

SIMPLE ACTS

England & Wales · Charity number 1188168

Details

Status Registered

Legal form CIO

Registered 2020-02-25

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

Contact

Address 26 Whitehall Road
London
W7 2JE

Phone 07799586925

Email petersmith724@gmail.com

Website www.simpleacts.co.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE:(1) THE PROMOTION OF SOCIAL INCLUSION AMONG ELDERLY PERSONS LIVING IN LONDON WHO ARE EXCLUDED FROM SOCIETY BY THE PROVISION OF A CREATIVE PROGRAMME OF ACTIVITIES.(2) THE PRESERVATION AND PROTECTION OF HEALTH OF ELDERLY PERSONS LIVING IN LONDON BY THE PROVISION OF ADVICE ON HEALTHY EATING AND EXERCISE.

Activities: Promotion of social inclusion among elderly persons by the provision of creative & social activities.

Classification

- **How:** Provides Services
- **What:** Disability
- **Who:** Elderly/old People

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£0	£203	-	-
2024-03-31	£3,814	£8,932	-	-
2023-03-31	£11,564	£3,098	-	-
2022-03-31	£0	£272	-	-
2021-03-31	£3,740	£329	-	-

Trustees

Name	Role	Appointed
Rema Diallo	Chair	2019-03-26
Peter Smith		2019-03-26
Sandra Stanbury		2019-03-26

SIMPLE ACTS

England & Wales - Charity number 1188168

Accounts

Simple ACTS Annual Report 2024-25

Simple ACTS was established as a charity in 2019. The aim of the charity is the promotion of social inclusion amongst elderly people in London. The charity achieves this through the provision of cultural and well-being programmes. The resulting effects are to benefit the health and wellbeing of the elderly.

Due to pressures on trustees the charity was unable to deliver any activities directly however it was able to collaborate with SF Mini-Chefs based in Wembley who delivered a cooking programme for teaching children on how to use African Caribbean raw materials and ingredients to cook various African Caribbean food.

Signed on behalf of Trustees

Peter Smith – Secretary

04/1/2026



Receipts and payments account

For the period from	Period start date 04/01/2024	To
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
A1 Receipts			
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
Sub total (Gross income for AR)	-	-	-
A2 Asset and investment sales, (see table).			
	-	-	-
	-	-	-
Sub total	-	-	-
Total receipts	-	-	-
A3 Payments			
Workshops Artist Fees	-	-	-
Insurances	131	-	-
Bank Charges	72	-	-
Marketing Materials - T-Shirts	-	-	-
Trustee Expenses	-	-	-
Audio Equipment	-	-	-
Minichefs Charity	-	-	-
Website Fees	-	-	-
Sub total	203	-	-
A4 Asset and investment purchases, (see table)			
	-	-	-
	-	-	-
Sub total	-	-	-
Total payments	203	-	-
Net of receipts/(payments)	- 203	-	-
A5 Transfers between funds	-	-	-
A6 Cash funds last year end	-	-	-

Cash funds this year end

-	203	-	-
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Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £
B1 Cash funds		-
		-
	Total cash funds	- 203

(agree balances with receipts and payments account(s))

OK

	Details	Unrestricted funds to nearest £
B2 Other monetary assets	cash at bank	6,283
		-
		-
		-
		-
		-

	Details	Fund to which asset belongs
B3 Investment assets		

	Details	Fund to which asset belongs
B4 Assets retained for the charity's own use		

B5 Liabilities

Details	Fund to which liability relates

Signed by one or two trustees on behalf of all the trustees

Signature	Print
P Smith	Peter

1188168

ounts

Period end date
31/03/2025

CC16a



Total funds

to the nearest £

Last year

to the nearest £

-
-
-
-
-
-
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-
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131
72
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-
203

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-
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-

-
-
-

203

-

-	203
-	-
-	-

-
-
-

iod

Restricted funds	Endowment funds
to nearest £	to nearest £
-	-
-	-
-	-
-	-
OK	OK

Restricted funds	Endowment funds
to nearest £	to nearest £
-	-
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-
-	-
-	-
-	-
-	-
-	-
-	-

