

LEWISHAM CHURCHES CARE

England & Wales · Charity number 1126357

Details

Other names	AGEING WELL IN LEWISHAM (LCC)
Status	Registered
Legal form	Other
Registered	2008-10-20
Register	View on the Charity Commission register

Contact

Address	The Grove Centre Church 2 Jews Walk London SE26 6PL
Phone	02086983735
Email	info@ageingwellinlewisham.org
Website	www.ageingwellinlewisham.org

Activities

Objects: TO PROMOTE THE RELIEF OF VULNERABLE OLDER PEOPLE REGARDLESS OF THEIR FAITH OR CULTURE IN ANY MANNER WHICH NOW OR HEREAFTER MAY BE DEEMED BY LAW TO BE CHARITABLE IN AND AROUND THE BOROUGH OF LEWISHAM.

Activities: Help older people living in south Lewisham improve their quality of life through befriending and helping them to access other services. To respond to the needs of older ,vulnerable, unsupported people in the community, regardless of faith or culture, through groups which meet regularly and offer companionship and an opportunity to share an interest.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities

Geography

- **Area of benefit:** LOCAL
- Lewisham

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£68,705	£58,919	-	-
2024-03-31	£63,486	£49,225	-	-
2023-03-31	£50,525	£49,929	-	-
2022-03-31	£18,241	£35,753	-	-
2021-03-31	£23,563	£23,536	-	-

Trustees

Name	Role	Appointed
Gregory Brooks	Chair	2021-10-05
Ann Howell		2023-10-25
Anthony Hemeson		2021-10-05
GRACE BLYTH		2008-10-13
John Christopher Thomas Bishop		2018-09-20
Judith Anne Warren		2024-12-05
Layo Segun		2021-10-05
Patricia Hennessy		2021-10-05
Rev Henry ANTHONY ATHERTON		2013-12-22

LEWISHAM CHURCHES CARE

England & Wales - Charity number 1126357

Accounts



LEWISHAM CHURCHES CARE

ANNUAL REPORT 2023-24



Ageing
Well in
Lewisham



Firstly, I would like to thank Winnie and Lesley hugely for their tireless efforts to raise funds for Bring Me Sunshine and Ageing Well in Lewisham to continue their great work, providing entertainment, companionship and experiences for older people in our community.

It is also a good opportunity for me to thank the trustees and volunteers for their hard work and dedication. THANK YOU to you all!

During the course of this year, the numbers of attendees at Bring Me Sunshine's events has increased, so much so, that we now have to ask attendees to book in advance so as not to exceed maximum numbers.

BMS hosted an event for the first time at St. Barnabus Church, which was a great success. The BMS project also held an event for Black History Month in October and a special 75th anniversary event for Windrush Day with a Caribbean lunch and fantastic entertainment enjoyed by members of BMS and AWiL alike.

People also enjoyed returning to favourite celebration themes such as summer fun and Christmas festivities—to name just two!

These are a couple of highlights, but we can't forget Ageing Well's groups, which are run on a weekly basis, such as The Befrienders and the Silver Lunch Club.

It is wonderful to see the collaboration and crossover between our two project arms.

We hope to see many more people attending in the coming year, and enjoying the exciting events, groups and fellowship on offer.

— Greg Brooks, Chair

NUMBERS IN A NUTSHELL

For financial year 2023-24

INCOME: £63,486

EXPENDITURE: £49,225

NET: £14,241

Ageing Well in Lewisham

All AWiL's weekly groups have grown over this past year. Old friendships have deepened, and new bonds have formed. It has been lovely to see how people have started socialising outside of our groups—even going on holiday together!

The Silver Lunch Club has grown and provides a welcoming environment with lots of laughs and fun games and quizzes. Body & Bingo has gone from strength to strength (literally!) and has a bumper number of dedicated weekly attendees. Crafts Plus participants have enjoyed trying their hands at painting, collage, clay work, mosaic, and more.



One of my favourite aspects of Ageing Well's programmes is all the cooperative work we do with other groups, organisations and initiatives. Numerous groups have given informative talks at Our Golden Agers Coffee Morning, including Pharmacy First, London Migration Museum, Table Talk, Lewisham Irish Community Centre, and more. We're also thankful for fabulous concerts from Albert's Band of Royal Albert Hall, Give A Song, SongEasel, and The Cake Appreciation Society. The Befrienders enjoyed participating in Trinity Laban's Inspired Not Tired performance showcase and learning new songs with students from Sydenham High School GDST. This partnership work gives our members new experiences, information, and opportunities.

An especially mutually rewarding relationship has continued between The Befrienders and Venner Road Dementia Café. Using a dementia-friendly reminiscence technique, the two groups have created on-the-spot collaborative musical pieces through which everyone is able to have a voice. Befrienders members have really successfully developed their creative leadership skills, demonstrating how musical expression can be accessible to everyone. Choir leader Natasha describes the Befrienders' inclusive creative confidence as being "like a hand going out in the audience and saying 'You could do this too.'"

