



# Trustees' Annual Report for the period

|             |                   |             |              |           |                 |             |              |
|-------------|-------------------|-------------|--------------|-----------|-----------------|-------------|--------------|
| <b>From</b> | Period start date |             |              | <b>To</b> | Period end date |             |              |
|             | Day<br>01         | Month<br>12 | Year<br>2020 |           | Day<br>30       | Month<br>11 | Year<br>2021 |

## Section A Reference and administration details

**Charity name**

OAKDALE HOUSE TRUST

**Other names charity is known by**

**Registered charity number (if any)**

1112162

**Charity's principal address**

Oakdale House Trust

233a Dunstable Road

Luton

**Postcode**

LU4 8BN

### Names of the charity trustees who manage the charity

|    | Trustee name   | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|----|----------------|-----------------|-----------------------------------|---|
| 1  | Rashid Nazar   | Chair           |                                   |   |
| 2  | Saghir Hussain | Treasurer       |                                   |   |
| 3  | Kamran Khan    | Secretary       |                                   |   |
| 4  | Haseeb Akhtar  | Youth Rep       |                                   |   |
| 5  | Zahier Nazar   |                 |                                   |   |
| 6  | Sofia Arif     | Ladies Rep      |                                   |   |
| 7  |                |                 |                                   |   |
| 8  |                |                 |                                   |   |
| 9  |                |                 |                                   |   |
| 10 |                |                 |                                   |   |
| 11 |                |                 |                                   |   |
| 12 |                |                 |                                   |   |
| 13 |                |                 |                                   |   |
| 14 |                |                 |                                   |   |
| 15 |                |                 |                                   |   |
| 16 |                |                 |                                   |   |
| 17 |                |                 |                                   |   |
| 18 |                |                 |                                   |   |
| 19 |                |                 |                                   |   |
| 20 |                |                 |                                   |   |

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

| Name | Dates acted if not for whole year |
|------|-----------------------------------|
|      |                                   |
|      |                                   |
|      |                                   |

### Names and addresses of advisers (Optional information)

| Type of adviser | Name | Address |
|-----------------|------|---------|
|                 |      |         |
|                 |      |         |
|                 |      |         |
|                 |      |         |

### Name of chief executive or names of senior staff members (Optional information)

|  |
|--|
|  |
|--|

## Section B Structure, governance and management

### Description of the charity's trusts

|   |                    |
|---|--------------------|
| Type of governing document<br>(eg. trust deed, constitution)        | Trust Deed         |
| How the charity is constituted<br>(eg. trust, association, company) | Trust              |
| Trustee selection methods<br>(eg. appointed by, elected by)         | Elected by members |

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

|  |
|--|
|  |
|--|

## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

To promote for the benefit of the inhabitants of Luton and its immediate neighbourhood the provision of facilities for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, financial hardship or social and economic circumstances or for the public at large in the interests of social welfare and with the objects of improving condition of life for the said inhabitants

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

We have decided this year to close the Pink Gym Project at the end of this year (ladies only health and wellbeing services).

This is for 2 main reasons:

1. Firstly, there has been a steady decline in members and attendees. We believe this to be due to Covid-related measures and concerns.
2. Secondly, the pandemic has seen many of our service users and volunteers who have developed into leaders and starting to volunteer for other community projects. A group of trainers, who have been supporting this project, have decided to set up their own 'Women Only' gym within the target area. We welcome this and are currently re-directing all our current users of this service to their gym facility – 'Reshape Ladies Gym'.

We have also continued to support local initiatives and worked on a few projects with some local voluntary groups including Inspire FM and Shires Karate Association.

Our new café project, underneath our premises, is going well. It is run primarily by volunteers and some staff. We were selling hot/cold drinks with cakes/snacks but now we are offering a wider menu with breakfast too. We have been able to keep our prices low as our costs are relatively low. The project is self-sufficient and costs are covered with the sales and kitchen bookings.

