



IMPACT REPORT

Year ended: 30 April 2022

Globe Community Project
Company number: 04992627
Charity reg: 1104770



GLOBE
COMMUNITY
PROJECT



Contents

01	Message from our Chair	4
02	Our aims	6
03	Statement of public benefit	7
04	Take Back Your Life	8
05	Touching Safe Ground	12
06	Wellbeing for Over 60s	18
07	How we measure our impact	22
08	Your support, our impact	23
09	Thank you	25
10	Financial statements	26
11	Financial review	33
12	Reserves and risk management	35
13	Governance and management	36
14	Report of the Independent Examiner	38

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:

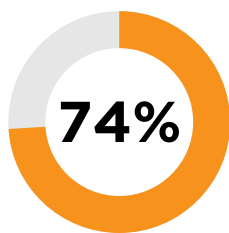
- Four 8-week online pain management courses, of which one was specifically LGBTQ-friendly, and one was exclusively for men.
- One 5-week face-to-face interpreted course for Bangladeshi men.
- 1:1 mindfulness phone support for 29 participants.
- One pilot online health coaching group programme for 4 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

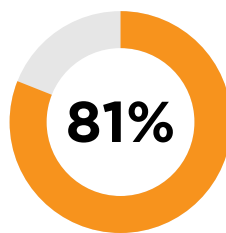
Participants were primarily Tower Hamlets residents suffering from chronic pain and illness, but also included a few people from neighbouring boroughs. The project reached a diverse cross-section of the community, including Indian, White British, Bangladeshi, African, Caribbean, Pakistani, German, Greek,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

Our impact

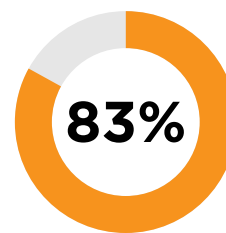
91 people benefitted from the project this year. Of those taking part in a Take Back Your Life course:



Experienced improvements in pain severity



Experienced a reduction in pain catastrophising

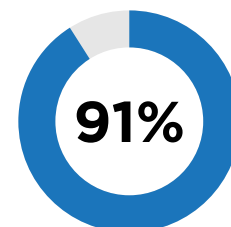


Experienced a reduction in pain interference

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 worksteam 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.



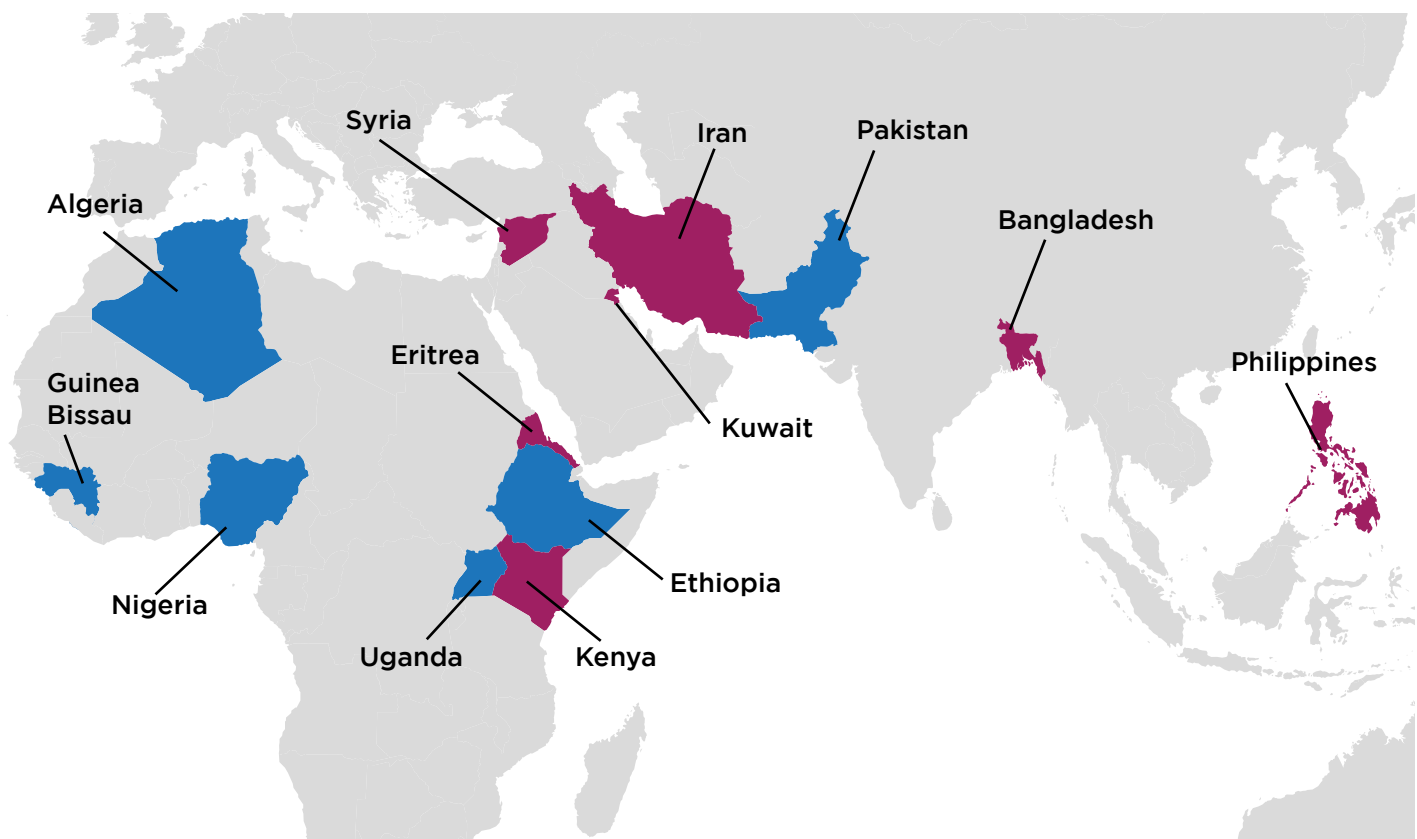
Our Covid Outreach project, which took place from April to June 2021, supported 20 women to engage with new information about Covid 19, including providing the opportunity to get vaccinated in a safe, anonymous environment. All of the women were from BAME backgrounds, coming from Bangladesh, Africa, 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