"The caring for each other here is good.

We're all so different but there is a lot of caring."

— AWiL participant

I have enjoyed the increased overlap between Ageing Well and Bring Me Sunshine, both between our members and between me and Lesley as Project Coordinators. I worked closely with Lesley on BMS's large-scale 75th Windrush anniversary celebrations. I learned a lot from her and loved being a part of those ambitious, inspiring and fun events. A number of Ageing Well's members now regularly attend Bring Me Sunshine events and coach holidays!



Fundraising is an ongoing challenge and must be planned and balanced alongside the delivery of weekly groups. We are extremely grateful for the support of The Grove Community Centre and Wesley Halls for providing us with venues for our groups. We also appreciate the funders who have supported our work over the past year and are optimistic that more funders will recognise the work we are doing.

I would also like to thank all our dedicated volunteers for their time, skills and kindness. AWiL would not be what it is without you!

— Winnie Carlson, Project Coordinator



Bring Me Sunshine

What a fun, packed year it was for Bring Me Sunshine! We delivered 14 large scale events for older people in different community venues, including St Andrews, Brownhill Baptist, Lewisham Irish Community Centre, Holy Cross, St Laurence's and Goldsmiths Community Centre. The events all attracted new people, ensuring older isolated adults in the borough have the opportunity to enjoy and connect with their community.

The themes of our events included seasonal celebrations for Christmas, Valentine's Day, and Easter with a bonnet parade. We held a Country & Western style hoedown with line dancing and Calamity Jane sarsaparilla as well as a glamorous Silver Ball with a three-course meal and fantastic music from Peachy Beat. To help raise money for the ball, a fun intergenerational quiz took place at the Irish Centre.



8



For the 75th anniversary of the Windrush UK Migration, we received a sizable grant to hold two large intergenerational events for 130 people each: one in Catford and one in Brixton with the Stockwell Good Neighbours group. Participants enjoyed quadrille dancing, drumming, an immersive theatre act called "Saleh's Journey", and a lovely Caribbean meal. We also held workshops where members shared stories and memories which were edited into several short films by Bridie O'Sullivan. We were honoured at our Catford event with a visit by local councillors and the now Mayor Brenda Dacres.

It was great to be able to thank our wonderful Bring Me Sunshine volunteers at a joint party with Ageing Well. Our volunteers take great care of our attendees and work very hard to ensure they always feel special and welcome. It was a joyous evening.

The Bring Me Sunshine magazine continued during this year to reach over 200 people quarterly in print and online, providing information, photos, quizzes, articles written by members and signposting to community events. This ensures our housebound members remain connected and part of our project.



“The diversity in Lewisham gives us a richer environment and we can learn from each other. Bring Me Sunshine encourages friendship and a stronger community.”

—BMS participant



I was delighted to receive a British Citizen Award at the House of Commons in June 2023 followed by a trip to Nottingham in December where I received a surprise “One Big Thank You” as part of *The One Show*. I was very pleased to be able to share these accolades with attendees and volunteers of Bring Me Sunshine.

— Lesley Allen, Project Coordinator





“[BMS] enables me to meet new people and make friends from different backgrounds. The organiser Lesley is very welcoming. She makes you feel part of the group on the very first day that I joined.”



“I have become more talkative. Giving my ideas as well.”

“[I’ve had] the opportunity to meet new people, young and old, in a way I never imagined...and prove you are never too old to learn something new!”

Happy Participants

“I really appreciated all of the community getting together. I wish we could have more of it.”

“Thanks for a lovely day. Seeing smiles on everyone’s faces, and everyone dancing and enjoying the entertainment, makes volunteering worthwhile”



“Since I’ve been coming to this group, the amount of information I’ve got has been amazing. I have learned so much about what is available.”



“These classes mean so much more than just learning new skills.”



“Coming here’s been like a new lease of life! I attend all the sessions. It’s good fun socialising with others in the group. Lewisham is good to older people.”

“This group is great for my mental health as it’s supportive, not just about getting your part right.”

Secretary's Report

Lewisham Churches Care, with its two complementary projects, continues to thrive. The Board of Trustees met regularly during the year, and it was always a delight for us to hear Lesley's and Winnie's reports on the projects. Attendance numbers at groups and events have increased thanks to the dedication of Project Coordinators, our volunteers, and sessional presenters.

During the past year, Ageing Well in Lewisham was delighted by concerts from Albert's Band (from the Royal Albert Hall) and the SongEasel Project who visited the Tuesday Befrienders singing group. The Befrienders also continued to build their relationships with local initiatives such as the Venner Road Dementia Café, and intergenerational work with Sydenham High School GDST.

Ageing Well's Crafts Plus and Body & Bingo sessions continue to thrive, as do the Golden Agers Coffee Mornings -- a monthly social prescribing initiative hosted in collaboration with South Lewisham Group Practice. The Thursday Silver Lunch Club continues to offer home-cooked meals and relaxed activities at Wesley Halls in Downham.

