

# **EKOTA CARE TRUST LIMITED**

**CHARITY NO. 1156253**

**COMPANY REGISTRATION NO. 08508741**

**FINANCIAL STATEMENT FOR THE YEAR ENDED  
31 MARCH 2023**

**EKOTA CARE TRUST LIMITED****LEGAL & ADMINISTRATIVE INFORMATION**

<b>Name of Charitable Company:</b>	Ekota Care Trust Limited	
<b>Registered Address:</b>	31 Church Road Manor Park London E12 6AD	
<b>Mobile:</b>	07396494579	
<b>Email:</b>	Ekotacaretrust31@gmail.com	
<b>Charity Registration No.</b>	1156253	
<b>Company Registration No.</b>	08508741	
<b>Date of Incorporation:</b>	29 <sup>th</sup> April 2013	
<b>Board of Directors For the Accounting Period:</b>	Abu Sufian Sheikh Mohitur Rahman Oyas Miah	Chairperson & Director Treasurer & Director Secretary & Director
<b>Independent Examiner:</b>	Aasif & Co 2 <sup>nd</sup> Floor 125 The Grove Stratford London E15 1EN	
<b>Banker:</b>	Metro Bank Ilford 114 High Road Ilford Essex IG1 1BY	

## **EKOTA CARE TRUST LIMITED: REPORT OF THE BOARD OF DIRECTORS**

### **Background, Objectives and Activities of the Ekota Care Trust**

The Board of Directors submit their report and financial statements for the year ended 31<sup>st</sup> March 2023. The Ekota Care Trust Limited was established and incorporated as a Company (with no share capital) at Companies House on the 29<sup>th</sup> of April 2013. Its name was entered in the Charity Commission's Central Register on the 18<sup>th</sup> of March 2014.

### **Background**

The word "Ekota" in Bengali means Unity and in an increasingly difficult world, where many people are living in poverty and isolation, we want to make a difference and deliver culturally sensitive services that will bring real change to people's lives.

The Ekota Care Trust Limited was established in 2013 by the BAME Community living in the London Borough of Newham. Ekota Care Trust Limited provides help, assist and support disadvantaged and very vulnerable people from the Black and Minority Ethnic (BAME) Community with their educational, social, health and welfare need to help and support their integration into Society in the United Kingdom.

### **Objectives of the Ekota Care Trust Limited:**

1. To advance education.
2. To relieve financial hardship.
3. To relieve unemployment.
4. To preserve and protect good health.
5. To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.

For the purpose of this clause "socially excluded" means excluded from society, or parts of the society, as a result of one or more of the following factors: level of education and skills, financial hardship, unemployment, ill health and social background.

### **Structure, Governance and Management**

Ekota Care Trust Limited is constituted by a Memorandum and Articles of Association. It is governed by the regulation set out in the Memorandum and Articles of Association and run by Board of Directors. The Trust's new Board members are elected at the Annual General Meeting every two years. The Board Directors give their time voluntarily, receive no remuneration, nor were they paid for any other activity relating to the charity in the year.

The Board of Directors members are normally briefed by the Chairperson and the Secretary in order to familiarise themselves with the rules, regulations and responsibilities of the Trust. The Board of Directors met 6 times during the year to review the activities of the Trust including the approval of the annual report and accounts as well as budgets, capital expenditure and to set out the fund - raising date for the Trust. The day-to-day work of the Trust is overseen by the Service Coordinator who is responsible to and reports to the Board of Directors.

The Board of Directors are aware of the potential risks to the Trust, both financial and otherwise. Therefore, strategies are in place to control these risks. Assessments have also been taking relating to fire and health and safety. The Board of Directors are seriously looking into other risk areas such as operational, governance and compliance with law and regulations.

### **Achievements and Performance of the Trust**

The Board of Directors are pleased to report that it continues to actively strive to protect its financial security in order to continue to safeguard the ongoing development of the Trust and its projects and services that it offers to the local community in Newham and other surrounding East London Boroughs.

### **Ekota Care Trust Limited's Services & Activities and its Impact**

The Ekota Care Trust Limited operates full-time services from 31 Church Road, London E12 6AD that also includes some evenings and weekends work. This year, services were switched back face-to-face and drop-in, but we also maintained some online and telephone support, networking on the doorstep and through outdoor work maintaining social distancing and use of PPE by all staff and volunteers.

The Trust deliver's holistic services which support disadvantaged and vulnerable people in the grassroots communities to assert and enjoy their rights and achieve their aspirations. The Trust work's collaboratively with the community and in close partnership with local agencies, Newham Council, and several other statutory and mainstream agencies themselves to design and deliver the services that meet their needs.

### **The Trust delivered the following services:**

#### **Socialisation Activities:**

ECT delivers socialisation activities 3-days a week enabling older residents to meet up with other older people, to engage in a variety in an indoor-activities ranging from indoor games, meeting up for coffee and biscuits, engaging in banter and talks with others, sharing stories and their experiences.

