

REGISTERED COMPANY NUMBER: 06227466 (England and Wales)

REGISTERED CHARITY NUMBER: 1145028



**REPORT OF THE TRUSTEES
AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31ST MARCH 2025**

LISTENING EARS LIMITED
REPORT OF THE TRUSTEES
AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31ST MARCH 2025

Listening Ears Limited
Content of the Financial Statements
For the Year Ended 31st March 2025

	Page
Legal and Administrative Information	
Report of the Trustees	1 - 13
Independent Examiner's Report	14
Statement of Financial activities	15
Statement of Financial Position	16
Notes to the accounts	17 - 21
Detailed Statement of Financial Activities	22

Listening Ears Limited
Legal and Administrative Information

Chairman Board of Trustees: Mosad'Oluwa Orotayo

Other Trustee Members: Oluyemisi Shode

Nehemiah Aderibigbe Akinyele

Robertta Awwerosuo-Adeda

Atinuke Eyiwuawi

Bolutife Faseun

Jadres Rukina Ferreira

Chief Executive Officer Olutoyin Ogunbanjo

Registered Company Number 06227466 (England and Wales)

Registered Charity Number 1145028

Registered Office: YMCA Building
Woolwich Dockyard
Woolwich
London
SE18 5PQ

Independent Examiner Patrick Jusu FCCA
PAJ Accountants
10 - 16 Tiller Road
Docklands
London
E14 8PX

Bankers: Barclays Bank
737 Barking Road
Plaistow
London
E13 9PL

Metro Bank
66 - 68B The Bexleyheath
Kent
DA6 7JN

Executive Summary

Listening Ears continues to play a vital role in reducing loneliness, improving wellbeing, and strengthening social inclusion across our community. For over eighteen years, we have remained committed to supporting individuals who are isolated, vulnerable, or facing barriers to full participation in society. Our work this year reflects both the resilience of our organisation and the ongoing need for compassionate, community-centred support. Through a combination of emotional care, practical assistance, wellbeing education, and empowerment programmes, we have continued to make a meaningful difference in the lives of older adults, young people, families, and individuals experiencing hardship.

Our mission is rooted in fostering caring friendships, encouraging the lonely, and revitalising those who feel weary or disconnected. We aim to alleviate depressive tendencies, enhance social integration, and promote total well-being. This includes supporting individuals to build confidence, develop independence, and access opportunities that improve their quality of life. We maintain an inclusive, open-door policy, ensuring that our services are accessible to all, regardless of ethnicity, background, or circumstance. Collaboration remains central to our approach, and we continue to work closely with local authorities, housing associations, health providers, and community organisations to deliver holistic support.

This year, our Feel Good Centres in Abbey Wood and Thamesmead have continued to provide safe, welcoming spaces for individuals aged 50 and above. These centres offer social connection, health information, gentle exercise, creative activities, and practical support. They play a crucial role in reducing loneliness and empowering older adults to adopt healthier lifestyles. Our Community Angels befriending service has also remained a lifeline for housebound individuals, offering companionship, emotional support, and practical assistance through home visits and telephone outreach.

The Steps2Living programme has supported service users to make sustainable lifestyle changes through healthy eating education, weight management guidance, and hands-on cooking sessions. Meanwhile, our Food Bank—supported by our ongoing partnership with Sainsbury's Abbey Wood—has provided essential food supplies to families and older adults affected by the cost-of-living crisis. This year, we were also able to host a Christmas Party and distribute 68 Christmas Hampers and Turkeys to vulnerable service users, ensuring they felt valued and supported during the festive season.

The Rosebud Centre for Girls, one of our most transformative initiatives, has continued to empower young women through personal development workshops, creative arts, life skills training, mentoring, and residential experiences. Although the programme is currently suspended due to funding shortfalls and the temporary closure of the YMCA premises, its impact over the past eleven years remains profound. We are actively seeking new funding streams to reinstate this vital service.

