

Charity registration number: 1148061

Hounslow Seniors Trust Association

Annual Report and Financial Statements

for the Year Ended 31 January 2024

Hounslow Seniors Trust Association

Contents (continued)

Reference and Administrative Details	1
Trustees' Report	2 to 5
Statement of Trustees' Responsibilities	6
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10 to 13

Hounslow Seniors Trust Association

Reference and Administrative Details

Trustees	Lalani Weerasinghe
	Rhobena West
	Michael Brennan
	Paul Franklin
	Elizabeth Maureen Yakoubi
	Tara Mulcahy
	Christine Talbott
Charity Registration Number	1148061
Principal Office	53a Church Path
	Chiswick
	London
	W4 5BL
Independent Examiner	Bissell & Brown Birmingham Ltd
	12 Portman Rd
	Kings Heath
	Birmingham
	B13 0SL

Hounslow Seniors Trust Association

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 January 2024.

Objectives and activities

Objects and aims

Charitable objects

To promote for the benefit of older people resident in Greater London (hereinafter referred to " as the area of benefit") without distinction of gender, sexual orientation, race, disability or political, religious or other opinions by associating together the said people and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare and leisure time occupation with the object of improving the conditions of life for said people.

Hounslow Seniors Trust Association

Trustees' Report (continued)

Objectives, strategies and activities

HST's Objectives are to:

- Tackle the isolation and loneliness experienced by many older people in Hounslow and surrounding Boroughs.
- Improve older people's mental and physical health and wellbeing.
- Increase older people's confidence and self-esteem.
- Increase the number of activities for older people.
- Enable older people to learn new skills.
- Help older people understand and get the most out of new technology.
- Create exciting volunteering opportunities for older people.

In 2023 we carried out a consultation exercise that explored how to improve the wellbeing of older people. To ensure we captured the experiences and opinions of a wide range of people we selected our sample to include people from different geographic areas and from diverse ethnicities. Older residents of Hounslow and neighbouring Boroughs felt that their wellbeing would be improved if we provided • Social activities • Talks and discussion groups • Trips and visits • Creative/Arts activities • Healthy Lifestyle Activities • Digital inclusion • Learning opportunities. HST's programme of activities for the year under review was based on the results of the consultation.

To enable the Trust to meet its Aims and Objectives the following activities, funded by The National Lottery Community Fund, Awards for All and City Bridge Foundation were provided:

Move into Wellbeing

This session, delivered in partnership with Move into Wellbeing, involves a weekly one-hour movement session followed by coffee and time to socialise. This group is full so during the year under review we started a second session at Isleworth Public Hall to accommodate the people on the waiting list.

Picnic in Chiswick House Kitchen Garden

HST worked in partnership with the Chiswick House Community Participation Manager to organise a bring-and-share picnic in Chiswick House Kitchen Garden on in June 2023. The picnic was for HST members, their family members, friends and neighbours. Everyone attending was invited to bring picnic food or soft drinks to share. As part of the afternoon a Redlees Artist provided a plant drawing workshop.

Oral History Project

During the year under review Trust volunteers worked to establish the Hounslow Seniors Trust Oral History project. HST purchased recording equipment, trained 9 volunteers and worked with a professional Oral Historian to record local people's histories. It will be necessary to raise additional funds to support this project during 2025.

Community Lunch - Our Barn and Hounslow Seniors Trust

Our Barn, an organisation working with young people with learning disabilities and autism, run the café at the Steam Museum. On Fridays they provide a hospitality course for the young people. During this course the young people gain transferable work skills such as good customer service, food hygiene and coffee making. HST delivers The Eating Out Club, once a month, as part of Our Barn's training programme so the young people can use their skills to support the project and benefit from the work experience.

Hounslow Seniors Trust Association

Trustees' Report (continued)

T'ai Chi

The Trust received many requests from older people to provide T'ai Chi so in 2024 we set-up T'ai Chi sessions. 20 people attend the session and there are 4 registered disabled people attending regularly.

Chinese Brush Painting workshops.

The Chinese Brush Painting workshops were very well attended and the quality of the work the participants produced after only 5 workshops, was exceptional. An exhibition of the paintings produced took place as part of the Hounslow Older People's Festival 2023 Closing Event.

Upcycling clothes workshop

These 5 workshops were led by Monica Boxley a resident artist from Redlees Studios in Isleworth. During the sessions participants created something unique and special to wear from a piece of dull, discarded, worn out clothing using hand stitch, appliqué, machine stitch, paint and more.... Participants modelled their new outfits at the Closing Event of Hounslow Older People's Festival.