**Amount due
(optional)**

-
-
-
-
-

**When due
(optional)**

Name

Smith

Date of approval

04/01/2026

SIMPLE ACTS

England & Wales - Charity number 1188168

Accounts

Simple ACTS Annual Report 2023-24

Simple Acts was established as a charity in 2019. The aim of the charity is the promotion of social inclusion amongst elderly people in London. The charity achieves this through the provision of cultural and well-being programmes. The resulting effects are to benefit the health and wellbeing of the elderly.

During 2023 the charity delivered a comprehensive programme of 20 social, well being and cultural events working with the United Anglo-Caribbean Society elders organisation based in the London Borough of Ealing and The Pepperpot Centre in the London Borough of Kensington & Chelsea. Further details can be found on our web site www.simpleacts.co.uk

Signed on behalf of Trustees

Peter Smith – Secretary

31/3/2025

A1:A5 fx

	A	B	C	D	E	F	G	H	I	J	K	L	M	N
52	B Statement of assets and liabilities at the end of the period													
53	Categories	Details				Unrestricted funds	Restricted funds	Endowment funds						
54						to nearest £	to nearest £	to nearest £						
55	funds					-	-	-						
56						-	-	-						
57						-	-	-						
58		Total cash funds				- 5,118	-	-						
59		(agree balances with receipts and payments account(s))				OK	OK	OK						
60						Unrestricted funds	Restricted funds	Endowment funds						
61		Details				to nearest £	to nearest £	to nearest £						
62	monetary assets	Cash at Bank				6,486	-	-						
63						-	-	-						
64						-	-	-						
65						-	-	-						



SIMPLE ACTS

England & Wales - Charity number 1188168

Accounts

Simple Acts Annual Report 2023

Simple Acts was established as a charity in 2019. The aim of the charity is the promotion of social inclusion amongst elderly people in London. The charity achieves this through the provision of cultural and well-being programmes. The resulting effects are to benefit the health and wellbeing of the elderly.

During 2022 the charity delivered a short programme of social, well being and cultural events working with the United Anglo-Caribbean Society elders organisation based in the London Borough of Ealing. Further details can be found on our web site www.simpleacts.co.uk The charity was successful in raising funds from the National Lottery Community Fund to deliver a series of well-being events to elders. This programme will be delivered during 2023.

Signed on behalf of Trustees

Peter Smith – Secretary

20/12/2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Simple Acts	1188168
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Receipts and payments accounts

For the period from	Period start date 1/4/2022	To	Period end date 31/03/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
	3,139	11,564	-	14,703	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	3,139	11,564	-	14,703	3,139
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,139	11,564	-	14,703	3,139
A3 Payments					
Workshops Artist Fees	-	550	-	550	-
Insurances	-	131	-	131	-
Bank Charges	72	-	-	72	-
Marketing Materials - T-Shirts	72	-	-	72	-

UACS Hall Hire & Food Contributions	-	480	-	480	-
Trustee Expenses	-	120	-	120	-
Simple Acts Logo Design	420	-	-	420	-
Video Production	-	1,000	-	1,000	-
Website Development	253	-	-	253	-
Sub total	817	2,281	-	3,098	-

A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-

Total payments	817	2,281	-	3,098	-
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Net of receipts/(payments)	2,322	9,283	-	11,605	
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	2,322	9,283	-	11,605	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	2,322	9,283	-

(agree balances with receipts and payments account(s))

OK

OK

OK

	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			
Details			
Cash at Bank	2,322	9,283	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			
Details			
		-	-
		-	-
		-	-
		-	-
		-	-

	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			
Details			
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
S. Stanbury (digital signature)	Sandra Stanbury	19/11/23
P. Smith (digital signature)	Peter Smith	19/11/23

S-Stanbury
P-Smith.