Our achievements have been strengthened by the generosity of funders, corporate partners, volunteers, and individual donors. Their support has enabled us to deliver high-quality programmes and respond to emerging community needs. Looking ahead, Listening Ears remains committed to expanding our services, rebuilding suspended programmes, strengthening partnerships, and continuing to provide compassionate, life-enhancing support to those who need it most.

Listening Ears Limited
Report of the Trustees
For the Year Ended 31 March 2025

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) Effective 1 January 2015.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, articles of association, and constitute a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

The legal responsibility for the election of new trustees to Listening Ears lies with the Annual General Meeting (AGM).

The Board recognises that it has only limited control over the election of trustees at the AGM. It is accepted that Listening Ears members should be able to elect people to the board who they believe will best represent their interests. However the existing board members also have a responsibility to ensure that the needs of the organisation in terms of governance are met by those people elected. The Board seek to do this by adopting a system of recommending Trustee appointments to the membership using the steps detailed below. The membership will then decide to elect a recommended candidate or to appoint another person to the board. Trustees can delegate some aspects of recruitment of Trustees to Management, but they ensure that they retain overall responsibility and control of the recruitment, selection and induction processes. In recruiting new trustees, the existing trustees and management act in the best interests of Listening Ears and in accordance with the Charity Commission directives as laid out in CC30.

Induction and training of new trustees

All trustees are expected to attend:

- Volunteer induction training
- Trustee induction session
- Any other update training of relevance to board members

As part of the induction process all trustees receive copies of the following:

- Outline of current boards skills and experience
- A copy of the previous year's annual report and financial report
- A copy of the memorandum and articles of association (governing document)
- A copy of the previous board meeting minutes (once agreement for appointment has been made by the Trustees)
- Charity Commission CC3 - The essential trustee: What you need to know
- Charity Commission CC60 - The Hall marks of an Effective Charity
- Copies of the trustee handbook with all current up to date policies

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The trustees confirm that they regularly review the significant risks facing the Charity and have systems and procedures in place to mitigate those risks. The risk policy has adopted a risk mapping methodology that is applied to each identified risk, assessing the likelihood of it occurring and the severity of the impact of occurrence on the Charity. The Chief Executive Officer is responsible for the day-to-day monitoring of risk and reporting to the Trustees.

1. Introduction and Overview

Listening Ears continues to serve as a vital source of support, connection, and empowerment for individuals across our community. Since our establishment, we have remained committed to reducing loneliness, improving well-being, and strengthening social inclusion for people of all ages. This year has brought both significant achievements and notable challenges, yet our mission has remained unwavering: to create spaces where individuals feel seen, supported, and able to thrive.

Our work spans a range of programmes designed to address social isolation, promote emotional resilience, and equip people with the skills and confidence needed to lead fulfilling lives. Through our Feel Good Centres, Community Angels befriending service, Steps2Living wellbeing programme, Food Bank support, and the Rosebud Centre for Girls, we continue to deliver meaningful, life-enhancing interventions that respond directly to community needs.

Despite financial pressures and the temporary suspension of some services, Listening Ears remains deeply rooted in its purpose. Our partnerships, volunteers, funders, and service users continue to shape a compassionate and resilient organisation committed to long-term impact.

2. Objectives and Activities

Our Charitable Purpose

Listening Ears exists to advance social inclusion for the public benefit. We work to prevent individuals from becoming socially excluded and to support those already experiencing isolation to reintegrate into society. Social exclusion may arise from unemployment, financial hardship, age, ill health, disability, discrimination, poor housing, family breakdown, or involvement in crime. Our programmes are designed to address these barriers with empathy, practical support, and community-centred solutions.

Mission and Core Goals

Our mission is grounded in three core aims:

- **Fostering caring friendships and emotional support** for those experiencing loneliness or distress.
- **Promoting total well-being** through information, training, and activities that improve physical, emotional, and social health.
- **Empowering individuals toward independence**, confidence, and improved life opportunities, including vocational and employment pathways.