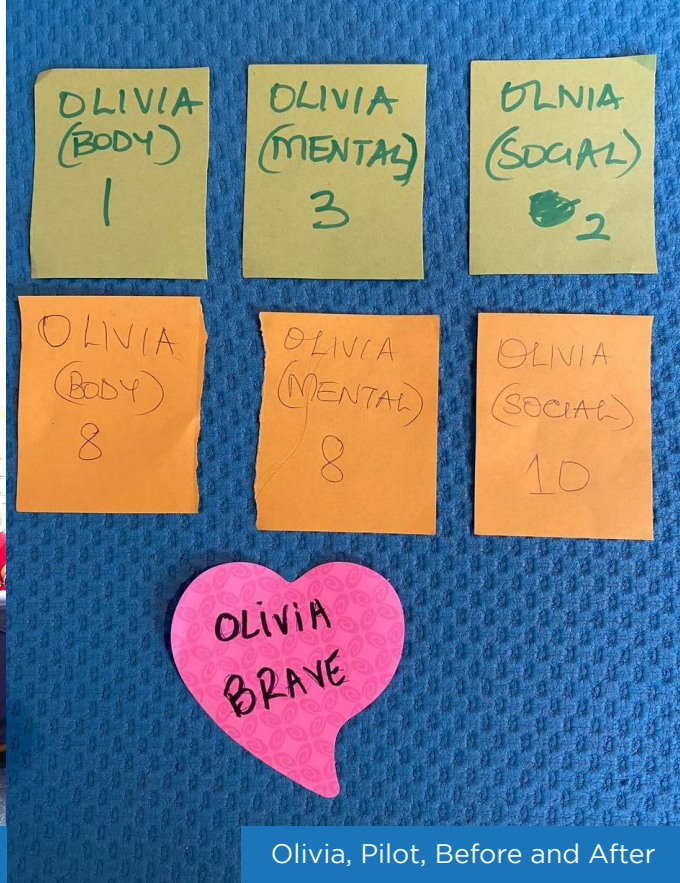
Covid outreach evaluation

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.

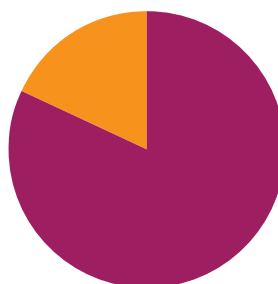
We were proud to work with the Sundial Centre, The Bromley By Bow Centre and St Hilda's East Community Centre. The project runs from April 2020 to April 2023, reaching around 20 older people per year. It is funded by the Charity of Sir Richard Whittington.



29
new graduates



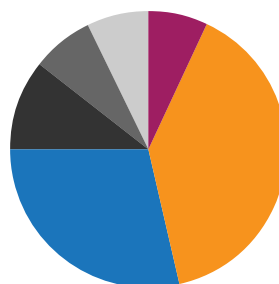
8
alumni returned
to give talks and
support new
participants



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.

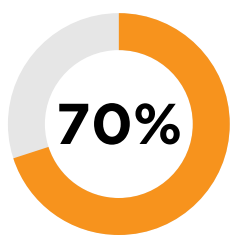


Age*:
Late 50s: 2
Sixties: 11
Seventies: 8
Eighties: 3
Nineties: 2
Unknown: 2

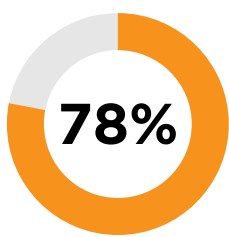
*Collected data on 28 people.