This café project allows social interaction and a place to gather for local disadvantaged communities. It's an especially great place for local single men / women to come and meet other people. It is also helping people living in isolation by encouraging them to come out more.

Our Healthy Fruit & Vegetable project started back again after closing due to pandemic. This project is outsourced to a local greengrocer who sources products from the market and sells for us to cover the cost. We are very pleased that this project is also self-sufficient and costs are covered through this arrangement.

This project allows us to encourage and offer healthy products at very low prices with a whole bowl of fruit/vegetables selling at £1 each.

## Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

All grants and donations made are always immediately restricted funds and used for their specific intended purpose.

Oakdale House Trust relies heavily on the work carried out by it's dedicated volunteers, without which we would not be anywhere near as successful.

## Section D

## Achievements and performance

## Section D

## Achievements and performance

**Summary of the main achievements of the charity during the year**

Closing of Pink Gym Project

Re-starting Healthy Fruit & Vegetable Project

Starting Café project with additional menu items; great place for local people to meet and chill out at very affordable prices

## Section E Financial review

**Brief statement of the charity's policy on reserves**

Oakdale House Trust has restricted reserves for future project expansion and some unrestricted reserves as a security for unexpected expenses.

**Details of any funds materially in deficit**

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

## Section F Other optional information

## Section G Declaration

The trustees declare that they have approved the trustees' report above.

**Signed on behalf of the charity's trustees**

**Signature(s)**

R. Nazar

**Full name(s)**

Rashid Nazar

**Position (eg Secretary, Chair, etc)**

Chair

**Date**

27/09/2022

**Oakdale House Trust**  
**Statement of Financial Activities For The Year Ended 30 November 2021**

|  | Note | 2021         |                 | 2020         |                 |
|--|------|--------------|-----------------|--------------|-----------------|
|  |      | General<br>£ | Restricted<br>£ | General<br>£ | Restricted<br>£ |
| <i>Incoming Resources:</i>             |      |              |                 |              |                 |
| Gym Membership                         |      | 12,236       |                 | 7,487        |                 |
| Grants and donations (inc fundraising) |      |              | 56,708          |              | 54,148          |
| Rental income                          |      | 30,946       |                 | 16,281       |                 |
| Product and services sales             |      | 5,716        |                 |              |                 |
| <b>Total Incoming Resources</b>        |      | 48,898       | 56,708          | 23,768       | 54,148          |
| <i>Application of Resources:</i>       |      |              |                 |              |                 |
| Gym Costs                              | 5    | (56,196)     | (2,083)         | (60,846)     | (2,604)         |
| Depreciation of rental property        |      |              | (4,468)         |              | (4,468)         |
| Administration Costs                   |      | (120)        |                 | (120)        |                 |
| <b>Total Outgoing Resources</b>        |      | (56,316)     | (6,551)         | (60,966)     | (7,072)         |
| <b>Net movement in Resources</b>       |      | (7,418)      | 50,157          | (37,198)     | 47,076          |
| <b>Total Movement in Funds</b>         |      | (7,418)      | 50,157          | (37,198)     | 47,076          |

**Statement of Movement in Funds**

|                                      |                 |                |                 |                |
|--------------------------------------|-----------------|----------------|-----------------|----------------|
| Total Funds b/f                      | (15,088)        | 160,233        | 22,110          | 113,157        |
| Movement during the year (see above) | (7,418)         | 50,157         | (37,198)        | 47,076         |
| <b>Total Funds c/f</b>               | <b>(22,506)</b> | <b>210,390</b> | <b>(15,088)</b> | <b>160,233</b> |

