

SOCIABILITY

England & Wales · Charity number 1166862

Details

Status Registered

Legal form CIO

Registered 2016-05-03

Register [View on the Charity Commission register](#)

Contact

Address The Guard House
Pitsea Hall Lane
Pitsea
Basildon
Essex
SS16 4UH

Phone 07746966152

Email jonathan.barrow@ymail.com

Website sociabilityonline.org

Activities

Objects: 1. TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT OF THOSE WHO ARE OR FEEL EXCLUDED FROM SOCIETY OR PART OF SOCIETY AND WHO ARE, HAVE BEEN OR COULD BE AFFECTED BY MENTAL HEALTH DISTRESS IN BASILDON AND THE SURROUNDING AREAS. 2. TO RELIEVE THOSE IN NEED FOR THE PUBLIC BENEFIT BY:- PROVIDING SUPPORT TO FAMILY, FRIENDS OR CARERS OF A PERSON THAT HAS OR IS SUFFERING FROM MENTAL HEALTH DISTRESS;- PROVIDING SUPPORT TO INDIVIDUALS AFFECTED BY CHRONIC HEALTH CONDITIONS (IN PARTICULAR BUT NOT LIMITED TO THOSE WITH LONG TERM ILLNESSES, WHO HAVE SUFFERED A STROKE AND HAVE BEEN DIAGNOSED WITH DEMENTIA), THEIR FAMILY, FRIENDS OR CARERS;- PROVIDING SUPPORT THROUGH COMPANIONSHIP, PEER SUPPORT, POSSIBLE COPING STRATEGIES AND MODELS OF SELF-HELP WITH THE AIM TO GIVE MEMBERS GREATER INDEPENDENCE, INCREASED WELLBEING AND PREVENTING THE FURTHER ONSET OF MENTAL HEALTH DIFFICULTIES;- PROVIDING OPPORTUNITIES FOR EDUCATION AND TRAINING FOR THOSE IN NEED OF IT WITH THE AIM OF DEVELOPING THEIR SKILLS AND KNOWLEDGE;- PROVIDING INFORMATION, ADVICE AND GUIDANCE AND BY SIGNPOSTING MEMBERS TO WORK, LEISURE, HEALTH AND SOCIAL OPPORTUNITIES FOR THEIR IMPROVED HEALTH AND WELLBEING; - ACTING AS A CATALYST FOR MEMBER INVOLVEMENT AND PARTICIPATION WITH THE AIM OF ENCOURAGING PEOPLE TO DEVELOP THEIR OWN SOLUTIONS TO CHALLENGING PROBLEMS THEY MAY FACE FOR THEIR GOOD HEALTH AND WELLBEING; AND BY- WORKING COLLABORATIVELY AND/OR IN PARTNERSHIP WITH EXTERNAL PARTNERS AND OTHER VOLUNTARY AND COMMUNITY SECTOR (VCS) ORGANISATIONS, AS NECESSARY, ALL TO PROMOTE THE CHARITY'S OBJECTS.

Activities: Socially inclusive activities, encompassing education, fitness, nutrition and coping methods, with the overall outcome to enhance each individuals wellbeing

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability, Economic/community Development/employment, Other Charitable Purposes
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Essex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£91,665	£90,754	-	-
2024-04-05	£106,895	£170,438	-	-
2023-04-05	£108,870	£75,325	-	-
2022-04-05	£155,406	£92,301	-	-
2021-04-05	£113,638	£53,067	-	-

Trustees

Name	Role	Appointed
JONATHAN CHARLES BARROW	Chair	2015-11-13
Alan Bent		2020-02-12
Dave Lovelock		2023-07-08
Tina Gowers		2023-07-08

SOCIABILITY

England & Wales - Charity number 1166862

Accounts

Sociability

Annual Report 2024-25

Prepared by JC Barrow
'Chairman' & Agreed by
Sociability Board Members

Independent examination
of accounts carried by
Mr W G Dukes
Retired Accountant

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Summary

For the first half of the year Sociability continued our good work, supporting some of the most vulnerable members of our community. Adults who have always been entitled to a personal health budget due to their daily struggle to get the support they require. In turn, this input of funding helped maintain our services for over ten years. However, we were informed later in the year that due to the alarming financial situation of the mental health services for Basildon and Brentwood, people's right to a personal health budget (phb) was to be withdrawn. This was a great loss to us and a bit of a shock, after we were convinced that a user led project was what the new Clinical Commissioning Group preferred at the time, with a guarantee of peoples phbs if they chose to use our services, and a separate fund for peer support. After having specialist training in peer support and years of establishing ourselves as an integral part of mental health support provisions for this area, ten years later a total withdrawal of funding with no preceding notice of what was planned.

