfied myself that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

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

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

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

Signed: ..... Name: Rhys North ACA

Date: 21 July 2021

West Yorkshire Community Accounting Service
Stringer House
34 Lupton Street
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LS10 2QW

GLOBE
COMMUNITY
PROJECT

Globe Community Project
A company limited by guarantee
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