The ever popular Bring Me Sunshine project continues to organise welcoming sessions with food and entertainment in various community locations. These much-appreciated special events are well attended throughout the year.

Given the ongoing financial climate, we are very appreciative of the effective work Winnie and Lesley do on funding applications. Due to their efforts, considerations to increase attendance fees for participants have been avoided so far.

Part of the busyness of this year has been the relocation of our office. We remain appreciative of The Griffin Schools Trust for the office we held for years at the Talent Factory in Catford. It was an inspiring place, and we were sad to go. However, The Grove Centre Church came to our rescue with the offer of rented office space in their recently renovated facilities next to the church building. The new location is proving to be excellent with the added convenience of being the location for three of Ageing Well's weekly sessions.

— Grace Blyth, Secretary

BOARD OF TRUSTEES

Chair, Gregory Brooks

Vice Chair, Anthony Atherton

Secretary, Grace Blyth

Treasurer, Bill Bishop

Health & Safety, Robert Green

Patricia Hennessy

Layo Segun

Tony Hemeson

Ann Howell

STAFF

Winnie Carlson– Project Coordinator, Ageing Well in Lewisham

Lesley Allen– Project Coordinator, Bring Me Sunshine

ACTIVITY FACILITATORS

[AWiL] Shiree Allen, Ann Bagnall, Natasha Lohan, and Befrienders support from Catarina Carvalho and Daniella Nassar.

[BMS] Kate Middleton, Chloe Edwards and Give A Song, Erin Prendergast — MindBody Therapy, Amy Quinn — admin and newsletter production.



I joined in with Befrienders Zoom sessions during the Covid pandemic lockdowns and found them inspirational. Post-lockdown I came to sessions in person at The Grove Centre and appreciated meeting everyone else. Natasha arranges stimulating sessions with breathing exercises, and body and facial stretches. I particularly appreciate the meditation as it gives me a real sense of calm.

We usually have very talented volunteers with us - all graduates from Trinity Laban. They bring with them the ability to accompany us on the piano, according to the mood, and teach us songs in their home languages. We are aware we are indeed blessed.

Somehow, Natasha got a group of non-singers singing in harmony, extending our repertoire each week. We have gained an unusual co-operation with other senior groups, bringing our workshops out to them. These collaborations offer us something hard to define, but which gives us joy and benefits our own sense of well-being. This has recently been extended to primary students at a nearby school, and their wish for us to come again gladdens our hearts!

We feel privileged to receive such inspirational direction, and to have the opportunity of sharing our experience with other groups. We get to be different versions of ourselves when we work with others. We get a lot back from feeling like we have something to offer.

— Gillian Goldsmith



The great thing about Bring me Sunshine is that it brings the elders of the community happily together, raising great memories to share and always finding common ground. You're never alone with Bring me Sunshine!

— Melanie Thomas

FUNDING RECEIVED BY LCC DURING 2023-24

- Lewisham Council, Main Grants Small Partnership Program, continuation of 3 years
- Neighbourhood Community Infrastructure Levy Fund [NCIL]- Whitefoot, continuation of 2 years
- NCIL Fund – Sydenham, continuation of 2 years
- City Bridge Trust – for Silver Lunch Club, continuation for 3 years
- Lewisham Local, Warm Welcomes — AWiL’s Grove Centre groups
- Merchant Taylors’ Foundation — AWiL core funding
- Albert Hunt Foundation — LCC core funding
- Charles Hayward Foundation — core funding, AWiL’s Grove Centre groups
- McCarthy Stone Foundation — LCC core funding
- Near Neighbours with the Department of Levelling Up, Housing & Communities, Windrush Day Grant Scheme 2024.

A BIG THANK YOU TO OUR PARTNERS, COLLEAGUES AND SUPPORTERS

Grove Community Centre, Wesley Halls, Goldsmiths Community Centre, Goldsmiths Dance Academy, Lewisham Council, Trinity Laban Conservatoire, South Lewisham Group Practice (Janice Heredia and Alex Camies), Community Connections Lewisham, AgeUK Lewisham & Southwark, Lewisham Pensioners Forum, Positive Ageing Council, Table Talk, St Laurence Church Catford, Give A Song and friends, Lewisham Irish Community Centre, T4Healing, Catford Print, Music in Hospitals, Brownhill Baptist Church, St Andrew’s Church Catford, Holy Cross Church, Imago, Lewisham Local, Rushey Green Time Bank, Catbytes, SELCE, St Christopher’s Hospice, Albert’s Band— Royal Albert Hall, SongEasel, Cake Appreciation Society, Homewalk House, Alzheimer’s Society, Leanne Wenham, Fundraising Development Officer— CCL, AgeUK L&S, Happy Drums, Januka, Anika Wilson, Bridie O’Sullivan, Blitz and Pieces, Maziaka Duo, Emily Shaw, Michael Philips—DJ, Chris Bunker - chef, Francis Crichlow—chef, Crystal Cal-low—social media.