The socialisation activities enable the older residents to try new activities, experience new life challenges, learn about other communities, other cultures, customs to their own giving way to improved confidence and self-esteem.

#### **Sports & Physical Activity**

Our sports and physical activities helped to attract and engage the Older People into physical activities who traditionally didn't participate in these activities. We delivered d Exercise and Fitness including some light aerobics, yoga, walking activities in local parks in Newham. The project ran 43 physical activity sessions and 30 walking sessions, delivering over 146 hours of physical activities.

#### **Mentoring Information Sessions**

We ran a variety of information workshop sessions for vulnerable users on welfare rights, personal safety, retirement, health matters (diabetes, chronic heart diseases etc), Managing Better Mental Health, Information on Dementia, How to live Safely at Home e.g. Falls, Home Security, how to access and benefit from social media to address isolation and loneliness.

#### **Health Education Workshops**

Our local residents engaged in information, training and skills workshop sessions has helped to broaden and improve their understanding about their health and how to take better care of themselves. They also appreciated the benefits of this health knowledge - the benefits of healthy diet, nutrition, healthy cooking practices, that builds a healthy life. This also included learning to shop on a budget etc.

Fusing the sports and physical activities with our healthy lifestyles workshops sessions including nutritional information, how to maintain a good lifestyle etc, has had a significant impact on the participants participation and helped to contribute to better health outcomes.

#### **Lunch Club & Healthy Eating Programme**

We ran a twice weekly lunch club programme (every Mondays and Tuesdays) whereby vulnerable users and for our pensioners who came together and enjoyed a freshly cooked hot nutritional meal. This was particularly important at a time with rising food poverty and the crisis of costs of living which is impacting all our participants.

Our users played a key role in how the lunch club was delivered. They influenced what they would eat, decided the menu, took part in the shopping exercise with the volunteers, some even participated in the preparing and cooking the meals. The project provided more than 1500 hot meals during this period.

#### Digital and Financial Inclusion Project

To help break the poverty cycle faced by local residents living on very low income we ran a digital and financial inclusion training programme by giving the necessary advice, skills & opportunities through a programme to enhance their digital & financial inclusion activities to build their digital skills to source energy suppliers online, building financial security using financial literacy education.

#### Volunteering Work

We had 20 local people coming forward to provide volunteering support to help people in the community. The volunteers provided support and assistance in running some of the drop-in activity sessions, organised refreshments and lunches for the vulnerable users, continued to help families with shopping, collecting medicines, knocking on doors to make sure they were safe and well. Our volunteers provide over 3,000 volunteering hours of support every year.

#### Evaluation

We had one-to-one feedback sessions with the users and talked with other extended family members. We organised a number of group focus sessions – discussing particular issues in more depth and engaging the users in deeper conversation. Our volunteers helped our users to translate and help complete service questionnaire evaluation forms. The staff and volunteers provided their feedback and comments on how they thought the project ran and how the users benefited.

#### Financial Review

The financial position of the Charity is portrayed in the accompanying Annual Accounts.

#### Statement of Trustees' Responsibilities

The Directors (who are also Trustees of Ekota Care Trust Limited) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Directors to prepare financial statements for each financial year that 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 these financial statements, the Directors are required to:

- (a) Select suitable accounting policies and apply consistently.
- (b) Observe the methods and principles in the Charities SORP.
- (c) Make judgements and estimates that are reasonable and prudent.
- (d) Disclosed and explained in the financial statements.
- (e) Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Directors are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. 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.

**Reserve Policy**

It is the policy of the charity that unrestricted funds, which have not been designated for a specific use, should be maintained at a level equivalent to at least three months expenditure. The Board of Directors consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the trust's current activities while consideration is given to ways in which additional funds may be raised. Ekota Care Trust Limited will actively work to achieve this level of reserves.

**Risk Management**

The Board of Directors have assessed the risks the trust faces and have compiled a risk list which identified the major risks by area of activity, the nature of those risks, the likelihood of risks happening, and the measures taken to manage them. The Board of Directors review this list regularly at their meetings and at its meetings with employed staff running the services.

The Board of Directors are satisfied that systems are in place to mitigate exposure to the major risks. The finances of the trust are kept under review. DBS (Disclosure Barring Service) checks, supported by regular policy reviews and supervision are made for all those who work with children and other vulnerable groups with the Trust's activities.

**Small Company Provision**

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to the Company's subject to the small company's regime.

**Independent Examiner**

According to the provisions of the Charities Act 2011, the Board of Directors agree that an audit is not required for this financial year; however due to the provisions of the same act an Independent Examiner is required.

Aasif & Co will be appointed as Independent Examiner for the ensuring year.

