

# 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.

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

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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



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

—BMS participant

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## 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 80<sup>th</sup> 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

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Chair, Gregory Brooks

Vice Chair, Anthony  
Atherton

Secretary, Grace Blyth

Treasurer, Bill Bishop

Health & Safety, Robert  
Green

Patricia Hennessy

Layo Segun

Tony Hemeson

## STAFF

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Winnie Carlson– Project  
Coordinator, Ageing Well in  
Lewisham

Lesley Allen– Project  
Coordinator, Bring Me  
Sunshine

## SESSION LEADERS

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[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
<b>Incoming resources</b>				
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>
<b>Resources expended</b>				
Costs of generating funds			96	96
Charitable activities			49833	35663
Governance costs			<u>0</u>	<u>0</u>
			<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>
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The average number of employees, undertaking charitable activities, was as follows	1	1
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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
<b>10 Debtors</b>	<u>2023</u>	<u>2022</u>
Other debtors	0	0
<b>11 Creditors</b>	<u>2023</u>	<u>2022</u>
Other creditors	1326	0
Deferred income	<u>1500</u>	<u>0</u>
	<u>2826</u>	<u>0</u>