

Registered charity number 1179621

SIKHS IN THE CITY

TRUSTEES' REPORT AND ACCOUNTS

YEAR ENDED 31 AUGUST 2023

SIKHS IN THE CITY

CHARITY INFORMATION

Registered charity number 1179621

Address 47 Wellesley Road
Ilford, Essex
IG1 4JX

Trustees Harmander Singh – Chair
Sandhya Jobanputra
Ghanaya Singh Talewar

Independent examiner Integra Back Office Solutions Ltd
214 Grangewood House,
43 Oakwood Hill, Loughton, Essex,
IG10 3TZ



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	September	2022		31	August	2023

Section A Reference and administration details

Charity name	Sikhs In The City (SITC)
Other names charity is known by	N/A
Registered charity number (if any)	1179621
Charity's principal address	47 Wellesley Road
	Ilford
	Essex
Postcode	IG1 4JX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Harmander Singh	President/Chair		Lifetime members
2	Ghanaya Singh Talewar	Secretary		Lifetime members
3	Sandhya Jobanputra	Treasurer		Lifetime members

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Elected by lifetime members

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

SITC:

Has draft policies and procedures relevant to its activities that are being added to regularly and adopted at the AGM by its members.

Only has three Trustees - President/Chair (male), Secretary (male) and Treasurer (female) – another six Trustees (three males and three females) have been selected to join at the next AGM to complete the board of Trustees which will have representatives from four different faiths.

Actively links up with several local running clubs on a regular basis whose members participate in its events in addition to local community groups.

Trustees have a twenty plus year history of organising highly rated events that surpass the Local Authority's Safety Advisory Group requirements. Is Associate Member of Sporting Equals and partnership club with New Balance sportswear company.

Trustees are all professionals, some of whom hold senior positions in financial, Local Government, Service industry and multi-national companies.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

The CIO's objects ("the objects") are the advancement of amateur sport and the advancement of health by encouraging and facilitating community participation in healthy recreation, in particular running.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

SITC organises Olympics related sporting events that improve the participants health and well being. All events aim to promote racial/religious harmony through sport. The events are open to all regardless of age, disability, ethnic background, social class or gender and includes non members. SITC works with other charities by organising fundraising events for them and leading on other initiatives that address health issues such as fighting obesity. Some SITC members are Ambassadors for other charities e.g. Fauja Singh is an AGEUK Ambassador. This involves raising awareness of non-political social issues addressed by the charity sector. SITC members help train others on a small group basis for the TCS London Marathon, Vitality Big Half and the London 10,000m most of whom are from minority ethnic backgrounds and cater for people with disabilities such as wheelchair users and providing guide runners for people who are blind or with visual impairment. SITC aims to have an operating base by owning suitable premises that can further engage the local community by providing facilities to meet and work on addressing local initiatives. SITC has been representing the UK at international events such as the Luxembourg Marathon Relay for more than a decade where the Interfaith teams from the EU collaborate to build better understanding and peace.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

All members of SITC are volunteers and provide their services for free.

SITC volunteers service the Charity's own races and provides volunteers at other major running events such as the London Marathon, The Big Half and the London Landmarks Half Marathon.

SITC members also volunteer at their local parkruns.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

SITC is the club with the third largest number and most diverse (members from nine different religions) participants in Valentines Parkrun making it the most multi-cultural Parkrun in the country.

SITC members age profile ranges from 18 to the oldest marathon runner in the world 113 year old Fauja Singh.

SITC events also cater for younger participants in the annual intergeneration race involving Grandchildren and Grandparents

Over 40% of members are women.

SITC works with other charities by organising fundraising events for them and leading on other initiatives that address health issues such as fighting obesity. SITC also facilitates events for the local Mayor's Appeal Fund,

Some SITC members are Ambassadors for other charities e.g. Fauja Singh is an AGEUK Ambassador.

SITC members help train others on a small group basis for the TCS London Marathon, Vitality Big Half and the London 10,000m most of whom are from minority ethnic backgrounds and cater for people with disabilities such as wheelchair users and providing guide runners for people who are blind or with visual impairment.

SITC activities provide participants to overcome non-visible challenges such as loneliness and depression

SITC organises a number of small 10km runs for local charities and SITC members take part in local races organised by other local charities to help with their fundraising.

The Premiere event SITC organises on annually is the Dawn To Dusk Ultra (D2D) on the middle Sunday of December which comprises of four distances, namely 10km, 22km, marathon, Ultra marathon and a Team Ultra Relay. There is an equivalent event in June called the Summer Samosa Ultra – these events provides SITC with the vast majority of its annual funds from the entry fees from participants. Although SITC only became a registered charity in late 2018, the D2D has grown from 93 runners to 360 participants in the last eight years with participants coming from all over the UK and abroad.

During the last year, SITC has progressed its discussions with the local authority (London Borough of Redbridge) to the signing off stage of an agreement to lease a parcel of land measuring 108 square metres so that SITC can build a clubhouse from where SITC will operate in the future. SITC has launched a GoFundMe appeal to raise £425,000 for this purpose and so far it has raised a total exceeding £26,000 although this has not yet been transferred to its bank account as yet. The link to the fundraising appeal is on the SITC website (www.sikhsinthecity.org).