Commitment to Inclusion

We operate an open-door policy, welcoming individuals regardless of ethnicity, race, religion, gender, or educational background. Our services are designed to be accessible, culturally sensitive, and responsive to the diverse needs of our community.

Collaborative Working

We recognise that sustainable change is achieved through partnership. Listening Ears works closely with local authorities, housing associations, health providers, community organisations, and corporate partners to ensure that service users receive holistic combined support.

3. Public Benefit Statement

The Trustees confirm that Listening Ears has complied with the duty to have due regard to the Charity Commission's guidance on public benefit.

Our work directly contributes to:

- Reducing loneliness and social isolation, Improving mental and emotional well-being, Enhancing physical health through lifestyle education, Strengthening community cohesion, Supporting vulnerable individuals to access services, build confidence, and participate fully in society

By addressing the root causes of exclusion and providing practical, emotional, and social support, Listening Ears ensures that individuals who might otherwise be marginalised can reconnect, rebuild, and flourish.

4. Achievements and Performance

Despite a challenging financial climate, Listening Ears has continued to deliver impactful programmes that address the needs of older adults, young people, families, and individuals facing hardship. Our achievements this year reflect the dedication of our staff, volunteers, partners, and supporters.

4.1 Feel Good Centres

Loneliness among older adults continues to rise, and our Feel Good Centres remain one of our most effective responses. These centres provide safe, welcoming spaces where individuals aged 50+ can connect, relax, learn, and receive practical support.

Feel Good @ The Pavilion (Abbey Wood)

Operating within the Flowers Estate, this centre offers drop-in sessions, social activities, health information, and signposting to essential services. Service users enjoy a warm environment where they can share a cup of tea, play games, meet new friends, and access wellbeing support.

Feel Good @ The Nest (Thamesmead)

Delivered in partnership with Peabody, this centre mirrors our Abbey Wood model and extends support to older residents across Thamesmead and Bexley. The programme continues to grow in popularity and impact.

Activities Offered Across Both Centres

Our centres provide a rich programme of activities designed to improve physical health, emotional wellbeing, and social connection, including:

- Healthy eating workshops, Multicultural cookery sessions, Arts and crafts, Dance and gentle exercise, Tai Chi, Massage sessions, Luncheon clubs, Health walks, Summer seaside trips, Gardening and planting activities

These activities not only reduce isolation but also empower older adults to adopt healthier lifestyles, build friendships, and regain confidence.

4.2 Community Angels: Befriending & Outreach

Our Community Angels programme offers one-to-one emotional support to individuals who are housebound or living alone. Many face challenges such as chronic illness, disability, depression, or mobility issues. Through home visits, telephone support, and companionship, our trained volunteers offer a lifeline to those who might otherwise remain unseen.

This year, Community Angels has:

- Reduced isolation among vulnerable adults, Provided compassionate listening and emotional support, Helped individuals access services and maintain independence, Offered reassurance and continuity during difficult periods

The programme continues to demonstrate that simple human connection can transform lives.

4.3 Steps2Living: Health and Total Wellbeing

Steps2Living focuses on empowering individuals to make sustainable lifestyle changes. Led by a qualified Health Trainer, the programme supports clients through:

- Healthy eating education, Weight management guidance, Cooking skills, Group and one-to-one wellbeing sessions, Practical demonstrations and hands-on learning

Participants learn to prepare nutritious meals, adapt cultural recipes, and build confidence in the kitchen. The programme has contributed to improved physical health, increased self-esteem, and greater awareness of long-term wellbeing.

4.4 Food Bank Support

Listening Ears continues to serve as the “Front of the Shop” charity for Sainsbury’s Abbey Wood, a partnership now in its fourth year. Donations from shoppers enable us to provide essential food support to families and individuals affected by the cost-of-living crisis.