Sociability has people who depend upon our services, desperate for us not to close our doors. We faced a difficult decision, with funds running out, we tried raising money to continue, we cut back to the bare bones, reducing our opening hours, our staff no longer employed by the charity, but continue to provide their services, part time, on a voluntary basis. However, it was apparent that to maintain a service we obviously still required a regular source of income.

Contemplating our future between trustees and service users alike, we decided to pull together and open a charity shop. The idea being that we could make Sociability self-sustainable, while also providing some of our service users roles within the shop, providing the opportunity to build self-worth and value, and therefore, a positive effect to their mental wellbeing. It is too early to predict how this concept will turn out. However, the shop has recently opened and we are up and running, both the new Sociability shop and still the Sociability community support group. On average 35 people a week continue to use both services.

Kindest Regards Jonathan Barrow, Chairman, BSc, ACMI,

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1166862

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The Guard House
Wat Tyler Country Park
Pitsea Hall Lane
SS16 4UH

Management Board:

Chairman: Jonathan Barrow

Secretary: Tina Gowers

Treasurer: Alan Bent

Trustees:

Dave Lovelock

Retired - Lynda Neale

Accounts

Independently examiner – Mr W G Dukes, ATT Retired

Structure, Governance and Management

Policies & Procedures

- Sociability holds a full set of policies and procedures for all the services provided and for the facilitation of the organisation. A copy is held at our venue for anyone to read
- Policies and procedures are agreed by the board and are kept up to date by the chairman at 6-month intervals or as and when required
- Policies and procedures are decided upon by the Management board and the Service Manager
- Once implemented the Service Manager sees that all policies and procedures are upheld and adhered to
- It is the duty of each volunteer to make themselves familiar with our policies and procedures as part of their voluntary duty description

Management

- Sociability is fully constituted and registered with the charities commission
- Sociability has a small but well experienced governing board
- Our board members include, a former senior manager from a national mental health service provider with years of experience, a psychotherapist accredited with a hon's degree and a former senior manager accredited with a degree in Social Science
- Volunteers are provided by way of first being service users, when a person feels ready, they can progress to areas of responsibility within the charity
- Volunteers report to the Service Manager - Service Manager reports to the Governing Board
- Each new service user completes a membership form and signs up to a code of conduct

Note: Where the word 'staff' is used, all facilitators are now voluntary based. Sociability no longer employs anyone, nonetheless Sociability still continues to provide the highest levels of competency

Measuring outcomes

- Sociability has a fully qualified psychotherapist who carries out regular wellbeing checks
- Sociability carries out regular case study reviews, gathering qualitative & quantitative data from our service users
- An evaluation is completed every 6 months by our business administrator and discussed with the board members

Training

- Staff members are trained as Peer Support Workers, with some also as Peer Support Worker Supervisors
- A number of volunteers have been trained as Peer Support Workers
- Each volunteer has compulsory training composing of 'Personal Boundaries' and 'Safe-guarding vulnerable adults'
- Additional training is provided for volunteers with specific duties including...
 - Fire Warden
 - First Aider
 - Health and Safety
 - Food Hygiene level 2 and 3
 - Suicide Prevention
 - Self-harm Prevention
 - Data Protection
 - GDPR
- Two staff members have been trained as cycling leaders and bike maintenance engineers
- Further staff training is encouraged and always available, Sociability are supporters of Continuing Professional Development

Objectives

Priority 1

To promote social inclusion for the public benefit of those who are or feel excluded from society or part of society and who are, have been or could be affected by mental health distress, or physical ill health, who reside within the borough.

Priority 2

To relieve those in need for the public benefit by...

