

THAMES LIFE

England & Wales · Charity number 1189743

Details

Status Registered

Legal form CIO

Registered 2020-06-01

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

Contact

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Activities

Objects: THE OBJECT OF THE CIO IS, FOR THE PUBLIC BENEFIT, THE PROMOTION OF URBAN REGENERATION IN AREAS OF SOCIAL AND ECONOMIC DEPRIVATION IN PARTICULAR, BUT NOT LIMITED TO, THAMES WARD IN BARKING AND DAGENHAM BY ALL OR ANY OF THE FOLLOWING MEANS:A) THE RELIEF OF POVERTY OR FINANCIAL HARDSHIP;B) THE ADVANCEMENT OF EDUCATION, TRAINING OR RE-TRAINING, PARTICULARLY AMONGST UNEMPLOYED PEOPLE AND PROVIDING UNEMPLOYED PEOPLE WITH WORK EXPERIENCE;C) THE PROVISION OF FINANCIAL ASSISTANCE, TECHNICAL ASSISTANCE OR BUSINESS ADVICE OR CONSULTANCY IN ORDER TO PROVIDE TRAINING AND EMPLOYMENT OPPORTUNITIES FOR UNEMPLOYED PEOPLE IN CASES OF FINANCIAL OR OTHER CHARITABLE NEED THROUGH HELP (I) IN SETTING UP THEIR OWN BUSINESS OR (II) TO EXISTING BUSINESSES;D) THE PROVISION OF RECREATIONAL FACILITIES FOR THE PUBLIC AT LARGE OR THOSE WHO BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABILITY, FINANCIAL HARDSHIP OR SOCIAL AND ECONOMIC CIRCUMSTANCES HAVE NEED OF SUCH FACILITIES;E) THE PROTECTION OF CONSERVATION OF THE ENVIRONMENT; ANDF) SUCH OTHER MEANS AS MAY FROM TIME TO TIME BE DETERMINED SUBJECT TO THE PRIOR WRITTEN CONSENT OF THE CHARITY COMMISSION

Activities: Thames Life (TWCP) aims to be a catalyst for sustainable community-led change. The project brings together schools, community groups and residents from across the Thames ward of the London Borough of Barking and Dagenham to create a stronger, healthier, cleaner more confident, and cohesive

community.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Arts/culture/heritage/science, Environment/conservation/heritage, Economic/community Development/employment
- **Who:** The General Public/mankind

Geography

- Barking And Dagenham

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£205,968	£220,260	-	-
2024-03-31	£407,243	£319,590	-	-
2023-03-31	£367,524	£348,520	-	-
2022-03-31	£316,353	£307,837	-	-
2021-03-31	£181,756	£103,813	-	-

Trustees

Name	Role	Appointed
Amina Hussien		2022-10-13
Harley Manning		2025-11-27
Isalina Ferreria		2024-04-11
Josiah Oyekunle		2019-05-14
Lai Ogunsola		2019-05-14
Marta Hawkins		2025-05-29
Matthew David Lismore		2025-03-06

THAMES LIFE

England & Wales - Charity number 1189743

Accounts



IMPACT REPORT

April '24 - March '25

Creating positive spaces and opportunities for resident empowerment and wellbeing.

C O N T E N T S

About Us

Our Trustees

Our Staff

**A Word From
Our Chair**

**A Word From
Our CEO**

Projects

**Key
Achievements**

Engagement

Feedback

Finances

Future Plans

Thank You

ABOUT US

VISION

A diverse and vibrant community where residents are driving change.

MISSION

To create positive spaces and opportunities for resident empowerment and wellbeing.

OUR AIM IS TO:

- **Develop Leaders:** by offering increased skills development, training and volunteering opportunities for residents.
- **Nurture Relationships:** by creating impactful relationships between residents and partnerships with the local authority, developers, NHS, schools and others.
- **Exert Influence:** by connecting residents with decision makers to seek positive change for their community.
- **Support Enterprise:** by growing a network of community projects and businesses led by residents to address local need.

OUR TRUSTEES



Amina Hussein

PA, HR, Payroll &
Youth Work
experience



Josiah Oyekunle

Co-Chair

International Wedding
& Events DJ, Musician,
Producer and MC



Hafizur Rahman

College lecturer,
Trustee of Thames View
Muslim Association



Lai Ogunsola

Project Officer in the
Health Team at the GLA



Natalie Ogene

Civil Servant

OUR STAFF



Matt Scott
CEO



Laurelle Darroux
BFF Community
Organiser



Vishal Narayan
Strategic Health
Officer



Lucy Lee
Health Outreach
Officer



Marion Hull
Community Organiser



Zainab Jalloh
Comms & Outreach
Officer



A WORD FROM OUR CO-CHAIR

This past year has been a significant period of transition for our charity, one that has fostered both growth and deeper understanding among our staff and trustees. As we navigated these changes, ensuring the long-term sustainability of our organization became paramount, alongside our commitment to continuing the impactful work we do. Through this journey, I have been continually impressed by the patience and dedication of our staff, to whom I extend my heartfelt appreciation. A special thank you goes out to Jamie, Alex, Margarida, and Nia for their years of service and the tremendous effort they've put into supporting our local community. Their contributions have made a lasting difference.

One of the standout successes of this past year has been our Health Outreach Programme. With each event, this initiative has grown, reaching more residents and making a tangible difference in the community. The positive feedback we've received underscores the programme's impact, and I'm particularly proud of the work done by Lucy and her team. Their unwavering commitment to fostering a healthier community and bringing people together truly exemplifies our mission.

Even as our team has become smaller due to these transitions, the quality of our work has not diminished. Both the trustees and staff are united in our focus on maintaining the high standards that our community expects and deserves. We remain committed to empowering local residents and ensuring that their voices are heard. Our partners have been crucial in supporting this mission, and I want to express our gratitude for their continued collaboration. Looking ahead, we recognize that there is still much work to be done, but we are more determined than ever to move forward with our vision. Empowering residents will always be at the core of our efforts, and we know that by working together, we can achieve even greater things. As we continue this journey, let's remember that our strength lies in our unity.

Josiah Oyekunle



A WORD FROM OUR CEO

As CEO of Thames Life, I am immensely proud of our dedicated team and the work we have accomplished over the past year in supporting our community. In 2024/2025, we have faced unprecedented challenges, particularly the impact of hyper-density development, a severe lack of social infrastructure, and the continued entrenchment of inequality and poverty in our local area.

The rapid increase in high-density housing has not been matched with the necessary investment in health centres, affordable community spaces, and essential services. This has led to a famine of resources for residents while land values skyrocket, benefitting investors at the expense of the community. The stark contrast between wealth accumulation and local deprivation continues to drive our mission, ensuring that the voices of our residents are heard and their needs met.

Despite these challenges, our team has worked tirelessly to provide vital support, from community advocacy to direct services for families in need. I want to extend my heartfelt gratitude to our incredible staff for their unwavering dedication. This year, we have welcomed new colleagues who bring fresh energy and ideas, while also bidding farewell to valued team members whose contributions have been invaluable. Their legacy remains embedded in the work we do every day.

I also want to sincerely thank our resident trustees, whose love for our local area and selfless investment of time and support continue to guide our vision. Their leadership and passion for the community inspire us all.

As we move forward, Thames Life remains committed to fighting for a fairer, more inclusive community where resources are distributed based on need, not profit. Together, we will continue to stand for the dignity and rights of every resident.

Regards,
Matt Scott

PROJECTS

1
BD
CITIZENS &
VOICES
FOR
HOUSING
JUSTICE

2
RIPPLE
EFFECT
GROUP

3
GP
DROP-INS

4
LOCALITY
LEADS

5
RESELIENCE

6
RIPPLE
NATURE
RESERVE
GROUP
(RNR)

7
RESIDENTS
PLANNING
FORUM

8
BARKING
FOOD
FOREST
(BFF)

9
THE
RIVERVIEW

10
GREEN UP

11
YOUNG
CITIZEN
ACTION
GROUP
(YCAG)

12
FIERCE
DANCING
PODCASTS

BD CITIZENS & VOICES FOR HOUSING JUSTICE



Conducted & reported by Matt Scott

Thames Life has played a crucial role in coordinating Barking & Dagenham Citizens (BD Citizens), supporting its diverse member groups and working closely with TELCO, the East London branch of Citizens UK. Our work has been driven by a commitment to empowering local communities and addressing pressing social issues through collective action.

A major focus of our work has been the Boroughwide Housing Inquiry, a listening campaign designed to uncover the housing challenges faced by residents across tenures. Through extensive outreach, house meetings, and training sessions in community organizing, we have built relational power and gathered first-hand accounts of housing need. Our findings highlight widespread dissatisfaction with housing services and reveal that community-led housing initiatives could play a key role in tackling affordability issues.

One of our most significant achievements was the successful Voices for Housing Justice event, held at the Boathouse in December 2024. With over 60 attendees, the event emphasized the need for a broad coalition to shift power into the hands of residents. Through open discussion and shared experiences, we laid the groundwork for collective action across tenures, advocating for policies that prioritize community needs.

Our work extended beyond Barking & Dagenham, contributing to a landmark event in Westminster attended by over 2,000 Londoners. Dagenham residents took centre stage as keynote speakers, sharing their lived experiences and calling for change. With Angela Rayner in attendance, the event amplified our collective demand for fairer housing policies and demonstrated the strength of community-led advocacy.

Moving forward, we are committed to implementing a Citizen Action Plan guided by our 'Rise Up' vision:

- Regeneration
- Imagination
- Success (for)
- Everyone
- Uplifting
- People

By continuing to build power within our communities, Thames Life and BD Citizens are driving tangible change, ensuring that residents' voices shape the future of housing in Barking & Dagenham.



RIPPLE EFFECT GROUP



Conducted & reported by Marion Hull

The Ripple Effect Group began in December 2022 as a resident-led initiative to address issues of local importance. Topics such as parking, rubbish, safety, crime, and traffic quickly surfaced in discussions, as residents explored creative ways to encourage community cooperation and collaboration with the Council.

Residents and Thames Life staff were delighted to support Samina Khalid's Keep Your Kool anti-knife-violence event, which drew over 200 adults and young people to Everyone's Warehouse. The strong community turnout and enthusiasm were evident, with 15 to 40 residents regularly giving up their evenings each week to build genuine community spirit.

Towards the end of 2024, residents received the difficult news that Everyone Everyday had been informed by Barking & Dagenham Council that its funding would not continue. As landlord, the Council required that Everyone's Warehouse be returned and added to its commercial portfolio — the very building that had served as a hub for the group's meetings and community activities.

In response, residents rallied together, showing remarkable resilience and determination. They lobbied Margaret Hodge MP, wrote letters to councillors, launched an online petition, and created a website and social media presence to raise awareness. They also reached out to other makerspaces across London for professional advice, compiled a business case, and submitted an application to register the building as a community asset, seeking help from the GLA Cultural and Community Spaces at Risk Team. Their campaign gained momentum, with press coverage, BBC TV and Radio features, and four town hall protests amplifying their message. Many residents, some nervous and new to public speaking, took to the airwaves to express how vital the space was to their lives.

Since then, the group has continued to campaign passionately for more free and accessible community spaces. Members have spoken about the empowering impact of seeing even the shyest residents — including children as young as five — confidently addressing audiences and sharing their experiences.

The Ripple Effect Group now meets every Wednesday at the Curzon Club, where guest speakers are invited to share insights and inspire continued community action. The group remains committed to advocating for free-access community buildings where residents can learn, play, find respite, and connect with neighbours. Collaborations with local partners and wider community networks are being actively pursued to make this vision a reality.



GP DROP-INS



Conducted & reported by Lucy Lee

The Fuller stocktake report¹ published in 2022 highlighted the critical role of the voluntary, community, and social enterprise (VCSE) sector in delivering integrated primary care and improving population health outcomes. It recommended that integrated care systems (ICSs) should work closely with VCSE partners to co-design and co-deliver services that meet the needs and preferences of local communities. So how is that working out?

Our work on health is best known for the GP drop-ins that have won awards, which were an outcome of a frank conversation with partners about 'the new model of care' that evolved from the Healthy New Towns agenda. I remember wondering out loud who would know the difference about whether the new model of care was or was not working, since it seemed rather abstract from local concerns like not having a health centre on Riverside. The challenge back was to do something – and the response back to that was the value of community events and hence a join up with the NHS and others began.

The links with the wider integrated care system and board that Fuller envisaged has not meaningfully taken place. Neighbourhood teams are a great idea but again have not been significantly progressed (at the time of writing) and the chasm between community groups and the wider health system remains a challenge. Our Localities Lead project wound down and much of our time and effort went on the GP drop ins, with other smaller projects also underway. However, the fundamental inequalities of power evident in partnerships and the deeper issues of chronic structural oppression visited on the communities we serve remain unfinished business. As one of our residents termed it, 'we need a commission', consistent organizing of civil society to win social justice within and beyond the health system and end the disparities between words and action.

LOCALITY LEADS



Conducted & reported by Matt Scott

Locality Lead: A Vision for True Community Power

Over the past year, Thames Life, alongside Al Madina Mosque, Disability Alliance Barking & Dagenham (DABD), Harmony House, and Kingsley Hall, has been proud to continue their consortium approach which was born out of the Locality Lead project—an ambitious effort to embed real community power in decision-making and resource allocation.

Locally Thames Life has provided a wide range of health outreach activities but also searching for a more equal way of working. At an event we held on Thames View that brought together community groups and senior council participation leads, we asked the critical questions: What are the pathways that bring system players together to scale and shift resources? What does true community power look like? And what does long-term, sustainable locality work require?

Our collective argument was clear—rather than drafting more strategies, we need direct investment in community workers, stronger coalitions, and fairer commissioning processes that move away from a winner-takes-all approach. Community forums must have real accountability, ensuring grants like community chests genuinely benefit local people rather than being absorbed into existing institutional structures.

The passion, commitment, and lived experience brought by our five organisations, developed a powerful vision although one that remains outside of the current direction set by power holders within the health system. A lot of the discussion with Learning Partners focused on this idea of system change but arguably there was a lack of appreciation that the system works perfectly precisely because there is little incentive to change. The model of change Thames Life has is that real change will only happen when residents define and set the agenda, whether it be tackling health inequalities, health centres or ‘inclusive growth’ and having done that, take an active leadership role thereafter. Anything less is tokenistic and placatory. Our community power approach although resonant with the Fuller Report desire for a locally sensitive approach, autonomy and proportionate funding is a head of its time and the risk is the ‘system’ flips back to what it knows and can control.

If we truly want to improve the health and wellbeing of our residents at a population level, build trust and belonging within communities, and ensure that public and social sector resources are used effectively in a more preventative model, we must fully value the expertise and leadership of our communities.

RESILIENCE NETWORK



Conducted & reported by Matt Scott

Building Community Resilience in Barking & Dagenham

Resilience is at the heart of our work at Thames Life, ensuring that our communities are prepared for the challenges they face, from fire and flooding to public health crises. Our journey in resilience-building began after the Barking Riverside Fire on 9th June 2019, which led to a partnership with the British Red Cross and weekly strategic meetings to strengthen local response capabilities.

Our work gained further momentum during the pandemic, when we tackled vaccine hesitancy through pop-ups and outreach, ensuring that residents had access to reliable health information. Barking & Dagenham is a recognised hazard hotspot, with some of the highest risks of fire and flooding in the country. In response, we proudly represent the voluntary and community sector (VCS) at the Borough Resilience Forum and in 2025, we hosted the first-ever BD Resilience Network event at the Ripple Centre, attended by over 40 participants.

Thanks to the London Community Resilience Fund, overseen by the Greater London Authority (GLA) and London Plus, we have been able to deepen our efforts. Our resilience framework is built on four key pillars: engagement with the Borough Resilience Forum, active participation in the London Resilience Partnership, the development of the new BD Resilience Network, and strengthening future partnerships. We are committed to embedding resilience plans, training, and outreach at every level. A heartfelt thank you to Mandy Beacher and her team at the council for their invaluable support. Through extensive outreach, we have heard directly from residents about their concerns—many feel overwhelmed by housing issues and look to friends, family, and community networks for support. Our mission is to ensure prevention, equity, and recognition of the VCS as an equal partner in resilience planning.



RIPPLE NATURE RESERVE



Conducted & reported by Vishal Narayan

The nature reserve remains shut after the Wildlife Trust left 8 years ago. The reserve has been undergoing changes- some important cabling works by the adjacent power station has meant the Reserve was not safe for organised walks or for the general public. The Ripple Nature Reserve Committee has been meeting periodically but had stopped meeting towards winter of 2024, as many of the members were attending the online stakeholder meetings which brought together Barking Riverside Limited, The London Borough of Barking and Dagenham Parks Team, National Grid, UK Power Networks and other stakeholders interested in opening the nature reserve. This group supported the re-opening of the nature reserve by reviewing tenders for a landscape architect, including some residents on the committee. This was won by Arkwood, who completed a local and borough wide consultation, ascertaining resident and stakeholder input consulting on their ideas in order to open up the reserve. This included at GP drop ins and other groups which work with Thames Life such as the Ripple Effect. In December 2025, Arkwood completed a public showcase of the complete nature reserve design to stakeholders involved in the process, featuring Thames Life staff and committee members. They said they needed a minimum of £1.6 to open the nature at the bare minimum. The final design was not available to be provided to Thames Life or the committee as BRL and LBBD needed to verify the final design before public dissemination.

Since then, there have been no stakeholder meetings. Thames Life, through my worker role intends to work with LBBD to put in a National Lottery Heritage bid, supported by Arkwood and LBBD to help gain funds to reopen the reserve and work through resident engagement for maintenance purposes. Thames Life is currently planning to activate the reserve by performing a litter pick in collaboration with Roding Rubbish. There are plans to start to bring the wider Ripple Nature Reserve resident group back together at monthly meetings.

Residents Planning Forum

This monthly session has been meeting as a core group and has been focusing on bringing in guest speakers, contributions to the Dr Pablo Sendra UCL report; the Thames View and Riverside Community Plan and working on a resident's charter. The charter is a set of stipulations and asks from local residents, raising demands for their voices to be heard across the civil landscape across Barking and Dagenham. The charter is fashioned on work previously done by citizen's UK and is intended to be a staple point in highlighting a framework of resident power through an agreed set of principles. Alongside this, the Planning Forum is engaged in writing in and making contributions to various planning consultations, the critical one being BRL's proposal for 20,000 homes instead of the 8000 previously proposed. While the Planning Forum has a core group, Thames Life is proposing to try and get other residents engaged in urban planning and is thinking of ways to increase local engagement. I am also proposing a Planning Forum podcast series, based on a number of themes across planning and housing such as 'rent' or 'service charge' issues.

RESIDENTS PLANNING FORUM



Conducted & reported by Vishal Narayan

Thames Life focuses its community development efforts in the Thames View and Riverside Wards, areas experiencing extensive regeneration with around 20,000 new homes being built in Riverside and significant demolition and redevelopment in Thames View. Local challenges include health inequalities, the lack of a new health centre, loss of green spaces such as a nearby nature reserve, and a shortage of community and youth facilities.

Thames Life's mission is to place residents at the heart of community development and advocacy. To support this, a monthly Residents Planning Forum is held on the first Tuesday of every month (6:00–8:00 PM) in hybrid format (in-person and online). The forum provides a platform for residents to discuss issues related to housing, community infrastructure, and green and blue spaces, learn about planning processes, and take collective action.

The core group of the Forum has been active in inviting guest speakers, contributing to the Dr. Pablo Sendra UCL Report, the Thames View and Riverside Community Plan, and developing a Residents' Charter. The Charter outlines key community demands and principles of resident power, inspired by work from Citizens UK.

The Forum also engages with planning consultations, including critical input on Barking Riverside Limited's proposal to increase the housing target from 8,000 to 20,000 homes. Thames Life aims to broaden participation by encouraging more residents to engage in urban planning.

A Planning Forum podcast series is also being proposed to explore themes such as rent, service charges, and housing issues across Barking and Dagenham.



BARKING FOOD FOREST



Conducted & reported Laurelle Darroux

The Barking Food Forest (BFF) continues to flourish as a vital green space for the community, offering education, food-growing opportunities, and a hub for sustainability. Through gardening/permaculture workshops, and open activities for families and children, the project nurtures both the environment and the people who engage with it. This year has been a period of growth, collaboration, and community-driven impact.

Core Activities

- Gardening & Food Growing: Teaching sustainable food production and permaculture techniques.
- Educational Workshops: Providing hands-on learning for Riverside Nursery, Primary and Secondary school students, local families, and individuals interested.
- Community Engagement: Hosting family-friendly events, and collaborative projects with local groups like Roding Rubbish, and BRL.

Planning Permission: A Step Forward

After a lengthy review process, BFF was officially granted planning permission—a crucial step in securing the project's future. Initially, the approval process faced delays due to soil testing concerns. Rather than undergo costly additional testing, an agreement was made to continue growing edibles in raised beds only, as has always been the practice.

However, the current approval is for 10 years rather than permanent status, as the land remains designated for residential use. This limitation means that while the pavilion and polytunnel can now go ahead, long-term funding opportunities—such as grants for a facilities building—may be restricted until Barking Riverside Limited (BRL) formally changes the land designation. Advocacy efforts will continue to push for this change, ensuring the long-term security and sustainability of the site.

What's Next?

Easter Egg Hunt: A fun-filled event for families, coming this April.

Weekly Gardening Sessions: Resuming 15th March, these sessions offer residents a chance to get involved, learn new skills, and connect with others.

Polytunnel build: We hope to have built the new polytunnel, a significant addition that will expand our gardening capabilities.

Summer Solstice Party: Save the date for 21st June, to celebrate the longest day of the year with a festive gathering in the Food Forest.



RIVERVIEW NEWSPAPER



Conducted & reported by Zainab Jalloh

The River View Newspaper has become a vital platform for community engagement, providing residents of Barking Riverside with local news, stories, and opportunities to share their voices. With 6,500 copies printed per issue and distributed across key community hubs—including The Wilds, Rivergate Centre, Sue Bramley Centre, and The Visitors Centre at Riverside Station—the newspaper has established itself as a trusted source of information. Complementing the print edition, the website has seen 1,500 visitors since launch, driven by search engines, social media, and the Thames Life website.

Core Activities

- **Local Storytelling:** Sourcing and publishing news stories, interviews, and features relevant to the community.
- **Stakeholder Engagement:** Managing relationships across the Resident Editorial Board (REB) and beyond.
- **Outreach & Training:** Encouraging residents to contribute, developing editorial skills, and fostering a culture of civic journalism.

Defining Moments

One of the most significant milestones was securing BRL's support to create a resident-led publication in the first place, a rare achievement in similar developments. Although, it has been difficult at times for REB members to challenge perspectives, the River View remains a platform by residents, for residents.

Challenges & Future Vision

While BRL is currently the sole funder, diversifying funding streams remains a priority. Potential sources include the Arts Council and the Community Chest Fund, ensuring long-term sustainability. Additionally, to improve efficiency, having a dedicated paid staff member to manage logistics would continue to enhance operations.

Looking ahead (April 2025 – March 2026), River View will focus on reflecting on its future beyond the current partnership, maintaining editorial independence, and expanding readership (currently 18000). The goal remains clear: to keep amplifying resident voices and ensuring that Barking Riverside's stories continue to be told.

GREEN UP



Conducted & reported by Marion Hull

The Green-Up group was established through funding secured by Alex Anthony in 2023 under Thames Life. The primary objective of the group was to bring people together for litter picking and arts and crafts activities.

The Roding Rubbish group, a voluntary organisation conducting litter picking activities, was co-led by me. Litter pickers, gloves, and bags were used for these efforts. A proposal was made to combine litter picking with yoga in order to promote both mental and physical well-being while also contributing to environmental cleanliness.

Support was provided by Vishal and Matt. The hall at the Sue Bramley Centre (Thames View Hub) had already been reserved for the Green-Up group. It was learned that yoga instruction was offered by Nikhil Rathore from the Barking Food Forest, and contact was made with him by Vishal and me. Nikhil confirmed his availability to conduct the yoga sessions, and coordination regarding payment for his services was managed by Matt and Vishal.

The first Wednesday in July 2024 marked the commencement of the combined indoor and outdoor cleanup initiative. Sessions were held every Wednesday until September, from 1:00 PM to 3:00 PM. Although attendance was initially low, numbers increased after the first week. Participation by young people was noted once the school holidays began. Approximately 10 regular attendees of various ages and abilities took part in each session. A chair was provided for one participant requiring seated yoga exercises, and another participant, who experienced mental health challenges, attended with his carer, who also participated.

Each session was begun with a 45-minute yoga warm-up, followed by approximately 40 minutes of litter picking along the Ripple Greenway. An average of six bags of rubbish were collected each week and left outside the Sue Bramley Centre for collection by the Street Cleansing team.

The local Safer Neighbourhood Teams participated in the litter picking sessions on two occasions, which proved beneficial when two dangerous knives were discovered. One of these was found by a young girl, who was understandably distressed. Immediate action was taken by a nearby police officer.

After the litter picking, participants returned to the Sue Bramley Centre for a concluding yoga session.

The sessions were well received, and inquiries have been made regarding their continuation. It is hoped that they will be resumed during the next summer period.

YOUNG CITIZENS ACTION GROUP



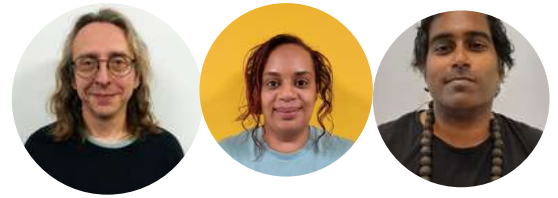
Conducted & reported by Vishal Narayan

The Young Citizen action group has seen a reduction in numbers from 12 to a core 8 students, this is because the former students have now reached year 10 and have various educational interventions across the school at the same time on a Monday afternoon. Recruitment of younger years has been slow as the school only provides a 5 minute assembly and a school bulletin once a week per term to get information out to students. Nonetheless, students also attend when they are not in interventions. The students have completed their young person's charter and have been exploring ways to promote the charter in the local community to advocate for young people. They started a Tik Tok channel, and a podcast but were unable to edit and release it. The young people sent a letter to the new MP for Barking, Nesil Caliskan, asking her to consider helping to raise funds for the proposed performing arts centre and Ripple Nature Reserve. She subsequently invited them to parliament for a group discussion and tour, which they attended. Young people were inspired and invigorated by this. After this, young people have been exploring reaching out to granting bodies and trusts and have been helping to form what campaigns young people should run for the Shoreline, Nature Reserve and performing arts centre. They are helping to shape some of the ideas for the next two years of YCAG, as they will be unable to attend in year 11. Young people also made significant contributions to the Thames Road Supplementary Planning Document, advocating for youth voice within the document's themes- providing their thoughts and ideas on the new development and how it could be improved in their eyes on behalf of other young people.