The Board of Directors approved the accounts on the .....20/12/2023.....

**Signed on Behalf of the Board of Directors:**

Sign.....

Name: Abu Sufian

Position: Chairperson

Date: 20/12/2023

**INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF DIRECTORS**  
**FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2023**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31<sup>st</sup> March 2023.

**Respective Responsibilities of Basis of Report**

As the charity's trustees of the Company (who are also the Directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act.

**Independent Examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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: or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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.

  
.....

**Prepared by:**

**Aasif & Co**  
**2<sup>nd</sup> Floor**  
**125 The Grove**  
**Stratford**  
**London E15 1EN**

Date: 29/12/2023

**EKOTA CARE TRUST LIMITED NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2023**

**1. Accounting Policies:**

The Financial Statements are prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevance note(s) to these accounts and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities and with preparing their accounts in accordance with the Financial Standard applicable in the United Kingdom (FRS 102) issued on the 16<sup>th</sup> July 2016 and updated on the 16<sup>th</sup> September 2016 and with the Charities Act 2011.

The Charity constitutes a public benefit entity as defined by the Charity Commission.

**(a) Incoming Resources:**

The Incoming resources represents grants, donations and any bank interest receivable. The total incoming resources of the Trust for the year have been derived from its principal activity undertaken in the United Kingdom and came from the following sources:

	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
	<u>Restricted</u>	<u>Unrestricted</u>	<u>Total</u>	<u>Total</u>
National Lottery Awards for All	-	-	9,960	-
Donations	-	-	-	250
Donations-Co-Op	-	2,255	2,255	-
London Borough of Newham Council	-	-	-	3,930
Muslim Charity	965	-	965	-
Voice-4-Change England	-	-	-	6,585
East End Community Foundation	-	-	-	2,885
Postcode Society Trust	11,905	-	11,905	11,725
Global Majority Fund (MCF)	-	-	-	8,685
Garfield Weston Foundation	-	-	-	6,000
Arnold Clark	-	1,000	1,000	750
Mercers Company	20,000	-	20,000	20,000
<b>Total:</b>	<b>42,830</b>	<b>3,255</b>	<b>46,085</b>	<b>60,810</b>

**Restricted Funds**

Restricted Funds are to be used for specified purposes as laid down by the funding authority. Direct and support expenditure, which meets these criteria, is identified to the fund together with a fair allocation of other costs.

**Unrestricted Funds**

Unrestricted funds are received which have no restrictions placed in their use and are available as general funds.

**2. Staff Costs:**

Sessional worker cost who provided direct charitable services.

<u>31/03/2023</u>	<u>31/03/2022</u>
<u>(£)</u>	<u>(£)</u>
<b>26,236</b>	<b>32,379</b>

**3. Board of Directors**

None of the Board members received any remuneration during the year.



**EKOTA CARE TRUST LIMITED****STATEMENT OF FINANCIAL ACTIVITIES – YEAR ENDED 31<sup>ST</sup> MARCH 2023**

	<u>Restricted Funds (£)</u>	<u>Unrestricted Funds (£)</u>	<u>2023 Total Funds</u>	<u>2022 Total Funds</u>
<b><u>Incoming Resources</u></b>				
Grants	42,830	-	42,830	59,810
Donations	-	3,255	3,255	1,000
<b><u>Total Incoming Resources at 31/03/2022</u></b>	<b><u>42,830</u></b>	<b><u>3,255</u></b>	<b><u>46,085</u></b>	<b><u>£60,810</u></b>
<b><u>Outgoing Resources</u></b>				
Staffing Costs	26,236	-	26,236	32,379
Direct Charitable Expenditure	29,779	-	29,779	26,660
Management & Administration	1,493	-	1,493	1,783
<b><u>Net Incoming/Outgoing Resources Before Transfer</u></b>	<b><u>57,508</u></b>	<b><u>-</u></b>	<b><u>57,508</u></b>	<b><u>60,822</u></b>
Gross Transfer Between Funds	-	-	-	-
<b><u>Net Incoming/Outgoing Resources After Transfer</u></b>	<b><u>(14,678)</u></b>	<b><u>3,255</u></b>	<b><u>(11,423)</u></b>	<b><u>(12)</u></b>
<b><u>Balance Brought Forward at 01/04/2022:</u></b>	<b><u>17,530</u></b>	<b><u>2,100</u></b>	<b><u>19,630</u></b>	<b><u>19,642</u></b>
<b><u>Balance Carried Forward at 31/03/2023:</u></b>	<b><u>2,852</u></b>	<b><u>5,355</u></b>	<b><u>8,207</u></b>	<b><u>19,630</u></b>