- Providing support to individuals affected by chronic and or mental health condition
- Providing support to family, friends or carers of a person that has or is suffering from mental or physical ill health
- Providing support through companionship, peer support, possible coping strategies and models of self-help with the aim of giving members a greater independence, increased wellbeing and preventing the further onset of mental health difficulties
- Providing opportunities with an aim of developing skills and knowledge
- Providing information, advice, guidance and signposting to work, leisure, health and social opportunities for an improvement to health and wellbeing
- Acting as a catalyst for member involvement and participation with the aim of encouraging people to develop their own solutions to challenging problems they may face for their good health and wellbeing

AND BY

- Working collaboratively and/or in partnership with external partners and other voluntary and community sector (VCS) organisations, as necessary, all to promote the charity's objects

Activities

- Crafting
- Counselling
- Loss support
- Walk and Talk
- Gardening
- Open Group Dialogue
- Peer Support
- Work Involvement

Outcomes

- Improve the health and well-being of service users
- Build the number of services we see
- Match people in need to the best service available to them
- Provide psychotherapy to people in need of support
- Work experience

Grants

- Basildon Council
- Essex Community Foundation
- NHS Mid and South

Other Sources of Funding

- Donations
- Fund Raising

Assets held

- 3 Vehicles (Approx 20k)

Overview of Accounts 2024-2025

Income

Opening Balance: £24,274.37

Grants Unrestricted: £44,301.00

Grants Restricted: £0

Services provided: £6,980.00

Donations: £6,648.26

Fund raising: £2,370.00

Refunds: £7,091.96

Total income £67,301.22

Total balance: £91,665.59

Expenditure

Maintenance and Renovation Work: £2,337.94

Activities: £2,151.11

Special Projects: £12,492.24

General: £1,650.27

Salaries: £50,022.39

Utilities: £5,028.75

Expenses: £142

Vehicles: £8,202.31

Charitable: £8,757.06

Total Spend: £90,754.07

Closing balance: £911.52

Verified by: Mr William Dukes

Position: Retired ATT

Notes:

Maintaining and Renovation work (Maintenance of the venue)

Activities (Groups held at our venue for the benefit of the service users' wellbeing)

Special Projects (Any major purchase or activity which requires a board vote)

General (Any payment or purchase which cannot be included in the other categories)

Salaries (Last part of a contract carried out for 18mths on behalf of the NHS, now completed)

Utilities (Heating, lease, insurance, etc)

Expenses (Out of pocket expenses of trustees)

Vehicles (All costs of vehicles, fuel, insurance, maintenance)

Charitable (Any expense for the benefit of service users, including gifted essential items)

SOCIABILITY

England & Wales - Charity number 1166862

Accounts

Sociability

Annual Report 2023/24

Prepared by JC Barrow
'Chairman' & Agreed by
Sociability Board
Members

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Summary

This year has seen Sociability have success with a project we took on in partnership with two other local service providers. Providing expert social prescribing in this area. The project was completed and marked as a great success. However, funding for further development of the project was not approved due to insufficient funds available to allocate.

Moving forwards with regards funding, it has become a lot more difficult to source available funding streams, and even more difficult secure credible funding for our future. Therefore, we have begun to discuss other methods of sustainability.

On a positive service user front, 3 of our regular service users went back into full employment after very long-term sicknesses, a genuine success for all 3.

After being allocated a proportion of unrestricted funding, our board decided to invest it in an asset for the charity, transport for wheelchair users, with a wheelchair accessible vehicle. Making our services available to all.

We have also reached out in providing some of our more financially challenged service users with essential products.

Our gardening project began slowly, but picked up just before winter set in, we are hoping for a good year for our volunteers and service users alike. Having built up bookings already through word of mouth.