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.

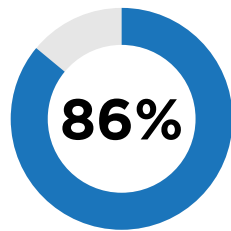


of participants feel their confidence and skills to form bonds and connections with other older people has improved.

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.

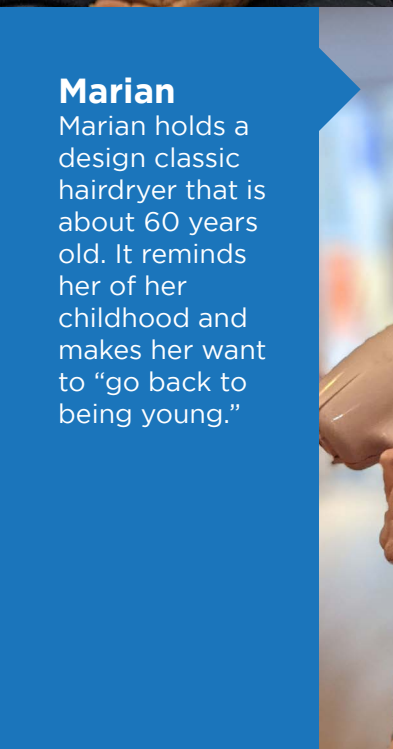
"If I was at home now, I'd be sleeping - this is exercising and energising."

Beryl, participant



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.



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."



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.

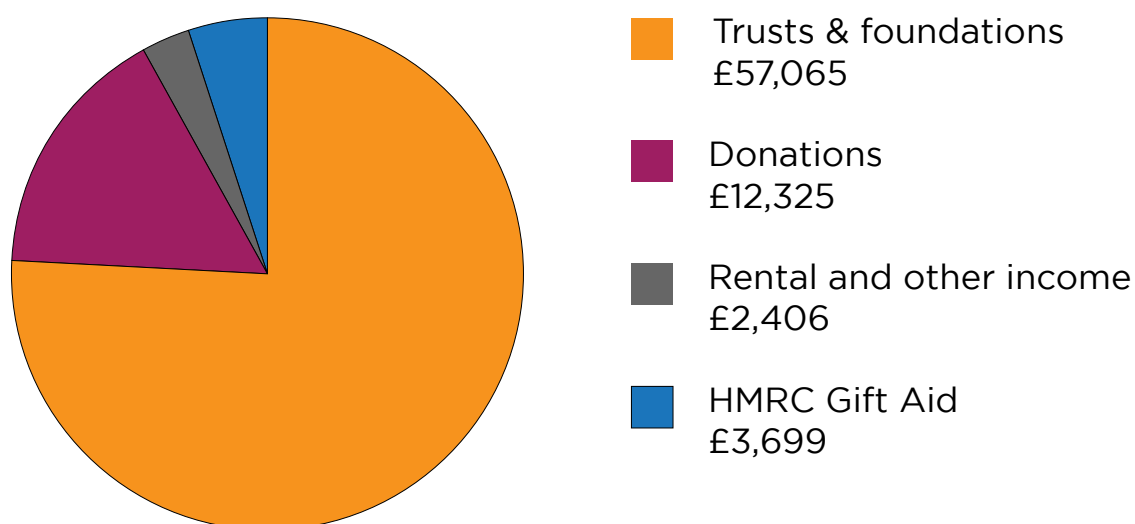


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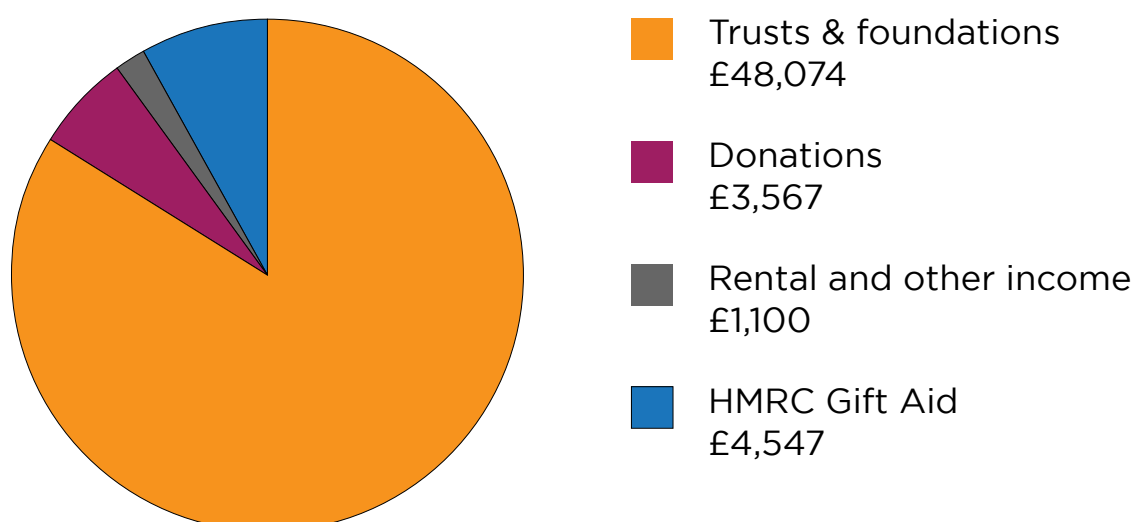
Your support, and how we used it