Ind. Examiner: Robert Cunningham, ACA



Lewisham Churches Care

2 Jews Walk

London, SE26 6PL

074860 11102

Registered charity no. 1126357



LEWISHAM CHURCHES CARE

Statement of Financial Activities
for the year ended 31 March 2024

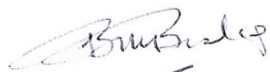
	Restricted funds	Unrestricted funds	Total funds 2024	Total funds 2023
Incoming resources				
Incoming resources from generated funds:	34926	18715	53641	40265
Voluntary income		1193	1193	2125
Incoming resources from generated funds: charitable activities		8652	8652	8135
Total incoming resources	<u>34926</u>	<u>28560</u>	<u>63486</u>	<u>50525</u>
Resources expended				
Costs of generating funds			180	96
Charitable activities			49045	49833
Governance costs				0
			<u>49225</u>	<u>49929</u>
Net incoming/outgoing resources			14261	596

LEWISHAM CHURCHES CARE

Balance Sheet
as at 31 March 2024

	2024	2023
Fixed Assets		
Tangible Assets	1	1
Current assets		
Debtors	1500	
Cash at bank and in hand	47434	34463
Creditors	300	2826
Net current assets/liabilities	48634	31638
Net assets	<u>48635</u>	<u>31638</u>
The funds of the charity are represented by:		
Net incoming resources	14261	596
Restricted funds	20000	20000
Unrestricted funds	14374	11042
Total funds	<u>48635</u>	<u>31638</u>

These financial statements were approved by the Trustees on November 2024
and signed by


Hon Treasurer

LEWISHAM CHURCHES CARE

Voluntary income		<u>2024</u>	<u>2023</u>
LB Lewisham	21000	21000	19755
Trinity Laban	2100	2100	3150
City of London	3450	3450	4387
London Community			9942
Southwalk Cathedral			2500
Church Urban Fund	13320	13320	
Souter Trust	3000	3000	
Main Grants	10056	10056	
Donations		<u>715</u>	<u>531</u>
Total		<u><u>53641</u></u>	<u><u>40265</u></u>
Income resources from charitable activities			
Members' contributions		8208	8044
Bank interest		<u>444</u>	<u>91</u>
Total		<u><u>8652</u></u>	<u><u>8135</u></u>
Charitable activities			
Salaries and employment costs		15743	18333
Rent		3600	3600
Telephone		572	576
Insurance		942	918
Equipment			
Other office costs		730	618
Training			
Transport			
Disclosure & Barring Service		87	129
Volunteer costs		51	
Other costs		103	763
Group activities		5522	6714
Events		<u>19131</u>	<u>18182</u>
		<u><u>46481</u></u>	<u><u>49833</u></u>

LEWISHAM CHURCHES CARE

5. Governance costs	<u>2024</u>	<u>2023</u>
Cost of AGM		
Independent examiner's fee	<u>0</u>	<u>0</u>

6. Cost of generating funds		<u>2023</u>
Cost of generating funds	<u>180</u>	<u>96</u>

7. Salaries and employment costs

Staff costs were as follows	<u>2024</u>	<u>2023</u>
Salaries and NIC	16464	16643
Pensions	1327	1346
Cost of paying staff	268	344
Staff costs	<u>2896</u>	<u>212</u>
	<u>20955</u>	<u>18545</u>

No employee received emoluments of more than £60,000	<u>2024</u>	<u>2023</u>
--	-------------	-------------

The average number of employees, undertaking charitable activities, was as follows	1	1
--	---	---

The charity contributes to a workplace pension scheme.

8. Trustee remuneration and expenses

No trustee received remuneration during the year. (2023: £nil)
Expenses amounting to £51 (2023:£nil) were re-imbursed to trustees

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year. (2023:£nil)

LEWISHAM CHURCHES CARE

9. Tangible fixed assets

	Computer & Office Equip	Furniture & Fittings
Cost at 1 April 2023	5587	911
Additions	0	0
Disposals	0	0
Cost at 31 March 2024	<u>5587</u>	<u>911</u>

Accumulated depreciation

Cost at 1 April 2023	5586	911
Charge for the year	0	0
Disposals	0	0
Cost at 31 March 2024	<u>5586</u>	<u>911</u>

Value

at 31 March 2023	1	0
at 31 March 2024	1	0

10 Debtors

	<u>2024</u>	<u>2023</u>
Other debtors	1500	0

11 Creditors

	<u>2024</u>	<u>2023</u>
Other creditors	300	1326
Deferred income		1500
	<u>300</u>	<u>2826</u>

LEWISHAM CHURCHES CARE - AGEING WELL IN LEWISHAM
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024

ACCOUNTING POLICIES

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

i) Basis of Accounting

The accounts have been prepared under the historic cost convention and in accordance with the Statement of Recommended Practice, Financial Reporting Standard for Smaller Entities 2015, published on 16 July 2014, applicable accounting standards and the Companies Act 1985.

ii) Fund accounting

Funds held by the charity are either unrestricted or restricted:

Unrestricted general funds are available for use at the discretion of the trustees in accordance with the charitable objects.