Hounslow Older People's Festival

The Festival 2023 was the 29th Hounslow Older People's Festival, it took place throughout the month of October. 195 older people attended the events and activities provided by the Trust. Many of the activities were organised by partner organisations. The Box Office was run by volunteers from The Musical Museum and HST. Many trips, visits and events sold out on the day the Box Office opened, everything was full by the end of the first week. The Festival Closing Event was a celebration of all the workshop activities that had taken place during the first five months of our National Lottery and City Bridge funded project. This event was sold out with 90+ people attending.

Gadget Surgeries

During the Festival 2023 HST's Digital Support worker and an HST volunteer delivered 2 Gadget Surgeries in LB Hounslow libraries. The surgeries were well attended. The Trust then went on to deliver Gadget Surgeries in Sheltered Housing, working with individuals to help them understand how to use their laptops, digital phones and ipads.

Digital Art Workshops

During November 2023. HST worked in partnership with The Bridgelink Centre to provide Digital Art Workshops. Bridgelink provided a computer suite free of charge and LB Hounslow's Digital Inclusion Support Worker delivered Photoshop workshops, also free of charge.

Fun and Fitness in a safe warm space

Fun and Fitness in a safe, warm space took place during the coldest months of the year to enable our members to spend a day at the Musical Museum, stay warm, learn new skills and save on their heating bills. The project was funded jointly by The National Lottery Community Fund and City Bridge Foundation. A total of 38 people attended the sessions. Each session consisted of a light lunch followed by an art/craft workshop or an information and advice event. Two of the workshops were delivered by HST volunteers. Everyone who attended the 10 weeks felt it should be repeated in 2025.

Public benefit

[Activities undertaken to further public benefit](#)

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Hounslow Seniors Trust Association

Trustees' Report (continued)

Financial review

Financial Review

In 2023 Hounslow Seniors Trust submitted an application to The National Lottery Community Fund. Our application was successful and HST was awarded £52,640 a year for 5 years. The grant will enable the Trust to continue successful aspects of our work such as the Older People's Festival and introduce new elements that came to light during a consultation exercise with older residents of Hounslow.

During the financial year 2023 the Trust submitted an application to City Bridge Foundation, the application was successful and HST was awarded £10,000 a year for 5 years. This grant will enable the Trust to deliver visual arts workshops and mount an exhibition of the artistic work produced. All activities are free, so nobody is excluded on economic grounds.

A Man About A Dog Limited. AMAD is a music promotion company. The Company delivered the Junction2 Festival in Boston Manor Park and chose Hounslow Seniors Trust as one of the charities to benefit from their charitable donation. We received a donation of £4,132.

Structure, governance and management

Nature of governing document

The charity was registered 11 July 2012 using a constitution adopted 20 Sept 2010 as amended on 20 Feb 2012.

Organisational structure

It is the sad duty of the Trustees of Hounslow Seniors Trust to report the death of our Chair, Satish Dutt. Satish was the Chair of our Charity for many years and her enormous enthusiasm, energy, commitment and common sense helped make HST the organisation it is today. The Trustees are committed to carrying on the important work of the Trust although Satish will be deeply missed as our leader.

The annual report was approved by the trustees of the charity on and signed on its behalf by:

.....
Lalani Weerasinghe
Trustee

Hounslow Seniors Trust Association

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities 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 charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Approved by the trustees of the charity on and signed on its behalf by:

.....
Lalani Weerasinghe
Trustee

Hounslow Seniors Trust Association

Independent Examiner's Report to the trustees of Hounslow Seniors Trust Association

I report to the trustees on my examination of the accounts of Hounslow Seniors Trust Association for the year ended 31 January 2024.

Responsibilities and basis of report

As the charity trustees of Hounslow Seniors Trust Association you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Hounslow Seniors Trust Association's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Hounslow Seniors Trust Association as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

.....
B Matthews FCA
Bissell & Brown Birmingham Ltd, Chartered Accountants

12 Portman Rd
Kings Heath
Birmingham
B13 0SL

Date:.....