How you gave

2022 Total £75,459

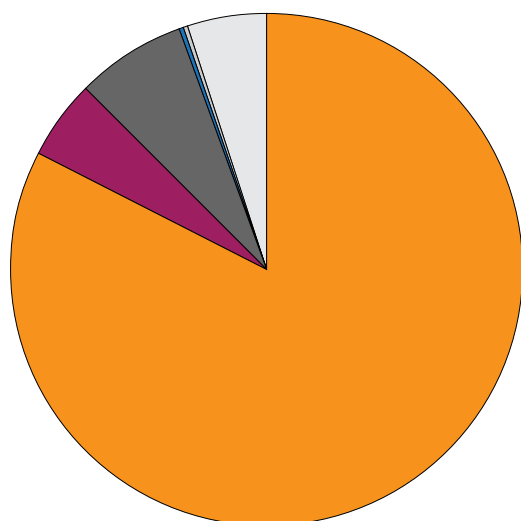


2021 Total £57,288



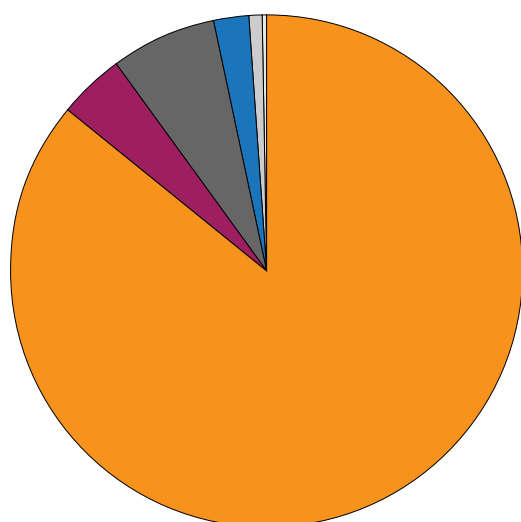
How we used the money

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



THE
MERCERS'
COMPANY

THE 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.

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	2022	2022	2021
	Unrestricted £	Restricted £	Total £	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	<u>15,369</u>	<u>9,800</u>	<u>25,169</u>	<u>35,485</u>
Current liabilities:				
amounts falling due within one year				
Creditors and accruals	(6) 916	1,389	2,305	720
Total current liabilities	<u>916</u>	<u>1,389</u>	<u>2,305</u>	<u>720</u>
Net current assets / (liabilities)	<u>14,453</u>	<u>8,411</u>	<u>22,864</u>	<u>34,765</u>
Net assets	<u>14,453</u>	<u>8,411</u>	<u>22,864</u>	<u>34,765</u>
Funds				
Unrestricted funds				
General unrestricted funds	6,850	-	6,850	4,951
Designated funds	(4b) 7,603	-	7,603	15,074
Unrestricted funds	<u>14,453</u>	<u>-</u>	<u>14,453</u>	<u>20,025</u>
Restricted funds	-	8,411	8,411	14,740
Total funds	<u>14,453</u>	<u>8,411</u>	<u>22,864</u>	<u>34,765</u>

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	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	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
	<u>16,024</u>	<u>57,065</u>	<u>73,089</u>	<u>56,188</u>

3 Staff costs and numbers

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

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	-	-
	<u>14,740</u>	<u>57,065</u>	<u>63,394</u>	<u>-</u>	<u>8,411</u>

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
	<u>15,074</u>	<u>-</u>	<u>7,471</u>	<u>-</u>	<u>7,603</u>

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
	<u>9,213</u>	<u>3,169</u>

6 Creditors and accruals

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

Globe Community Project

Notes to the accounts continued

for the year ended 30 April 2022

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

			2022 £	2021 £
Name of trustee or related party	Relationship to charity	Description of transaction		
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	-
			<u>1,750</u>	<u>-</u>

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	-	-
	<u>1,250</u>	<u>1,250</u>

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 Development	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



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