Regards Jonathan Barrow

Chairman, BSc, ACMI,

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Management Board:

Chairman: Jonathan Barrow

Secretary: Tina Gowers

Treasurer: Alan Bent

Trustees:

Kelly-Ann Pacey - Retired

June Lindsay - Retired

Colin Jacob – Retired

Dave Lovelock

Lynda Neale

Structure, Governance and Management

Policies & Procedures

- Sociability holds a full set of policies and procedures for all the services provided and for the facilitation of the organisation. A copy is held at our venue for anyone to read
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- Once implemented the Service Manager sees that all policies and procedures are upheld and adhered to
- It is the duty of each volunteer to make themselves familiar with our policies and procedures as part of their voluntary duty description
- Sociability updated our policies this year, with particular focus on safe-guarding vulnerable adults

Management

- Sociability is fully constituted and registered with the charities commission
- Sociability has a small but well experienced governing board
- Our board members include, a former senior manager from a national mental health service provider with years of experience, a psychotherapist accredited with a hon's degree and a former senior manager accredited with a degree in Social Science
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Measuring outcomes

- Sociability has a fully qualified psychotherapist who carries out regular wellbeing checks
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Training

- Staff members are trained as Peer Support Workers, with some also as Peer Support Worker Supervisors
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 - First Aider
 - Health and Safety
 - Food Hygiene level 2 and 3
 - Suicide Prevention
 - Self-harm Prevention
 - Data Protection
 - GDPR
- Two staff members have been training as cycling leaders and bike maintenance engineers
- Further staff training is encouraged and always available, Sociability are supporters of Continuing Professional Development

Objectives

Priority 1

To promote social inclusion for the public benefit of those who are or feel excluded from society or part of society and who are, have been or could be affected by mental health distress, or physical ill health, who reside within the borough.

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AND BY

- Working collaboratively and/or in partnership with external partners and other voluntary and community sector (VCS) organisations, as necessary, all to promote the charity's objects

With a particular focus this year on...

- Social prescribing, getting people access to the services which best meet their needs
- Develop Sociability apps
- Increase funding, by way of opportunities

Activities

- Crafting
- Cycling Trails
- Counselling
- Loss support
- Walk and Talk
- Gardening
- Recycle and Reuse
- Bike Repairs

Open Group Dialogue

- Sewing Bees

Outcomes

- Improve the health and well-being of service users
- Build the number of services we see
- Match people in need to the best service available to them
- Support service users into employment
- Provide psychotherapy to people in need of support

Grants

- Basildon Council
- Essex Community Foundation
- Cycling UK
- NHS Mid and South

Other Sources of Funding

- Personal Health Budgets Mid and South NHS

Overview of Accounts 2023-2024

Income

Opening Balance: £87,817.41

Grants Unrestricted: £32,754.00

Grants Restricted: £2,956.00

Services provided: £54,970.00

Donations: £2,288.81

Fund raising: £0

Refunds: £13,811.28 (including...£10,000 from 360 Salaries overpayment)

Total income £106,894.67

Total balance: £194,712.08

Expenditure

Maintenance and Renovation Work: £8,112.25

Activities: £3,412.55

Special Projects: £56,664.75

General: £1,501.98

Salaries: £80,694.83

Utilities: £6,721.74

Expenses: £1,015.03

Vehicles: £9,195.94

Charitable: £3,119.00

Total Spend: £170,438.07

Closing balance: £24,274.01

Verified by: Lorraine Blundell

Position: Accountant

SOCIABILITY

England & Wales - Charity number 1166862

Accounts

Sociability

Annual Report 2022/23

Prepared by JC Barrow
'Chairman' & Agreed by
Sociability Board
Members

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Summary

This year has seen Sociability build on our number of service users. And to increase our small but dynamic team of coordinators.

Sociability have formed close bounds with the NHS mental health services in this area.

Recently this year we were successful with an application to run a pilot concept in conjunction with two other local voluntary service providers. This will run for 18 months and if considered a success, will help make Sociability sustainable for years to come.

This year we also agreed a new full term lease agreement with Basildon council for our unique location.

After several setbacks, not least the aftermath of the pandemic, Sociability have made remarkable progress in our mission to be both sustainable and a legacy.

Regards Jonathan Barrow

Chairman, BSc, ACMI,

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Kelly-Ann Pacey

Alan Bent

June Lindsay

Colin Jacob

Structure, Governance and Management

Policies & Procedures

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 - GDPR
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- Further staff training is encouraged and always available, Sociability are supporters of Continuing Professional Development

Objectives

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AND BY

- Working collaboratively and/or in partnership with external partners and other voluntary and community sector (VCS) organisations, as necessary, all to promote the charity's objects

With a particular focus this year on...