YOUNG CITIZENS ACTION GROUP



FIERCE DANCING PODCASTS



Conducted & reported by Matt, Lucy & Vish

This year, Thames Life launched Fierce Dancing, a resident-led podcast that offers listeners an authentic glimpse into who we are, what we care about, and how Thames Life continues to grow as a community-driven movement in Barking and Dagenham. Each episode invites open, honest and often light-hearted conversations about our lives, local issues, and the changes shaping our neighbourhoods.

The first episode set the tone, as we reflected on why each of us joined Thames Life and our personal highlights so far. We followed this with a relaxed chat about what we get up to on weekends, helping listeners connect with us as individuals. In later episodes, we turned our attention to place, discussing our experiences in Thames View and Barking Riverside, what has changed over the years, and what we hope to preserve as regeneration continues.

Community voices remained at the heart of the series. We explored what we would each change about our area and shared inspiration from a social project in New York. We also celebrated the Barking Food Forest, talking about our growing successes and introducing Laurelle, our new Community Organiser, who shared her goals and wellbeing tips. Another highlight was meeting Marion, our Green Up Community Organiser, who spoke about her work in local environmental projects and her hopes for the future.

The podcast also created space for reflection. We discussed the devastating fire at the Spectrum Building in Dagenham, sharing our thoughts on fire safety and community resilience. We closed the season with New Beginnings and Upcoming Events, marking team changes, celebrating milestones, and highlighting updates from projects such as the Youth Community Action Group and the Barking Food Forest.

Fierce Dancing has quickly become more than just a podcast; it's a platform for storytelling, connection, and local pride. It captures the humour, honesty and heart of Thames Life, showing how residents' voices continue to lead and inspire positive change in our community.



KEY ACHIEVEMENTS

£198,880 funding raised across all projects
15,480 residents engaged across all projects

Nature Reserve Masterplan completed



Community plan for the local area

*Barking Riverside and Thames View
Community plan*



Ongoing funding secured from BRL for Riverview

GP Drop in Clinics Specialise

The RiverView

Barking Riverside, Scrattons Farm and Thames View

Winter 2024

News for residents, by residents

ISSUE #13

Footpath 47 Community & Wildlife Connection



By Marion Hall, local resident

On Saturday 20th October, Barking Bobbly and Barking Riverside Neighbourhood Watch, brought to greater the local community for an event celebrating the Footpath 47 and raising awareness of its unique wildlife and its importance to be kept.

Hosted at the Exchange London (near Barking Riverside Pier), the day began with a presentation on

"...raising awareness of its unique wildlife and its importance to be kept."

Footpath 47 by Kevin Hulson, our ecological heritage specialist, a local resident passionate about protecting this natural space. There came the fun part—yes a litter-picking session!

With 25 volunteers, including

local families and kids as young as 11 months (inspiring from her grand) to Virvardski little lionesses, we all joined forces to make a difference.

All together we filled 38 bags of litter just from the footpath, plus

large items like crates, massive wood pieces, a lost tractor hood, and more. Big and small, all hands made an impact!

After the cleanup, we gathered back at The Exchange for some well-deserved refreshments and

done into the next part of our work. The London Fire Brigade gave us a presentation on water safety, followed by presentations from local community groups sharing their work. We also shared more about our local environment, wildlife and local history! A massive thank you to everyone who joined us to help protect Footpath 47, support nature so much to us, and our community.

WHAT'S NEW THIS WINTER
Activities and events for all!

Pg 5



First Voices for Housing Justice Event





**Funding Secured for GP
Drop-ins:
£27,819**



**Total Attendees:
4000**

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Evaluation of Rough Sleepers & Asylum Seekers Drop-in Clinic

27 June 2024 event organized by Thames Life's Director of Health Outreach supported by New West PCN GPs/health inequality leads, LBBD universal services and other partners. Attended by 119 rough sleepers and asylum seekers, including 4 children. 19 services were available, including health and care services, food and showers, arts, and socialising. At the end of the event, attendees were asked to complete a short questionnaire, which was answered by 49 attendees (41% response rate). Respondents had been rough sleepers or asylum seekers between a few months to over 10 years. Most said they attended for free food and showers, to see a doctor, and for socializing and networking opportunities. Additional key statistics are illustrated below grouped by broad themes.

Demographics

73%

Of the attendees were males

10 out of 16

Attendees that added their age group aged between 25 to 54

5 OUT OF 10



Attendees that answered the nationality question said they identified as British or Mixed British, and the rest as Other (African, Asian, Romanian, Russian, and Ukrainian)

Place of stay

82%

Of the attendees said they usually stay in the Barking & Dagenham area



Health

53%

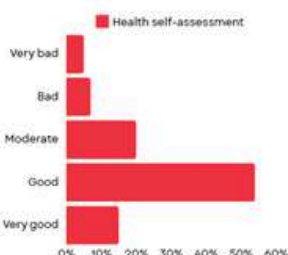
Of those attendees that are registered with a GP have not seen their doctor in the last 12 months

54%

Of the attendees said they have a health condition or illness, the majority of which said they have serious mental health issues, depression, diabetes, and musculoskeletal conditions

52%

Of the attendees said they take regular medication, of which 17 said it was easy to get their medication and 7 it was not easy to get their medication, and among the main reasons were the cost and not being easy to get a prescription



Over 7 in 10 attendees were registered with a GP Practice, of which the majority were registered with a GP in Barking & Dagenham

**Thames
Life** Community Development Trust
Barking & Dagenham



**Funding Secured for
Riverview:
£27,000**

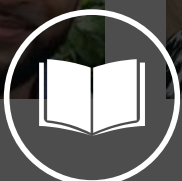


**Riverview Editorial Board
Members:**

4



**Print:
6,500 copies per issue**



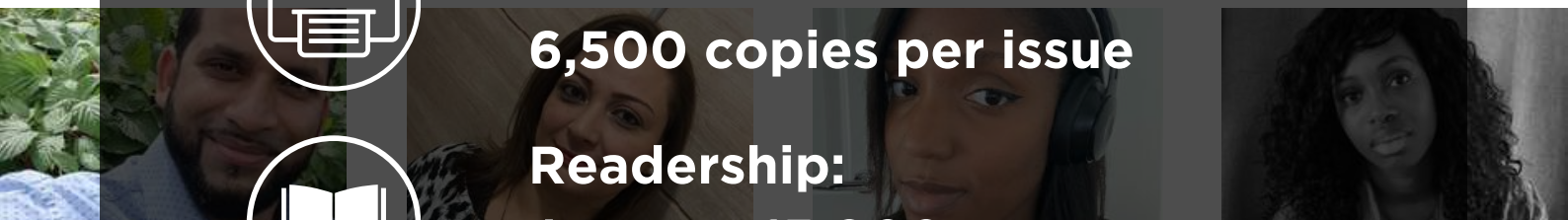
**Readership:
Approx. 15,000**



**Unique Voices:
71%**



**Ad Revenue:
£2,500**





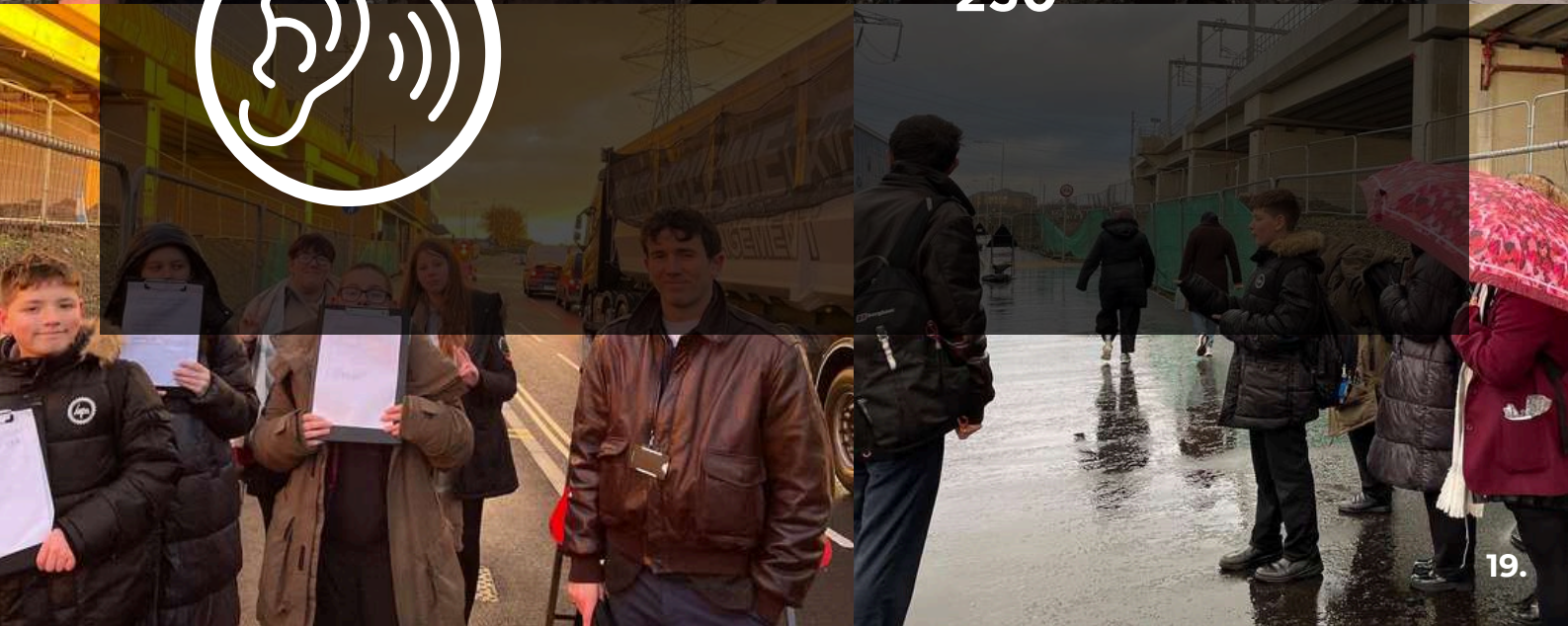
**Funding Secured for YCAG:
£18,000**



**Active YCAG members:
10**



**Young people listened to:
250**





**Funding Secured for Resilience
Network:
£2500**



45





**Funding Secured for Podcasts
and Planning Forum:
£12,026**



30

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**Funding Secured for Ripple
Nature Reserve:
£140,000**



255





**Funding Secured for Locality
Leads:
£570**



1768





Funding Secured for Voices for Housing Justice: £23,196



87





**BARKING
FOOD
FOREST**
Made for US!



**E
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**Funding Secured for Food
Forest:
£23,788**



**Activities Held:
10 sports & wellbeing**



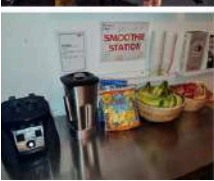
**Sessions Delivered:
181**



**Unique Attendees:
1413**



**Feedback:
40% gave 9 or 10 out of 10 for
the activities attended**



PARTNER FEEDBACK

"I have really enjoyed working as a senior practitioner from a local practice with Thames Life. We have been able to foster some of the reviews and concerns that our patients and residents are having accessing health care at GP surgeries and some of the issues they are suffering with."

- Dr. Jagan John, Aurora Medcare

"British Red Cross has a longstanding relationship with Thames Life, partnering on a range of community resilience building activities. Barking & Dagenham has been chosen as a priority place for us, and so we want to deepen our relationships with communities, working with them to find solutions to tackle health inequalities, provide support for migrants and continue to strengthen community resilience."

- Zack Ahmed, British Red Cross

"In terms of what we find most valuable, I'd say (in no particular order): (1) being an anchor organisation for a specific area of the borough (2) the support you provide to residents and local organisations to get involved in the borough; (3) delivering "p/Political education"; (4) having similar/overlapping values around resident participation, devolved power, and challenging power structures."

- Cameron Bray - BD Giving

"The work that Thames Life do in terms of community development and responding to work with and understand the needs and wants of local residents in a considered, collaborative and meaningful way is in our view at BDCVS exemplary."

- Pip Salvador-Jones - BD CVS

"I think your community garden project is simply brilliant - bringing families together, getting residents to grow their own, using it to improve the wellbeing of residents, the benefits to participants seem endless. The health clinics also appear to be doing very well. You also collaborate with the British Red Cross and other smaller organisations looking at community resilience."

- Wunmi Oyewole - Radiant Ambitions

"The food forest is a great opportunity for the nursery to extend the children's nursery learning, particularly as it is so close the setting itself. The children take a keen interest in the environment and sustainability. As we are a "Green Nursery" the food forest helps support out ethos"

- Tyler Morris - LEYF Barking Riverside

RESIDENT FEEDBACK

“The best things I encountered is the foraging walks and just normal walks. The drop-in surgery and when there were cycling group it was also good as helped with physical and mental health’.”

- David Townsend - resident

“Thanks for providing the means for me to meet-up with the amazing activists around here. A truly great wonderful ‘happening’.
Thames Life are doing a great job in pulling together the various strands of activism into an effective force. The developers will move on, but the community will live with the legacy.”

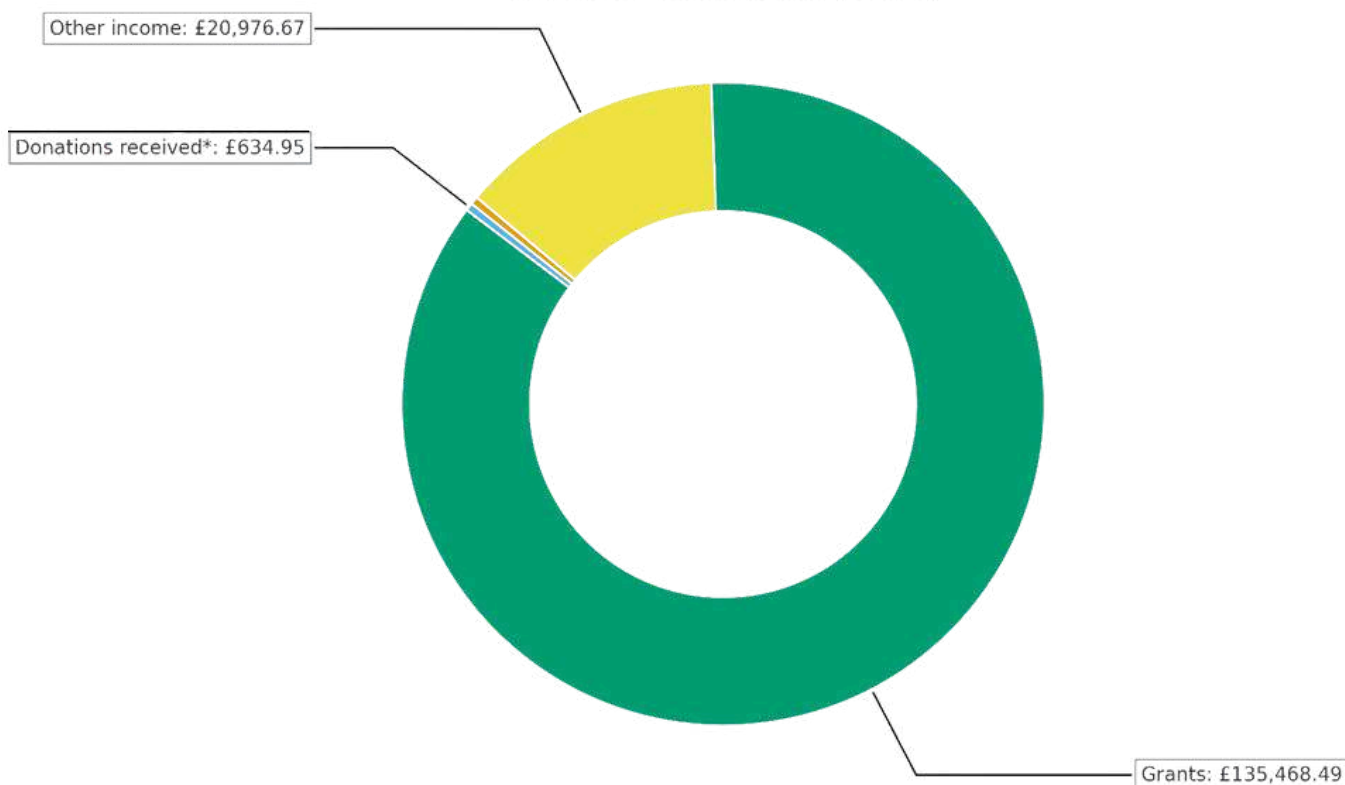
**- Kevin Hudson - Resident & Friends Of
Footpath 47**

“Thames Life is very supportive to the community and community groups, in particular Roding Rubbish and the Food Forest. Encouraging residents to have a voice and get together. A lot of people have met each other through the events supported by Thames Life.”

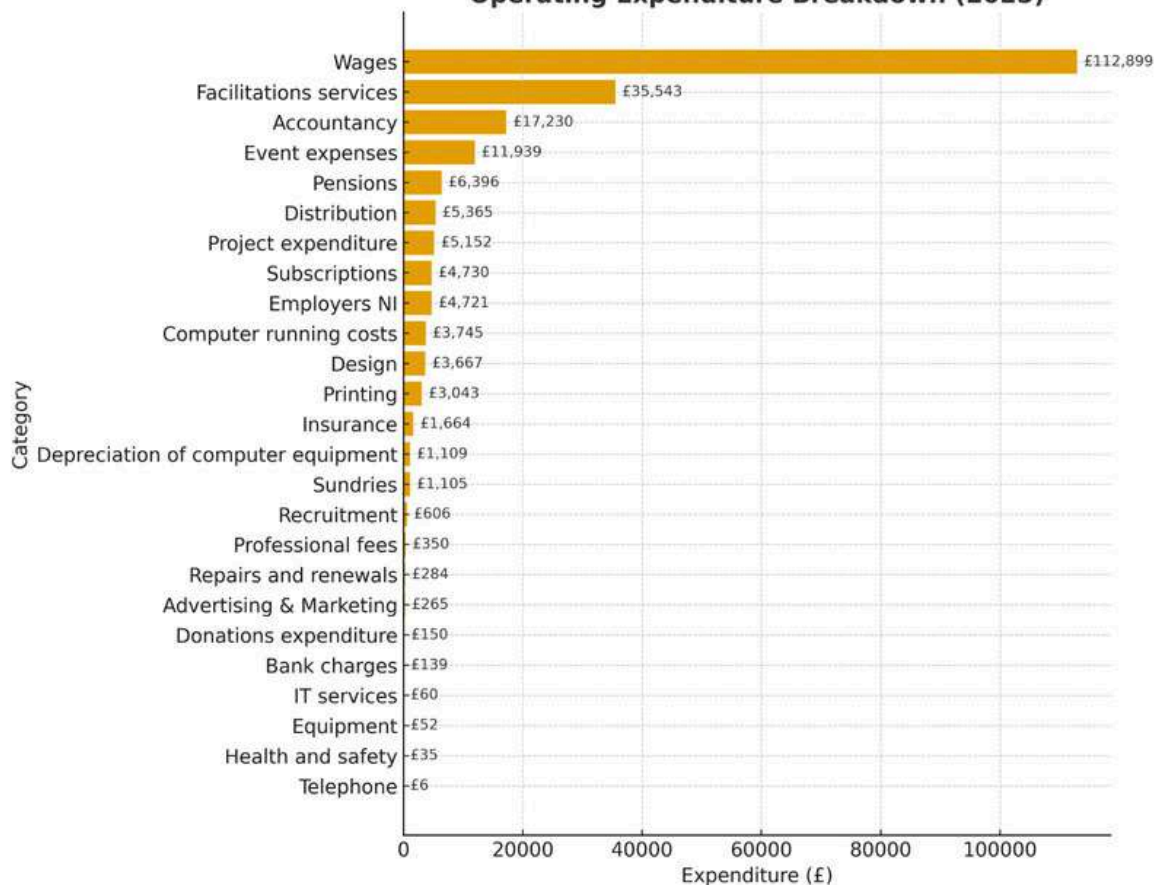
**- Marion Hull - Resident & Head of Roding
Rubbish**

FINANCES

Turnover Breakdown (2025)



Operating Expenditure Breakdown (2025)



FUTURE PLAN

We're excited about the launch the Resident Charter; a powerful document shaped by insights from over 3,000 local conversations. The Charter sets out ten key asks reflecting our community's rights, priorities, and vision for how land development and housing should serve residents. It calls for greater participation, transparency, and accountability from those shaping our neighbourhoods. More than just a statement, the Charter is a tool for change, ensuring growth happens with the community, not to it. This launch will mark an important step towards a fairer, more inclusive future where residents have a real voice in local development.



THANK YOU



MSVF
MORNINGSTAR VOLUNTARY FUND

KINGSLEY
HALL



SUPPORTED BY
MAYOR OF LONDON



Imperial College
London





PASSION LED US HERE

**Address: Thames Life,
Thames Community Hub,
Bastable Avenue, Barking IG11 0LH
Email: info@thames-life.org.uk
Website: www.thames-life.org.uk**



**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025
FOR
THAMES LIFE**

Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

THAMES LIFE

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025**

	Page
Report of the Trustees	1 to 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Financial Statements	9 to 19
Detailed Statement of Financial Activities	20

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2025

The Trustees are pleased to present their annual report together with the financial statements of the charity for the period ending 31 March 2025

OBJECTIVES AND ACTIVITIES

Our purposes and activities

The object of Thames Life (CIO) is, for the public benefit, the promotion of urban regeneration in areas of social and economic deprivation. This is focused on the London Borough of Barking & Dagenham, with a specific focus on Thames View and Barking Riverside estates. It is also realised through the following means of:

- a) the relief of poverty or financial hardship.
- b) the advancement of education, training or re-training.
- c) the provision of financial and technical assistance.
- d) the provision of recreational facilities for the public.
- e) the protection of conservation of the environment.

Our vision, mission and aims

Our Vision: A diverse and vibrant community where residents are driving change

Our Mission: To create positive spaces and opportunities for resident empowerment and wellbeing

Aims:

- o Development of leaders: by offering increased skills development, training and volunteering opportunities for residents.
- o Nurture relationships: by creating impactful relationships between residents and partnerships with the local authority, developers, NHS, schools and others.
- o Exert influence: by connecting residents with decision-makers to seek positive change for their community.
- o Support enterprise: by growing a network of community projects and businesses led by residents to address local need.

Public benefit

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's purposes and objectives and in planning its activities for the year. In particular, they have considered how planned activities will contribute to the purposes and objectives detailed above. The trustees are satisfied that the charity meets the Charity Commission's guidelines with regard to delivering public benefit.

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2025

ACHIEVEMENTS AND PERFORMANCE

Review of the year

Thames Life continues to champion resident leadership, amplify community voice, and strengthen partnerships across Barking Riverside and Thames View. During 2024-25, we consolidated programmes, delivered high-quality projects, and navigated organisational change, all while advancing our mission of sustainable and equitable regeneration.

Key Achievements

Community Projects & Resident Leadership

- Barking Food Forest: Established a six-member Resident Steering Committee; delivered weekly gardening sessions; installed a Polytunnel; received initial BRL funding and submitted additional grant applications; hosted an Autumn Garden Party and planning for an Easter Egg Hunt; developing corporate and NHS partnerships to support green social prescribing.
- River View Newspaper: Produced three issues this year; secured £26,000 funding for 2024-25; maintained an active Resident Editorial Board; ongoing efforts to amplify youth voices.
- Residents Planning Forum: Monthly sessions with UCL collaboration; contributions to Thames View & Riverside Community Plan; developing a Resident Charter; engaging residents in planning consultations, including the local developer's 20,000-home proposal.
- Ripple Nature Reserve: Supporting the planned but as yet unrealised reopening through resident engagement, stakeholder collaboration, and with planned activation events including litter picks and community engagement sessions.
- Young Citizens Action Group (YCAG): Weekly sessions delivered; developed Young Person's Community Charter; contributed to Thames Road Supplementary Planning Document; engaged with local MP and parliamentary discussions; initiated TikTok and podcast channels for youth advocacy.
- Ripple Effect Resident Campaign Group: Regular weekly meetings with guest speakers; resident-led campaigns on housing, green space, and social infrastructure; community events including Christmas party, quiz, and collaborations with Be First and UCL research projects.

Health, Sport & Safety

- Delivered sports and active lifestyle programmes and secured funding through partnerships with Sport England and the Football Foundation.
- Implemented health projects including GP pop-ups, design groups, and prototype initiatives.
- Engaged residents in resilience and emergency planning with British Red Cross, LBBB, and GLA. Including leading on the first Resilience Network in January 2025

Planning, Housing & Environment

- Supported resident campaigns through Planning Forum and Ripple Effect, focusing on housing density and greening initiatives.
- Progressed asset transfer and community-led spaces, including an exploration of building redevelopment in discussion with a range of support organisations including Meanwhile Spaces CIC.

Communications & Marketing

- Maintained website, newsletter, and social media content; delivered quarterly River View issues; ongoing bi-monthly newsletter and blog updates.
- Developed comms and marketing strategy.
- Integrated communications with project activities to highlight resident-led stories and campaigns.

Governance, Operations & Finance

- Strengthened internal systems in HR, finance, and policy compliance.
- Embedding core administrative roles during staff transitions; weekly staff meetings and weekly meetings with external book keeper updating accounts meetings and financial planning.
- Developed internal policies and administrative frameworks to support organisational resilience.

Fundraising & Income Generation

- Secured multi-year funding streams while pursuing grants from local stakeholders, Trust for London, Esmée Fairbairn, Paul Hamlyn, National Grid, and many others.
- Explored revenue opportunities through corporate partnerships, advertising, and potential community space utilisation.