Restricted funds are used for activities specified by the donor or through the terms of an appeal or grant.

iii) Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity is entitled to the income and the amount can be established with reasonable accuracy. The following specific policies are applied to particular categories of income.

Voluntary income is received by way of grants, donations and gifts and is included in full when receivable

Donations and grants

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable or when these are associated with expenditure.

Donated services and facilities are quantified where possible but are not presented in these accounts. Where possible the value of these services has been used to release restricted income.

Investment income is included when receivable by the charity.

Where income is received, some or all of which is specifically in relation to future periods, the relevant amount is deferred and credited to the Statement of Financial Activities in the period to which it relates.

iv) Resources expended

Expenditure is accounted for on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Costs of generated funds comprises the costs associated with attracting voluntary income.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to those activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

v) Fixed Assets

Tangible fixed assets are stated at cost less accumulated depreciation. The cost of minor additions or those costing below £500 are not capitalised. Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life. The rates are 25% for computer and office equipment and 25% for furniture and fittings.

vi) Deferred income

Where income is received, some or all of which is specifically in relation to future periods, the relevant amount is deferred and credited to the SOFA in the period to which it relates.

vii) Pension costs

The Charity makes contributions to a defined contribution pension scheme on behalf of its employees. These are recognised in the SOFA in the period to which they relate.

ix) Reserve

The trustees continue to keep a minimum of four months operating expenditure as part of the unrestrictive reserve. The trustees have determined that a reserve of £20,000 be maintained to ensure, if it were to be necessary, the winding up of the charity in a proper manner.

x) Risks

The loss of our grant from the London Borough of Lewisham has impacted on the future of AWIL. We are in a healthy place at the moment but a dependency on ad-hoc grants could impact on our reserves. The trustees will invoke triggers to ensure the charity does not become insolvent; however these could change our scope and make us more dependent on our volunteers managing our activities. The trustees are monitoring these risks.

Independent Examiner's Report on the Accounts

Report to the trustees / members of

LEWISHAM CHURCHES CARE - AGEING WELL IN LEWISHAM

On the accounts for the year ended 31 March 2024 Charity no. 1126357

Respective responsibilities of trustees and examiner

The charity's trustees consider that an audit is not required for this year (under section 145(1)(a) of the Charities Act 2011 (the Act) and that an independent examination is needed. It is my responsibility to

- Examine the accounts (under section 145 of the Act),
- To follow procedures laid down in the General Directions given by the Charity Commission (under section 145(1)(a) of the Act, and
- To state whether particular matters have come to my attention.

Basis of independent examiner's report

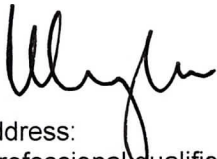
My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present a true and fair review and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that, in any material respect, the trustees have not met the requirements to ensure that
 - Proper accounting records are kept in accordance with sections 130 - 134 of the Act, and
 - Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act, or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 21st November, 2024

Name & address:

Relevant professional qualification: ACA

64 WIDMORE ROAD

BLOUNCEY

BR1 3BD

Independent Examiner's Report on the Accounts

Report to the trustees / members of

LEWISHAM CHURCHES CARE - AGEING WELL IN LEWISHAM

On the accounts for the year ended 31 March 2024 Charity no. 1126357

Respective responsibilities of trustees and examiner

The charity's trustees consider that an audit is not required for this year (under section 145(1)(a) of the Charities Act 2011 (the Act) and that an independent examination is needed. It is my responsibility to

- Examine the accounts (under section 145 of the Act),
- To follow procedures laid down in the General Directions given by the Charity Commission (under section 145(1)(a) of the Act, and
- To state whether particular matters have come to my attention.

Basis of independent examiner's report

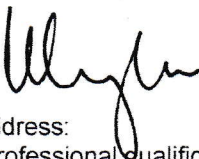
My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present a true and fair review and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that, in any material respect, the trustees have not met the requirements to ensure that
 - Proper accounting records are kept in accordance with sections 130 - 134 of the Act, and
 - Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act, or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 21st November, 2024

Name & address:

Relevant professional qualification: ACA

64 WIDMORE ROAD
BLONNEY
BR1 3BD

LEWISHAM CHURCHES CARE

England & Wales - Charity number 1126357

Accounts

Lewisham Churches Care

ANNUAL REPORT 2022-23



In addition to their fantastic work running weekly groups and creating wonderful experiences through concerts and full-day, themed events for our attendees, Lesley and Winnie have been instrumental during this past year in raising additional funding through grant applications, which is a huge task, so thank you very much to you both!

A special congratulations to Lesley on her recent British Citizen's Award.

The number of attendees at the Bring Me Sunshine events has increased enormously, often exceeding 100 participants, and the numbers for the weekly Ageing Well groups are up too. It has been great to see more collaboration between Bring Me Sunshine and Ageing Well in Lewisham. Long may this continue.