**EKOTA CARE TRUST LIMITED****INCOME & EXPENDITURE ACCOUNT – YEAR ENDING 31<sup>ST</sup> MARCH 2023**

				<b><u>2023</u></b>	<b><u>2022</u></b>
				<b><u>(£)</u></b>	<b><u>(£)</u></b>
	<b><u>Note</u></b>	<b><u>Restricted</u></b>	<b><u>Unrestricted</u></b>	<b><u>Total</u></b>	<b><u>Total</u></b>
		<b><u>Funds (£)</u></b>	<b><u>Funds (£)</u></b>		
<b><u>Incoming Resources</u></b>	<b>2</b>				
Grants		42,830		42,830	59,810
Donations			3,255	3,255	1,000
<b><u>Total Income Received</u></b>		<b><u>42,830</u></b>	<b><u>3,255</u></b>	<b><u>46,085</u></b>	<b><u>£60,810</u></b>
 <b><u>Resources Expended</u></b>					
<b><u>Staffing Costs</u></b>					
Staffing Costs		23,346	-	23,346	29,057
Admin Support Workers Costs		2,890	-	2,890	3,322
 <b><u>Direct Charitable Expenses</u></b>					
Office Rent & Venue Hire Charge		12,000	-	12,000	9,670
Volunteers Expenses		3,150	-	3,150	2,690
Prof Fees – Trainers, Facilitator Fees		4,400	-	4,400	8,320
Light Refreshments & Lunch Club		4,129	-	4,129	2,800
Food Parcels to elderly peoples		1,400	-	1,400	2,780
Cooked Meals Prep & Delivery (outreach)		4,000	-	4,000	-
Materials		700	-	700	400
 <b><u>Management &amp; Administration</u></b>					
Telephone & Internet		393	-	393	181
Accounting Fees		1,100	-	1,100	450
Subscriptions		-	-	-	96
Printing, Publicity & Promotion		-	-	-	960
Public Employers Liability Insurance		-	-	-	96
 <b><u>Total Expenses:</u></b>		<b><u>57,508</u></b>	<b><u>0,000</u></b>	<b><u>57,508</u></b>	<b><u>60,822</u></b>
 <b><u>Surplus / (Deficit)</u></b>		<b><u>(14,678)</u></b>	<b><u>3,255</u></b>	<b><u>(11,423)</u></b>	<b><u>(12)</u></b>
 <b><u>Balance Brought Forward @ 01/04/2022</u></b>		<b><u>17,530</u></b>	<b><u>2,100</u></b>	<b><u>19,630</u></b>	<b><u>19,630</u></b>
 <b><u>Balance Carried Forward @ 01/04/2023</u></b>		<b><u>2,852</u></b>	<b><u>5,355</u></b>	<b><u>8,207</u></b>	<b><u>19,630</u></b>

**EKOTA CARE TRUST LIMITED**  
**BALANCE SHEET AS OF 31<sup>ST</sup> MARCH 2023**

	<u>Restricted</u> <u>Funds (£)</u>	<u>Unrestricted</u> <u>Funds (£)</u>	<u>2023</u> <u>Total Funds</u>	<u>2022</u> <u>Total Funds</u>
<b><u>Current Assets</u></b>				
Cash at Bank at 31/03/2023	2,852	4,976	7,828	19,251
Cash in Hand	-	379	379	379
<b><u>Total Current Assets</u></b>	<b><u>2,852</u></b>	<b><u>5,355</u></b>	<b><u>8,207</u></b>	<b><u>£19,630</u></b>
<b><u>Net Current Asset</u></b>	<b><u>2,852</u></b>	<b><u>5,355</u></b>	<b><u>8,207</u></b>	<b><u>£19,630</u></b>
<b><u>Total Net Assets</u></b>	<b><u>2,852</u></b>	<b><u>5,355</u></b>	<b><u>8,207</u></b>	<b><u>£19,630</u></b>

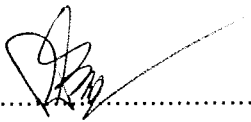
			<u>2023</u> <u>Total Funds</u>	<u>2022</u> <u>Total Funds</u>
<b><u>Funds Represented By:</u></b>				
Restricted Funds	2,850	-	2,850	£17,530
Unrestricted Funds	-	5,355	5,355	£2,100
<b><u>Total:</u></b>	<b><u>2,852</u></b>	<b><u>5,355</u></b>	<b><u>8,207</u></b>	<b><u>£19,630</u></b>

The Directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the Company to obtain an audit in accordance with section 476 of the 2006 Act. The Directors acknowledge their responsibilities for complying with the requirement of the Companies Act 2006 with respect to accounting records and preparation of accounts.


The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the Small Companies Regime.

Approved by the Board of Directors on ... 20<sup>th</sup> December '23 ... and signed on its behalf by:

Sign  .....

Name: Abu Sufian

Position: Chairperson & Director

Sign  .....

Name: Sheikh Mohitur Rahman

Position: Treasurer & Director

Date: 20/12/2023