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2025

CEO Reflections & Challenges

Key challenges identified include:

1. Returning to charitable purpose amid unsustainable housing developments.
2. Preserving and enhancing team culture and esprit de corps.
3. Holding tension inherent in power-shifting community organising.
4. Strengthening anti-oppression and anti-poverty initiatives.
5. Internal organisational systems and governance.
6. Securing long-term revenue to reduce reliance on short-term grants.
7. Navigating developer and council command and control cultures.
8. Staff support, structure, and wellbeing.
9. Enhancing trustee engagement and shared time.
10. Ensuring legacy, succession, and distributed leadership within staff and trustees.

Thames Life 3:0

- 1:0 (Oct 2017-Oct 2020): First Lottery grant, charity setup.
- 2:0 (Mar 2021-Mar 2024): Second Lottery grant; consolidation of delivery.
- 3:0 (Mar 2024-present): Established programme delivery, diverse funding, and strengthened organisational systems.

FINANCIAL REVIEW

Financial position

Total income for the year was £205,968 (2024: £407,243) of which £205,182 was deemed as restricted funding (2024: £405,038). Total expenditure for the year was £220,260 (2024: £319,590) of which £219,843 was spent on restricted activities (2024: £319,590). Reserves carried forward at 31 March 2025 were £178,018 (2024: £192,310) of which £129,960 were deemed as restricted (2024: £144,621).

Reserves policy

Our reserves policy is to hold unrestricted funds equivalent to six months' operating expenditure. Since the majority of salaried posts are funded by restricted funding, the operating expenditure needs only to cover the redundancy costs at a minimum, plus any further operating costs. The unrestricted funds balance more than satisfies this criteria as at 31.03.25.

The charity is able to meet its current working capital requirements based on the cash flow generated and modest operational surpluses. There are sufficient cash reserves to manage cash flow on a day to day basis

Going concern

The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2025

FUTURE PLANS

1. Community Projects & Resident Leadership

- Fully develop Barking Food Forest and secure capital funding.
- Reopen Ripple Nature Reserve with heritage funding and activate resident engagement.
- Expand YCAG and Residents Planning Forum to increase participation and civic influence.
- Strengthen Ripple Effect campaigns on housing, green space, and social infrastructure.

2. Communications & Marketing

- Streamline comms strategy and digital presence; maintain continuity.
- Develop storytelling and targeted campaigns to promote awareness, projects, and resident voice.

3. Income Generation & Sustainability

- Secure larger, long-term funding streams; explore revenue opportunities via advertising, partnerships, and community spaces.
- Continue pursuing grants from statutory and philanthropic sources.

4. Governance & Organisational Systems

- Strengthen internal governance, finance, HR, and operational systems.
- Support trustees with oversight, succession planning, and distributed leadership.
- Review staff to ensure stability and retention.

5. Impact & Storytelling

- Develop a consistent impact framework to measure and communicate outcomes.
- Highlight resident-led successes and demonstrate the community's role in driving change.

6. Partnerships & Advocacy

- Continue strategic collaborations with local authorities, developers, statutory bodies, and voluntary networks.
- Maintain proactive accountability mechanisms for housing and regeneration projects.
- Secure community assets for accessible, resident-led spaces.

Thames Life remains committed to empowering residents, sustaining impactful programmes, and ensuring that community voices are central to regeneration and planning in Barking Riverside and Thames View.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is controlled by its governing document and constitutes a Charitable Incorporated Organisation (CIO).

Prior to the CIO being established the charity ran as Thames Ward Community Project, this ceased activities on 1 October 2020 and transferred all funds to Thames Life.

Risk management

The trustees have reviewed the major and financial risks that impact on the work of the charity. The systems that have been established enable the trustees to review and take necessary steps to lessen these risks. The trustees consider the following to be the principal risks that the charity faces:

- Main risk #1: securing funding to maintain core activities. In mitigation trustees review finances at board meetings and monthly executive meetings to ensure strategies and actions are undertaken. Trustees and staff are also proactive in seeking a balanced portfolio of funding sources as a progression from heavy reliance on one single funder, i.e. the Lottery Reaching Communities Programme.
- Main risk #2: turnover of staff and trustees. In mitigation regular support, supervision and one to one meetings are planned with both staff and trustees to ensure good communication, a relational culture and speedy identification of people disengaging. We also seek to broaden and diversify our staff and trustee cohort by reaching out to less represented groups.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1189743

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2025

Principal address

Riverside School
Renwick Road
Barking
Essex
IG11 0FU

Trustees

L Ogunsola
A Pollard
J Oyekunle
A Hussien
N Ogene (resigned 6.3.25)
H Rahman
I Ferreria
D L Lismore (appointed 6.3.25)

Independent Examiner

Lee Blunden FCCA CTA
Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

Approved by order of the board of trustees on December 17th 2025 and signed on its behalf by:



J Oyekunle - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THAMES LIFE**

Independent examiner's report to the trustees of Thames Life

I report to the charity trustees on my examination of the accounts of Thames Life (the Trust) for the year ended 31st March 2025.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all 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 the Trust 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 applicable 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.



Lee Blunden FCCA CTA

Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

Date: ...17 December 2025...

THAMES LIFE

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2025**

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities	2	634	4	638	1,110
Charitable activities	4	152	205,178	205,330	406,080
Community Projects					
Investment income	3	<u>-</u>	<u>-</u>	<u>-</u>	<u>53</u>
Total		<u>786</u>	<u>205,182</u>	<u>205,968</u>	<u>407,243</u>
 EXPENDITURE ON					
Charitable activities	5	417	219,843	220,260	319,590
Community Projects					
 NET INCOME/(EXPENDITURE)		369	(14,661)	(14,292)	87,653
 RECONCILIATION OF FUNDS					
Total funds brought forward		<u>47,689</u>	<u>144,621</u>	<u>192,310</u>	104,657
 TOTAL FUNDS CARRIED FORWARD		<u>48,058</u>	<u>129,960</u>	<u>178,018</u>	<u>192,310</u>

The notes form part of these financial statements

THAMES LIFE
BALANCE SHEET
31ST MARCH 2025

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	9	2,965	-	2,965	4,075
CURRENT ASSETS					
Debtors	10	24,943	-	24,943	25,927
Cash at bank and in hand		<u>105,143</u>	<u>129,960</u>	<u>235,103</u>	<u>168,876</u>
		130,086	129,960	260,046	194,803
CREDITORS					
Amounts falling due within one year	11	(84,993)	-	(84,993)	(6,568)
NET CURRENT ASSETS		<u>45,093</u>	<u>129,960</u>	<u>175,053</u>	<u>188,235</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>48,058</u>	<u>129,960</u>	<u>178,018</u>	192,310
NET ASSETS		<u>48,058</u>	<u>129,960</u>	<u>178,018</u>	<u>192,310</u>
FUNDS	12				
Unrestricted funds				48,058	47,689
Restricted funds				<u>129,960</u>	<u>144,621</u>
TOTAL FUNDS				<u>178,018</u>	<u>192,310</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 17 December 2025..... and were signed on its behalf by:



J Oyekunle - Trustee



L Ogunsola - Trustee

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025**

1. ACCOUNTING POLICIES**Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on charitable activities includes those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs allocated directly to such activities and those costs of an indirect nature necessary to support them.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 20% on cost

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.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to

which they relate.

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025

2. CHARITABLE ACTIVITIES

	2025	2024
	£	£
Donations	<u>638</u>	<u>1,110</u>

3. INVESTMENT INCOME

	2025	2024
	£	£
Deposit account interest	<u>-</u>	<u>53</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	2025 Community Projects £	2024 Total activities £
Grants	142,552	262,555
SLA	41,171	103,365
Consultancy fees	<u>21,607</u>	<u>40,160</u>
	<u>205,330</u>	<u>406,080</u>

Grants received, included in the above, are as follows:

	2025 £	2024 £
The National Lottery	-	149,192
Trust for London	40,199	37,600
Community Resources	-	17,500
Community Chest	-	11,073
UK Power Networks	-	10,000
London Plus	-	5,000
London Marathon Charitable Trust	-	17,530
The Social Change Nest	-	14,660
Dr Pop Ups	1,915	-
People's Health Trust	12,026	-
Citizens UK	23,197	-
Wellness Roadshow Grant	1,965	-
Barking Food Forest	9,500	-
Red Cross	2,500	-
Be First	15,000	-
Disruptive Explorers (Housing)	15,000	-
Esmee Fairbairn Foundation	<u>21,250</u>	-
	<u>142,552</u>	<u>262,555</u>

THAMES LIFE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025**

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 6) £	Totals £
Community Projects	<u>203,030</u>	<u>17,230</u>	<u>220,260</u>

6. SUPPORT COSTS

	Governance costs £
Community Projects	<u>17,230</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st March 2025 nor for the year ended 31st March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st March 2025 nor for the year ended 31st March 2024.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities	1,110	-	1,110
Charitable activities			
Community Projects	1,042	405,038	406,080
Investment income	<u>53</u>	<u>-</u>	<u>53</u>
Total	<u>2,205</u>	<u>405,038</u>	<u>407,243</u>
EXPENDITURE ON			
Charitable activities			
Community Projects	<u>-</u>	<u>319,590</u>	<u>319,590</u>
NET INCOME	2,205	85,448	87,653
Transfers between funds	<u>24,360</u>	<u>(24,360)</u>	<u>-</u>
Net movement in funds	26,565	61,088	87,653
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>21,124</u>	<u>83,533</u>	<u>104,657</u>
TOTAL FUNDS CARRIED FORWARD	<u>47,689</u>	<u>144,621</u>	<u>192,310</u>

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025

9. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1st April 2024 and 31st March 2025	<u>5,546</u>
DEPRECIATION	
At 1st April 2024	<u>1,471</u>
Charge for year	<u>1,110</u>
At 31st March 2025	<u>2,581</u>
NET BOOK VALUE	
At 31st March 2025	<u>2,965</u>
At 31st March 2024	<u>4,075</u>

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade debtors	21,998	24,004
Accrued income	-	438
Prepayments	<u>2,945</u>	<u>1,485</u>
	<u>24,943</u>	<u>25,927</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	3,316	2,471
Other creditors	<u>81,677</u>	<u>4,097</u>
	<u>84,993</u>	<u>6,568</u>

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025

12. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	47,689	369	48,058
Restricted funds			
Built-ID	2,863	-	2,863
NCIL	10,489	(10,287)	202
Trust for London	18,940	(3,451)	15,489
Community Resources Networked			
Neighbourhoods Project	1,244	(45)	1,199
Lottery Reaching Communities	6,248	(6,248)	-
Riverview Newspaper	20,289	7,355	27,644
London Marathon CT	12,021	(5,373)	6,648
Climate Kickstarter	1,969	-	1,969
Locality Lead	16,450	(16,450)	-
Barking Food Forest	7,732	(4,386)	3,346
Community Chest	6,577	(3,003)	3,574
UKPN Ripple Nature Reserve	10,000	-	10,000
Dr Pop Ups	21,721	(8,102)	13,619
LBBD Coproduction	100	(50)	50
Shaftesbury Foundation	3,623	(3,213)	410
Social Change	4,355	65	4,420
Citizens UK	-	2,825	2,825
Disruptive Explorers (Housing)	-	7,724	7,724
Esmee Fairbairn Foundation	-	13,002	13,002
Harrow Hub	-	4,000	4,000
Health Outreach	-	1,788	1,788
BS4C Sports Development	-	1,380	1,380
People's Health Trust	-	3,703	3,703
Red Cross	-	2,140	2,140
Wellness Roadshow Grant	-	1,965	1,965
	<u>144,621</u>	<u>(14,661)</u>	<u>129,960</u>
TOTAL FUNDS	<u>192,310</u>	<u>(14,292)</u>	<u>178,018</u>

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025

12. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	785	(416)	369
Restricted funds			
NCIL	200	(10,487)	(10,287)
Trust for London	40,200	(43,651)	(3,451)
Community Resources Networked Neighbourhoods Project	-	(45)	(45)
Lottery Reaching Communities	-	(6,248)	(6,248)
Riverview Newspaper	27,600	(20,245)	7,355
London Marathon CT	-	(5,373)	(5,373)
Locality Lead	-	(16,450)	(16,450)
Barking Food Forest	11,562	(15,948)	(4,386)
Community Chest	(438)	(2,565)	(3,003)
Dr Pop Ups	27,820	(35,922)	(8,102)
LBBD Coproduction	-	(50)	(50)
Shaftesbury Foundation	-	(3,213)	(3,213)
Social Change	65	-	65
Be First	15,000	(15,000)	-
Citizens UK	23,197	(20,372)	2,825
Disruptive Explorers (Housing)	15,065	(7,341)	7,724
Esmee Fairbairn Foundation	21,253	(8,251)	13,002
Harrow Hub	4,000	-	4,000
Health Outreach	1,788	-	1,788
BS4C Sports Development	1,380	-	1,380
People's Health Trust	12,026	(8,323)	3,703
Red Cross	2,500	(360)	2,140
Wellness Roadshow Grant	1,965	-	1,965
	<u>205,183</u>	<u>(219,844)</u>	<u>(14,661)</u>
TOTAL FUNDS	<u>205,968</u>	<u>(220,260)</u>	<u>(14,292)</u>

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	21,124	2,205	24,360	47,689
Restricted funds				
Built-ID	3,089	-	(226)	2,863
NCIL	-	10,489	-	10,489
London Borough of Barking and Dagenham	3,290	-	(3,290)	-
Trust for London	10,873	8,336	(269)	18,940
BD Giving	6,168	(6,168)	-	-
Community Resources Networked Neighbourhoods Project	6,900	6,244	(11,900)	1,244
Lottery Reaching Communities	14,002	(6,263)	(1,491)	6,248
Riverview Newspaper	8,664	11,653	(28)	20,289
London Marathon CT	-	12,021	-	12,021
Climate Kickstarter	-	1,969	-	1,969
Locality Lead	30,547	(11,941)	(2,156)	16,450
Barking Food Forest	-	7,732	-	7,732
Community Chest	-	6,577	-	6,577
UKPN Ripple Nature Reserve	-	10,000	-	10,000
Dr Pop Ups	-	21,721	-	21,721
LBBD Coproduction	-	100	-	100
London Plus GLA	-	5,000	(5,000)	-
Shaftesbury Foundation	-	3,623	-	3,623
Social Change	-	4,355	-	4,355
	<u>83,533</u>	<u>85,448</u>	<u>(24,360)</u>	<u>144,621</u>
TOTAL FUNDS	<u>104,657</u>	<u>87,653</u>	<u>-</u>	<u>192,310</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025**

12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	2,204	1	2,205
Restricted funds			
London Sport	5,000	(5,000)	-
NCIL	20,000	(9,511)	10,489
Trust for London	37,600	(29,264)	8,336
BD Giving	-	(6,168)	(6,168)
Community Resources Networked Neighbourhoods Project	2,000	4,244	6,244
Lottery Reaching Communities	149,193	(155,456)	(6,263)
Riverview Newspaper	27,150	(15,497)	11,653
London Marathon CT	17,566	(5,545)	12,021
Climate Kickstarter	1,969	-	1,969
Locality Lead	45,979	(57,920)	(11,941)
Barking Food Forest	12,315	(4,583)	7,732
Community Chest	12,901	(6,324)	6,577
UKPN Ripple Nature Reserve	10,000	-	10,000
Dr Pop Ups	31,462	(9,741)	21,721
LBBD Coproduction	550	(450)	100
London Plus GLA	5,000	-	5,000
Shaftesbury Foundation	9,999	(6,376)	3,623
Social Change	4,355	-	4,355
Community Food Growing Programme	12,000	(12,000)	-
	<u>405,039</u>	<u>(319,591)</u>	<u>85,448</u>
TOTAL FUNDS	<u>407,243</u>	<u>(319,590)</u>	<u>87,653</u>

Restricted Funds are to be spent as outlined below:

Built - ID

Funding to be spent on community arts activity.

NCIL

Funds for community gardening.

London Borough of Barking & Dagenham

Funding for resident-led activities

Trust for London

For community outreach and communications

BD Giving

Funding for resident support and fire safety

Community Resources Network Neighbourhoods Project

Resilience funding

Lottery Reaching Communities

Funding of core staffing of the Charity

Riverview Newspaper
Production of resident newspaper

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025**

12. MOVEMENT IN FUNDS - continued

Climate Kickstarter

Funding to implement rainwater harvesting and solar energy into gardening projects at Barking Food Forest and Riverside Bridge School

Locality Lead

This initiative is a borough-wide partnership that works across the health system to provide triage, develop prototypes and design groups and take part as a learning group to test innovative practice.

Barking Food Forest

Funding for community garden site leased to school from BRL

Community Chest

social prescribing community chest secured via LBBD

UKPN Ripple Nature Reserve

Funds held for Ripple Nature Reserve resident steering group - donation given from UK Power Network

Dr Pop Ups

Funds secured to run health events where residents can access a GP and community advice and support

LBBD Coproduction

Funds received from LBBD for resident attendance and participation

London Plus GLA

Funds received for CEO participation on resilience and civil contingency support

Shaftesbury Foundation

Funds to support Young Citizens Action Group and related local campaigns shaped by young people

Social Change

Funds received in lieu of worker attendance at BD Collective events

Be First

To do outreach and research, engaging local residents, businesses, etc on the Thames Road transformation (note: Thames Road is adjacent to Thames View estate where we are based. We were paid as consultants to produce a report detailing our findings and recommendation).

Citizens UK

This was a secondment where we were working as Citizens UK local chapter lead for Barking & Dagenham, approximately 2 days a week, supporting members of BD Citizens, and the exec group on local campaigns including a housing inquiry and preparation for meetings with the council leader.

Disruptive Explorers (Housing)

This was to hold 2 events on housing (called Voices for Housing Justice) and support a working group of local community experts; the events both had around 60 attendees each, keynote speakers from across London and generated priorities for future campaigns - bringing people together across tenures - private renters, leaseholders, council tenants etc, as an merging social movement.

Esmee Fairbairn Foundation

Key Outcome 1:

Increased community engagement in local campaigns to deliver equitable change

Outcome 1 Progress indicators:

Indicator: ten community events organized per year

Indicator: 100 residents actively engaging per year

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025**

12. MOVEMENT IN FUNDS - continued

Key Outcome 2:

Increased community engagement in social enterprise and regeneration activities

Outcome 2 Progress indicators

Indicator: ten community events organized per year

Indicator: 100 residents actively engaging per year

Key Outcome 3:

Increased community engagement in arts and culture.

Outcome 3 Progress indicators

Indicator: ten community events organized per year

Indicator: 100 residents actively engaging per year

Harrow Hub

This was funding to be a learning partner, specifically drawing on a community development expertise, looking at a hub for young people, many of whom were new migrants, and writing a report with findings and recommendations. The role worked alongside the College and 2-3 core voluntary sector partners, and ranged from supporting the holding of events for young people, drawing out leaning themes, meeting other stakeholders as future partners and refining the hub offer.

Health Outreach

This supported the work of our health outreach worker, and mainly focused on the GP drop ins, which engaged with a range of health practitioners and wider community groups whilst meeting the needs of residents who typically struggle to see their GP due to massive pressure on services.

BS4C Sports Development

Small pot of funding to look at a consultancy and support role, supporting the Barking Sports 4 Change coalition and its leadership group, drawing out the approach of the coalition and its governance - fiduciary, strategic and generative aspects of governance and with a focus on equity and strong democratic practice.

People's Health Trust

This funds our work with the Young Citizens Action Group which meets weekly during term time at Riverside School where young people develop leadership skills and focus on campaigns, including protecting the shoreline and reopening of the Ripple Nature Reserve. The young people also met the MP in Westminster to talk of their priorities. The fund also supports our work on the monthly resident planning forum which has worked with UCL to develop a community plan based on workshops and research and has a wider remit to respond to planning consultation.

Red Cross

This supports our weekly meetings with Red Cross and LBBD Civil Contingency team to strengthen responses to emergencies - fire, flood etc and build resilience. It also supports our work on the borough Resilience Forum and wider Resilience Network.

Wellness Roadshow Grant

This funding enabled our health outreach worker to work with local residents and groups to develop projects via creative ideas, to promote better health, especially for women and girls, and to be able to create a project that can be taken from place to place as a roadshow - hence one of the ideas was of Hal's Moving Castle, of an imaginary space that people could explore issues around health.

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st March 2025.

THAMES LIFE

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2025**

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Charitable activities		
Donations	638	1,110
Investment income		
Deposit account interest	-	53
Charitable activities		
Grants	142,552	262,555
SLA	41,171	103,365
Consultancy fees	<u>21,607</u>	<u>40,160</u>
	<u>205,330</u>	<u>406,080</u>
Total incoming resources	205,968	407,243
EXPENDITURE		
Charitable activities		
Wages	112,899	200,687
Social security	4,721	4,007
Pensions	6,396	13,879
Computer costs	3,805	917
Subscriptions	4,730	4,217
Health & safety and training	35	85
Insurance	1,664	1,488
Sundries	2,407	2,921
Project costs	65,264	72,790
Computer equipment	<u>1,109</u>	<u>1,109</u>
	203,030	302,100
Support costs		
Governance costs		
Accountancy and legal fees	<u>17,230</u>	<u>17,490</u>
Total resources expended	<u>220,260</u>	<u>319,590</u>
Net (expenditure)/income	<u>(14,292)</u>	<u>87,653</u>

This page does not form part of the statutory financial statements

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025
FOR
THAMES LIFE**

Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

THAMES LIFE

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025**

	Page
Report of the Trustees	1 to 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Financial Statements	9 to 19
Detailed Statement of Financial Activities	20

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2025

The Trustees are pleased to present their annual report together with the financial statements of the charity for the period ending 31 March 2025

OBJECTIVES AND ACTIVITIES

Our purposes and activities

The object of Thames Life (CIO) is, for the public benefit, the promotion of urban regeneration in areas of social and economic deprivation. This is focused on the London Borough of Barking & Dagenham, with a specific focus on Thames View and Barking Riverside estates. It is also realised through the following means of:

- a) the relief of poverty or financial hardship.
- b) the advancement of education, training or re-training.
- c) the provision of financial and technical assistance.
- d) the provision of recreational facilities for the public.
- e) the protection of conservation of the environment.

Our vision, mission and aims

Our Vision: A diverse and vibrant community where residents are driving change

Our Mission: To create positive spaces and opportunities for resident empowerment and wellbeing

Aims:

- o Development of leaders: by offering increased skills development, training and volunteering opportunities for residents.
- o Nurture relationships: by creating impactful relationships between residents and partnerships with the local authority, developers, NHS, schools and others.
- o Exert influence: by connecting residents with decision-makers to seek positive change for their community.
- o Support enterprise: by growing a network of community projects and businesses led by residents to address local need.

Public benefit

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's purposes and objectives and in planning its activities for the year. In particular, they have considered how planned activities will contribute to the purposes and objectives detailed above. The trustees are satisfied that the charity meets the Charity Commission's guidelines with regard to delivering public benefit.

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2025

ACHIEVEMENTS AND PERFORMANCE

Review of the year

Thames Life continues to champion resident leadership, amplify community voice, and strengthen partnerships across Barking Riverside and Thames View. During 2024-25, we consolidated programmes, delivered high-quality projects, and navigated organisational change, all while advancing our mission of sustainable and equitable regeneration.

Key Achievements

Community Projects & Resident Leadership

- Barking Food Forest: Established a six-member Resident Steering Committee; delivered weekly gardening sessions; installed a Polytunnel; received initial BRL funding and submitted additional grant applications; hosted an Autumn Garden Party and planning for an Easter Egg Hunt; developing corporate and NHS partnerships to support green social prescribing.
- River View Newspaper: Produced three issues this year; secured £26,000 funding for 2024-25; maintained an active Resident Editorial Board; ongoing efforts to amplify youth voices.
- Residents Planning Forum: Monthly sessions with UCL collaboration; contributions to Thames View & Riverside Community Plan; developing a Resident Charter; engaging residents in planning consultations, including the local developer's 20,000-home proposal.
- Ripple Nature Reserve: Supporting the planned but as yet unrealised reopening through resident engagement, stakeholder collaboration, and with planned activation events including litter picks and community engagement sessions.
- Young Citizens Action Group (YCAG): Weekly sessions delivered; developed Young Person's Community Charter; contributed to Thames Road Supplementary Planning Document; engaged with local MP and parliamentary discussions; initiated TikTok and podcast channels for youth advocacy.
- Ripple Effect Resident Campaign Group: Regular weekly meetings with guest speakers; resident-led campaigns on housing, green space, and social infrastructure; community events including Christmas party, quiz, and collaborations with Be First and UCL research projects.

Health, Sport & Safety

- Delivered sports and active lifestyle programmes and secured funding through partnerships with Sport England and the Football Foundation.
- Implemented health projects including GP pop-ups, design groups, and prototype initiatives.
- Engaged residents in resilience and emergency planning with British Red Cross, LBBB, and GLA. Including leading on the first Resilience Network in January 2025

Planning, Housing & Environment

- Supported resident campaigns through Planning Forum and Ripple Effect, focusing on housing density and greening initiatives.
- Progressed asset transfer and community-led spaces, including an exploration of building redevelopment in discussion with a range of support organisations including Meanwhile Spaces CIC.

Communications & Marketing

- Maintained website, newsletter, and social media content; delivered quarterly River View issues; ongoing bi-monthly newsletter and blog updates.
- Developed comms and marketing strategy.
- Integrated communications with project activities to highlight resident-led stories and campaigns.

Governance, Operations & Finance

- Strengthened internal systems in HR, finance, and policy compliance.
- Embedding core administrative roles during staff transitions; weekly staff meetings and weekly meetings with external book keeper updating accounts meetings and financial planning.
- Developed internal policies and administrative frameworks to support organisational resilience.

Fundraising & Income Generation

- Secured multi-year funding streams while pursuing grants from local stakeholders, Trust for London, Esmée Fairbairn, Paul Hamlyn, National Grid, and many others.
- Explored revenue opportunities through corporate partnerships, advertising, and potential community space utilisation.

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2025

CEO Reflections & Challenges

Key challenges identified include:

1. Returning to charitable purpose amid unsustainable housing developments.
2. Preserving and enhancing team culture and esprit de corps.
3. Holding tension inherent in power-shifting community organising.
4. Strengthening anti-oppression and anti-poverty initiatives.
5. Internal organisational systems and governance.
6. Securing long-term revenue to reduce reliance on short-term grants.
7. Navigating developer and council command and control cultures.
8. Staff support, structure, and wellbeing.
9. Enhancing trustee engagement and shared time.
10. Ensuring legacy, succession, and distributed leadership within staff and trustees.