The notes on pages 3 and 4 form part of these accounts

**Oakdale House Trust**  
**Balance Sheet as at 30 November 2021**

|  | Note | 2021<br>£ | 2020<br>£ |
|--|------|-----------|-----------|
| <b><u>Fixed Assets</u></b>                   | 3    |           |           |
| Gym Equipment                                |      | 8,331     | 10,414    |
| Freehold Property                            |      | 205,534   | 210,002   |
|  |      | 213,865   | 220,416   |
| <b><u>Current Assets</u></b>                 |      |           |           |
| Cash at bank and in hand                     |      | 144,289   | 94,879    |
|  |      | 144,289   | 94,879    |
| <b><u>Current liabilities</u></b>            |      |           |           |
| Creditors and accruals                       | 7    | (55,291)  | (55,171)  |
| <b>Net current assets</b>                    |      | 88,998    | 39,708    |
| <b>Total assets less current liabilities</b> |      | 302,863   | 260,124   |
| <b><u>Long term liabilities</u></b>          |      |           |           |
| Loans  | 6    | (114,979) | (114,979) |
| <b>Net assets</b>                            |      | 187,884   | 145,145   |
| <i>Represented by:</i>                       |      |           |           |
| <b><u>Restricted funds</u></b>               |      |           |           |
| Equipment fund (Restricted)                  | 4    | 210,390   | 160,233   |
| <b>Total restricted funds</b>                |      | 210,390   | 160,233   |
| General Funds c/f                            |      | (22,506)  | (15,088)  |
| <b>Total Funds</b>                           |      | 187,884   | 145,145   |

Approved by \_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_

The notes on page 3 and 4 form part of these accounts



## **Oakdale House Trust**

### **Notes to the accounts for the year ended 30 November 2021**

#### **1) Accounting policies**

The accounts have been prepared using generally accepted accounting principals in the United Kingdom. The accounts have been prepared on a going concern basis on the assumption that the Trust will continue to operate. Accruals accounting has been applied to all material items.

Depreciation is provided against equipment at the rate of 20% of the undepreciated cost at the end of the year. Freehold property is depreciated at the rate of 2% pa from 2018, when it was first brought into use.

#### **2) Description of funds**

Donations and grants received are immediately treated as restricted funds.

#### **3) Fixed Assets**

|                              | <b>Gym<br/>equipment<br/>£</b> | <b>Freehold<br/>Property<br/>£</b> |
|------------------------------|--------------------------------|------------------------------------|
| <b><u>Cost</u></b>           |                                |                                    |
| As at 1 December 2020        | 34,328                         | 223,406                            |
| As at 30 November 2021       | <u>34,328</u>                  | <u>223,406</u>                     |
| <b><u>Depreciation</u></b>   |                                |                                    |
| As at 1 December 2020        | 23,914                         | 13,404                             |
| Charged during the period    | 2,083                          | 4,468                              |
| As at 30 November 2021       | <u>25,997</u>                  | <u>17,872</u>                      |
| <b><u>Net book value</u></b> |                                |                                    |
| As at 1 December 2020        | 10,414                         | 210,002                            |
| As at 30 November 2021       | <u>8,331</u>                   | <u>205,534</u>                     |

#### **4) Capital account - Equipment fund (Restricted funds)**

|                          | <b>2021</b>    | <b>2020</b>    |
|--------------------------|----------------|----------------|
| As at 1 December         | 160,233        | 113,157        |
| Received during the year | 56,708         | 54,148         |
| Depreciation             | (6,551)        | (7,072)        |
| As at 30 November        | <u>210,390</u> | <u>160,233</u> |

**Oakdale House Trust**

**Notes to the accounts for the year ended 30 November 2021**

**5) Gym costs**

Gym costs consist of:

|  | <b>2021</b> | <b>2020</b> |
|--|-------------|-------------|
|  | £           | £           |
| Utilities                              | 7,681       | 8,777       |
| Depreciation of equipment*             | 2,083       | 2,604       |
| Maintenance                            | 8,000       | 170         |
| Rent and rates                         | 19,262      | 24,042      |
| Insurance                              | 405         | 2,500       |
| Telephone                              | 714         | 690         |
| Volunteer, staff, and instructor costs | 20,044      | 23,552      |
| Supplements, drinks and products       | -           | 267         |
| Legal fees                             | -           | 848         |
| Other expenses                         | 90          | -           |
|  | <hr/>       | <hr/>       |
|  | 58,279      | 63,450      |

\*Depreciation of equipment is taken from the capital account

**6) Loans**

During the year to 30 November 2008 the trust purchased a freehold property at 7 Cardiff Road for £216,810, including solicitors fees of £810. The purchase was partly funded by a series of unsecured loans from the trustees and members of the Gym. The loans total £164,979 and are interest free. In 2018 £50,000 was invested in Loco Energy Drinks, this investment has been netted against the loans.