We could not run these groups and events without our dedicated trustees, volunteers, and tutors, so I wish to thank them all for their hard work. I hope that they all had a great time at our 'Thank You' party recently, where we had Give A Song performing. What a wonderful party it was – you even got me up on the dancefloor!

We would like to recruit additional trustees to Lewisham Churches Care, so if somebody knows of anyone that may be interested, please do let us know.

We are looking forward to another great year of providing entertainment and fellowship to our beneficiaries.

— Greg Books, Chair

NUMBERS IN A NUTSHELL

For financial year 2022-23

INCOME: £50,525

EXPENDITURE: £49,929

NET: £596

Ageing Well in Lewisham

All of AWiL's weekly groups have grown over this past year. New friendships, new skills, and new muscles (thanks, Body & Bingo!) have developed.

We have had numerous rewarding collaborations with other groups and organisations, including Craft Plus' contribution to CraftA's Lewisham Community Blanket and lovely shared singing sessions between our Befrienders choir and residents of Homewalk House and members of Venner Road Dementia Café. Both the Silver Lunch Club and Golden Agers Coffee Morning have benefitted from guest speakers from SELCE, Carers Lewisham, AgeUK's Happy Feet, Positive Ageing Council, Table Talk, and more.

Groups also have enjoyed special concerts at the Grove Centre from Albert's Band as part of the Songbook Series from Royal Albert Hall. We had several performances from the SongEasel project which brings young musicians out into the community to perform for older people.



It has been a pleasure this past year to work more closely with Bring Me Sunshine's participants. AWiL and BMS held a successful joint fundraiser with a Valentine's theme as well as a combined lunchtime party at Wesley Halls with fish and chips, dancing, and games. I am looking forward to even more overlap with BMS this year.



Two of our long-time group session leaders moved on this past year. Lynn Edwards retired from the Body & Bingo group. A former AWiL employee herself, Lynn developed and led many of our groups over the years. She had great kindness and flair and is very missed. Also, Sue Rafique moved on from leading Crafts Plus for many years. Thankfully, Sue does come back for visits.

*"You're stimulated. You come alive. The things we do here really are meaningful."
— Joyce D, AWiL member*

We have enjoyed getting to know our new art tutor, Shiree Allen, who is stretching the creativity of the group. And Ann Bagnall is stretching everything else as the new teacher of the Body & Bingo gentle exercise group. Both women are very popular with members.

I would like to thank all our dedicated volunteers and session leaders for their time and skills. AWiL would not be what it is without you!

--Winnie Carlson, Project Coordinator



“Come along and join us!”

“I am now into my second year of craft class and learning something new every time! It’s part of my routine and I always look forward to Tuesday and enjoy the company and laughs we have – not forgetting the tea and biscuits!”

Everyone can enjoy the afternoon at their own pace, with no stress. I am really happy to be part of this gathering and would say come along and join us!”

—Sue Wilson, member of Crafts Plus





Bring Me Sunshine

Bring me Sunshine has delivered many lively events during 2022- 23!

Some highlights include: the Borough of Culture-funded “Will you take me to the dance, Mary”, an Irish-themed day with music, apple pies and red lemonade as well as a Caribbean celebration with lunch and music; a Black History Month celebration; a Valentines-themed fundraiser alongside Ageing Well in Lewisham, and a Silver Sunday event co-hosted with Positive Ageing Council.

A bumper pack of Platinum Jubilee celebrations took place at several different venues. We received a significant grant to host our “Jubilee Jive” event with Goldsmiths Academy of Dance, in which old and young created and performed two spectacular shows bringing to life music and styles over the decades of Queen Elizabeth’s reign. This ambitious project also involved reminiscence and art workshops, creating costumes and decorations, numerous rehearsals, and the production of a film and souvenir brochure.



Our long-time volunteer and performer, Kate Middleton, received a special mayoral recognition award for her volunteer work. And I was recently honoured to receive a British Citizen Award for my work with BMS and attended a Buckingham Palace garden party.



We have continued to distribute quarterly Bring Me Sunshine magazines to over 200 people via post and email. These publications are filled with puzzles, messages of hope and positivity, information, quizzes and photographs.

I would like to extend special thanks to Goldsmiths Dance Academy, Positive Ageing Council, and all the volunteers, venues, and organisations who made this an amazing year for Bring Me Sunshine!

—Lesley Allen, Project Coordinator



“Bring Me Sunshine events provide companionship and wonderful get-togethers for elderly members of the community who might otherwise feel isolated.”

—BMS participant





Participant Testimony

“Looking back it has been a busy year. In May we returned to King Charles Court for our Spring Forth performance and to celebrate 10 years of the Inspired Not Tired program. It has been a joy to have Trinity Laban graduates Dani and Cat continue with us, teaching us songs in Greek and Portuguese. We are now well acquainted with the residents of Homewalk House opposite the Grove Centre and enjoyed a summer sing-along with them in July in their garden.