Thames Life 3:0

- 1:0 (Oct 2017-Oct 2020): First Lottery grant, charity setup.
- 2:0 (Mar 2021-Mar 2024): Second Lottery grant; consolidation of delivery.
- 3:0 (Mar 2024-present): Established programme delivery, diverse funding, and strengthened organisational systems.

FINANCIAL REVIEW

Financial position

Total income for the year was £205,968 (2024: £407,243) of which £205,182 was deemed as restricted funding (2024: £405,038). Total expenditure for the year was £220,260 (2024: £319,590) of which £219,843 was spent on restricted activities (2024: £319,590). Reserves carried forward at 31 March 2025 were £178,018 (2024: £192,310) of which £129,960 were deemed as restricted (2024: £144,621).

Reserves policy

Our reserves policy is to hold unrestricted funds equivalent to six months' operating expenditure. Since the majority of salaried posts are funded by restricted funding, the operating expenditure needs only to cover the redundancy costs at a minimum, plus any further operating costs. The unrestricted funds balance more than satisfies this criteria as at 31.03.25.

The charity is able to meet its current working capital requirements based on the cash flow generated and modest operational surpluses. There are sufficient cash reserves to manage cash flow on a day to day basis

Going concern

The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2025

FUTURE PLANS

1. Community Projects & Resident Leadership

- Fully develop Barking Food Forest and secure capital funding.
- Reopen Ripple Nature Reserve with heritage funding and activate resident engagement.
- Expand YCAG and Residents Planning Forum to increase participation and civic influence.
- Strengthen Ripple Effect campaigns on housing, green space, and social infrastructure.

2. Communications & Marketing

- Streamline comms strategy and digital presence; maintain continuity.
- Develop storytelling and targeted campaigns to promote awareness, projects, and resident voice.

3. Income Generation & Sustainability

- Secure larger, long-term funding streams; explore revenue opportunities via advertising, partnerships, and community spaces.
- Continue pursuing grants from statutory and philanthropic sources.

4. Governance & Organisational Systems

- Strengthen internal governance, finance, HR, and operational systems.
- Support trustees with oversight, succession planning, and distributed leadership.
- Review staff to ensure stability and retention.

5. Impact & Storytelling

- Develop a consistent impact framework to measure and communicate outcomes.
- Highlight resident-led successes and demonstrate the community's role in driving change.

6. Partnerships & Advocacy

- Continue strategic collaborations with local authorities, developers, statutory bodies, and voluntary networks.
- Maintain proactive accountability mechanisms for housing and regeneration projects.
- Secure community assets for accessible, resident-led spaces.

Thames Life remains committed to empowering residents, sustaining impactful programmes, and ensuring that community voices are central to regeneration and planning in Barking Riverside and Thames View.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is controlled by its governing document and constitutes a Charitable Incorporated Organisation (CIO).

Prior to the CIO being established the charity ran as Thames Ward Community Project, this ceased activities on 1 October 2020 and transferred all funds to Thames Life.

Risk management

The trustees have reviewed the major and financial risks that impact on the work of the charity. The systems that have been established enable the trustees to review and take necessary steps to lessen these risks. The trustees consider the following to be the principal risks that the charity faces:

- Main risk #1: securing funding to maintain core activities. In mitigation trustees review finances at board meetings and monthly executive meetings to ensure strategies and actions are undertaken. Trustees and staff are also proactive in seeking a balanced portfolio of funding sources as a progression from heavy reliance on one single funder, i.e. the Lottery Reaching Communities Programme.
- Main risk #2: turnover of staff and trustees. In mitigation regular support, supervision and one to one meetings are planned with both staff and trustees to ensure good communication, a relational culture and speedy identification of people disengaging. We also seek to broaden and diversify our staff and trustee cohort by reaching out to less represented groups.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1189743

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2025

Principal address

Riverside School
Renwick Road
Barking
Essex
IG11 0FU

Trustees

L Ogunsola
A Pollard
J Oyekunle
A Hussien
N Ogene (resigned 6.3.25)
H Rahman
I Ferreria
D L Lismore (appointed 6.3.25)

Independent Examiner

Lee Blunden FCCA CTA
Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

Approved by order of the board of trustees on December 17th 2025 and signed on its behalf by:



J Oyekunle - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THAMES LIFE**

Independent examiner's report to the trustees of Thames Life

I report to the charity trustees on my examination of the accounts of Thames Life (the Trust) for the year ended 31st March 2025.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all 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 the Trust 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 applicable 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.



Lee Blunden FCCA CTA

Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

Date: ...17 December 2025...

THAMES LIFE

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2025**

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities	2	634	4	638	1,110
Charitable activities	4	152	205,178	205,330	406,080
Community Projects					
Investment income	3	<u>-</u>	<u>-</u>	<u>-</u>	<u>53</u>
Total		<u>786</u>	<u>205,182</u>	<u>205,968</u>	<u>407,243</u>
 EXPENDITURE ON					
Charitable activities	5	417	219,843	220,260	319,590
Community Projects					
 NET INCOME/(EXPENDITURE)		369	(14,661)	(14,292)	87,653
 RECONCILIATION OF FUNDS					
Total funds brought forward		<u>47,689</u>	<u>144,621</u>	<u>192,310</u>	104,657
 TOTAL FUNDS CARRIED FORWARD		<u>48,058</u>	<u>129,960</u>	<u>178,018</u>	<u>192,310</u>

The notes form part of these financial statements

THAMES LIFE
BALANCE SHEET
31ST MARCH 2025

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	9	2,965	-	2,965	4,075
CURRENT ASSETS					
Debtors	10	24,943	-	24,943	25,927
Cash at bank and in hand		<u>105,143</u>	<u>129,960</u>	<u>235,103</u>	<u>168,876</u>
		130,086	129,960	260,046	194,803
CREDITORS					
Amounts falling due within one year	11	(84,993)	-	(84,993)	(6,568)
NET CURRENT ASSETS		<u>45,093</u>	<u>129,960</u>	<u>175,053</u>	<u>188,235</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>48,058</u>	<u>129,960</u>	<u>178,018</u>	192,310
NET ASSETS		<u>48,058</u>	<u>129,960</u>	<u>178,018</u>	<u>192,310</u>
FUNDS	12				
Unrestricted funds				48,058	47,689
Restricted funds				<u>129,960</u>	<u>144,621</u>
TOTAL FUNDS				<u>178,018</u>	<u>192,310</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 17 December 2025..... and were signed on its behalf by:



J Oyekunle - Trustee



L Ogunsola - Trustee

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025**

1. ACCOUNTING POLICIES**Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on charitable activities includes those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs allocated directly to such activities and those costs of an indirect nature necessary to support them.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 20% on cost

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.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to

which they relate.

THAMES LIFE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025**

2. CHARITABLE ACTIVITIES

	2025	2024
	£	£
Donations	<u>638</u>	<u>1,110</u>

3. INVESTMENT INCOME

	2025	2024
	£	£
Deposit account interest	<u>-</u>	<u>53</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	2025	2024
	Community Projects	Total activities
	£	£
Grants	142,552	262,555
SLA	41,171	103,365
Consultancy fees	<u>21,607</u>	<u>40,160</u>
	<u>205,330</u>	<u>406,080</u>

Grants received, included in the above, are as follows:

	2025	2024
	£	£
The National Lottery	-	149,192
Trust for London	40,199	37,600
Community Resources	-	17,500
Community Chest	-	11,073
UK Power Networks	-	10,000
London Plus	-	5,000
London Marathon Charitable Trust	-	17,530
The Social Change Nest	-	14,660
Dr Pop Ups	1,915	-
People's Health Trust	12,026	-
Citizens UK	23,197	-
Wellness Roadshow Grant	1,965	-
Barking Food Forest	9,500	-
Red Cross	2,500	-
Be First	15,000	-
Disruptive Explorers (Housing)	15,000	-
Esmee Fairbairn Foundation	<u>21,250</u>	<u>-</u>
	<u>142,552</u>	<u>262,555</u>

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 6) £	Totals £
Community Projects	<u>203,030</u>	<u>17,230</u>	<u>220,260</u>

6. SUPPORT COSTS

	Governance costs £
Community Projects	<u>17,230</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st March 2025 nor for the year ended 31st March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st March 2025 nor for the year ended 31st March 2024.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities	1,110	-	1,110
Charitable activities			
Community Projects	1,042	405,038	406,080
Investment income	<u>53</u>	<u>-</u>	<u>53</u>
Total	<u>2,205</u>	<u>405,038</u>	<u>407,243</u>
EXPENDITURE ON			
Charitable activities			
Community Projects	<u>-</u>	<u>319,590</u>	<u>319,590</u>
NET INCOME	2,205	85,448	87,653
Transfers between funds	<u>24,360</u>	<u>(24,360)</u>	<u>-</u>
Net movement in funds	26,565	61,088	87,653
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>21,124</u>	<u>83,533</u>	<u>104,657</u>
TOTAL FUNDS CARRIED FORWARD	<u>47,689</u>	<u>144,621</u>	<u>192,310</u>

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025

9. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1st April 2024 and 31st March 2025	<u>5,546</u>
DEPRECIATION	
At 1st April 2024	<u>1,471</u>
Charge for year	<u>1,110</u>
At 31st March 2025	<u>2,581</u>
NET BOOK VALUE	
At 31st March 2025	<u>2,965</u>
At 31st March 2024	<u>4,075</u>

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade debtors	21,998	24,004
Accrued income	-	438
Prepayments	<u>2,945</u>	<u>1,485</u>
	<u>24,943</u>	<u>25,927</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	3,316	2,471
Other creditors	<u>81,677</u>	<u>4,097</u>
	<u>84,993</u>	<u>6,568</u>

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025

12. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	47,689	369	48,058
Restricted funds			
Built-ID	2,863	-	2,863
NCIL	10,489	(10,287)	202
Trust for London	18,940	(3,451)	15,489
Community Resources Networked			
Neighbourhoods Project	1,244	(45)	1,199
Lottery Reaching Communities	6,248	(6,248)	-
Riverview Newspaper	20,289	7,355	27,644
London Marathon CT	12,021	(5,373)	6,648
Climate Kickstarter	1,969	-	1,969
Locality Lead	16,450	(16,450)	-
Barking Food Forest	7,732	(4,386)	3,346
Community Chest	6,577	(3,003)	3,574
UKPN Ripple Nature Reserve	10,000	-	10,000
Dr Pop Ups	21,721	(8,102)	13,619
LBBD Coproduction	100	(50)	50
Shaftesbury Foundation	3,623	(3,213)	410
Social Change	4,355	65	4,420
Citizens UK	-	2,825	2,825
Disruptive Explorers (Housing)	-	7,724	7,724
Esmee Fairbairn Foundation	-	13,002	13,002
Harrow Hub	-	4,000	4,000
Health Outreach	-	1,788	1,788
BS4C Sports Development	-	1,380	1,380
People's Health Trust	-	3,703	3,703
Red Cross	-	2,140	2,140
Wellness Roadshow Grant	-	1,965	1,965
	<u>144,621</u>	<u>(14,661)</u>	<u>129,960</u>
TOTAL FUNDS	<u>192,310</u>	<u>(14,292)</u>	<u>178,018</u>

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025

12. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	785	(416)	369
Restricted funds			
NCIL	200	(10,487)	(10,287)
Trust for London	40,200	(43,651)	(3,451)
Community Resources Networked Neighbourhoods Project	-	(45)	(45)
Lottery Reaching Communities	-	(6,248)	(6,248)
Riverview Newspaper	27,600	(20,245)	7,355
London Marathon CT	-	(5,373)	(5,373)
Locality Lead	-	(16,450)	(16,450)
Barking Food Forest	11,562	(15,948)	(4,386)
Community Chest	(438)	(2,565)	(3,003)
Dr Pop Ups	27,820	(35,922)	(8,102)
LBBD Coproduction	-	(50)	(50)
Shaftesbury Foundation	-	(3,213)	(3,213)
Social Change	65	-	65
Be First	15,000	(15,000)	-
Citizens UK	23,197	(20,372)	2,825
Disruptive Explorers (Housing)	15,065	(7,341)	7,724
Esmee Fairbairn Foundation	21,253	(8,251)	13,002
Harrow Hub	4,000	-	4,000
Health Outreach	1,788	-	1,788
BS4C Sports Development	1,380	-	1,380
People's Health Trust	12,026	(8,323)	3,703
Red Cross	2,500	(360)	2,140
Wellness Roadshow Grant	1,965	-	1,965
	<u>205,183</u>	<u>(219,844)</u>	<u>(14,661)</u>
TOTAL FUNDS	<u>205,968</u>	<u>(220,260)</u>	<u>(14,292)</u>

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	21,124	2,205	24,360	47,689
Restricted funds				
Built-ID	3,089	-	(226)	2,863
NCIL	-	10,489	-	10,489
London Borough of Barking and Dagenham	3,290	-	(3,290)	-
Trust for London	10,873	8,336	(269)	18,940
BD Giving	6,168	(6,168)	-	-
Community Resources Networked Neighbourhoods Project	6,900	6,244	(11,900)	1,244
Lottery Reaching Communities	14,002	(6,263)	(1,491)	6,248
Riverview Newspaper	8,664	11,653	(28)	20,289
London Marathon CT	-	12,021	-	12,021
Climate Kickstarter	-	1,969	-	1,969
Locality Lead	30,547	(11,941)	(2,156)	16,450
Barking Food Forest	-	7,732	-	7,732
Community Chest	-	6,577	-	6,577
UKPN Ripple Nature Reserve	-	10,000	-	10,000
Dr Pop Ups	-	21,721	-	21,721
LBBD Coproduction	-	100	-	100
London Plus GLA	-	5,000	(5,000)	-
Shaftesbury Foundation	-	3,623	-	3,623
Social Change	-	4,355	-	4,355
	<u>83,533</u>	<u>85,448</u>	<u>(24,360)</u>	<u>144,621</u>
TOTAL FUNDS	<u>104,657</u>	<u>87,653</u>	<u>-</u>	<u>192,310</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025**

12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	2,204	1	2,205
Restricted funds			
London Sport	5,000	(5,000)	-
NCIL	20,000	(9,511)	10,489
Trust for London	37,600	(29,264)	8,336
BD Giving	-	(6,168)	(6,168)
Community Resources Networked Neighbourhoods Project	2,000	4,244	6,244
Lottery Reaching Communities	149,193	(155,456)	(6,263)
Riverview Newspaper	27,150	(15,497)	11,653
London Marathon CT	17,566	(5,545)	12,021
Climate Kickstarter	1,969	-	1,969
Locality Lead	45,979	(57,920)	(11,941)
Barking Food Forest	12,315	(4,583)	7,732
Community Chest	12,901	(6,324)	6,577
UKPN Ripple Nature Reserve	10,000	-	10,000
Dr Pop Ups	31,462	(9,741)	21,721
LBBD Coproduction	550	(450)	100
London Plus GLA	5,000	-	5,000
Shaftesbury Foundation	9,999	(6,376)	3,623
Social Change	4,355	-	4,355
Community Food Growing Programme	12,000	(12,000)	-
	<u>405,039</u>	<u>(319,591)</u>	<u>85,448</u>
TOTAL FUNDS	<u>407,243</u>	<u>(319,590)</u>	<u>87,653</u>

Restricted Funds are to be spent as outlined below:

Built - ID

Funding to be spent on community arts activity.

NCIL

Funds for community gardening.

London Borough of Barking & Dagenham

Funding for resident-led activities

Trust for London

For community outreach and communications

BD Giving

Funding for resident support and fire safety

Community Resources Network Neighbourhoods Project

Resilience funding

Lottery Reaching Communities

Funding of core staffing of the Charity

Riverview Newspaper
Production of resident newspaper

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025**

12. MOVEMENT IN FUNDS - continued

Climate Kickstarter

Funding to implement rainwater harvesting and solar energy into gardening projects at Barking Food Forest and Riverside Bridge School

Locality Lead

This initiative is a borough-wide partnership that works across the health system to provide triage, develop prototypes and design groups and take part as a learning group to test innovative practice.

Barking Food Forest

Funding for community garden site leased to school from BRL

Community Chest

social prescribing community chest secured via LBBD

UKPN Ripple Nature Reserve

Funds held for Ripple Nature Reserve resident steering group - donation given from UK Power Network

Dr Pop Ups

Funds secured to run health events where residents can access a GP and community advice and support

LBBD Coproduction

Funds received from LBBD for resident attendance and participation

London Plus GLA

Funds received for CEO participation on resilience and civil contingency support

Shaftesbury Foundation

Funds to support Young Citizens Action Group and related local campaigns shaped by young people

Social Change

Funds received in lieu of worker attendance at BD Collective events

Be First

To do outreach and research, engaging local residents, businesses, etc on the Thames Road transformation (note: Thames Road is adjacent to Thames View estate where we are based. We were paid as consultants to produce a report detailing our findings and recommendation).

Citizens UK

This was a secondment where we were working as Citizens UK local chapter lead for Barking & Dagenham, approximately 2 days a week, supporting members of BD Citizens, and the exec group on local campaigns including a housing inquiry and preparation for meetings with the council leader.

Disruptive Explorers (Housing)

This was to hold 2 events on housing (called Voices for Housing Justice) and support a working group of local community experts; the events both had around 60 attendees each, keynote speakers from across London and generated priorities for future campaigns - bringing people together across tenures - private renters, leaseholders, council tenants etc, as an merging social movement.

Esme Fairbairn Foundation

Key Outcome 1:

Increased community engagement in local campaigns to deliver equitable change

Outcome 1 Progress indicators:

Indicator: ten community events organized per year

Indicator: 100 residents actively engaging per year

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025**

12. MOVEMENT IN FUNDS - continued

Key Outcome 2:

Increased community engagement in social enterprise and regeneration activities

Outcome 2 Progress indicators

Indicator: ten community events organized per year

Indicator: 100 residents actively engaging per year

Key Outcome 3:

Increased community engagement in arts and culture.

Outcome 3 Progress indicators

Indicator: ten community events organized per year

Indicator: 100 residents actively engaging per year

Harrow Hub

This was funding to be a learning partner, specifically drawing on a community development expertise, looking at a hub for young people, many of whom were new migrants, and writing a report with findings and recommendations. The role worked alongside the College and 2-3 core voluntary sector partners, and ranged from supporting the holding of events for young people, drawing out leaning themes, meeting other stakeholders as future partners and refining the hub offer.

Health Outreach

This supported the work of our health outreach worker, and mainly focused on the GP drop ins, which engaged with a range of health practitioners and wider community groups whilst meeting the needs of residents who typically struggle to see their GP due to massive pressure on services.

BS4C Sports Development

Small pot of funding to look at a consultancy and support role, supporting the Barking Sports 4 Change coalition and its leadership group, drawing out the approach of the coalition and its governance - fiduciary, strategic and generative aspects of governance and with a focus on equity and strong democratic practice.

People's Health Trust

This funds our work with the Young Citizens Action Group which meets weekly during term time at Riverside School where young people develop leadership skills and focus on campaigns, including protecting the shoreline and reopening of the Ripple Nature Reserve. The young people also met the MP in Westminster to talk of their priorities. The fund also supports our work on the monthly resident planning forum which has worked with UCL to develop a community plan based on workshops and research and has a wider remit to respond to planning consultation.

Red Cross

This supports our weekly meetings with Red Cross and LBBD Civil Contingency team to strengthen responses to emergencies - fire, flood etc and build resilience. It also supports our work on the borough Resilience Forum and wider Resilience Network.

Wellness Roadshow Grant

This funding enabled our health outreach worker to work with local residents and groups to develop projects via creative ideas, to promote better health, especially for women and girls, and to be able to create a project that can be taken from place to place as a roadshow - hence one of the ideas was of Hal's Moving Castle, of an imaginary space that people could explore issues around health.

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2025**

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st March 2025.

THAMES LIFE

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2025**

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Charitable activities		
Donations	638	1,110
Investment income		
Deposit account interest	-	53
Charitable activities		
Grants	142,552	262,555
SLA	41,171	103,365
Consultancy fees	<u>21,607</u>	<u>40,160</u>
	<u>205,330</u>	<u>406,080</u>
Total incoming resources	205,968	407,243
EXPENDITURE		
Charitable activities		
Wages	112,899	200,687
Social security	4,721	4,007
Pensions	6,396	13,879
Computer costs	3,805	917
Subscriptions	4,730	4,217
Health & safety and training	35	85
Insurance	1,664	1,488
Sundries	2,407	2,921
Project costs	65,264	72,790
Computer equipment	<u>1,109</u>	<u>1,109</u>
	203,030	302,100
Support costs		
Governance costs		
Accountancy and legal fees	<u>17,230</u>	<u>17,490</u>
Total resources expended	<u>220,260</u>	<u>319,590</u>
Net (expenditure)/income	<u>(14,292)</u>	<u>87,653</u>

This page does not form part of the statutory financial statements

THAMES LIFE

England & Wales - Charity number 1189743

Accounts



IMPACT REPORT

April '23 - March '24

Creating positive spaces and opportunities for resident empowerment and wellbeing.

CONTENTS

3.

Welcome

4.

About Us

5.

Our Trustees

6.

Our Staff

7.

**A Word From
Our Chair**

8.

**A Word From
Our CEO**

9.

**Key
Successes**

10.

Projects

24.

Feedback

25.

Finance

WELCOME

Welcome to Thames Life Community Development Trust's 2023-24 Impact Report. It's been an incredible year for Thames Life in terms of community engagement. Our efforts have been focused on enhancing the quality of life for residents in Barking Riverside and Thames View through our various projects aimed at fostering community cohesion, promoting health and wellbeing, resident voice, and creating sustainable environments.

During the year, highlights included getting residents active via our LMCT sports programme, harnessing arts and culture for a multicultural festival, launching monthly GP drop-in clinics, equipping residents to campaign for the reopening of the Ripple Nature Reserve and resident action to prevent the closure of the 'Warehouse.'

As an organisation, it has also been a challenging year. Due to a wider funding crisis in all sectors, it was necessary to reduce costs. We now have a smaller team, though on a positive note, 3 out of 4 of us are local residents with an abundance of lived experience and insight for the projects we lead on.

This report will provide you with insight into all our work and how we are steadily moving towards our vision of a diverse and vibrant community where residents are driving change. From the Sports and Health programmes, the RiverView, YAG (Young Action Group), Resident Planning Forum, Ripple Effect, to our resilience partnership, there's so much progress to share.

For more information about any of our work, please visit our website or get in contact with us.

Zainab Omokhe

Communications and Marketing Officer

ABOUT US

VISION

A diverse and vibrant community where residents are driving change.

MISSION

To create positive spaces and opportunities for resident empowerment and wellbeing.

OUR AIM IS TO:

- **Develop Leaders:** by offering increased skills development, training and volunteering opportunities for residents.
- **Nurture Relationships:** by creating impactful relationships between residents and partnerships with the local authority, developers, NHS, schools and others.
- **Exert Influence:** by connecting residents with decision makers to seek positive change for their community.
- **Support Enterprise:** by growing a network of community projects and businesses led by residents to address local need.

OUR TRUSTEES



Amina Hussein

PA, HR, Payroll &
Youth Work
experience



Delwar Hussain



Hafizur Rahman

College lecturer,
Trustee of Thames View
Muslim Association



Jean Songa



Josiah Oyekunle
Co-Chair

International Wedding
& Events DJ, Musician,
Producer and MC



Lai Ogunsola

Project Officer in the
Health Team at the GLA



Natalie Ogene

Civil Servant



OUR STAFF



Matt Scott
CEO



Jamie Kesten
Deputy CEO



Margarida Lopes
Governance Manager



Nia Lopez
Administrative Officer



Alex Anthony
Community Organiser



Lucy Lee
Health Outreach
Officer



Vishal Narayan
Health Strategy
Officer



Zahra Awani
Comms & Outreach
Officer (Mat cover)



Zainab Jalloh
Comms & Outreach
Officer



A WORD FROM OUR CHAIR

This past year has been a significant period of transition for our charity, one that has fostered both growth and deeper understanding among our staff and trustees. As we navigated these changes, ensuring the long-term sustainability of our organization became paramount, alongside our commitment to continuing the impactful work we do. Through this journey, I have been continually impressed by the patience and dedication of our staff, to whom I extend my heartfelt appreciation. A special thank you goes out to Jamie, Alex, Margarida, and Nia for their years of service and the tremendous effort they've put into supporting our local community. Their contributions have made a lasting difference.

One of the standout successes of this past year has been our Health Outreach Programme. With each event, this initiative has grown, reaching more residents and making a tangible difference in the community. The positive feedback we've received underscores the programme's impact, and I'm particularly proud of the work done by Lucy and her team. Their unwavering commitment to fostering a healthier community and bringing people together truly exemplifies our mission.

Even as our team has become smaller due to these transitions, the quality of our work has not diminished. Both the trustees and staff are united in our focus on maintaining the high standards that our community expects and deserves. We remain committed to empowering local residents and ensuring that their voices are heard. Our partners have been crucial in supporting this mission, and I want to express our gratitude for their continued collaboration.

Looking ahead, we recognize that there is still much work to be done, but we are more determined than ever to move forward with our vision. Empowering residents will always be at the core of our efforts, and we know that by working together, we can achieve even greater things. As we continue this journey, let's remember that our strength lies in our unity.

Josiah Oyekunle
Chair



A WORD FROM OUR CEO

Overall, the feedback that we get, and the feeling I have, is that our empowerment and partnership work is frequently exceptional. We are doing great work and the work we are doing makes a real difference to local people. This is not just because our staff work hard but because of how we work, which is to recognise the genius of local people within our local community and provide spaces for that to flourish. It is worth saying that all our trustees and staff, bar myself are local people.

There is plenty we need to consider and improve upon, especially regarding business sustainability, impact, cross sector collaboration and ever more outreach. If you have ideas about what can be done differently, done better and done with yourselves, let us know.