,

**Oakdale House Trust**  
**Examiner's Report**

I have examined the accounts of the Oakdale Trust on pages 1 to 4. They have been properly prepared in accordance with accruals accounting rules. The accounts give a fair representation of the activities of the trust for the year ended 30 November 2021.

M Georgiou FCCA

**Oakdale House Trust**  
**Statement of Financial Activities For The Year Ended 30 November 2021**

|  | Note | 2021         |                 | 2020         |                 |
|--|------|--------------|-----------------|--------------|-----------------|
|  |      | General<br>£ | Restricted<br>£ | General<br>£ | Restricted<br>£ |
| <i>Incoming Resources:</i>             |      |              |                 |              |                 |
| Gym Membership                         |      | 12,236       |                 | 7,487        |                 |
| Grants and donations (inc fundraising) |      |              | 56,708          |              | 54,148          |
| Rental income                          |      | 30,946       |                 | 16,281       |                 |
| Product and services sales             |      | 5,716        |                 |              |                 |
| <b>Total Incoming Resources</b>        |      | 48,898       | 56,708          | 23,768       | 54,148          |
| <i>Application of Resources:</i>       |      |              |                 |              |                 |
| Gym Costs                              | 5    | (56,196)     | (2,083)         | (60,846)     | (2,604)         |
| Depreciation of rental property        |      |              | (4,468)         |              | (4,468)         |
| Administration Costs                   |      | (120)        |                 | (120)        |                 |
| <b>Total Outgoing Resources</b>        |      | (56,316)     | (6,551)         | (60,966)     | (7,072)         |
| <b>Net movement in Resources</b>       |      | (7,418)      | 50,157          | (37,198)     | 47,076          |
| <b>Total Movement in Funds</b>         |      | (7,418)      | 50,157          | (37,198)     | 47,076          |

**Statement of Movement in Funds**

|                                      |                 |                |                 |                |
|--------------------------------------|-----------------|----------------|-----------------|----------------|
| Total Funds b/f                      | (15,088)        | 160,233        | 22,110          | 113,157        |
| Movement during the year (see above) | (7,418)         | 50,157         | (37,198)        | 47,076         |
| <b>Total Funds c/f</b>               | <b>(22,506)</b> | <b>210,390</b> | <b>(15,088)</b> | <b>160,233</b> |

The notes on pages 3 and 4 form part of these accounts

**Oakdale House Trust**  
**Balance Sheet as at 30 November 2021**

|  | Note | 2021<br>£ | 2020<br>£ |
|--|------|-----------|-----------|
| <b><u>Fixed Assets</u></b>                   | 3    |           |           |
| Gym Equipment                                |      | 8,331     | 10,414    |
| Freehold Property                            |      | 205,534   | 210,002   |
|  |      | 213,865   | 220,416   |
| <b><u>Current Assets</u></b>                 |      |           |           |
| Cash at bank and in hand                     |      | 144,289   | 94,879    |
|  |      | 144,289   | 94,879    |
| <b><u>Current liabilities</u></b>            |      |           |           |
| Creditors and accruals                       | 7    | (55,291)  | (55,171)  |
| <b>Net current assets</b>                    |      | 88,998    | 39,708    |
| <b>Total assets less current liabilities</b> |      | 302,863   | 260,124   |
| <b><u>Long term liabilities</u></b>          |      |           |           |
| Loans  | 6    | (114,979) | (114,979) |
| <b>Net assets</b>                            |      | 187,884   | 145,145   |
| <i>Represented by:</i>                       |      |           |           |
| <b><u>Restricted funds</u></b>               |      |           |           |
| Equipment fund (Restricted)                  | 4    | 210,390   | 160,233   |
| <b>Total restricted funds</b>                |      | 210,390   | 160,233   |
| General Funds c/f                            |      | (22,506)  | (15,088)  |
| <b>Total Funds</b>                           |      | 187,884   | 145,145   |