Our minibus has been invaluable in delivering food parcels directly to elderly service users, ensuring that those with mobility challenges receive timely support. This personalised approach has strengthened trust and provided dignity during a difficult economic period.

4.5 Rosebud Centre for Girls

The Rosebud Centre for Girls remains one of Listening Ears’ most transformative initiatives, dedicated to supporting girls aged 7–19 and young women up to 25 with disabilities or special needs. Rosebud provides a safe, nurturing environment where young women can explore identity, build confidence, and develop essential life skills.

Empowerment and Personal Development

Rosebud offers a wide range of workshops covering:

- Personal and life skills, Creative arts and fashion, Dance and physical exercise, Jewellery making, CV writing and interview skills, Photography, media, film, and animation, Health and lifestyle education, Residentials, day trips, and cultural experiences

These activities help girls develop resilience, self-expression, and emotional balance. Staff and volunteers have observed significant improvements in confidence, communication, and decision-making among participants.

Building Emotional Resilience

Rosebud provides a safe space for girls to discuss challenges such as bullying, peer pressure, body image, and difficult relationships. Through one-to-one mentoring, group discussions, and role-play exercises, participants learn to navigate real-life situations with greater clarity and confidence.

Life Skills and Independence

Workshops in cooking, budgeting, hygiene, teamwork, and problem-solving equip girls with practical skills for adulthood. Residential programmes offer opportunities to practise independence in a supportive, homelike environment.

Collaborative Working

To ensure holistic support, Rosebud works closely with:

- Challenge Network, YMCA, The Point, Her Centre, Greenwich Youth Offending Services, Family Information Service, Community Safety Team, Mental Health Support Team, Rape Crisis London, Sexual Health Team, Schools, faith groups, and local agencies

5. Suspension of Services: Funding Shortfall and Premises Closure

Listening Ears faced the difficult decision to temporarily suspend the Rosebud Centre due to a significant funding shortfall. After eleven years of continuous service, the lack of sustainable financial support made it impossible to maintain delivery at the required standard.

Compounding this challenge, the YMCA premises used for Rosebud have been undergoing extensive renovations, resulting in a prolonged closure to all partner organisations.

This suspension does not reflect a lack of commitment or demand—rather, it highlights the financial pressures faced by grassroots organisations. We remain determined to secure new funding streams and restore Rosebud's vital services as soon as possible. The Trustees are actively exploring grants, partnerships, and community fundraising opportunities to support reinstatement.

6. Partnerships and Collaborative Working

Listening Ears' impact is strengthened by the relationships we build with organisations across the community. Our collaborative approach ensures that service users receive holistic support and that our programmes remain relevant and responsive.

Key partners include:

- Peabody
- Sainsbury's Abbey Wood
- Morrisons Thamesmead
- WellTower
- Annington Ltd
- Local health teams
- Faith groups
- Adult and Social services
- Rotary International, Greenwich

These partnerships provide support, donations, volunteers, venues, referrals, and practical resources that enable us to deliver high-quality services.

7. Awards and Recognition

Listening Ears is proud to have received recognition for our contribution to community wellbeing.

Best Community-Based Business in Greenwich (2008)

- Finalist – Community Involvement, London Business Awards (2010)
- Finalist – Partnership Achievement, London Health Commission Awards (2010)
- Community Civic Award for Reducing Isolation – Royal Borough of Greenwich (2019)

These accolades reflect the dedication of our staff, volunteers, and supporters, and the positive impact of our work.

8. Financial Review

Funding Sources

During the year, Listening Ears received both restricted and unrestricted funds from:

- City Bridge, London Community Foundation, WellTower, Thamesmead Community Fund, Rotary Greenwich, Individual donors

These funds supported the delivery of our core programmes, outreach activities, and operational costs.