We have successfully dealt with a period of change (Sept 2023 / March 2024) where we acted to ensure the charity was financially sustainable given a reduction of funds (lottery) for core posts. I want to mark up my appreciation for the years of service given by Alex, Jamie, Margarida and Nia, who all moved on. We have consolidated our work around a smaller team who have embraced an agile approach which has delivered high quality work – shout out Lucy, Vishal, Zainab. And a second shout out to Laurelle and Marion who have joined us, as community organisers with an environmental focus.

Our core projects are:

- Barking Food Forest (community gardening)
- River View newspaper (written and produced by residents, quarterly to 6500 households)
- Ripple Nature Reserve (working alongside a resident steering group to re-open the site)
- Young Citizens Action Group (weekly leadership classes which has developed a young person's charter for the area)
- Sports activities (securing funds for local groups to deliver)
- Health outreach (GP drop-ins, outreach and partnership working with Al Madina, DABD, Harmony House and Kingsley Hall)
- Resilience and civil contingency (weekly coordination with British Red Cross)
- Planning forum (residents influencing regeneration decisions)
- Ripple Effect (weekly campaign meetings)
- Community organising (working with BD Citizens and Citizens UK)
- Supporting the work of borough networks including BD Collective, BD Giving and BD CVS.

Matt Scott
CEO

KEY SUCCESSSES

£404,722 funding raised across all projects
9,797 residents engaged across all projects

Artivism & Live Music Event



Sports day celebration for LMCT activities



Riverside School first to pilot Harry Potter prod

By Vanilia Amorim, local resident and REB member

Broadway Licensing Global (BLG), a global leader in theatrical licensing and distribution, has announced that Riverside School is the first ever school in the UK to produce pilot productions of Harry Potter and the Cursed Child School Edition. The school will have the opportunity to host the first ever production of the School Edition in March this year.

After a month-long evaluation process, BLG and the producers of Harry Potter and the Cursed Child assessed applications from numerous schools before landing on Riverside as the final selection for the UK. "We

est number of schools worldwide," said Sean Cercone, founder and chief executive officer of BLG.

Riverside School is a state school with standard stage, lighting, and sound equipment. As well, like most educational drama department budgets, each programme is, in large part, financially self-reliant and without the benefits of private donations, endowment funds, or state-of-the-art provisions. "These pilot productions are a learning process for us, to ensure that any school, regardless of its resources or budget, can produce this show with success," Cercone continued. "We cannot wait to collaborate with Riverside and Hoboken High and use our learnings to provide helpful



"There was so much talent and everyone tried so hard"

Ongoing BRL funding secured for The RiverView



Launched award-winning GP drop- in clinics

'23/'24 FOCUS

**1
BARKING
FOOD
FOREST
(BFF)**

**2
RIPPLE
NATURE
RESERVE
GROUP
(RNR)**

**3
RIPPLE
EFFECT
GROUP**

**4
YOUNG
CITIZEN
ACTION
GROUP
(YCAG)**

**5
THE
RIVERVIEW**

**6
LONDON
MARATHON
CHARITABLE
TRUST**

BARKING FOOD FOREST

Barking Food Forest (BFF) is a quarter acre site sub-leased since September 2021 to Thames Life by Riverside School, via Barking Riverside Ltd. It is our very own community garden site. Another aspect is the use of the site by the nursery, special needs, primary and secondary school pupils.

Residents, supported by our former trustee and permaculture expert, Nikhil Rathore, have continued to activate the space.

From July 2023, BFF tenants, Wander Wild Forest School were successful in a bid to the LBBD NCIL fund for £10,000. This funding has enabled them to help further activate Barking Food Forest by engaging local children aged 5 and under and their families in a year of Saturday morning sessions learning about the different seasons, local animals and plants. As part of these sessions they participate in a range of activities including whittling, outdoor cooking, tent building, bug hunting, mud kitchen, wild play, nature art and circle time theatre and songs! This has seen over 700+ families use the site over the year.

In August the Green Team from Groundwork London returned (following their earlier work building planters and tree boxes) to help residents install a central pathway through the site, making it more accessible for all and setting the stage for further development plans to be enacted. It was great to have members of the community come along and join the team in digging, laying gravel and topping it off with wood chip donated by local tree surgeon, Kings Cuts Tree Services.

Following the unfortunate closure of the Every One Every Day Warehouse on Thames Road, Thames Life were extremely fortunate to receive a significant number of trees and other gardening equipment on behalf of Barking Food Forest and the local community.

Lastly, our planning application for the site was submitted. This included a proposal for a facilities structure capable of harvesting rainwater and solar energy and including secure tool storage, accessible toilet and baby change facilities, workshop spaces, a polytunnel for year-round growing and a pavilion for socialising and performances.



**Funding Secured:
£12,000**



**Total Attendees:
Children: 500
Adults: 272**

RIPPLE NATURE RESERVE

Early 2023, National Grid and UKPN told the resident steering group and BRL that they would need to dig up an area of the RNR to replace underground cabling. This led to magnetic resonance testing and soil contamination testing (it was previously a dumping ground for pulverised fuel from the coal-fired power station). Some trees needed to be felled in order to carry out the works. This, as well as delays in the architect landscape tendering, resulted in resident activity being limited to small walking groups. Residents were supported by Thames Life in questioning planning permissions for the south-side of the RNR, in which a substation was built by National Grid and another area where works look like they are taking place.

Further, Thames Life supported the Ripple Nature Reserve Committee with the resident-facing community involvement to re-open the reserve. During this period of time, there have been monthly meetings with a number of stakeholders, led by the Barking and Dagenham Parks team. Critical input has also been provided by Barking Riverside Limited, (who are funding the majority of the re-opening costs), UK Power Networks, Clancy, National Grid and Borough's resident Ecologist, Denis Vickers. Other groups who have been involved in the RNR included the Young Citizen Action Group, The University of Dublin and other local nature enthusiasts and litter pickers.

The efforts have been placed into appointing a new landscape architect, who will reimagine the RNR ahead of physical construction works for the sake of accessibility. A n LBBD, resident and stakeholder panel met to go through applications, and Arkwood were eventually appointed to deliver the architecture, and in construction with Thames Life, will be consulting with community groups to reopen the Reserve in the next period in order to further co-design the RNR's opening.



Stakeholders Engaged:
UKPN, Clancy, BRL, LBBD
Parks Team, Natural
England, Thames 21,
Create London



Total Attendees: 14
Members: 6
Committee: 13
Walking Groups: 2

RIPPLE EFFECT GROUP

The previous year has seen Thames Life have been supporting the Ripple Nature Reserve Committee with the resident- facing community involvement to re-open the reserve. During this period of time, there have been monthly meetings with number stakeholders, led by the Barking and Dagenham Parks team. Critical input has also been provided by Barking Riverside Limited, (who are funding the majority of the re-opening costs), UK Power Networks, Clancy, National Grid and Borough's resident Ecologist, Denis Vickers. Other groups who have been involved in the RNR included the Young Citizen Action Group, The University of Dublin and other local nature enthusiasts and litter pickers.

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Key Campaigns:

Bastable Entry for car restrictions, addressing concerns of density with Matt Carpen and BRL, Consultations with Be First, Workshops with Dr Pablo Sendra and UCL, Citizen campaigns.



Total Attendees:

Members: 48

Committee: 10

YOUNG CITIZENS ACTION GROUP

For the previous year, the Young Citizen Action Group (YCAG) have been working on their versions of campaigning on matters which are important to them. They have been briefed on various ways of campaigning such as letter writing, direct, in person questioning, consultations and contacting relevant stakeholders.

This year, the YCAG worked with the University of Dublin on an environmental activist project to help open the Ripple Nature Reserve. They consulted with the local police community safety team addressing their issues around young people's safety, attended the BRL community dinner to get their voices heard about local planning matters and green spaces and wrote letters to MPs, councillors, and developers to raise funds for Riverside Campus School's Performing Arts Centre.

To top off the year, the YCAG presented to important and significant delegates across civil society in recognition of the work they have been doing campaigning for youth voice with the prestigious Goldsmith's Award. YCAG also created a Young Person's Community Charter. This charter outlines several core tenets of youth voice. The YCAG would like these tenets to be considered by local stakeholders to see the significance of youth voice in shaping civil society, the built environment, and cultural/ sports infrastructure. The Young Person's Community Charter was presented by the YCAG in a local event at the Rivergate Centre. BRL and Thames Life Trustees attended, listening to the YCAG present, to the YCAG live band's performances and for free pizza and a DJ. The YCAG are going to try a Thames Life summer school for the first year running, involving social media and podcasting, raising youth voice and participation across Thames View and Riverside.

YOUNG CITIZENS ACTION GROUP





Key Campaigns:

Ripple Nature Reserve, Fund Raising for the Performing Arts Centre, Addressing street safety and lighting, Addressing green spaces and youth provision with BRL (community dinner)



Active YCAG members:

12



Young people listened to:

250



THE RIVERVIEW

Since the Spring issue of 2023, the REB secured another year of funding from Barking Riverside Limited to continue, which included an increased amount taking into consideration inflation and increased distribution.

In addition to securing funding for the print side of things, the REB were also awarded a small pot of £1,000 to create a website for the publication to engage with a younger audience (www.theriverview.org.uk). This coming year, we look forward to reaching more homes as more properties go live on Barking Riverside and more people with a new online presence. The paper still hopes to secure more funding from diverse sources and looks to increase ad spend with the paper.

the local newspaper was rebranded and relaunched as The RiverView. The Resident Editorial Board (REB) always knew that the old name 'Riverside News' would need to change to reflect the fact that it is a newspaper by and for residents of both Riverside and Thames View Wards. This was the first issue the REB had to produce end to end, on their own with the support of Thames Life, having just finished training with Social Spider CIC. The central focus still remains: champion resident voice through the primary content featuring community groups, opinion pieces and local updates.

Originally made up of 4 local residents, Emmanuel Oreyeni, Venilia Amorim, and Zahra Awani, and Zainab Jalloh (TWCP staff), the team lost Emmanuel as he was off to university, but brought on a new local resident from Thames View, Hafizur Rahman. The RiverView is now distributed to 6000 homes across Thames View, Barking Riverside and Scrattons Farm, which is the biggest print distribution in the borough. This year, with the growing population of Barking Riverside, the team managed to secure £2,000 in advertising income, having not had a dedicated salesperson on the team, and the ads coming in organically. The largest advertiser was Tandem, the site managing company for Barking Riverside.

The *River*View



www.thelibrarything.com, email us at info@thelibrarything.org.uk



Overall effectiveness

The quality of education

Behaviour and attitudes

Personal development

Leadership and management

Self-learn provision

Previous inspection cycle

www.oxfordjournals.org.uk



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tively so proud that everyone's hard work and commitment has been recognised, from the teachers' "very strong" subject knowledge, excellent training and amazing teaching to the consistently high standard of pupil behaviour and engagement, their excellent results and strong

5 and 6 October 2022

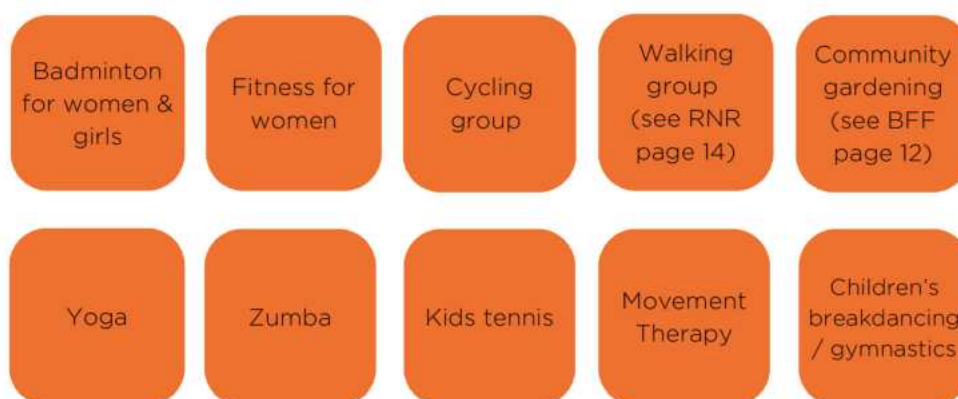
Outstanding
Outstanding
Outstanding
Outstanding
Outstanding
Outstanding
Good

20.

1000000

LONDON MARATHON CHARITABLE TRUST

The London Marathon Trust: Consists of eight resident-led sports activities that take place in local spaces, available to all residents of Thames View and Barking Riverside. The activities all took place at different times throughout the week, including:



We provided these activities with the aim to engage residents that might not usually participate in group fitness sessions. The knock-on effect of Covid left many residents and their families feeling isolated, therefore encouraging residents with a fitness background enabled outreach to be more effective. Offering a range of low-to high-intensity activities for all ages and specifically for women, proved highly successful, building relationships between neighbouring families and encouraged consistency in attendance. The aims of the programme were to:



To celebrate the extension of the programme, families, friends and neighbours of all ages from all around Thames View & Barking Riverside gathered together for a sports day event, filled with fun and fitness activities at The Warehouse on Thames Road. The day kicked off with a taster session of the children's breakdancing, before everyone refuelled with healthy snacks, followed by traditional sports day games. After which there were taster sessions of all the other activities allowing new attendees to sign up for future classes in 2023/2024. Overall, the sports day was a huge success and we so appreciate the amazing support from our incredible residents. Everyone had a great time, and Thame Life looks forward to planning many, many more fun events in the future.



**Funding Secured:
£34,000**



**Activities Held:
10 sports & wellbeing**



**Sessions Delivered:
181**



**Unique Attendees:
1413**



**Feedback:
30% gave 9 or 10 out
of 10 for the activities
attended**



OTHER PROJECTS

GP Drop-in Clinics: Thames Life and Barking Riverside Ltd. (BRL) worked in partnership with Aurora Medcare and the London Borough of Barking and Dagenham (LBBD) to deliver a series of 6 monthly pop-up health services across Thames View and Barking Riverside in Barking and Dagenham in 2023. These pop-ups provided residents with same day access to GPs, other practice staff, and a collection of statutory services and community organisations in a single setting.

Thames Life initially trialled a pop up health service (with support from Aurora Medcare and other community partners) giving residents access to GPs and other wellbeing services. This initial approach was fully voluntary, and ran successfully on a shoestring budget. Following the success of this initial event, LBBD and BRL provided funding to support the programme of 6 pop-up events. The support of Aurora Medcare remained voluntary.

In total, 601 residents attended the 6 events.

Residents
attended:
601

Funding
secured:
30,000

PLANNING FORUM: The Thames Life Residents Planning Forum has been continuing to meet regularly once a month. New and more interested residents in local planning matters, heritage and issue have been undertaking a series of engagement sessions with Activist Network, Just Space, The UCL Bartlett School of Planning and other speakers involved with planning and regeneration matters.

Most recent visitor presentations have included Tim Peake who is doing his PhD on regeneration in the Royal Docks area, Tim Cowbury and Mark Maughan who are award winning theatre directors, including videos produced with Yarrow Films on the loss of Granville Kitchen due to regeneration. Micheal Ball from the Waterloo Community Development Group, and LBBD's Be First.

In collaboration with UCL, Thames Life are publishing a community plan for social infrastructure with Dr. Pablo Sendra. The core group of resident participants in the Planning Forum were instrumental in supporting this plan. The plan investigates the heritage of the local area, environmental issues, green spaces, lack of health facilities and other aspects of the built environment.

FEEDBACK

"So overall my experience has been fantastic; I have learnt a lot from Thames Life and fostered great relationships with their team and I look forward to continue that relationship moving forward."

- Dr. Jagan John, Aurora Medcare

"Thames life has been able to improve and assist in the NHS crisis. Having something like this takes away the pressure of these services and helps people see a doctor. It's like one stop shop. You can see all the providers in roof. It's very inclusive and the times allows working residents to benefit from this service."

- Local resident attendee of GP drop in clinic

"It's helped me open up to people. I can now speak to people where I wouldn't before. Also, it's great for my physical and mental health. The more I move the stronger I get. Being outside in the open has also really improved my mental health."

- Craig, Barking Food Forest volunteer

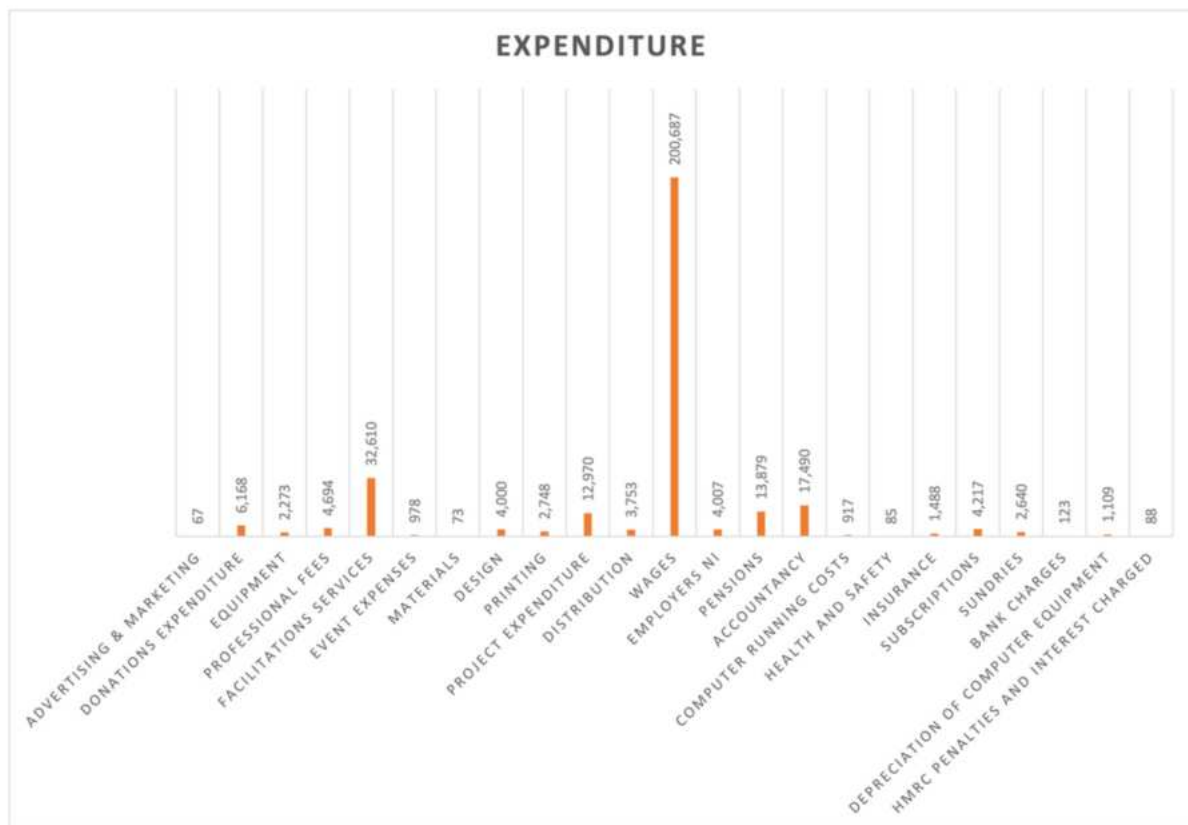
"Thames Life has been a key partner with the British Red Cross working in the community resilience space. We have seen how the important work that Thames Life provides to the community continues to grow across the voluntary and community sector (VCS). Important networks like the CRN, hub open days bringing the community together to get the support that they vitally need. It is great to be able to work alongside Thames Life and have a great partner."

- Carney Bonner, British Red Cross

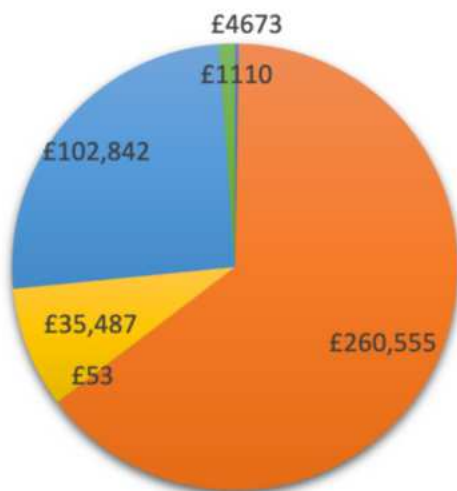
"It's a full circle of care and social engagement and relating to others."

- Almu Segura, Nice Bunch CIC

FINANCES



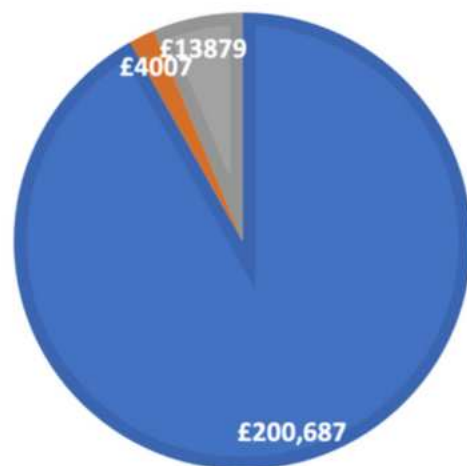
Income



■ Donations* ■ Grants ■ Interest Income ■ Other income ■ SLA ■ Consultancy

STAFF COSTS

■ Wages ■ Employers NI ■ Pensions



THANK YOU



KINGSLEY HALL



FUNDERS & PARTNERS



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Imperial College London





**Address: Thames Life,
Thames Community Hub,
Bastable Avenue, Barking IG11 0LH
Email: info@thames-life.org.uk
Website: www.thames-life.org.uk**

**Thames
Life** Community
Development
Trust

Thames Life Community Development Trust is a registered charity in England & Wales (1189743).

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024
FOR
THAMES LIFE**

Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

THAMES LIFE

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

	Page
Report of the Trustees	1 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Financial Statements	8 to 16
Detailed Statement of Financial Activities	17

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

The Trustees are pleased to present their annual report together with the financial statements of the charity for the period ending 31 March 2024

OBJECTIVES AND ACTIVITIES

Our purposes and activities

The object of Thames Life (CIO) is, for the public benefit, the promotion of urban regeneration in areas of social and economic deprivation. This is focused on the London Borough of Barking & Dagenham, with a specific focus on Thames View and Barking Riverside estates. It is also realised through the following means of:

- a) the relief of poverty or financial hardship.
- b) the advancement of education, training or re-training.
- c) the provision of financial and technical assistance.
- d) the provision of recreational facilities for the public.
- e) the protection of conservation of the environment.

Our vision, mission and aims

Our Vision: A diverse and vibrant community where residents are driving change

Our Mission: To create positive spaces and opportunities for resident empowerment and wellbeing

Aims:

- o Development of leaders: by offering increased skills development, training and volunteering opportunities for residents.
- o Nurture relationships: by creating impactful relationships between residents and partnerships with the local authority, developers, NHS, schools and others.
- o Exert influence: by connecting residents with decision-makers to seek positive change for their community.
- o Support enterprise: by growing a network of community projects and businesses led by residents to address local need.

Public benefit

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's purposes and objectives and in planning its activities for the year. In particular, they have considered how planned activities will contribute to the purposes and objectives detailed above. The trustees are satisfied that the charity meets the Charity Commission's guidelines with regard to delivering public benefit.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024**

ACHIEVEMENT AND PERFORMANCE

Review of the year

We have continued to deliver a wide range of high-quality projects, programmes and events. Recent GP pop-ups have also been a highlight, bringing appreciation from our local GP and drawing on support across the team. We won the Royal Collage of General Practitioners North East London Faculty Recognition Award Winner: Collaborative Project of The Year 2023. Our consistent activities include the Barking Food Forest community gardening, monthly Resident Planning Forums including supporting research undertaken by University College London on social infrastructure, weekly Ripple Effect meetings focusing on resident priorities for action, supporting Barking Sports 4 Change leadership group to deliver sport and wellbeing activities, delivering a quarterly newspaper (River View) overseen by a resident editorial board, delivering innovative health prototypes with our Locality Lead partners, working as a consortium with Al Madina, Disability Association of Barking and Dagenham (DABD), Harmony House and Kingsley Hall, and supporting the work of BD Collective, BD Citizens, BD Giving and BD CVS.

Thames Life is one of the most prominent organisations in partnerships across the borough, that combines community organising with social enterprise, which enables us to move from being an independent outlier to an influencer and shaper. For us to achieve our mission in our local wards, we have learnt that we need to collaborate across the borough because this is where the strategy and policy arise. Our community organising, social business and convenor role is distinctive as is our focus on resident-led advocacy.

The main challenges for our charity have been funding and, as we move from a project under Riverside School, to a charity in our own right, initiating internal operational systems previously done by our host, thus balancing an internal and external focus. In April 2024 our lottery grant ended, which required considerable planning over the course of the year by trustees who oversaw a deduction in our costs by reducing our staff team via a mixture of redundancy and wider turnover. This was thoroughly planned and considered based on a wider deliberation of our priorities and purpose, via previous trustee board meetings, work groups, access to pro bono and paid advisers and other strategic planning processes. The reduction should be understood as the actions of an increasingly mature and professional community-based organisation, and in the context of wider funding crises across all sectors.

In addition to the diversity and local connection of our resident trustees, all of whom live locally, we now have an even more diverse and locally rooted staff cohort, with five of our six team, living locally. This complements the local and diverse roots of our trustee board and is one of the many things that make Thames Life a highly distinctive organisation. Thus, in addition to delivering a range of projects and programmes we have evolved a robust and dynamic organisational culture that fits our charitable purpose. Our challenge remains to secure core funding to complement the many smaller pots of funding we have brought in. Alongside this we need to build on our increasingly mature and productive working relationships with our local partners, notably BRL, LBBD and the NHS. We continue to provide a platform for community voice that is both an effective partner and on occasion, a critical friend. Sometimes this tension has seemed especially challenging - the closure of the warehouse on Thames Road led to a 'friends of the warehouse' group, a coalition of numerous groups and residents who wrote their own business plan and when this was not considered, to protests. Likewise, the lack of a health centre on Riverside and the continual closure of the Ripple Nature Reserve are extremely challenging, seemingly forever held up by arcane and distant decision making. In a borough with the highest levels of childhood and premature mortality of any London Borough this lack of infrastructure (health, green spaces, community buildings) has very real and harmful impact.

We continue to adapt our strategy and a new strategic and business plan needs to be our focus over the next year 2024/2025. We are working towards a mixed portfolio of funding including assets that can drive revenue in perpetuity, in a way other settlements and development trusts have managed to do. Staff and trustees have spoken of the importance of social space, and this will continue to be central to our work to ensure we continue to deliver on our core charitable purpose and our vision of a diverse and flourishing community where residents are driving change.