- Social prescribing, getting people access to the services which best meet their needs
- Develop Sociability apps
- Increase the number of service user turnaround

Activities

- Crafting
- Cycling Trails
- Counselling
- Loss support
- Walk and Talk
- Tai Chi
- Light Seated Exercise
- Movie Review
- Gardening
- Recycle and Reuse
- Bike Repairs
- Healthy Eating
- Open Group Dialogue
- Sewing Bees

Outcomes

- Improve the health and well-being of service users
- Build the number of services we see
- Match people in need to the best service available to them

Funding and Grants

- The National Lottery Community Fund
- Essex County Council
- Essex Community Foundation
- Fords
- NHS Training Services

Accounts 2022-2023

Opening Balance: £54,285.45

Grants Unrestricted: £54,290.00

(4 grants Morrisons, 2 x Essex County Council, NHS England)

Grants Restricted: £29,920.00

(1 x grant Lottery)

NHS Payment: £24,662.00

(Clinical Commissioning Group, services provided)

Total Income: £108,871.55

Total Balance: £163,157.45

Expenditure

Project Guard House Renovation Work: £21,183.91

Misc/Activities/Expenses: £10,534.24

Payroll: £33,162.21

Data Plan: £840.00

Utilities: £6,384.89

Pension: £1,107.90

HMRC: £2,111.90

Total Spend: £ 75,325.05

Closing balance for year ending on 05/04/23

Total Balance: £87,832.40

SOCIABILITY

England & Wales - Charity number 1166862

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Sociability

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Summary

Finally, this year saw us open our new venue and start providing support to people within our community. Sociability now has a unique venue, a sanctuary set within a such a deprived area is a country park, within this park is Sociability. We could not be happier with our location. People are attending and benefiting from our service. Sociability has a number of new activities for people to take part in. We try to use the natural beauty of the park as much as possible.

Sociability began by using the natural element of socialising to improve peoples wellbeing, we worked hard to secure access to another underused and undervalued natural route to positive wellbeing, that of nature.

Our target now is to cement our position as an essential service provider within our area. Providing support to as many people as possible. Working with other service providers both professional and voluntary.

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Outcomes

- Improve the health and well-being of service users
- Build the number of services we see
- Match people in need to the best service available to them

Funding and Grants

- The National Lottery Community Fund
- Essex County Council
- Morrisons
- Essex Community Foundation
- Community Voluntary Services
- Basildon Council
- Clinical Commissioning Group
- Basildon Lottery
- The Albert Hunt Trust

Accounts 2021-2022

Opening Balance: £52,816.62

Grants Unrestricted: £17,847.90

Grants Restricted: £33,476.03

Furlough: £11,356.17

Lottery: £39,909.00

Total Income: £155,405.72

Expenditure

Project Guard House Renovation Work: £49,003.94

Volunteer Expenses: £2,000.00

Events/Other: £1,121.37

Payroll: £35,107.38

Data Plan: £720.00

Utilities: £1,132.04

Pension: £1,060.82

HMRC: £2,156.31

Total: £92,300.86

Balance: £63,104.86

05/04/22

SOCIABILITY

England & Wales - Charity number 1166862

Accounts

Sociability

Annual Report 2020/21

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Summary

The effects of the pandemic extensively spreading throughout the world made our perturbing start to the year a little insignificant. The main focus of the charity in this year was to be the renovation of our new but derelict venue. However, the impressive list of support we had gathered prior to starting work, quickly began to diminish once the pandemic escalated. Each well-meaning pledge of support for funding and volunteers alike, understandably now needed to focus on their own increasing problems. Consequently, this year soon became a time for a small group of 4 to roll up their sleeves and get stuck in, with limited funds, an extremely frugal approach was required by our treasurer and materials planner. It has been an exhausting effort by the small team, but as we enter into the new year, we are nearing completion, on budget.

Throughout this time, volunteers at the charity also provided phone and online support to the amount of 5-6hrs a day.