SIMPLE ACTS

England & Wales - Charity number 1188168

Accounts

Simple Acts Annual Report 2022

Simple Acts was established as a charity in 2019. The aim of the charity is the promotion of social inclusion amongst elderly people in London. The charity does this through the provision of a creative cultural programme of activities. The resulting effects will be to benefit the health and wellbeing of the elderly.

The charity's activities were disrupted by the continuing effects of the Covid-19 pandemic which took hold in 2020. The effect was the charity's target group of older were prevented from attending community facilities. Towards the latter part of 2021 some elders groups began to meet in person. This presented the opportunity for the charity trustees to plan a cultural and creative elders programme to commence in the first quarter of 2022-23.

Signed on behalf of Trustees

Peter Smith - Secretary

22/01/2023



Receipts and payments accounts

For the period from	Period start date 04/01/2021	To	Period end date 03/31/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
		-	-	-
		-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	-	-	-	-
A3 Payments				
Web Site Development	100	-	-	100
Marketing (Shutterstock Images)	-	-	-	-
Bank Charges	72	-	-	72
Workshops Artist Fees	100	-	-	100
	-	-	-	-

	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	272	-	-	272
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	272	-	-	272
Net of receipts/(payments)	- 272	-	-	- 272
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	- 272	-	-	- 272

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds		-	-
		-	-
		-	-
	Total cash funds	- 272	-
	(agree balances with receipts and payments account(s))	OK	OK
		Unrestricted funds	Restricted funds

B2 Other monetary assets	Details	to nearest £	to nearest £
	Cash at Bank	-	3,139
		-	-
		-	-
		-	-
		-	-
		-	-

B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
			-

B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
			-
			-
			-
			-
			-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)
		-
		-
		-
		-
		-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
S. Stanbury (digital signature)	Sandra Stanbury
P. Smith (digital signature)	Peter Smith

CC16a



**Last year
to the nearest £**

-
-
-
-
-
-
-
-
3,740

-
-

3,740

150
35
144
-
-

-
-
-
-
329

-

329

3,411
-
-
3,411



Endowment funds to nearest £

-
-
-
-

OK

Endowment funds

to nearest £

-
-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-
-
-
-
-

**When due
(optional)**

Date of
approval

16/01/2023
16/01/2023

SIMPLE ACTS

England & Wales - Charity number 1188168

Accounts

Simple ACTS Annual Report 2023-24

Simple Acts was established as a charity in 2019. The aim of the charity is the promotion of social inclusion amongst elderly people in London. The charity achieves this through the provision of cultural and well-being programmes. The resulting effects are to benefit the health and wellbeing of the elderly.

During 2023 the charity delivered a comprehensive programme of 20 social, well being and cultural events working with the United Anglo-Caribbean Society elders organisation based in the London Borough of Ealing and The Pepperpot Centre in the London Borough of Kensington & Chelsea. Further details can be found on our web site www.simpleacts.co.uk

Signed on behalf of Trustees

Peter Smith – Secretary

31/3/2025



Receipts and payments accounts

For the period from	Period start date 04/01/2023	To	Period end date 31/03/2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
	-	3,814	-	3,814	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	3,814	-	3,814	14,703
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	3,814	-	3,814	14,703
A3 Payments					
Workshops Artist Fees	2,321	2,814	-	5,135	-
Insurances	131	-	-	131	-
Bank Charges	72	-	-	72	-
Marketing Materials - T-Shirts	490	-	-	490	-
Trustee Expenses	1,468	-	-	1,468	-

Audio Equipment	383	-	-	383	-
Minichefs Charity	-	1,000	-	1,000	-
Website Fees	253	-	-	253	-
Sub total	5,118	3,814	-	8,932	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,118	3,814	-	8,932	-
Net of receipts/(payments)	- 5,118	-	-	- 5,118	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 5,118	-	-	- 5,118	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	- 5,118	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds

B2 Other monetary assets

Details	to nearest £	to nearest £	to nearest £
Cash at Bank	6,486	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
P Smith	Peter Smith	31/3/2025