FINANCIAL REVIEW

Financial position

Total income for the year was £407,243 (2023: £367,524) of which £405,038 was deemed as restricted funding (2023: £363,982). Total expenditure for the year was £319,590 (2023: £348,520) of which £319,590 was spent on restricted activities (2023: £339,660). Reserves carried forward at 31 March 2024 were £192,310 (2023: £104,657) of which £144,621 were deemed as restricted (2023:

£83,533).

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024**

FINANCIAL REVIEW

Reserves policy

Our reserves policy is to hold unrestricted funds equivalent to six months' operating expenditure. Since the majority of salaried posts are funded by restricted funding, the operating expenditure needs only to cover the redundancy costs at a minimum, plus any further operating costs. The unrestricted funds balance more than satisfies this criteria as at 31.03.24.

The charity is able to meet its current working capital requirements based on the cash flow generated and modest operational surpluses. There are sufficient cash reserves to manage cash flow on a day to day basis

Going concern

The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

FUTURE PLANS

We continue to develop our strategic and business plan to reaffirm vision, mission and outcomes and also explore options for long term income streams from the Council, NHS, Barking Riverside Ltd and other grant making bodies, which will help shape the development of our resident-led Community Development Trust (CIO) and provide a strong community anchor organisation for the area.

We will continue to work closely with all strategic partners to ensure residents are at the forefront of local decision making and able to contribute actively to local opportunities and services.

The charity will continue to support those in most need who are directly affected by local development and regeneration, which offers unprecedented opportunities for local people. We will continue to develop our social enterprise offer, health outreach work and resilience activities to help maximise the economic advantages the development will bring.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is controlled by its governing document and constitutes a Charitable Incorporated Organisation (CIO).

Prior to the CIO being established the charity ran as Thames Ward Community Project, this ceased activities on 1 October 2020 and transferred all funds to Thames Life.

Risk management

The trustees have reviewed the major and financial risks that impact on the work of the charity. The systems that have been established enable the trustees to review and take necessary steps to lessen these risks. The trustees consider the following to be the principal risks that the charity faces:

- Main risk #1: securing funding to maintain core activities. In mitigation trustees review finances at board meetings and monthly executive meetings to ensure strategies and actions are undertaken. Trustees and staff are also proactive in seeking a balanced portfolio of funding sources as a progression from heavy reliance on one single funder, i.e. the Lottery Reaching Communities Programme.
- Main risk #2: turnover of staff and trustees. In mitigation regular support, supervision and one to one meetings are planned with both staff and trustees to ensure good communication, a relational culture and speedy identification of people disengaging. We also seek to broaden and diversify our staff and trustee cohort by reaching out to less represented groups.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1189743

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

Principal address

Riverside School
Renwick Road
Barking
Essex
IG11 0FU

Trustees

A Thacker (resigned 12.10.23)
L Ogunsola (resigned 06.09.23)
A Pollard
J Oyekunle
A Hussien
J Songa (resigned 11.1.24)
N Ogene
D Hussain (resigned 11.1.24)
H Rahman
E Macauley (resigned 11.1.24)
I Ferreria

Independent Examiner

Lee Blunden FCCA CTA
Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

Approved by order of the board of trustees on October 10th 2024 and signed on its behalf by:



.....
J Oyekunle - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THAMES LIFE

Independent examiner's report to the trustees of Thames Life

I report to the charity trustees on my examination of the accounts of Thames Life (the Trust) for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the ****ERROR - relevant professional body must be completed****, which is one of the listed bodies.

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 the Trust 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 applicable 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.

Lee Blunden FCCA CTA

Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

Date: 6th August 2024

THAMES LIFE

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities	2	1,110	-	1,110	-
Charitable activities	4				
Community Projects		1,042	405,038	406,080	367,524
Investment income	3	<u>53</u>	<u>-</u>	<u>53</u>	<u>-</u>
Total		<u>2,205</u>	<u>405,038</u>	<u>407,243</u>	<u>367,524</u>
EXPENDITURE ON					
Charitable activities	5				
Community Projects		<u>-</u>	<u>319,590</u>	<u>319,590</u>	<u>348,520</u>
NET INCOME		2,205	85,448	87,653	19,004
Transfers between funds	12	<u>24,360</u>	<u>(24,360)</u>	<u>-</u>	<u>-</u>
Net movement in funds		26,565	61,088	87,653	19,004
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>21,124</u>	<u>83,533</u>	<u>104,657</u>	<u>85,653</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>47,689</u></u>	<u><u>144,621</u></u>	<u><u>192,310</u></u>	<u><u>104,657</u></u>

The notes form part of these financial statements

THAMES LIFE

BALANCE SHEET 31 MARCH 2024

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	9	4,075	-	4,075	3,722
CURRENT ASSETS					
Debtors	10	25,927	-	25,927	47,676
Cash at bank and in hand		24,255	144,621	168,876	57,855
		50,182	144,621	194,803	105,531
CREDITORS					
Amounts falling due within one year	11	(6,568)	-	(6,568)	(4,596)
NET CURRENT ASSETS		43,614	144,621	188,235	100,935
TOTAL ASSETS LESS CURRENT LIABILITIES		47,689	144,621	192,310	104,657
NET ASSETS		47,689	144,621	192,310	104,657
FUNDS	12				
Unrestricted funds				47,689	21,124
Restricted funds				144,621	83,533
TOTAL FUNDS				192,310	104,657

The financial statements were approved by the Board of Trustees and authorised for issue on 10th October 2024 and were signed on its behalf by:



.....
J Oyekunle - Trustee



.....
L Ogunsola - Trustee

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

1. ACCOUNTING POLICIES**Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on charitable activities includes those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs allocated directly to such activities and those costs of an indirect nature necessary to support them.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 20% on cost

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.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to

which they relate.

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

2. CHARITABLE ACTIVITIES

	2024	2023
	£	£
Donations	<u>1,110</u>	<u>-</u>

3. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	<u>53</u>	<u>-</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	2024 Community Projects £	2023 Total activities £
Grants	262,555	178,416
SLA	103,365	176,765
Consultancy fees	<u>40,160</u>	<u>12,343</u>
	<u>406,080</u>	<u>367,524</u>

Grants received, included in the above, are as follows:

	2024 £	2023 £
The National Lottery	149,192	146,266
Trust for London	37,600	30,000
Other	-	2,150
Community Resources	17,500	-
Community Chest	11,073	-
UK Power Networks	10,000	-
London Plus	5,000	-
London Marathon Charitable Trust	17,530	-
The Social Change Nest	<u>14,660</u>	<u>-</u>
	<u>262,555</u>	<u>178,416</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 6) £	Totals £
Community Projects	<u>302,100</u>	<u>17,490</u>	<u>319,590</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

6. SUPPORT COSTS

	Governance costs £
Community Projects	<u>17,490</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities	-	-	-
Charitable activities			
Community Projects	<u>3,542</u>	<u>363,982</u>	<u>367,524</u>
Total	<u>3,542</u>	<u>363,982</u>	<u>367,524</u>
EXPENDITURE ON			
Charitable activities			
Community Projects	<u>8,860</u>	<u>339,660</u>	<u>348,520</u>
NET INCOME/(EXPENDITURE)	(5,318)	24,322	19,004
Transfers between funds	<u>5,001</u>	<u>(5,001)</u>	<u>-</u>
Net movement in funds	(317)	19,321	19,004
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>21,440</u>	<u>64,213</u>	<u>85,653</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>21,123</u></u>	<u><u>83,534</u></u>	<u><u>104,657</u></u>

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

9. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2023	4,084
Additions	<u>1,462</u>
At 31 March 2024	<u>5,546</u>
DEPRECIATION	
At 1 April 2023	362
Charge for year	<u>1,109</u>
At 31 March 2024	<u>1,471</u>
NET BOOK VALUE	
At 31 March 2024	<u>4,075</u>
At 31 March 2023	<u>3,722</u>

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	24,004	13,125
Other debtors	-	33,256
Accrued income	438	-
Prepayments	<u>1,485</u>	<u>1,295</u>
	<u>25,927</u>	<u>47,676</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	2,471	1,298
Other creditors	<u>4,097</u>	<u>3,298</u>
	<u>6,568</u>	<u>4,596</u>

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

12. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	21,124	2,205	24,360	47,689
Restricted funds				
Built-ID	3,089	-	(226)	2,863
NCIL	-	10,489	-	10,489
London Borough of Barking and Dagenham	3,290	-	(3,290)	-
Trust for London	10,873	8,336	(269)	18,940
BD Giving	6,168	(6,168)	-	-
Community Resources Networked Neighbourhoods Project	6,900	6,244	(11,900)	1,244
Lottery Reaching Communities	14,002	(6,263)	(1,491)	6,248
Riverview Newspaper	8,664	11,653	(28)	20,289
London Marathon CT	-	12,021	-	12,021
Climate Kickstarter	-	1,969	-	1,969
Locality Lead	30,547	(11,941)	(2,156)	16,450
Barking Food Forest	-	7,732	-	7,732
Community Chest	-	6,577	-	6,577
UKPN Ripple Nature Reserve	-	10,000	-	10,000
Dr Pop Ups	-	21,721	-	21,721
LBBD Coproduction	-	100	-	100
London Plus GLA	-	5,000	(5,000)	-
Shaftesbury Foundation	-	3,623	-	3,623
Social Change	-	4,355	-	4,355
	<u>83,533</u>	<u>85,448</u>	<u>(24,360)</u>	<u>144,621</u>
TOTAL FUNDS	<u>104,657</u>	<u>87,653</u>	<u>-</u>	<u>192,310</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

12. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	2,204	1	2,205
Restricted funds			
London Sport	5,000	(5,000)	-
NCIL	20,000	(9,511)	10,489
Trust for London	37,600	(29,264)	8,336
BD Giving	-	(6,168)	(6,168)
Community Resources Networked			
Neighbourhoods Project	2,000	4,244	6,244
Lottery Reaching Communities	149,193	(155,456)	(6,263)
Riverview Newspaper	27,150	(15,497)	11,653
London Marathon CT	17,566	(5,545)	12,021
Climate Kickstarter	1,969	-	1,969
Locality Lead	45,979	(57,920)	(11,941)
Barking Food Forest	12,315	(4,583)	7,732
Community Chest	12,901	(6,324)	6,577
UKPN Ripple Nature Reserve	10,000	-	10,000
Dr Pop Ups	31,462	(9,741)	21,721
LBBD Coproduction	550	(450)	100
London Plus GLA	5,000	-	5,000
Shaftesbury Foundation	9,999	(6,376)	3,623
Social Change	4,355	-	4,355
Community Food Growing Programme	12,000	(12,000)	-
	<u>405,039</u>	<u>(319,591)</u>	<u>85,448</u>
TOTAL FUNDS	<u>407,243</u>	<u>(319,590)</u>	<u>87,653</u>

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	21,440	(5,317)	5,001	21,124
Restricted funds				
BRL CCG LBBB Health Outreach Project	3,638	(3,448)	(190)	-
Built-ID	1,820	-	1,269	3,089
NCIL	1,765	(1,765)	-	-
Youth Sport Trust	1,700	-	(1,700)	-
London Borough of Barking and Dagenham	3,610	4,059	(4,380)	3,289
Trust for London	3,759	7,114	-	10,873
BD Giving	10,168	(4,000)	-	6,168
Community Resources Networked Neighbourhoods Project	9,900	(3,000)	-	6,900
Lottery Reaching Communities	20,926	(6,923)	-	14,003
Riverview Newspaper	6,927	1,737	-	8,664
Locality Lead	-	30,547	-	30,547
	<u>64,213</u>	<u>24,321</u>	<u>(5,001)</u>	<u>83,533</u>
TOTAL FUNDS	<u>85,653</u>	<u>19,004</u>	<u>-</u>	<u>104,657</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	3,542	(8,859)	(5,317)
Restricted funds			
BRL CCG LBBB Health Outreach Project	(1)	(3,447)	(3,448)
NCIL	-	(1,765)	(1,765)
London Borough of Barking and Dagenham	80,023	(75,964)	4,059
Trust for London	30,508	(23,394)	7,114
BD Giving	-	(4,000)	(4,000)
Community Resources Networked Neighbourhoods Project	5,000	(8,000)	(3,000)
Lottery Reaching Communities	146,325	(153,248)	(6,923)
Riverview Newspaper	19,939	(18,202)	1,737
London Marathon CT	17,471	(17,471)	-
Climate Kickstarter	5,771	(5,771)	-
Locality Lead	50,126	(19,579)	30,547
ELBA Digital Divide	4,000	(4,000)	-
GROW Summer Event	4,820	(4,820)	-
	<u>363,982</u>	<u>(339,661)</u>	<u>24,321</u>
TOTAL FUNDS	367,524	(348,520)	19,004

=====

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

12. MOVEMENT IN FUNDS - continued

Restricted Funds are to be spent as outlined below:

Built - ID

Funding to be spent on community arts activity.

NCIL

Funds for community gardening.

London Borough of Barking & Dagenham

Funding for resident-led activities

Trust for London

For community outreach and communications

BD Giving

Funding for resident support and fire safety

Community Resources Network Neighbourhoods Project

Resilience funding

Lottery Reaching Communities

Funding of core staffing of the Charity

Riverview Newspaper

Production of resident newspaper

Climate Kickstarter

Funding to implement rainwater harvesting and solar energy into gardening projects at Barking Food Forest and Riverside Bridge School

Locality Lead

This initiative is a borough-wide partnership that works across the health system to provide triage, develop prototypes and design groups and take part as a learning group to test innovative practice.

Barking Food Forest

Funding for community garden site leased to school from BRL

Community Chest

social prescribing community chest secured via LBBD

UKPN Ripple Nature Reserve

Funds held for Ripple Nature Reserve resident steering group - donation given from UK Power Network

Dr Pop Ups

Funds secured to run health events where residents can access a GP and community advice and /support

LBBD Coproduction

Funds received from LBBD for resident attendance and participation

London Plus GLA

Funds received for CEO participation on resilience and civil contingency support

Shaftesbury Foundation

Funds to support Young Citizens Action Group and related local campaigns shaped by young people

Social Change

Funds received in lieu of worker attendance at BD Collective events

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

12. MOVEMENT IN FUNDS - continued

Transfers between funds

Most applications made for restricted funding contain a contribution towards the Charity's overheads. If a project concludes and all direct expenditure has ceased, the residual balance on these funds is transferred to the general fund to cover overheads. These balances are well within the allowance for overheads granted by the funding agreements.

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

THAMES LIFE

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024**

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Charitable activities		
Donations	1,110	-
Investment income		
Deposit account interest	53	-
Charitable activities		
Grants	262,555	178,416
SLA	103,365	176,765
Consultancy fees	<u>40,160</u>	<u>12,343</u>
	<u>406,080</u>	<u>367,524</u>
Total incoming resources	407,243	367,524
EXPENDITURE		
Charitable activities		
Wages	200,687	185,711
Social security	4,007	10,373
Pensions	13,879	9,171
Coaching fees	-	41,865
Computer costs	917	4,938
Subscriptions	4,217	4,844
Health & safety and training	85	48
Insurance	1,488	1,227
Sundries	2,921	6,510
Project costs	72,790	69,422
Computer equipment	<u>1,109</u>	<u>362</u>
	302,100	334,471
Support costs		
Governance costs		
Accountancy and legal fees	<u>17,490</u>	<u>14,049</u>
Total resources expended	<u>319,590</u>	<u>348,520</u>
Net income	<u><u>87,653</u></u>	<u><u>19,004</u></u>

This page does not form part of the statutory financial statements

THAMES LIFE

England & Wales - Charity number 1189743

Accounts

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023
FOR
THAMES LIFE**

Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

THAMES LIFE
CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023

	Page
Report of the Trustees	1 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Financial Statements	8 to 15
Detailed Statement of Financial Activities	16

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2023

The trustees present their report with the financial statements of the charity for the year ended 31st March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Our purposes and activities

The object of Thames Life (CIO) is, for the public benefit, the promotion of urban regeneration in areas of social and economic deprivation. This is focused on the London Borough of Barking & Dagenham, with a specific focus on Thames View and Barking Riverside estates. It is also realised through the following means of:

- a) the relief of poverty or financial hardship.
- b) the advancement of education, training or re-training.
- c) the provision of financial and technical assistance.
- d) the provision of recreational facilities for the public.
- e) the protection or conservation of the environment.

Public benefit

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's purposes and objectives and in planning its activities for the year. In particular, they have considered how planned activities will contribute to the purposes and objectives detailed above. The trustees are satisfied that the charity meets the Charity Commission's guidelines with regard to delivering public benefit.

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2023

ACHIEVEMENT AND PERFORMANCE

Review of the year

2022/2023 has seen Thames Life continue to expand its services and support as a new charity in one of London's most deprived areas. The Trust for London Poverty index highlights the borough as having the highest rates of premature mortality in London alongside a host of other social challenges. The following review is organised around external aspects of our work, including the most significant projects, programmes and activities we are delivering:

1. Barking Food Forest - we continue to develop a community garden on a site leased from our local developer, Barking Riverside Ltd (BRL) to Riverside School, providing weekly activities during the growing season. Over the summer we partnered with Creative Barking & Dagenham to deliver a range of events under the theme of green social prescribing.
2. The River View Newspaper - having sourced stories for BRL's resident newspaper, we recruited and support a resident editorial board who oversees all aspects of the production and distribution of the paper, which went to around 6,000 local homes during the year.
3. Ripple Nature Reserve - we have supported the formation of a resident steering group with the goal of reopening an 8-hectare local site that has been closed since 2018 due to safety concerns. The group has engaged with a range of partners including the council parks department to add our support to efforts made to bring the site back into use.
4. Young Citizen Action Group - we have continued to hold weekly leadership sessions with students of Riverside School, focusing on their priorities and concerns and working with Citizens UK on wider empowerment for young people around safety and environmental action.
5. Sports for Development programmes - we co-chair the Barking Sports 4 Change partnership working with a coalition of community groups and funders, notably Laureus Foundation. We have also delivered sports and wellbeing sessions, typically via local groups through funding secured from London Marathon Community Trust and London Sports.
6. Locality Lead health outreach - we are one of five borough groups who secured health inequality funding to explore new ways of working across the health system. Our focus has been on triage, design groups, prototypes and systems change. We also led on work with OHID on weight management working with local groups who ran a range of events and classes and completed a one-year pilot with LBBD (wellbeing navigators) that recruited and trained 20 residents.
7. Resilience and civil contingency - we continue to meet weekly with the British Red Cross and supported a local volunteer trainee. Our focus has been on developing partnerships to tackle extreme events proactively - building networks of support and assets that can be mobilized as required. This has included mapping the local area, identifying areas of vulnerability and areas of support - for example excessive concrete due to housing density is a risk in regard to extreme weather, whereas the Ripple Nature Reserve is a cool space, that provides solace, hence an asset for wellbeing, but also as a relatively wild space.
8. Planning Forum - we have worked with Planning Aid London, Just Space and UCL Bartlett School of Planning, via monthly meetings, to support residents to understand and influence the planning system, noting the unprecedented growth of housing and wider social infrastructure under way.
9. Ripple Effect resident action group - we have supported residents to identify issues and priorities they want to address via weekly meetings, as well as building relationships of trust with each other and with wider stakeholders. Priorities have included knife crime, green and blue spaces and safeguarding community buildings.
10. Thames Community Hub former Sue Bramley asset activation - we have continued as an anchor tenant of this former Sure Start center, to activate the building as part of the council's hub agenda and explored a range of collaborative activities with those using the building.
11. Wider Voluntary and Community Sector (VCS) collaboration - in addition to partnerships with London Borough of Barking and Dagenham (LBBD), NHS and Barking Riverside Limited (BRL) we play a leading role in BD Collective, a network of networks and also with BD Citizens, a chapter of Citizens UK, ensuring we support wider efforts from residents and local communities.

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2023

In addition to these external activities the internal aspects of our work include communications and marketing, including a monthly e-newsletter, updated website and social media posts. Ensuring robust governance via our trustee board meetings. Stakeholder management, which includes regular updates, meetings and collaboration with key partners. Ensuring relevant policies and procedures are in place and updated as appropriate. Finance and bookkeeping, ensuring robust financial control and regular reporting. Impact assessment including monitoring, evaluation and learning from our work and reporting to funders. IT and administration, strategic and business planning and all aspects of HR (human resources) including staff supervision and performance management.

FINANCIAL REVIEW

Financial position

Total income for the year was £367,524 (2022: £316,353) of which £363,982 was deemed as restricted funding (2022: £294,108). Total expenditure for the year was £348,520 (2022: £308,643) of which £339,660 was spent on restricted activities (2022: £307,837). Reserves carried forward at 31 March 2023 were £104,657 (2022: £85,653) of which £83,534 were deemed as restricted (2022: £64,214).

Reserves policy

As a new organisation we are developing our reserves with a commitment to review the viability of a specified amount of financial reserves to be set aside in June 2023 and which we estimate to be equivalent to six months' operating expenditure.

The charity is able to meet its current working capital requirements based on the cash flow generated and modest operational surpluses. There are sufficient cash reserves to manage cash flow on a day to day basis.

Going concern

The trustees believe that no material uncertainties exist even after taking Covid into consideration. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

FUTURE PLANS

We continue to develop our strategic and business plan to reaffirm vision, mission and outcomes and also explore options for long term income streams from the Council, NHS, Barking Riverside Ltd and other grant making bodies, which will help shape the development of our resident-led Community Development Trust (CIO) and provide a strong community anchor organisation for the area.

We will continue to work closely with all strategic partners to ensure residents are at the forefront of local decision making and able to contribute actively to local opportunities and services.

In light of the continued effects of the pandemic the short-term future is challenging for the residents of the area, notably in the impact on health and wellbeing, including mental health and also in regard to the cost of living and impact on employment. The charity will continue to support those in most need who are directly affected by local development and regeneration, which also offers unprecedented opportunities for local people. We will continue to develop our social enterprise offer, health outreach work and resilience activities to help maximise the economic advantages the development will bring.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is controlled by its governing document and constitutes a Charitable Incorporated Organisation (CIO).

Prior to the CIO being established the charity ran as Thames Ward Community Project, this ceased activities on 1 October 2020 and transferred all funds to Thames Life.

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have reviewed the major and financial risks that impact on the work of the charity. The systems that have been established enable the trustees to review and take necessary steps to lessen these risks. The trustees consider the following to be the principal risks that the charity faces:

- Main risk #1: securing funding to maintain core activities. In mitigation trustees review finances at board meetings and monthly executive meetings to ensure strategies and actions are undertaken. Trustees and staff are also proactive in seeking a balanced portfolio of funding sources as a progression from heavy reliance on one single funder, i.e. the Lottery Reaching Communities Programme.
- Main risk #2: turnover of staff and trustees. In mitigation regular support, supervision and one to one meetings are planned with both staff and trustees to ensure good communication, a relational culture and speedy identification of people disengaging. We also seek to broaden and diversify our staff and trustee cohort by reaching out to less represented groups.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1189743

Principal address

Riverside School
Renwick Road
Barking
Essex
IG11 0FU

Trustees

A Shah (resigned 6.12.22)
A Thacker
L Ogunsola
A Pollard (resigned 20.8.23)
Y Imran (resigned 6.12.22)
S Gaman (resigned 21.10.22)
S Alonge (resigned 28.11.22)
J Oyekunle
A Hussien (appointed 13.10.22)
J Songa (appointed 22.6.22)
N Ogene (appointed 15.5.22)
D Hussain (appointed 12.5.22)
H Rahman
E Macauley

Independent Examiner

Lee Blunden FCCA CTA
Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

Approved by order of the board of trustees on 13.11.2023 and signed on its behalf by:



.....
J Oyekunle - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THAMES LIFE**

Independent examiner's report to the trustees of Thames Life

I report to the charity trustees on my examination of the accounts of Thames Life (the Trust) for the year ended 31st March 2023.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross Income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the ****ERROR - relevant professional body must be completed****, which is one of the listed bodies.

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 the Trust 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 applicable 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.