Hounslow Seniors Trust Association

Statement of Financial Activities for the Year Ended 31 January 2024

	Note	Unrestricted £	Restricted £	Total 2024 £	Total 2023 £
Income and Endowments from:					
Donations and legacies		6,914	-	6,914	1,125
Charitable activities		<u>9,262</u>	<u>61,140</u>	<u>70,402</u>	<u>19,248</u>
Total Income		<u>16,176</u>	<u>61,140</u>	<u>77,316</u>	<u>20,373</u>
Expenditure on:					
Charitable activities		<u>(14,727)</u>	<u>(38,273)</u>	<u>(53,000)</u>	<u>(31,271)</u>
Total Expenditure		<u>(14,727)</u>	<u>(38,273)</u>	<u>(53,000)</u>	<u>(31,271)</u>
Net movement in funds		1,449	22,867	24,316	(10,898)
Reconciliation of funds					
Total funds brought forward		<u>2,858</u>	<u>-</u>	<u>2,858</u>	<u>13,757</u>
Total funds carried forward	10	<u><u>4,307</u></u>	<u><u>22,867</u></u>	<u><u>27,174</u></u>	<u><u>2,859</u></u>

All of the charity's activities derive from continuing operations during the above two periods.

Hounslow Seniors Trust Association

(Registration number: 1148061)
Balance Sheet as at 31 January 2024

	Note	2024 £	2023 £
Current assets			
Debtors	7	4,312	3,729
Cash at bank and in hand	8	<u>23,387</u>	<u>4,594</u>
		27,699	8,323
Creditors: Amounts falling due within one year	9	<u>(525)</u>	<u>(5,464)</u>
Net assets		<u>27,174</u>	<u>2,859</u>
Funds of the charity:			
Restricted income funds			
Restricted funds		22,867	23
Unrestricted income funds			
Unrestricted funds		<u>4,307</u>	<u>2,836</u>
Total funds	10	<u>27,174</u>	<u>2,859</u>

The financial statements on pages 8 to 13 were approved by the trustees, and authorised for issue on and signed on their behalf by:

.....
Lalani Weerasinghe
Trustee

Hounslow Seniors Trust Association

Notes to the Financial Statements for the Year Ended 31 January 2024

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Hounslow Seniors Trust Association meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

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 such activities and those costs of an indirect nature necessary to support them.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Hounslow Seniors Trust Association

Notes to the Financial Statements for the Year Ended 31 January 2024 (continued)

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

2 Income from donations and legacies

	Unrestricted funds General £	Total funds £
Donations and legacies;		
Donations from individuals	6,914	6,914
Total for 2024	<u>6,914</u>	<u>6,914</u>
Total for 2023	<u>1,125</u>	<u>1,125</u>

3 Income from charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2024 £
London Borough of Hounslow	4,950	-	4,950
City Bridge Trust	-	7,500	7,500
National Lottery	-	52,640	52,640
National Lottery picnic	-	1,000	1,000
Events	4,312	-	4,312
	<u>9,262</u>	<u>61,140</u>	<u>70,402</u>

4 Expenditure on charitable activities

	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Project costs	-	-	-	1,965
Events - other costs	582	12,949	13,531	10,558

Hounslow Seniors Trust Association

Notes to the Financial Statements for the Year Ended 31 January 2024 (continued)

	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Artist fees	647	5,268	5,915	2,320
Print, post & stationery	28	-	28	71
Management fees	5,099	18,598	23,697	12,232
Insurance	280	150	430	390
Accountancy	10	516	526	516
Sundry	377	-	377	370
Charitable donation	-	-	-	96
Travel costs	2,125	192	2,317	2,308
Bank charge	107	-	107	92
Computer software & maintenance	2,551	-	2,551	353
Marketing	650	-	650	-
Print & design	2,270	600	2,870	-
	<u>14,726</u>	<u>38,273</u>	<u>52,999</u>	<u>31,271</u>
				Total expenditure £

5 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

Hounslow Seniors Trust Association

Notes to the Financial Statements for the Year Ended 31 January 2024 (continued)

6 Taxation

The charity is a registered charity and is therefore exempt from taxation.

7 Debtors

	2024 £	2023 £
Trade debtors	-	3,300
Other debtors	4,312	429
	<u>4,312</u>	<u>3,729</u>

8 Cash and cash equivalents

	2024 £	2023 £
Cash at bank	<u>23,387</u>	<u>4,594</u>

9 Creditors: amounts falling due within one year

	2024 £	2023 £
Other creditors	-	(1)
Accruals	525	515
	<u>525</u>	<u>514</u>

10 Funds

	Balance at 1 February 2023 £	Incoming resources £	Resources expended £	Balance at 31 January 2024 £
Unrestricted funds				
<i>General</i>				
General funds	2,858	16,176	(14,727)	4,307
Restricted funds				
National Lottery	-	53,640	(32,991)	20,649
City Bridge Trust	-	7,500	(5,282)	2,218
Total restricted funds	<u>-</u>	<u>61,140</u>	<u>(38,273)</u>	<u>22,867</u>
Total funds	<u>2,858</u>	<u>77,316</u>	<u>(53,000)</u>	<u>27,174</u>