We have welcomed several new members, and very much miss those who are no longer with us. Thanks to Chris birthdays are never forgotten, and Maureen’s 80th birthday celebration was indeed a memorable evening. We owe much thanks to Winnie. Of course, it is our lovely Natasha who really keeps us going. She challenges, inspires, and encourages with her infectious sense of humour.

So, to all Befrienders I wish you a very merry Christmas and a happy and healthy new year.”

—Excerpted from a Christmas WhatsApp from Avril Sydee to the Befrienders group

“I am so pleased and so proud to be a part of the Bring Me Sunshine project and one of the volunteer team members over the past years. May this project continue to bring sunshine to those who would not get out and about to enjoy such a variety of shows, tea parties, and activity workshops. It’s such great fun and important— there is such a fundamental well-being aspect to this project too.”

—Kate Middleton, BMS volunteer and entertainer

“I always love Bring Me Sunshine days. The entertainment is always great. Lovely to meet up with people you don’t see very often. All ages come together which is great. Long may it continue.”

—BMS participant

Secretary's Report

Lewisham Churches Care continues to develop and grow as things get back to something close to normal post pandemic, and the Board of Trustees thanks the continued dedication and loyalty of staff, volunteers, and sessional presenters.

We are really pleased to see that attendance at group sessions has continued to build. LCC trustees have met regularly and the collaboration of our two projects, Ageing Well in Lewisham and Bring Me Sunshine, continues to be mutually beneficial.

During the past year, in addition to its regular group meetings, Ageing Well hosted several special sessions: Albert's Band (from the Royal Albert Hall) visited the Tuesday Morning Befrienders group on two occasions, as did the SongEasel project. The Befrienders themselves shared their activities when they visited the Dementia Café that meets in the Venner Road Community Centre. AWiL's Thursday Silver Lunch Club hosted a Christmas dinner which was very much enjoyed by its regulars. The lunch group and Bring Me Sunshine also jointly hosted a fish and chips meal with excellent entertainment and games.

AWiL's Tuesday afternoon Crafts Plus Group and the Wednesday morning Body & Bingo sessions have adapted well to changes in sessional presenters.

Bring Me Sunshine has been really busy with their special events throughout the year, presenting sessions with food and entertainment in various locations. Their programme has included: Platinum Jubilee celebrations (I even took a turn on the stage!); Easter and Valentine's-themed events, and a festive party featuring Irish music and food.

Given the current financial climate, Winnie and Lesley have been working extremely hard on funding applications. Increasing attendance fees for members had been considered but so far has been avoided.

As always, we are most appreciative of The Talent Factory in Barmeston Road, Catford, where we have our office. It is an inspiring place in which to be based. It is hoped that beyond expected changes to ownership of the building, LCC will still be able to keep their office there.

—Grace Blyth, Secretary

BOARD OF TRUSTEES

Chair, Gregory Brooks

Vice Chair, Anthony Atherton

Secretary, Grace Blyth

Treasurer, Bill Bishop

Health & Safety, Robert Green

Patricia Hennessy

Layo Segun

Tony Hemeson

STAFF

Winnie Carlson– Project Coordinator, Ageing Well in Lewisham

Lesley Allen– Project Coordinator, Bring Me Sunshine

SESSION LEADERS

[AWiL] Shiree Allen, Jacky Dempsey, Jacqui Hannam, Joni Blackwood, Ann Bagnall, and our partners at Trinity Laban, Natasha Lohan, and students Catarina and Daniella.

[BMS] Kate Middleton, Chloe Edwards and Give A Song, T4Healing, Amy Quinnfod.

FUNDING RECEIVED BY LCC DURING 2022-23

- Lewisham Council, Main Grants Small Partnership Program, continuation of 3 years
- Neighbourhood Community Infrastructure Levy Fund [NCIL]- Whitefoot, continuation of 2 years
- NCIL Fund– Sydenham, continuation of 2 years
- City Bridge Trust– for Silver Lunch Club, continuation of 2 years
- Lewisham Council Microgrant for Platinum Jubilee event
- Lewisham Borough of Culture Creative Change Fund
- Southwark Cathedral, for the BMS project
- London Community Foundation, for Jubilee Jive events
- National Lottery Mayor’s Community Weekend Fund
- Near Neighbours with the Department of Levelling Up, Housing & Communities, Windrush Day Fund.

A BIG THANK YOU TO OUR PARTNERS, COLLEAGUES AND SUPPORTERS

Grove Community Centre, Wesley Halls, Goldsmiths Community Centre, Goldsmiths Dance Academy, Lewisham Council, Trinity Laban Conservatoire, South Lewisham Group Practice and Alex Camies, Community Connections, Lewisham Pensioners Forum, Positive Ageing Council, Table Talk, The Griffin Trust, Age Exchange, St Laurence Church Catford, Give A Song and friends, Lewisham Irish Community Centre, Homewalk House, T4Healing, Catford Print, Music in Hospitals, Brownhill Baptist Church, St Andrew’s Church Catford, Holy Cross Church, Carers Lewisham, Lewisham Local, Rushey Green Time Bank, Catbytes, Simply Irresistible, AgeUK Lewisham & Southwark, SELCE , CraftA, Hourglass, St Christopher’s Hospice, Albert’s Band– Royal Albert Hall, SongEasel, Leanne Wenham, Fundraising Development Officer– CCL, AgeUK L&S.