Lee Blunden FCCA CTA

Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

Date: 13 November 2023

THAMES LIFE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities		-	-	-	-
Charitable activities	2				
Community Projects		<u>3,542</u>	<u>363,982</u>	<u>367,524</u>	<u>316,353</u>
Total		<u>3,542</u>	<u>363,982</u>	<u>367,524</u>	<u>316,353</u>
EXPENDITURE ON					
Charitable activities	3				
Community Projects		<u>8,860</u>	<u>339,660</u>	<u>348,520</u>	<u>308,643</u>
NET INCOME/(EXPENDITURE)					
Transfers between funds	10	<u>(5,318)</u> <u>5,001</u>	<u>24,322</u> <u>(5,001)</u>	<u>19,004</u> <u>-</u>	<u>7,710</u> <u>-</u>
Net movement in funds		<u>(317)</u>	<u>19,321</u>	<u>19,004</u>	<u>7,710</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>21,440</u>	<u>64,213</u>	<u>85,653</u>	<u>77,943</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>21,123</u></u>	<u><u>83,534</u></u>	<u><u>104,657</u></u>	<u><u>85,653</u></u>

The notes form part of these financial statements

THAMES LIFE
BALANCE SHEET
31ST MARCH 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	7	-	3,722	3,722	-
CURRENT ASSETS					
Debtors	8	29,182	18,494	47,676	1,359
Cash at bank and in hand		(8,058)	65,913	57,855	119,894
		<u>21,124</u>	<u>84,407</u>	<u>105,531</u>	<u>121,253</u>
CREDITORS					
Amounts falling due within one year	9	-	(4,596)	(4,596)	(35,600)
NET CURRENT ASSETS		<u>21,124</u>	<u>79,811</u>	<u>100,935</u>	<u>85,653</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>21,124</u>	<u>83,533</u>	<u>104,657</u>	<u>85,653</u>
NET ASSETS		<u>21,124</u>	<u>83,533</u>	<u>104,657</u>	<u>85,653</u>
FUNDS	10				
Unrestricted funds				21,124	21,440
Restricted funds				83,533	64,213
TOTAL FUNDS				<u>104,657</u>	<u>85,653</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 13 November 2023 and were signed on its behalf by:



.....
J Oyekunle - Trustee



.....
L Ogunsola - Trustee

The notes form part of these financial statements

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on charitable activities includes those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs allocated directly to such activities and those costs of an indirect nature necessary to support them.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 20% on cost

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.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

THAMES LIFE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2023**

2. INCOME FROM CHARITABLE ACTIVITIES

	2023	2022
	Community Projects	Total activities
	£	£
Grants	178,416	272,622
SLA	171,568	38,799
Newspaper income	5,197	4,932
Consultancy fees	12,343	-
	<u>367,524</u>	<u>316,353</u>

Grants received, included in the above, are as follows:

	2023	2022
	£	£
The National Lottery	146,266	162,225
London Borough of Barking and Dagenham	-	14,527
Barking Riverside London	-	1,644
Trust for London	30,000	32,090
London Sport	-	4,980
Youth Support Trust	-	200
Barking & Dagenham College	-	2,115
BD Giving	-	10,168
BD Renew	-	540
Built ID	-	1,820
Other	2,150	7,500
Community Resources	-	9,900
L&Q Foundation	-	5,071
Laureus	-	14,842
New Cross Gate	-	5,000
	<u>178,416</u>	<u>272,622</u>

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 4)	Totals
	£	£	£
Community Projects	<u>334,471</u>	<u>14,049</u>	<u>348,520</u>

4. SUPPORT COSTS

	Governance costs
	£
Community Projects	<u>14,049</u>

THAMES LIFE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2023**

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st March 2023 nor for the year ended 31st March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st March 2023 nor for the year ended 31st March 2022.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Community Projects	22,245	294,108	316,353
EXPENDITURE ON			
Charitable activities			
Community Projects	806	307,837	308,643
NET INCOME/(EXPENDITURE)	21,439	(13,729)	7,710
RECONCILIATION OF FUNDS			
Total funds brought forward	-	77,943	77,943
TOTAL FUNDS CARRIED FORWARD	21,439	64,214	85,653

7. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
Additions	4,084
DEPRECIATION	
Charge for year	362
NET BOOK VALUE	
At 31st March 2023	3,722
At 31st March 2022	-

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2023

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade debtors	13,125	250
Other debtors	33,256	(1)
Prepayments	1,295	1,110
	<u>47,676</u>	<u>1,359</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	1,298	4,456
Other creditors	3,298	31,144
	<u>4,596</u>	<u>35,600</u>

10. MOVEMENT IN FUNDS

	At 1.4.22	Net movement	Transfers	At
	£	In funds	between	31.3.23
		£	funds	£
Unrestricted funds				
General fund	21,440	(5,317)	5,001	21,124
Restricted funds				
BRL CCG LBBB Health Outreach				
Project	3,638	(3,448)	(190)	-
Built-ID	1,820	-	1,269	3,089
NCIL	1,765	(1,765)	-	-
Youth Sport Trust	1,700	-	(1,700)	-
London Borough of Barking and				
Dagenham	3,610	4,059	(4,380)	3,289
Trust for London	3,759	7,114	-	10,873
BD Glving	10,168	(4,000)	-	6,168
Community Resources Networked				
Neighbourhoods Project	9,900	(3,000)	-	6,900
Lottery Reaching Communities	20,926	(6,923)	-	14,003
Riverview Newspaper	6,927	1,737	-	8,664
Locality Lead	-	30,547	-	30,547
	<u>64,213</u>	<u>24,321</u>	<u>(5,001)</u>	<u>83,533</u>
TOTAL FUNDS	<u>85,653</u>	<u>19,004</u>	<u>-</u>	<u>104,657</u>

THAMES LIFE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2023**

10. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	3,542	(8,859)	(5,317)
Restricted funds			
BRL CCG LBBD Health Outreach Project	(1)	(3,447)	(3,448)
NCIL	-	(1,765)	(1,765)
London Borough of Barking and Dagenham	80,023	(75,964)	4,059
Trust for London	30,508	(23,394)	7,114
BD Giving	-	(4,000)	(4,000)
Community Resources Networked Neighbourhoods Project	5,000	(8,000)	(3,000)
Lottery Reaching Communities	146,325	(153,248)	(6,923)
Riverview Newspaper	19,939	(18,202)	1,737
London Marathon CT	17,471	(17,471)	-
Climate Kickstarter	5,771	(5,771)	-
Locality Lead	50,126	(19,579)	30,547
ELBA Digital Divide	4,000	(4,000)	-
GROW Summer Event	4,820	(4,820)	-
	<u>363,982</u>	<u>(339,661)</u>	<u>24,321</u>
TOTAL FUNDS	<u><u>367,524</u></u>	<u><u>(348,520)</u></u>	<u><u>19,004</u></u>

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2023

10. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	-	21,440	21,440
Restricted funds			
BRL CCG LBBB Health Outreach Project	59,169	(55,531)	3,638
Built-ID	-	1,820	1,820
London Sport	4,980	(4,980)	-
NCIL	10,000	(8,235)	1,765
Youth Sport Trust	1,500	200	1,700
London Borough of Barking and Dagenham	-	3,610	3,610
Trust for London	2,294	1,465	3,759
BD Giving	-	10,168	10,168
Community Resources Networked Neighbourhoods Project	-	9,900	9,900
Lottery Reaching Communities	-	20,926	20,926
Riverview Newspaper	-	6,927	6,927
	<u>77,943</u>	<u>(13,730)</u>	<u>64,213</u>
TOTAL FUNDS	<u>77,943</u>	<u>7,710</u>	<u>85,653</u>

THAMES LIFE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2023**

10. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	22,246	(806)	21,440
Restricted funds			
BRL CCG LBBD Health Outreach Project	-	(55,531)	(55,531)
Built-ID	1,820	-	1,820
L&Q Foundation ESOL	5,070	(5,070)	-
London Sport	4,980	(9,960)	(4,980)
NCIL	-	(8,235)	(8,235)
Youth Sport Trust	200	-	200
London Borough of Barking and Dagenham	30,974	(27,364)	3,610
Trust for London	32,090	(30,625)	1,465
B&D College ESOL	2,115	(2,115)	-
BD Giving	10,168	-	10,168
BD Renew	540	(540)	-
Community Resources Networked Neighbourhoods Project	9,900	-	9,900
Holiday Activity Fund	11,155	(11,155)	-
Laureus	14,842	(14,842)	-
Lottery Reaching Communities	162,226	(141,300)	20,926
Riverview Newspaper	8,027	(1,100)	6,927
	<u>294,107</u>	<u>(307,837)</u>	<u>(13,730)</u>
TOTAL FUNDS	<u>316,353</u>	<u>(308,643)</u>	<u>7,710</u>

Restricted Funds are to be spent as outlined below:

BRL CCG LBBD Health Project

Funding to be spent on health activities in the community

Built - ID

Funding to be spent on community arts activity

London Sport

Funding to be spent on sports and active lifestyle activities in the community

NCIL

Funds for community gardening

Youth Support Trust

Funds to be spent on youth leadership scheme

London Borough of Barking & Dagenham

Funding for resident-led activities

Trust for London

For community outreach and communications

BD Giving

Funding for resident support and fire safety

THAMES LIFE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2023**

10. MOVEMENT IN FUNDS - continued

Community Resources Network Neighbourhoods Project

Resilience funding

Lottery Reaching Communities

Funding of core staffing of the Charity

Riverview Newspaper

Production of resident newspaper

Climate Kickstarter

This was a GLA fund we won in partnership with Riverside Bridge School to implement rainwater harvesting and solar energy into gardening projects at Barking Food Forest and Riverside Bridge School edible gardens respectively while also securing funds for polytunnels to grow all year round. The funds were transferred from GLA to the school and then after a few of the needed purchases were made by the school (which proved challenging) we then made the rest of the purchases ourselves as Thames Life and invoiced the school for the remainder of the funds that we had spent.

Locality Lead

This initiative is a borough-wide partnership that works across the health system to provide triage, develop prototypes and design groups and take part as a learning group to test innovative practice. This funding was secured by the North East London Health Care Partnership relating to health inequalities and also funds secured by the Council to address challenges for the cost of living crisis.

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st March 2023.

THAMES LIFE

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2023**

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Charitable activities		
Grants	178,416	272,622
SLA	171,568	38,799
Newspaper income	5,197	4,932
Consultancy fees	12,343	-
	<u>367,524</u>	<u>316,353</u>
Total Incoming resources	367,524	316,353
EXPENDITURE		
Charitable activities		
Wages	185,711	227,946
Social security	10,373	-
Pensions	9,171	-
Consultancy	-	39,229
Coaching fees	41,865	12,219
Computer costs	4,938	9,260
Subscriptions	4,844	2,047
Health & safety and training	48	4,148
Insurance	1,227	101
Sundries	6,510	10,753
No description	69,422	-
Computer equipment	362	-
	<u>334,471</u>	<u>305,703</u>
Support costs		
Governance costs		
Accountancy and legal fees	14,049	2,940
Total resources expended	348,520	308,643
Net income	19,004	7,710

This page does not form part of the statutory financial statements

THAMES LIFE

England & Wales - Charity number 1189743

Accounts

Annual Report



April 2021 - March 2022



**To be a catalyst for sustainable
community-led change**

CONTENTS

Welcome	3
Our Vision	4
Trustees	5
Staff	6
A Word from Our Chair	7
Director Report	10
Key Achievements	13
Projects	15
Our Partners Words	31
In Residents Words	33
Finances	34

WELCOME

Thames Ward Community Project (TWCP), was created in 2017 following the award of a £311K grant from the National Lottery Community Fund. The project was a response to the real divisions and lack of social infrastructure in Thames Ward, site to one of the largest housing developments in Europe, in a Borough experiencing high levels of poverty.

Over the years, we've grown as a team of trustees and staff members, but the heart of what we do remains to have residents driving change within the community. This annual report shares the impact and stories of our projects across the 21/22 financial year. We hope you gain an insight into the people behind the work we do and how we've framed our approach around the challenges they have identified and their hopes for the future of their community.

This report will help you understand what our work looks like in practice, whether this is how we champion resident voice across all our projects, the achievements of the Young Citizen Action Group, impact of the Barking Food Forest, or the connections made within our health programmes. For more information about any of our work, please visit our website or contact our team for a chat!

Zainab Jalloh
Communications and Outreach Officer

Our Vision

To be a catalyst for sustainable community-led change.

Our Mission

To bring together schools, community groups and residents from across the Thames Ward of the London Borough of Barking and Dagenham.

Our Aims

1. Championing resident voice to influence change in the area
2. Improve health outcomes and quality of life for residents
3. Increase resident skills and opportunities
4. Improve the local environment

TRUSTEES



Allan Thacker



Anna Pollard



Anusha Shah



Hafizur Rahman



Josiah Oyekunle



Lai Ogunsola



Siji Alonge



Steven Gaman



Venilia Amorim



Yasir Imran



Zahra Awani

STAFF



Matt Scott, Director



Jamie Kesten, Deputy
Director



Zainab Jalloh,
Communications +
Outreach Officer



Alex Anthony,
Wellbeing Navigators
Coordinator



Rahela Begum,
Health Outreach
Worker



Nia Lopez,
Administrative Officer

A WORD FROM OUR CHAIRS



It has been an exciting year, one that has provided many new challenges and has presented new exciting opportunities for collaboration and expansion. We are honoured to have co-chaired the Thames Ward Community Project (TWCP). Through this journey we have not only had the privilege to grow as leaders but have had the privilege to witness our community grow leaps and bounds.

We began the year, with much eagerness to mend the hearts, minds, and spirit of a community that had endured much loss the year prior due to the pandemic. We understood our community was in great need of support and connection, through this understanding we took steps to address these priorities. To invest more into our community, we needed to invest in ourselves. In 2020, we secured a budget to expand the staff members for critical roles ranging from Mental Health - Wellbeing Navigator to Community Development Administrative Officer.

A WORD FROM OUR CHAIRS

Our team expansion has allowed us to strengthen TWCP with incredible people and the capacity to achieve more impactful results. In September and October, Trustees and staff participated in several team-development away days to strengthen our collaboration, communication, and leadership skills. These away days also served as an opportunity for us to reimagine TWCP - we identified our collective desire to reimagine the identity, mission, vision, and strategic goals. Alongside this much work has been going on behind the scenes to establish our governance practices and live out our vision internally as well as in the project impacts. We are continuing to strengthen our vision to structure the organisation through a future-focused rebranding project which will be pending in the new year.

This year we successfully planned and launched several impactful projects and events that have been instrumental in uniting the community and creating opportunities for vocalising resident-led change. These projects and events range from our arts event 'ARTiculate the Journey' celebrating unity, culture and creativity, to our Community Fire Safety Action Plan and supporting local people through our Wellbeing Navigators Programme. These initiatives were made possible through local residents working in partnership with various organisations and stakeholders including the British Red Cross, Barking Riverside Limited (BRL), Barking and Dagenham Council (LBBD), CCG (Clinical Commissioning Group - part of the NHS) and Riverside School. Just to highlight a few.

A WORD FROM OUR CHAIRS

We are grateful for all who have supported us toward a path to uplifting and improving the lives of Thames Ward residents for generations to come. As we reflect on the year, we would be remiss without acknowledging and recognizing incredible staff members who have since left TWCP to pursue other opportunities such as Rahela Begum.

We would also like to acknowledge the hard work and dedication of staff members and resident trustees for their commitment over the year to progressing TWCP.

Looking ahead, it is with much anticipation that we welcome new team members and trustees, continue to establish as an organisation and embrace a new name! We're excited for the journey ahead in making continuous improvements and keeping the community and resident voice at the forefront of what we do, to see residents driving change.

Anna Pollard and Josiah Oyekunle, Co-Chairs

DIRECTOR REPORT 21/22



Over the last year we have gone from strength to strength.

Starting with the news that we had successfully been awarded continuation funding for a further 3 years from the Lottery covering core costs. Then further funding from BRL, LBBD, NHS, Trust for London, London Sport, BD Collective and others has seen us do more projects and activities than ever before – all during a pandemic. It could have gone a different way, these have been very tough times but I'm proud to say we have more than met the challenges that have come our way. The residents, including those who are our trustees and the people who run our projects, the staff who support and the funders and partners who have backed us, are all responsible for what has been delivered and achieved. Those include:

- Initiating the Barking Food Forest, our very own community garden
- Activating the Riverside News paper and its resident editorial board
- Co-Chairing the Barking Sports 4 Change partnership, a coalition of over 25 local groups
- Co-Chairing BD Citizens assembly attended by 130 people
- Fundraising and supporting delivery of resident led ESOL classes
- Working with the British Red Cross and residents to develop a Fire Safety Action Plan
- Convening the Reimagining Adult Social Care forum (on of several BD Collective networks)
- Convening monthly resident planning forums and supporting resident priorities for action
- Leading on Thames Locality Partnership's community outreach (new model of care)
- Convening the Thames View Activation Group and Heathy Thames Partnerships
- Developing a local resilience strategy in partnership with BD Collective and British Red Cross
- Convening monthly meetings of the Ripple Nature Reserve Steering Group
- Facilitating weekly Young Citizens Action Group leadership training (Riverside School)
- Recruiting 20 residents as 'Wellbeing Navigators' supported by LBBD
- Delivering weight management activities led by local groups
- Supporting local artists to deliver a celebration of Black History

- Developing resident trustee charity business planning via away days supported by Locality
- Facilitating resident engagement with leading stakeholders including BRL, GLA and LBBD

There is in fact a lot more going on than this; but it gives a flavour. The effort of bringing a new organisation together, having been a project of Riverside School and now a charity requires immense commitment from all involved – not least the staff and trustees. The 2017 initial Lottery grant challenged us to create a resident-led development trust and we have done that, but it is only the beginning. If we want to be around for the long haul, for a hundred years, like the settlement movements, for example Toynbee Hall, then we need strong governance and secure revenue. Running projects is a joy even at its most testing. Putting the systems in place and locking in the finance to support that is foundational. The trusts and groups I've spoken to across London who we aspire to be like have told me it takes years. But looking back since 2017 it is something to behold in terms of how much we've got done, and hence how much we can do together in the future. My vision is not for our organisation to become huge. We've already tripled our income in a single year, but to measure our success also in how we grow other groups. We need to be the support, when it is needed, for others to thrive. Make sure you hold us to that.

Matthew Scott, Director

1080

RESIDENTS AND STAKEHOLDERS INVOLVED WITH THE PROJECT

KEY ACHIEVEMENTS

**104
RESIDENTS
RECEIVE
FIRST JAB
AFTER
POP-UP
DRIVE**



**LOCAL
RESIDENTS
DESIGN
AND HOST
FIRST SIP
'N' PAINT
EVENT**





KEY ACHIEVEMENTS

**£16,800
FUNDING FOR
RESIDENT-LED
NEWSPAPER**



**YOUNG
PEOPLE
MEET
MAYOR OF
LONDON**

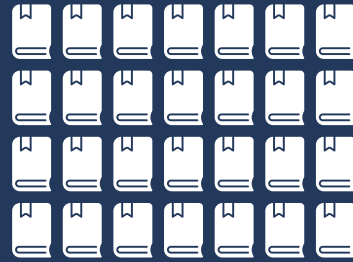


PROJECTS

WELLBEING NAVIGATORS

28

**LOCAL PEOPLE
TRAINED**



12

**WELLBEING
NAVIGATORS**



300

**PEOPLE HELPED
VIA EVENTS**



The Wellbeing Navigators Programme is a network of local volunteers based in the community who can help residents on their health and wellbeing journey. The volunteers support local residents through signposting and referrals to community activities and have recently partnered with community groups to engage residents.

A joint programme between TWCP and LBBD, its mission is to combat social isolation and help local people get healthy. In March 2022, the programme received received £10k from LBBD's connect fund to run events in Thames View, and Barking Riverside.

The events funded have included Yoga, Visual Arts Classes, Art Therapy Classes, a Walking Group, Herbal Medicine making and Litter Picking. During these activities, residents were able to chat to wellbeing navigators in a relaxed setting about further wellness options and services.

Our Impact

Local Resident - "I'm over the moon to be in touch with TWCP. I suffer with depression and anxiety among other things. Wellbeing Navigators has given me a reason to get up and leave my house. Although I have difficulty with big groups of people this is pushing me at my own pace to get used to participating in local groups. Now I feel I have something to smile about and look forward to."

PROJECTS

BARKING FOOD FOREST

295

**REGISTERED
ATTENDEES**



96

**ONLINE BARKING
FOOD FOREST
FRIENDS**



**100+
PLANTS
SOWN**



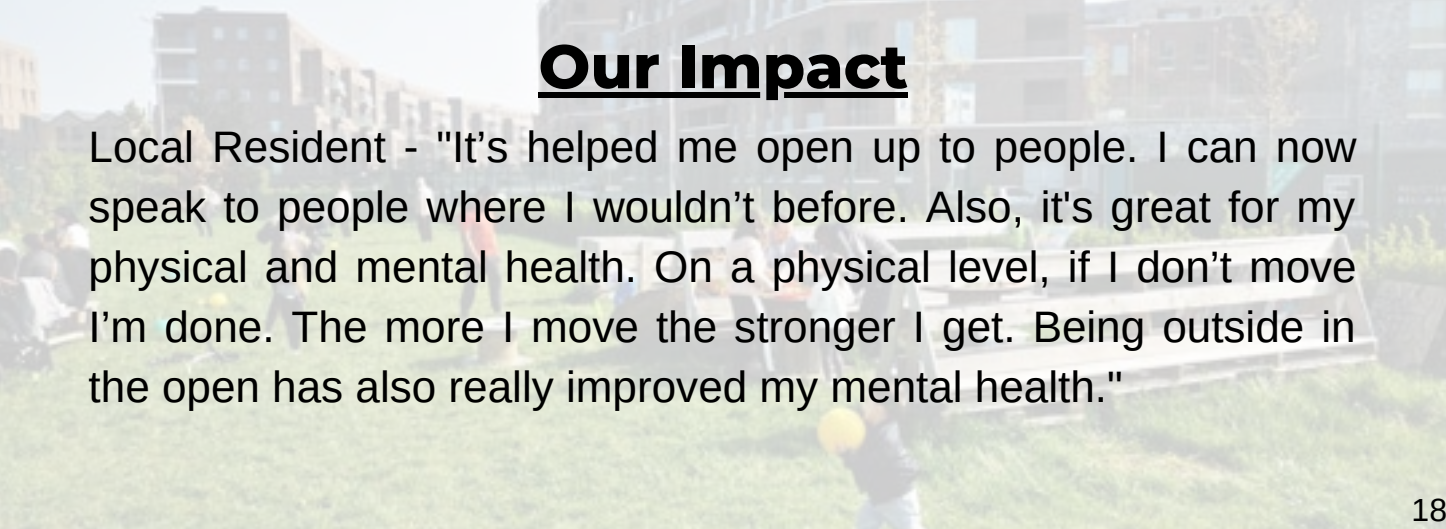
BARKING FOOD FOREST

Barking Food Forest is a community gardening project in Barking Riverside that benefits students, local children and young people, families and wider residents of all ages.

In 2021, following securing the site through the hard campaigning work and drive of the Young Citizen Action Group at Riverside School, we finally started in-person sessions at the end of August 2022.

Thereafter, Barking Food Forest has had a number of great events. The Pumpkin Party, Diwali celebration and the Easter Egg Hunt had a great turn out. Residents and those from further afield in Barking and Dagenham got together to garden, celebrate and socialise with others.

The project also continues to bring in funding receiving £10K supported by TWCP from the GLA Climate Kick-Start Fund that will fund a performance stage for BFF with an integrated rainwater harvesting roof, under-deck water storage and solar powered irrigation system, solar panels and a portable solar electric system for BFF.



Our Impact

Local Resident - "It's helped me open up to people. I can now speak to people where I wouldn't before. Also, it's great for my physical and mental health. On a physical level, if I don't move I'm done. The more I move the stronger I get. Being outside in the open has also really improved my mental health."

PROJECTS

YOUNG CITIZEN ACTION GROUP

8

**STUDENTS TRAINED
IN COMMUNITY
ORGANISING**



2

CAMPAIGNS WON



5

**STUDENTS ATTENDED
THE CLIMATE KICK-
START FUND AWARDS**



YOUNG CITIZEN ACTION GROUP

The Young Citizen Action Group are a group of young people from Riverside School making a difference in their community while having fun, making friends and building the confidence to engage with decision-makers to shape the way their area is changing.

At the start of this school year the Young Citizen Action Group received community organising training alongside Form Ambassadors to support their campaigning work.

Joining up with a listening campaign across Barking and Dagenham Citizens and following up with a local plea for support from students from George Carey school the YCAG chose to prioritise the following issues.

1. Food waste collection in the borough
2. Concerns over youth safety

They have scheduled a meeting with Climate Champion Councillor Andrew Achilleos and are negotiating youth safety assemblies for their school.

Our Impact

YCAG Year 10 Member - " YCAG gave us a voice to speak out on issues that affect us and act upon them to make our community better. It forces adults to see us as part of the community and take us seriously, since we are not just complaining, but taking action."

PROJECTS

RESIDENT PLANNING FORUM

**143
RESIDENTS
ENGAGED**



**13 MONTHLY
MEETINGS
HELD**



**RESIDENT
WORKING
GROUP
FORMED**



RESIDENT PLANNING FORUM

The Resident Planning Forum is a regular meeting of residents, hosted by TWCP and Planning Aid London, to identify issues, opportunities and concerns relating to planning in Thames View and Barking Riverside. It is a safe space for all to work and learn together to better influence planning in our local area.

We do this by:

- Talking to people in our community
- Identifying priorities
- Forming working groups to take action on particular issues
- Hearing from expert advisers
- Responding to consultations
- Negotiating with the council

In 2021/22, RPF had 10 meetings attended by 180 online attendees, including residents and stakeholders.

Residents have recently formed a working group to try to get the Ripple Nature Reserve open, which has been closed to the public for since 2018.

Our Impact

Partner of RPF - "RPF is helping nurture expertise and problem-solving among a growing set of active citizens. As a teacher of planning at UCL's Bartlett School it's a cooperation in which some of our students, drawn from across the world, can learn from your experiences and learn how to make a contribution that will help you take command of your place."

Nature Reserve

PROJECTS

HEALTHY THAMES PROJECT

41

**RESIDENTS AND
PARTNERS
ENGAGED**



4

**HEALTHY
THAMES EVENTS**



2

**HAF
PROGRAMMES
DELIVERED**



HEALTHY THAMES PROJECT

The Healthy Thames Project started in June 2021 with the hiring of new Health Outreach Worker, Rahela Begum.

A collaboration supported by:

- TWCP
- Barking Riverside Limited
- The council – LBBD
- CCG (Clinical Commissioning Group – part of the NHS)

The forum created a space for people to feel more comfortable and knowledgeable to have a say at meetings where decisions are made around health services by providing them with insight and encouraging discussion.

The forum took place three times over the course of the year, bringing together over 60 residents and stakeholders. It boasted guest speakers such as Dr John (CCG Chair), Emily Plane (NHS) and Dan Hopewell from Bromley by Bow Centre, as well as resident case studies.

Our Impact

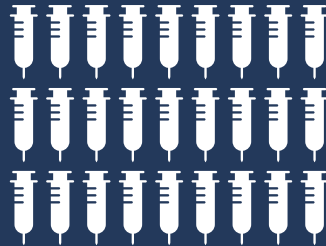
Community Liaison Officer and local resident of Barking and Dagenham - "It's a pleasure to be a member of a steering group centred around integrating local residents into the decision-making process of **Healthy Thames**, to ensure meaningful and sustainable outcomes are innovative and quintessential to achieving the best practice."

PROJECTS

COMMUNITY RESILIENCE NETWORK

104

**RESIDENTS RECEIVED
FIRST VACCINE JAB**



76

**RESIDENTS AND
PARTNERS
ENGAGED WITH**



2

**FIRE WORKSHOPS
HELD WITH
RESIDENTS**



COMMUNITY RESILIENCE NETWORK

The Community Resilience Programme began in 2021, in partnership with Aviva and the British Red Cross, working with communities in Thames View, and Barking Riverside.

The project aims are to increase resilience by engaging local people in emergency preparedness, response and recovery planning in their community.

In response to a low vaccine take up in the area, TWCP worked with the Council and BRC to host a vaccine pop up in July 2021, which was highly successful. We had a record number of first jabs, the highest of any pop-up in Barking and Dagenham!