Corporate Partners and Sponsors

We are grateful for the generosity of our corporate partners, whose contributions—financial, practical, and in-kind—have strengthened our ability to serve the community:

- WellTower, Peabody, Morrisons Thamesmead, Sainsbury's Abbey Wood, New Covenant Church, Abbey Wood, RCCG Chapel of Mercy, Romford, New Wine Church, Woolwich, Honey's Kitchen, Rotary Greenwich, Individual donors

Their support has enabled us to provide food parcels, wellbeing activities, community events, and essential resources for vulnerable individuals.

Thanks to the generosity of our funders, partners, and individual donors, we were also able to host a joyful Christmas Party for our service users and distribute 68 Christmas Hampers and Turkeys to older adults and vulnerable families across our community.

9. Future Plans

Looking ahead, Listening Ears is committed to:

- **Reinstating the Rosebud Centre for Girls** through renewed fundraising and partnership development.
- **Expanding Feel Good Centres** to additional locations to meet rising demand among older adults.
- **Strengthening Community Angels** to reach more isolated individuals.
- **Enhancing Steps2Living** with new workshops and culturally tailored health programmes.
- **Developing new partnerships** to secure long-term sustainability.
- **Increasing volunteer recruitment and training** to support programme delivery.
- **Exploring digital and hybrid models** to improve accessibility for those unable to attend in person.

10. Acknowledgements

The Trustees extend heartfelt thanks to everyone who has contributed to Listening Ears this year. Our achievements would not be possible without:

- Team of dedicated staff and volunteers, Funders, Sponsors, and Corporate Partners, Individual donors, Local organisations and community networks, and service users, whose resilience inspires our work.

Despite financial challenges, Listening Ears remains a beacon of hope, compassion, and community spirit. We look forward to building on this year's progress and continuing to serve those who need us most.

**Listening Ears Limited
Report of the Trustees
For the Year Ended 31 March 2025**

FINANCIAL REVIEW

Results for the year.

During the year the Charity received £29,668 (2024: £46,812) from donations and grants.

The surplus for the year was £3,182 and 2024 was £22,494 and this balance has been added to the accumulated funds carried forward.

SOME OF OUR PROJECT ACTIVITIES IN PICTURES

A selection of photographs of activities and events



**Listening Ears Limited
Report of the Trustees
For the Year Ended 31 March 2025**

SOME OF OUR PROJECT ACTIVITIES IN PICTURES (Continue)



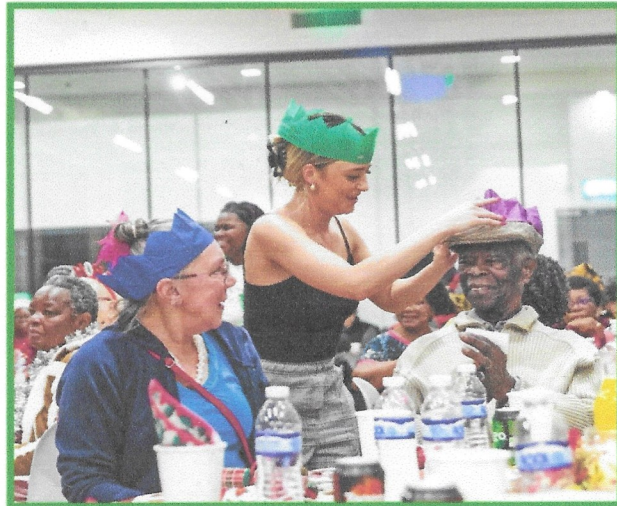
SOME OF OUR PROJECT ACTIVITIES IN PICTURES (Continue)



SOME OF OUR PROJECT ACTIVITIES IN PICTURES (Continue)



SOME OF OUR PROJECT ACTIVITIES IN PICTURES (Continue)



Listening Ears Limited
Report of the Trustees
For the Year Ended 31 March 2025

Reserves policy

It is the policy of the charity to set aside 20% of unrestricted funds to the general reserve. This provides sufficient funds to cover management, administration and support costs and to respond to emergencies which may arise from time to time. Funds are maintained at this level throughout the year.