Reference and Administrative Information

Name of charity:

Sociability

Registration number:

1166862

Principle address:

The Guard House
Wat Tyler Country Park
Pitsea Hall Lane
SS16 4UH

Management Board:

Chairman: Jonathan Barrow

Secretary: Charlotte Neale

Treasurer: Deborah Barrow

Trustees:

Kelly-Ann Pacey

Alan Bent

Janine Fairbrother

Structure, Governance and Management

Policies & Procedures

- Sociability holds a full set of policies and procedures for all the services provided and for the facilitation of the organisation. A copy is held at our venue for anyone to read
- Policies and procedures are agreed by the board and are kept up to date by the chairman at 6-month intervals or as and when required
- Policies and procedures are decided upon by the Management board and the Service Manager
- Once implemented the Service Manager sees that all policies and procedures are upheld and adhered to
- It is the duty of each volunteer to make themselves familiar with our policies and procedures as part of their voluntary duty description

Management

- Sociability is fully constituted and registered with the charities commission
- Sociability has a small but well experienced governing board
- Our staff members include, a former senior manager from a national mental health service provider with years of experience, a business administrator accredited with a master's degree, a psychotherapist accredited with a hon's degree and a former senior manager accredited with a degree
- Volunteers are provided by way of first being service users, when a person feels ready, they can progress to areas of responsibility within the charity
- Volunteers report to the Service Manager - Service Manager reports to the Governing Board
- Each new service user completes a membership form and signs up to a code of conduct

Measuring outcomes

- Sociability use the Warwick and Edinburgh Mental Health and Well-being Scale (WEMWBS), which provides us with quantitative data on the progress of service users, as well as the standard of quality of our services

- An evaluation is completed every 6 months by our business administrator and discussed with the board members

Training

- Each volunteer has compulsory training composing of 'Personal Boundaries' and 'Safe-guarding vulnerable adults'
- Additional training is provided for volunteers with specific duties including...
 - Fire Warden
 - First Aider
 - Health and Safety
 - Food Hygiene level 2 and 3
 - Suicide Prevention
 - Self-harm Prevention
 - Data Protection
 - GDPR
- Further staff training is encouraged and always available, Sociability are supporters of Continuing Professional Development

Objectives

Priority 1

To promote social inclusion for the public benefit of those who are or feel excluded from society or part of society and who are, have been or could be affected by mental health distress, or physical ill health, who reside within the borough.

Priority 2

To relieve those in need for the public benefit by...

- Providing support to individuals affected by chronic and or mental health condition
- Providing support to family, friends or carers of a person that has or is suffering from mental or physical ill health
- Providing support through companionship, peer support, possible coping strategies and models of self-help with the aim of giving members a greater independence, increased wellbeing and preventing the further onset of mental health difficulties
- Providing opportunities with an aim of developing skills and knowledge

- Providing information, advice, guidance and signposting to work, leisure, health and social opportunities for an improvement to health and wellbeing
- Acting as a catalyst for member involvement and participation with the aim of encouraging people to develop their own solutions to challenging problems they may face for their good health and wellbeing

AND BY

- Working collaboratively and/or in partnership with external partners and other voluntary and community sector (VCS) organisations, as necessary, all to promote the charity's objects

With a particular focus this year on...

- Maintaining contact with service users isolated by the effects of the pandemic
- Renovate our new venue to meet the needs of returning and new service users coming out of the pandemic
- Provide online and phone support to people who need support

Activities

Not Applicable for this year

Outcomes

- The potential for an increase in membership numbers due to befriending services
- The number of professional service providers requesting our date of opening would suggest an influx of people
- All support for this year has been via phone and online, reaching 5-6hrs a day
- Our new venue is approximately 4 weeks from opening

Funding and Grants

- A special thank you to the grant providers and suppliers who helped make our new venue happen...
 - The Clothes Workers Federation
 - The Screwfix foundation
 - Basildon & Brentwood CCG
 - 3 D Flooring
 - Howdens Kitchens
 - Fords 'Dagenham Branch' trade union members
 - Basildon Borough Council
 - The National Lottery Community Fund

Accounts 2020-2021

Opening Balance: 12,099.41

Grants Unrestricted: £44,708.14

Grants Restricted: £68,930.00

Total Income: £113,638.14

Expenditure

Project Guard House: £22,624.01

Volunteer Expenses: £3,000

Events/Other: £1,302.01

British Telecom: £299.51

Payroll: £21,490.00

Consumables: £2,382.80

Data Plan: £480.00

Utilities: £224.00

Pension: £348.39

HMRC: £915.73

Total: £53,067.45

Balance: £60,570.69

05/04/21