Approved by \_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_

The notes on page 3 and 4 form part of these accounts

## **Oakdale House Trust**

### **Notes to the accounts for the year ended 30 November 2021**

#### **1) Accounting policies**

The accounts have been prepared using generally accepted accounting principals in the United Kingdom. The accounts have been prepared on a going concern basis on the assumption that the Trust will continue to operate. Accruals accounting has been applied to all material items.

Depreciation is provided against equipment at the rate of 20% of the undepreciated cost at the end of the year. Freehold property is depreciated at the rate of 2% pa from 2018, when it was first brought into use.

#### **2) Description of funds**

Donations and grants received are immediately treated as restricted funds.

#### **3) Fixed Assets**

|                              | <b>Gym<br/>equipment<br/>£</b> | <b>Freehold<br/>Property<br/>£</b> |
|------------------------------|--------------------------------|------------------------------------|
| <b><u>Cost</u></b>           |                                |                                    |
| As at 1 December 2020        | 34,328                         | 223,406                            |
| As at 30 November 2021       | <u>34,328</u>                  | <u>223,406</u>                     |
| <b><u>Depreciation</u></b>   |                                |                                    |
| As at 1 December 2020        | 23,914                         | 13,404                             |
| Charged during the period    | 2,083                          | 4,468                              |
| As at 30 November 2021       | <u>25,997</u>                  | <u>17,872</u>                      |
| <b><u>Net book value</u></b> |                                |                                    |
| As at 1 December 2020        | 10,414                         | 210,002                            |
| As at 30 November 2021       | <u>8,331</u>                   | <u>205,534</u>                     |

#### **4) Capital account - Equipment fund (Restricted funds)**

|                          | <b>2021</b>    | <b>2020</b>    |
|--------------------------|----------------|----------------|
| As at 1 December         | 160,233        | 113,157        |
| Received during the year | 56,708         | 54,148         |
| Depreciation             | (6,551)        | (7,072)        |
| As at 30 November        | <u>210,390</u> | <u>160,233</u> |

**Oakdale House Trust****Notes to the accounts for the year ended 30 November 2021****5) Gym costs**

Gym costs consist of:

|  | <b>2021</b> | <b>2020</b> |
|--|-------------|-------------|
|  | £           | £           |
| Utilities                              | 7,681       | 8,777       |
| Depreciation of equipment*             | 2,083       | 2,604       |
| Maintenance                            | 8,000       | 170         |
| Rent and rates                         | 19,262      | 24,042      |
| Insurance                              | 405         | 2,500       |
| Telephone                              | 714         | 690         |
| Volunteer, staff, and instructor costs | 20,044      | 23,552      |
| Supplements, drinks and products       | -           | 267         |
| Legal fees                             | -           | 848         |
| Other expenses                         | 90          | -           |
|  | <hr/>       | <hr/>       |
|  | 58,279      | 63,450      |

\*Depreciation of equipment is taken from the capital account

**6) Loans**

During the year to 30 November 2008 the trust purchased a freehold property at 7 Cardiff Road for £216,810, including solicitors fees of £810. The purchase was partly funded by a series of unsecured loans from the trustees and members of the Gym. The loans total £164,979 and are interest free. In 2018 £50,000 was invested in Loco Energy Drinks, this investment has been netted against the loans.

,

**Oakdale House Trust**  
**Examiner's Report**

I have examined the accounts of the Oakdale Trust on pages 1 to 4. They have been properly prepared in accordance with accruals accounting rules. The accounts give a fair representation of the activities of the trust for the year ended 30 November 2021.

M Georgiou FCCA