GOING CONCERN

After making enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue its objectives and activities for the public benefit for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the annual report and financial statements.

Further details regarding the adoption of the going concern basis are in note 1 'Accounting Policies' in the financial statements.

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees (who are also the directors of Listening Ears Limited for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including FRS102 the Financial Reporting Standard Applicable in the UK and Republic of Ireland.

Company law requires the trustees to prepare financial statements 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 that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006 and charities act 2011. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 29th December 20225 and signed on its behalf by:



Mosad'Oluwa Orotayo
Chair, Board of Trustees

Independent Examiner's Report of Listening Ears Limited

I report on the accounts for the year ended 31 March 2025 set out on pages fifteen to twenty two.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

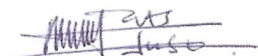
Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. 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 you as 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 accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
 - to keep accounting records in accordance with Section 386 and 387 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charitieshave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Patrick Jusu FCCA
Independent examiner
PAJ Accountants
10 - 16 Tiller Road

Docklands, London E14 8PX Date: 29th December 2025

Listening Ears Limited
Statement of Financial Activities
For the Year Ended 31 March 2025

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
INCOMING RESOURCES					
Incoming Resources from generated funds					
<i>Voluntary Income</i>					
Donations	2	13,089	-	13,089	15,217
<i>Grant income</i>					
Grants received	3	-	16,570	16,570	31,588
<i>Investment Income</i>					
Bank Interest received	3a	9	-	9	7
Total Incoming Resources		13,098	16,570	29,668	46,812
RESOURCES EXPENDED					
Resources expended on Charitable Activities:					
Charitable activities costs	4	6,038	14,489	20,527	16,661
Cost of generating voluntary income	5	-	930	930	744
Resources Expended		6,038	15,419	21,457	17,405
Other Resources Expended					
Governance costs	6	1,351	-	1,351	1,584
Other support costs	7	3,678	-	3,678	5,329
		5,029	-	5,029	6,913
Total Resources Expended		11,067	15,419	26,486	24,318
Net incoming resources for the year		2,031	1,151	3,182	22,494
RECONCILIATION OF FUNDS					
Net movement in funds		2,031	1,151	3,182	22,494
Fund balances brought forward		8,365	21,686	30,051	7,557
Transfer of funds		-	-	-	-
Fund balances carried forward		10,396	22,837	33,233	30,051

Listening Ears Limited
Balance Sheet
At 31 March 2025

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Fixed Assets					
Tangible fixed assets	11	3,575	-	3,575	4,550
		<u>3,575</u>	<u>-</u>	<u>3,575</u>	<u>4,550</u>
Current Assets					
Debtors	12	-	-	-	-
Cash at bank and in hand		2,032	28,626	30,658	26,501
		<u>2,032</u>	<u>28,626</u>	<u>30,658</u>	<u>26,501</u>
Creditors: Amounts falling due within one year	13	(1,000)	-	(1,000)	(1,000)
		<u>(1,000)</u>	<u>-</u>	<u>(1,000)</u>	<u>(1,000)</u>
Net Current Assets		<u>1,032</u>	<u>28,626</u>	<u>29,658</u>	<u>25,501</u>
Net Assets		<u>4,607</u>	<u>28,626</u>	<u>33,233</u>	<u>30,051</u>
Funds	14				
Unrestricted Funds				10,396	8,365
Restricted Funds				22,837	21,686
				<u>33,233</u>	<u>30,051</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective January 2015).