Ind. Examiner: Robert Cunningham, ACA



Lewisham Churches Care

The Talent Factory, 4-14 Barmeston Road

London, SE6 3BH

0208 698 3735



Registered charity no. 1126357

LEWISHAM CHURCHES CARE

Statement of Financial Activities
for the year ended 31 March 2023

	Restricted funds	Unrestricted funds	Total funds 2023	Total funds 2022
Incoming resources				
Incoming resources from generated funds:	9942	30323	40265	13868
Voluntary income		2125	2125	775
Incoming resources from generated funds: charitable activities	38	8097	8135	3598
Total incoming resources	<u>9980</u>	<u>40545</u>	<u>50525</u>	<u>18241</u>
Resources expended				
Costs of generating funds			96	96
Charitable activities			49833	35663
Governance costs			0	0
			<u>49929</u>	<u>35753</u>
Net incoming/outgoing resources			596	-17512

LEWISHAM CHURCHES CARE

Balance Sheet
as at 31 March 2023

	2023	2022
Fixed Assets		
Tangible Assets	1	1
Current assets		
Debtors		
Cash at bank and in hand	34463	31153
Creditors	2826	
Net current assets/liabilities	31638	31154
Net assets	<u>31638</u>	<u>31154</u>
The funds of the charity are represented by:		
Net incoming resources	596	-17512
Restricted funds	20000	20000
Unrestricted funds	11042	28666
Total funds	<u>31638</u>	<u>31154</u>

These financial statements were approved by the Trustees on 6 December 2023
and signed by

LEWISHAM CHURCHES CARE

Voluntary income			<u>2023</u>	<u>2022</u>
LB Lewisham		19755	19755	4100
Trinity Laban		3150	3150	3150
City of London		4387	4387	1000
London Community	9942		9942	
Southwalk Cathedral		2500	2500	
Holy Cross				2000
Catholic Conference				3000
Local Giving				500
Donations			<u>531</u>	<u>118</u>
Total			<u>40265</u>	<u>13868</u>
Income resources from charitable activities				
Members' contributions			8044	4369
Bank interest			<u>91</u>	<u>3</u>
Total			<u>8135</u>	<u>4372</u>
Charitable activities				
Salaries and employment costs			18333	18099
Rent			3600	3600
Telephone			576	727
Insurance			918	816
Equipment				384
Other office costs			618	239
Training				0
Transport				40
Disclosure & Barring Service			129	126
Volunteer costs				0
Other costs			763	36
Group activities			6714	2976
Events	10000	8182	<u>18182</u>	<u>8620</u>
			<u>49833</u>	<u>35663</u>

LEWISHAM CHURCHES CARE

5. Governance costs	<u>2023</u>	<u>2022</u>
Cost of AGM		
Independent examiner's fee	<u>0</u>	<u>0</u>
6. Cost of generating funds	<u>2023</u>	<u>2022</u>
Cost of generating funds	<u>96</u>	<u>96</u>

7. Salaries and employment costs

Staff costs were as follows	<u>2022</u>	<u>2021</u>
Salaries and NIC	16643	14867
Pensions	1346	542
Cost of paying staff	344	471
Staff costs	<u>212</u>	<u>0</u>
	<u>18545</u>	<u>15880</u>

No employee received emoluments of more than £60,000	<u>2022</u>	<u>2021</u>
--	-------------	-------------

The average number of employees, undertaking charitable activities, was as follows	1	1
--	---	---

The charity contributes to a workplace pension scheme.

8. Trustee remuneration and expenses

No trustee received remuneration during the year. (2022: £nil)
Expenses amounting to £nil (2022:£nil) were re-imbursed to trustees

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year. (2022:£nil)

LEWISHAM CHURCHES CARE

9. Tangible fixed assets

	Computer & Office Equip	Furniture & Fittings
Cost at 1 April 2022	5587	911
Additions	0	0
Disposals	0	0
Cost at 31 March 2023	<u>5587</u>	<u>911</u>
Accumulated depreciation		
Cost at 1 April 2022	5586	911
Charge for the year	0	0
Disposals	0	0
Cost at 31 March 2023	<u>5586</u>	<u>911</u>
Value		
at 31 March 2022	1	0
at 31 March 2023	1	0
10 Debtors	<u>2023</u>	<u>2022</u>
Other debtors	0	0
11 Creditors	<u>2023</u>	<u>2022</u>
Other creditors	1326	0
Deferred income	<u>1500</u>	<u>0</u>
	<u>2826</u>	<u>0</u>