Section E

Financial review

Brief statement of the charity's policy on reserves

SITC does not have reserves policy at present as it is still raising funds towards the building of the Clubhouse. So in effect, all of it's funds at the bank are reserves.

Details of any funds materially in deficit

SITC has no deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

SITC has launched a GoFundMe appeal to raise £425,000 to build an operational base (clubhouse) and so far it has raised a total of over £26,000 although this has not yet been transferred to its bank account as yet. The link to the fundraising appeal is on the SITC website (www.sikhsinthecity.org).

The entry fees from participants funds the SITC events – all but cash deposits transactions are done electronically for which SITC has monthly statements.

Section F Other optional information

SITC's work on fighting obesity was measured by meeting a target of losing 500kg in weight in 10 months by 100 participants every year.

The FAT MUMS CLUB had interim targets starting with being able to complete 5km without stopping, then to beat a 40 minute target and then to reach a six miles in an hour target. This has now been superceded by regular training for the major races mentioned earlier.

SITC facilitates the community entries to The Big Half of 100 participants and nearly over 20 to the London Marathon. This year, SITC has plans to have 30 runners take part in the London 10,000m.

SITC also signposts participants to professionals offering advice on healthy living, including those who provide such support on pro-bono basis.

All SITC events are advertised as open to all and SITC dedicates some events to the local Mayor's Annual Appeal which benefit the Mayor's chosen local charities.

SITC organises races to raise funds for the local Mayor's Appeal. It also organises smaller events on behalf of other local good causes. All these events raised funds for local charities..

All SITC lifetime members volunteer their time and expertise in organising and delivering the events.

SITC members have experience of organising over 100 events the standard of which is acknowledged nationally leading them to be chosen by New Balance as one of their Run Clubs for the London Marathon and The Big Half.

The Trustees have experience of coaching the elderly (Fauja Singh) and blind athletes (Louise Simpson – who is a double Paralympian). Louise has now run over 100 marathons.

SITC events are considered by participants to be excellent value for money and noted by feedback from them on independent social media platforms – e.g. Runners World Race Reviews.

SITC also incorporates concessions and discounts for children, those with hidden challenges such as Mental Health and pensioners where appropriate.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	H Singh	<i>Harmander Singh</i>
Full name(s)	Harmander Singh	
Position (eg Secretary, Chair, etc)	Club President/Chair	
Date	28 October 2024	

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

SIKHS IN THE CITY

I have examined the accounts of Sikhs In The City for the year ended 31st August 2023 as set out on pages 7 to 9. These accounts have been prepared on a receipts and payments basis.

Respective responsibilities of trustees and auditors

The charity's trustees 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 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

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

Basis of independent examiner's statement

My examination was carried out in accordance with 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 the 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 statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that in, any material respect, the requirements:

- a) to keep accounting records in accordance with section 130 of the Charities Act; and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mo Dedat

Mo Dedat
Chartered Accountant
28th October 2024

SIKHS IN THE CITY

INCOME AND EXPENDITURE ACCOUNT

YEAR ENDED 31 AUGUST 2023

	Notes	Unrestricted 2023 £	Unrestricted 2022 £
<u>Incoming Resources</u>			
Activities for generating funds		10,551	10,227
Grants		7,665	-
Donations		8,645	644
Membership fees		194	-
Total Incoming Resources		27,055	10,871
<u>Resources Expended</u>			
Cost of generating funds		(10,352)	(10,970)
Donations made		(400)	-
Governance costs		-	(450)
Administration Costs		(1,768)	(350)
Total Resources Expended		(12,520)	(11,770)
Net movement in funds		14,535	(899)
Fund balances Brought forward		11,743	12,642
Fund balances Carried forward		26,278	11,743

SIKHS IN THE CITY

STATEMENT OF FINANCIAL POSITION

31 AUGUST 2023

	2023	2022
	£	£
CURRENT ASSETS		
Cash at bank	26,278	11,243
Other debtors	-	500
NET CURRENT AND TOTAL NET ASSETS	26,278	11,743
INCOME FUNDS		
Unrestricted Funds	26,278	11,743
	26,278	11,743

The Accounts were approved by the trustees
on 28th October 2024

Harmander Singh
H Singh
Trustee

Ghanaya Talewar
G S Talewar
Trustee

SIKHS IN THE CITY

Notes to the Financial Statements

YEAR ENDED 31 AUGUST 2023

1. ACCOUNTING POLICIES

The financial statements have been prepared under historical cost convention, and in accordance with the Financial Reporting Standard for similar Entities (effective April 2008),the Charities Act 2011 and the requirements of the Statement of Recommended (practice),Accounting and Reporting by Charities.

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 qualified with reasonable accuracy.

Resources expended

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

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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.

2. Grant Income

During the year grant income of £7,665 was received from Sporting Equals.

3. Trustees' Remuneration And Expenses

No remuneration was payable to the trustees during the year and no trustee expenses have been incurred (2021-22 - £Nil).