The financial statements were approved by the Board of Trustees on 29th December 2025 and were signed on its behalf



Mosad'Oluwa Orotayo
Chair of Board of Trustees

Listening Ears Limited
Notes to the Financial Statements
For the Year Ended 31 March 2025

1 Accounting Policies

Accounting Convention

The accounts have been prepared in accordance with all applicable accounting standards, FRS 102, the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" revised 2015 (FRS 102) and the Companies Act 2006, except for the alternative headings that have been used in the Statement of Financial Activities, as the Trustees feel that the revised headings make the accounts easier to read for a non-financial audience. The principal accounting policies adopted in the preparation of the accounts are set out below.

The charity constitutes a public benefit entity as defined by FRS102.

Exemption from preparing a cash flow statement

Exemption has been taken from preparing a cash flow statement on the grounds that the charitable company qualifies as a small charitable company.

Incoming Resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Grants and Donations

Income from grants and donations is included in incoming resources when these are receivable.

Going concern

The Charity's activities, together with the factors likely to affect its future performance and position are set out in the Report of the Trustees on pages 2 to 8 which describes the structure, governance and management of the Charity; its risk management policies and procedures, its objectives and activities, the achievements, performance and financial position of the Charity, and its plans for the future.

After making enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue its objectives and activities for the public benefit for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the annual report and financial statements.

Resources Expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Cost of generating funds

Cost of generating funds are those costs relating to the generation of income and includes cost related to the management of the charities activities.

Allocation and apportionment of costs

Support cost are those cost related to shared activities of the organisation and are apportioned on a basis considered appropriate to the underlying activities.

Governance costs

Governance costs are the costs associated with the strategic direction of the charity and with meeting regulatory responsibilities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustee

Restricted funds can only be used for particular restricted purposes within the objects of the charity Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

Listening Ears Limited
Notes to the Financial Statements
For the Year Ended 31 March 2025

2 Voluntary Income	31.03.25	31.03.24
	£	£
General donations	13,089	15,217
	<u>13,089</u>	<u>15,217</u>
3 Grant Income	31.03.25	31.03.24
	£	£
The Royal Borough of Greenwich	-	1,097
City Bridge	11,170	5,525
HNC UK Management	2,000	7,046
London Community Foundation	3,000	7,995
TK Maxx	400	-
Awards for All	-	9,925
	<u>16,570</u>	<u>31,588</u>
3a Investment Income	31.03.25	31.03.24
Bank Interest received	9	7
	<u>9</u>	<u>7</u>
Resources Expended		
4 Charitable activities cost	31.03.25	31.03.24
	£	£
Project support costs	9,394	4,959
Fundraising expenses	100	-
Wages and other direct cost	8,370	9,446
Travel and subsistence	1,382	1,113
Hire of hall	1,096	1,118
Printing and publicity	185	25
	<u>20,527</u>	<u>16,661</u>
5 Cost of generating voluntary income	31.03.25	31.03.24
	£	£
Office entertainment	310	639
IT /zoom operation expenses	127	105
Volunteer expenses	180	-
Storage expenses	313	-
	<u>930</u>	<u>744</u>
6 Governance costs	31.03.25	31.03.24
	£	£
Accountancy services	500	500
Independent examination	500	500
Bank charges	80	131
Subscription	271	253
Consultancy fees	-	200
	<u>1,351</u>	<u>1,584</u>

Listening Ears Limited
Notes to the Financial Statements
For the Year Ended 31 March 2025

	31.03.25	31.03.24
7 Other support costs	£	£
Motor vehicle expenses	943	60
Sundry expenses	143	-
Equipment	98	-
Insurance	881	300
Telephone, internet and fax	559	509
Software	80	-
Rent	-	3,485
Depreciation	975	975
	<u>3,678</u>	<u>5,329</u>

8 NET INCOMING/(OUTGOING) RESOURCES

	31.03.25	31.03.24
Net resources are stated after charging/(crediting):	£	£
Depreciation - owned assets	975	975
Independent examination fees	1,000	1,000
	<u>1,975</u>	<u>1,975</u>

9 TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

There were no trustees' expenses paid neither for the year ended 31 March 2025 nor for the year ended 31 March 2024.

10 STAFF COSTS

	31.03.25	31.03.24
	£	£
Wages and other direct cost	7,017	8,875
Social security costs	1,353	571
Pension Cost	-	-
	<u>8,370</u>	<u>9,446</u>

The average monthly number of employees during the year was as follows:

31.03.25	31.03.24
<u>2</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

Listening Ears Limited
Notes to the Financial Statements
For the Year Ended 31 March 2025

11 Tangible Fixed Assets

All assets relate to the Charity and are used for charitable purposes.

	Motor Vehicle	Office Furniture & Equipment £	Computer equipments £	Total £
Cost				
At 1st April 2024	6,500	657	1,066	8,223
Improvements	-	-	-	-
Additions	-	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>
At 31st March 2025	6,500	657	1,066	8,223
Depreciation				
At 1st April 2024	1,950	657	1,066	3,673
Charge for the year	975	-	-	975
	<hr/>	<hr/>	<hr/>	<hr/>
At 31st March 2025	2,925	657	1,066	4,648
Net Book Value				
At 31st March 2025	<u>3,575</u>	<u>-</u>	<u>-</u>	<u>3,575</u>
Net Book Value				
At 31st March 2024	<u>4,550</u>	<u>-</u>	<u>-</u>	<u>4,550</u>

	31.03.2025	31.03.2024
12 Debtors	£	£
	-	-
Prepayment	<hr/>	<hr/>
	<u>-</u>	<u>-</u>
13 Creditors: Amounts falling due within one year	£	£
Accrued expenses	1,000	1,000
	<hr/>	<hr/>
	<u>1,000</u>	<u>1,000</u>

Listening Ears Limited
Notes to the Financial Statements
For the Year Ended 31 March 2025

14 MOVEMENTS IN FUNDS

	At 1st April 2024	Net Movements in funds	Transfer of Funds	At 31st March 2025
	£	£	£	£
Unrestricted fund	8,365	(2,031)	-	10,396
Restricted funds	21,686	1,151	-	22,837
	<u>30,051</u>	<u>3,182</u>	<u>-</u>	<u>33,233</u>

15 SUMMARY MOVEMENT IN FUNDS FOR THE YEAR

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds	13,098	(11,067)	(2,031)
Restricted funds	16,570	15,419	1,151
	<u>29,668</u>	<u>(26,486)</u>	<u>3,182</u>

Listening Ears Limited
Detailed Statement of Financial Activities
For the Year Ended 31 March 2025

INCOMING RESOURCES	31.03.25	31.03.24
Voluntary & Investment Income	£	£
Donations	13,089	15,217
City Bridge	11,170	5,525
HNC UK Management	2,000	7,046
London Community Foundation	3,000	7,995
The Royal Borough of Greenwich	-	1,097
Awards for All	-	9,925
TK Maxx	400	-
Bank interest received	9	7
Total income resources	29,668	46,812
RESOURCES EXPENDED		
Other Charitable activities cost		
Project support costs	9,394	4,959
Fundraising expenses	100	-
Wages and other direct cost	8,370	9,446
Travel and subsistence	1,382	1,113
Hire of hall	1,096	1,118
Printing and publicity	185	25
	20,527	16,661
Cost of generating voluntary income		
Office entertainment	310	639
IT /zoom operation expenses	127	105
Volunteer expenses	180	-
Storage expenses	313	-
	930	744
Governance costs		
Accountancy services	500	500
Independent examination	500	500
Bank charges	80	131
Subscription	271	253
Consultance fees	-	200
	1,351	1,584
Support Costs		
Motor vehicle expenses	943	60
Sundry expenses	143	-
Equipment expenses	98	-
Insurance	881	300
Telephone, internet and fax	559	509
Software	80	-
Rent	-	3,485
Depreciation	975	975
	3,679	5,329
Total Resources Expended	26,486	24,318
Net Expenditure	3,182	22,494