A number of events have also been hosted regarding fire safety, which brought together local service providers and residents. They were well attended by local residents, engaging families with local entertainment. and leading them in a guided workshop where residents were invited to share ideas to help create a fire safety action plan for the community.

Our Impact

British Red Cross staff - "TWCP support has been particularly beneficial in the organisation of regular residents & experts walks to discuss the history and the changes in the area, the risks and hazard and the emerging solutions. These had been an opportunity to explore what a resilient community looks like and how we can enhance its capability and adaptability."

PROJECTS

ESOL FOR PARENTS

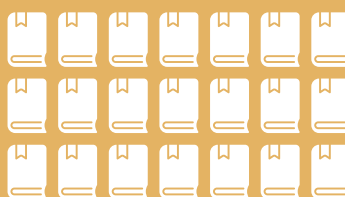
£8525

**RECEIVED FROM
FUNDERS**



22

**WEEKS CLASSES
DELIVERED**



45

**STUDENTS
SUPPORTED**

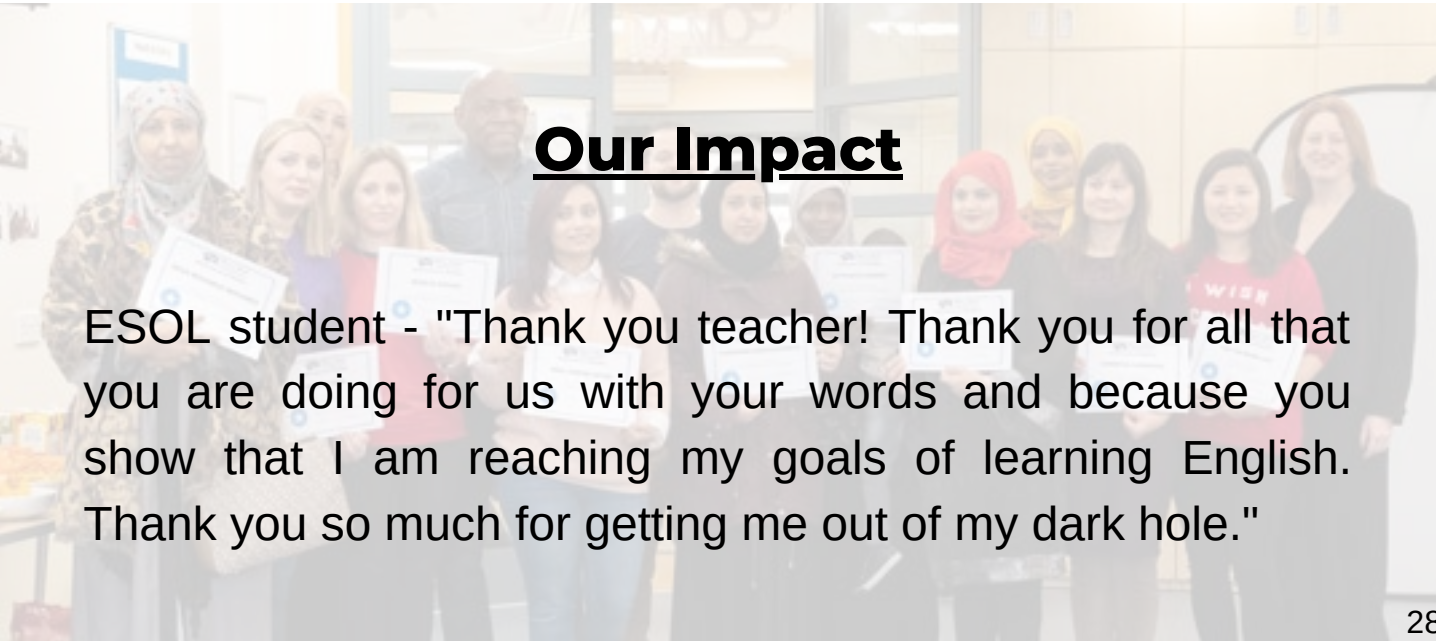


ESOL FOR PARENTS

From 2021-2022, skills and enterprise steering group member and ESOL lecturer Pierre Moudio, received funding to run two ESOL programmes: £5525 from the L&Q Foundation's Place Makers Fund for a 12-week programme, and £2.5K funding from the Adult College of Barking & Dagenham for a 10-week programme.

The classes were delivered online via Zoom and included a variety of methods for learning including discussions, presentations, use of interactive materials, video, and student led projects.

The programmes saw 45 students supported through a beginners and intermediate class, focusing on topics chosen by students to meet their immediate needs, such as writing a letter for a job or buying groceries. They also enjoyed a workshop on improving their skills through voluntary work.



Our Impact

ESOL student - "Thank you teacher! Thank you for all that you are doing for us with your words and because you show that I am reaching my goals of learning English. Thank you so much for getting me out of my dark hole."

PROJECTS

RIVERSIDE NEWS

£16,800

FUNDING RECEIVED



2



**NEWSPAPERS
PRODUCED BY
RESIDENT BOARD**

5000

**NEWSPAPERS
DISTRIBUTED TO
HOMES**



In November 2021, local residents relaunched 'Riverside News', a local publication previously produced by Barking Riverside Limited (BRL), as a new resident-led newspaper. BRL partnered with TWCP and provided funding to support the training of local people via the Social Spider CIC to support the creation of a sustainable resident-led newspaper.

The Resident Editorial Board was made up of three local residents; Emmanuel Oreyeni, Venilia Amorim, and Zahra Awani, and Zainab Jalloh (TWCP staff) who received training and subsequently produced a Winter and Spring Issue, distributing more than 5000 copies to homes in the local area.

The projects' central focus has been to champion resident voice through the primary content featuring community groups, opinion pieces and local updates. In the future, the project hopes to secure more funding and other ways to generate income.

Our Impact

Local resident and REB member - "As a person who is involved in various community-led activities, being a part of the REB has allowed me to write about my community and the things that matter to me and local residents."

OUR PARTNERS WORDS



"TWCP is a very significant organisation in Barking and Dagenham. It has not only empowered many residents to be involved in community development, the team also invest heavily in the wider development of the borough's social sector." - Avril McIntyre, Director of Community Resources



We have had a great experience partnering with them as an organisation, and working with staff individually. The team are committed to rooting their work in the lives and experiences of local residents, ensuring that each project they undertake has emerged from putting resident voice at the centre. I have learned a lot from them about patient relationship-building across the local community and how to harness the skills of residents to not only create innovative projects, but to also in turn create a deeper sense of community and increase a neighbourhoods collective capacity for progress."

Frankie Webster, Citizens UK



"We have been very keen to work with TWCP because it's at the sharp end of London's development in so many ways: an area with massive targets for new housing but where so little is being planned at council rents; an enormous "Opportunity Area" but with no democratic mechanism for citizens to regulate what happens; a very creative community project working to build bottom-up collaborations linking long-established communities and new arrivals." Michael Edwards, Hon Prof, Bartlett School of Planning, UCL

OUR PARTNERS WORDS



"Barking Riverside Ltd is proud to support Thames Life and the Resident Editorial Board (REB) to deliver The RiverView. It's a brilliant project that has amplified the voices of residents and keeps them in the know about the changes that are underway locally. It has also helped residents to become better informed about the many events and activities that are happening locally. A lot of work goes into producing The RiverView four times a year, which is testament to dedication of Thames Life and the REB." - Sara Bloch, Barking Riverside Ltd



"As part of a Community Resilience Pilot in the East London Neighbourhood of Barking Riverside, British Red Cross worked with TWCP to co-produce a programme of preparedness and resilience activities. In 2021 British Red Cross and TWCP collaborated as co-conveyers for a neighbourhood network - with the support of LBBD & BD Collective. As part of this work, we organised regular engagement activities with residents and expert around heatwaves, climate change, fire safety & flood preparedness. British Red Cross Staff and Volunteers, together with residents and statutory organisations took part in workshops, scenario exercises & community events." - Alessandro Foldi, Community Resilience Project Manager
British Red Cross

In Residents Words



"TWCP has helped the community understand that they are and can be a part of change they want to see in the local community. We can be seen, heard and valued in our area which is so important for us as local residents." - Josiah



"TWCP has certainly instilled confidence in many local residents to pursue their own business ideas and their own issues with council/developer." - Venilia



"TWCP has made our community stronger, because it is helping making it a place where it's clear every person matters and can make a difference to the place we share." - Anna

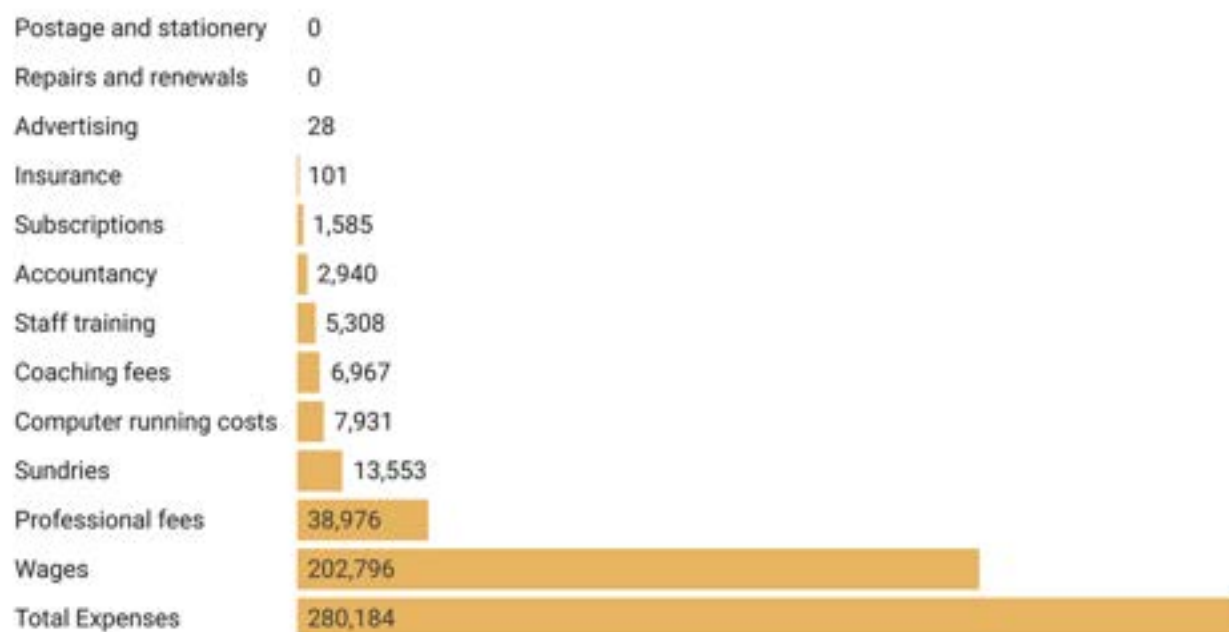
Finances

Summary of our income in 2021/2022



Created with Datawrapper

Summary of our expenses in 2021/2022



Created with Datawrapper

THANKS TO OUR PARTNERS AND FUNDERS

- Barking Riverside Limited
- Barking and Dagenham Citizens
- BD Collective
- British Red Cross
- National Lottery Community Fund
- Just Space
- LBBD
- Mayor of London
- NE CCG
- Riverside School
- Trust for London





TWCP

**Riverside Campus, Renwick Road,
Barking, IG11 0FU Tel: 020 3946 5898**

Email: info@twcp.org.uk

www.twcp.org.uk

REGISTERED CHARITY: 1189743

REGISTERED CHARITY NUMBER: 1189743

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022
FOR
THAMES LIFE**

Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

THAMES LIFE
CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022

	Page
Report of the Trustees	1 to 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Financial Statements	9 to 14
Detailed Statement of Financial Activities	15

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

The trustees present their report with the financial statements of the charity for the year ended 31st March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The object of Thames Life (CIO) is, for the public benefit, the promotion of urban regeneration in areas of social and economic deprivation in particular, but not limited to, Thames Ward in Barking and Dagenham by all or any of the following means:

- a) the relief of poverty or financial hardship;
- b) the advancement of education, training or re-training, particularly amongst unemployed people and providing unemployed people with work experience;
- c) the provision of financial assistance, technical assistance or business advice or consultancy in order to provide training and employment opportunities for unemployed people in cases of financial or other charitable need through help
 - (i) in setting up their own business or
 - (ii) to existing businesses;
- d) the provision of recreational facilities for the public at large or those who by reason of their youth, age, infirmity or disability, financial hardship or social and economic circumstances have need of such facilities;
- e) the protection of conservation of the environment; and
- f) such other means as may from time to time be determined subject to the prior written consent of the charity commission

Our activities have included training and support of residents and community groups, participation in and convening of partnership meetings with statutory partners, residents and community groups. Outreach into the community to research support needs and ensure we are inclusive and meeting needs appropriately. Support of new and existing community groups to access and manage resources and deliver services. Strategic planning and internal governance of the CIO. More complete details of the wide range of activities can be found on our website www.twcp.org.uk

Public benefit

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's purposes and objectives and in planning its activities for the year. In particular, they have considered how planned activities will contribute to the purposes and objectives detailed above. The trustees are satisfied that the charity meets the Charity Commission's guidelines with regard to delivering public benefit.

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

ACHIEVEMENT AND PERFORMANCE
Charitable activities

The COVID-19 pandemic presented an immediate challenge and focus for our work as we adapted to lockdowns by remote working and harnessing technology (zoom, teams etc) to engage with residents, community groups and wider partners. The pandemic meant we refined the focus of our charitable activities even more closely on areas of health, wellbeing, resilience and skills (community economic development) noting the extreme pressure placed on residents during lockdowns. We also took the opportunity to revisit our strategic plan with our trustees, holding two away days and several smaller workshops and meetings, to adapt our previous strategy formed based on our first Lottery grant. At the time of report our vision, mission and aims was:

Our Vision:

To be a catalyst for sustainable community-led change

Our Mission:

To bring together schools, community groups and residents across the Thames ward of the London Borough of Barking & Dagenham

We aim to:

1. Champion resident voice to influence change in the area
2. Improve health outcomes and quality of life for residents
3. Increase resident skills and opportunities
4. Improve the local environment

Our revised vision, mission and aims will feature in next year's report and it is worth noting the key concerns remained similar.

We built relationships across the wider borough with a number of third sector voluntary organizations connected to the BD Collective, a network of networks, seeking to build trust and connection across the borough. This collaboration supported our work in developing a range of partnerships around health and social care, social prescribing and micro grants.

<https://bdcollective.co.uk/>

We continued to work closely with our three main statutory and private sector partners – the Council, NHS and local developer (Barking Riverside Limited). This included work around a new model of care to effect behaviour change and enable residents to have more autonomy and take more responsibility for their health and wellbeing.

Externally we ran a number of community forums and activities including supporting the Thames View Activation Group, Healthy Thames Partnership, Wellbeing Navigators programme, Neighbourhood Network outreach pilot (with the British Red Cross), Barking Food Forest (community gardening) and Resident Planning Forum. We worked closely with local groups across the area including resident associations, faith groups, sports and amenities providers and local childcare providers.

Internally our focus has been on governance, sustainability and communications. As a relatively new charity we continue to develop our systems and practice as a vital component of our work, ensuring trustees and staff understand and carry out their roles and responsibilities, providing appropriate training and review of policies and procedures. Our move away from the school as our employer was completed in September 2022 (TUPE or Transfer of Undertakings Protection of Employment) and involved a lot of preparatory action during the previous year, including access HR and legal advice and expertise. Sustainability as a second internal priority necessitated a focus on fundraising and pursuing a mixed portfolio of revenue via grant making trusts, commissioned contracts, consultancy and related other opportunities including researching a long-term asset base.

Overreliance on one source of funding – for example the Lottery – presents a clear risk that can be mitigated by spreading funding across a range of sources and working on the social business case, by proving impact and ensuring a strong value proposition is in place. Finally, strategic communications are a key internal and also external priority, ensuring we provide a strong platform for resident voice and also ensure we capture our impact and communicate effectively about work we are doing.

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

FINANCIAL REVIEW

Financial position

Total income for the year was £316,353 (2021: £181,756) of which £294,108 was deemed as restricted funding (2021: £181,756). Total expenditure for the year was £308,643 (2021: £103,813) of which £307,837 was spent on restricted activities (2021: £103,813). Reserves carried forward at 31 March 2022 were £85,653 (2021: £77,943) of which £64,214 were deemed as restricted (2021: £77,943).

Reserves policy

As a new organisation we are developing our reserves with a commitment to review the viability of a specified amount of financial reserves to be set aside in June 2023 and which we estimate to be equivalent to three months' operating expenditure.

The charity is able to meet its current working capital requirements based on the cash flow generated and modest operational surpluses. There are sufficient cash reserves to manage cash flow on a day to day basis

Going concern

The trustees believe that no material uncertainties exist even after taking Covid into consideration. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

FUTURE PLANS

We continue to develop our strategic and business plan to reaffirm vision, mission and outcomes and also explore options for long term income streams from the Council, NHS, Barking Riverside Ltd and other grant making bodies, which will help shape the development of our resident-led Community Development Trust (CIO) and provide a strong community anchor organisation for the area.

We will continue to work closely with all strategic partners to ensure residents are at the forefront of local decision making and able to contribute actively to local opportunities and services.

In light of the continued effects of the pandemic the short-term future is challenging for the residents of the area, notably in the impact on health and wellbeing, including mental health and also in regard to the cost of living and impact on employment. The charity will continue to support those in most need who are directly affected by local development and regeneration, which also offers unprecedented opportunities for local people. We will continue to develop our social enterprise offer, health outreach work and resilience activities to help maximise the economic advantages the development will bring.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is controlled by its governing document and constitutes a Charitable Incorporated Organisation (CIO).

Prior to the CIO being established the charity ran as Thames Ward Community Project, this ceased activities on 1 October 2020 and transferred all funds to Thames Life.

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have reviewed the major and financial risks that impact on the work of the charity. The systems that have been established enable the trustees to review and take necessary steps to lessen these risks. The trustees consider the following to be the principal risks that the charity faces:

- Main risk #1: securing funding to maintain core activities. In mitigation trustees review finances at board meetings and monthly executive meetings to ensure strategies and actions are undertaken. Trustees and staff are also proactive in seeking a balanced portfolio of funding sources as a progression from heavy reliance on one single funder, i.e. the Lottery Reaching Communities Programme.

- Main risk #2: turnover of staff and trustees. In mitigation regular support, supervision and one to one meetings are planned with both staff and trustees to ensure good communication, a relational culture and speedy identification of people disengaging. We also seek to broaden and diversify our staff and trustee cohort by reaching out to less represented groups.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1189743

Principal address

Riverside School
Renwick Road
Barking
Essex
IG11 0FU

Trustees

A Shah (resigned 6.12.22)
V Batista (resigned 3.3.22)
A Thacker (appointed 14.5.19)
L Ogunsola (appointed 14.5.19)
A Pollard (appointed 6.5.21)
Y Imran (resigned 6.12.22)
S Gaman (resigned 21.10.22)
S Alonge (resigned 28.11.22)
J Oyekunle (appointed 14.5.19)
N Rathore (resigned 8.11.21)
K Ahmed (resigned 10.10.22)
Z Awani (resigned 21.11.22)
P E Moudio (resigned 8.11.21)
K Cooper (resigned 8.11.21)
V Raimundo (resigned 10.6.21)
A Hussein (appointed 13.10.22)
J Songa (appointed 22.6.22)
N Ogene (appointed 15.5.22)
D Hussain (appointed 12.5.22)
H Rahman (appointed 22.3.22)
E Macauley (appointed 22.3.22)

Independent Examiner

Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex

RM7 7DN

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

Approved by order of the board of trustees on January 12th 2023 and signed on its behalf by:

Anna Pollard

A Pollard - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THAMES LIFE

Independent examiner's report to the trustees of Thames Life

I report to the charity trustees on my examination of the accounts of Thames Life (the Trust) for the year ended 31st March 2022.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Association of Certified Chartered Accountants which is one of the listed bodies.

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 the Trust 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 applicable 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.

Lee Blunden FCCA
Association of Certified Chartered Accountants
Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

Date: December 2022

THAMES LIFE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2022

				Year Ended 31.3.22 Total funds £	Period 1.10.20 to 31.3.21 Total funds £
	Notes	Unrestricted fund £	Restricted funds £		
INCOME AND ENDOWMENTS FROM					
Charitable activities					
Community Projects		22,245	294,108	316,353	171,503
Other income	3	-	-	-	10,253
Total		<u>22,245</u>	<u>294,108</u>	<u>316,353</u>	<u>181,756</u>
 EXPENDITURE ON					
Charitable activities	4				
Community Projects		<u>806</u>	<u>307,837</u>	<u>308,643</u>	<u>103,813</u>
 NET INCOME/(EXPENDITURE)		21,439	(13,729)	7,710	77,943
 RECONCILIATION OF FUNDS					
Total funds brought forward		-	77,943	77,943	-
 TOTAL FUNDS CARRIED FORWARD		<u>21,439</u>	<u>64,214</u>	<u>85,653</u>	<u>77,943</u>

The notes form part of these financial statements

THAMES LIFE
BALANCE SHEET
31ST MARCH 2022

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
CURRENT ASSETS					
Debtors	8	-	1,360	1,360	20,000
Cash at bank and in hand		<u>21,440</u>	<u>98,454</u>	<u>119,894</u>	<u>101,050</u>
		21,440	99,814	121,254	121,050
CREDITORS					
Amounts falling due within one year	9	-	(35,601)	(35,601)	(43,107)
NET CURRENT ASSETS		<u>21,440</u>	<u>64,213</u>	<u>85,653</u>	<u>77,943</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		21,440	64,213	85,653	77,943
NET ASSETS		<u>21,440</u>	<u>64,213</u>	<u>85,653</u>	<u>77,943</u>
FUNDS	10				
Unrestricted funds				21,440	-
Restricted funds				<u>64,213</u>	<u>77,943</u>
TOTAL FUNDS				<u>85,653</u>	<u>77,943</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 12th January 2023 and were signed on its behalf by:

Anna Pollard

A Pollard - Trustee

Lai Ogunsola

L Ogunsola - Trustee

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on charitable activities includes those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs allocated directly to such activities and those costs of an indirect nature necessary to support them.

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.

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31ST MARCH 2022

2. INCOME FROM CHARITABLE ACTIVITIES

	Year Ended 31.3.22 Community Projects £	Period 1.10.20 to 31.3.21 Total activities £
Grants	272,622	171,503
SLA	38,799	-
Newspaper income	4,932	-
	316,353	171,503

Grants received, included in the above, are as follows:

	Year Ended 31.3.22 £	Period 1.10.20 to 31.3.21 £
The National Lottery	162,226	72,096
London Borough of Barking and Dagenham	14,527	40,000
Barking Riverside London	1,644	27,427
Trust for London	32,090	15,000
Barking Reach Association	-	10,000
London Sport	4,980	4,980
Youth Support Trust	200	1,500
Rotary Club	-	500
TOTAL	(1)	-
Barking & Dagenham College	2,115	-
BD Giving	10,168	-
BD Renew	540	-
Built ID	1,820	-
Other	7,500	-
Community Resources	9,900	-
L&Q Foundation	5,071	-
Laureus	14,842	-
New Cross Gate	5,000	-
	272,622	171,503

THAMES LIFE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2022**

3. OTHER INCOME

	Year Ended 31.3.22 £	Period 1.10.20 to 31.3.21 £
Funds transferred in	<u>-</u>	<u>10,253</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 5) £	Totals £
Community Projects	<u>305,703</u>	<u>2,940</u>	<u>308,643</u>

5. SUPPORT COSTS

	Governance costs £
Community Projects	<u>2,940</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st March 2022 nor for the period ended 31st March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st March 2022 nor for the period ended 31st March 2021.

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM Charitable activities			
Community Projects	-	171,503	171,503
Other income	<u>-</u>	<u>10,253</u>	<u>10,253</u>
Total	<u>-</u>	<u>181,756</u>	<u>181,756</u>
EXPENDITURE ON Charitable activities			
Community Projects	<u>-</u>	<u>103,813</u>	<u>103,813</u>
NET INCOME	<u>-</u>	<u>77,943</u>	<u>77,943</u>
TOTAL FUNDS CARRIED FORWARD	-	77,943	77,943

THAMES LIFE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2022**

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade debtors	250	-
Prepayments	<u>1,110</u>	<u>20,000</u>
	<u>1,360</u>	<u>20,000</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	4,457	-
Other creditors	<u>31,144</u>	<u>43,107</u>
	<u>35,601</u>	<u>43,107</u>

10. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	At 31.3.22
	£	£	£
Unrestricted funds			
General fund	-	21,440	21,440
Restricted funds			
BRL CCG LBBD Health Project (for health activity)	59,169	(55,531)	3,638
Built-ID (for community arts activity)	-	1,820	1,820
London Sport (for sports and active lifestyle)	4,980	(4,980)	-
NCIL (for community gardening)	10,000	(8,235)	1,765
Youth Support Trust (for youth leadership)	1,500	200	1,700
London Borough of Barking and Dagenham (for resident-led activities)	-	3,610	3,610
Trust for London (for community outreach and comms)	2,294	1,465	3,759
BD Giving (for resident support and fire safety)	-	10,168	10,168
Community Resources Network			
Neighbourhoods Project (for resilience)	-	9,900	9,900
Lottery Reaching Communities (for core staffing)	-	20,926	20,926
Riverview Newspaper (for resident newspaper)	-	<u>6,927</u>	<u>6,927</u>
	<u>77,943</u>	<u>(13,730)</u>	<u>64,213</u>
TOTAL FUNDS	<u>77,943</u>	<u>7,710</u>	<u>85,653</u>

THAMES LIFE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2022**

10. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	22,246	(806)	21,440
Restricted funds			
BRL CCG LBBD Health Outreach Project	-	(55,531)	(55,531)
Built-ID	1,820	-	1,820
L&Q Foundation ESOL	5,070	(5,070)	-
London Sport	4,980	(9,960)	(4,980)
NCIL	-	(8,235)	(8,235)
Youth Support Trust	200	-	200
London Borough of Barking and Dagenham	30,974	(27,364)	3,610
Trust for London	32,090	(30,625)	1,465
B&D College ESOL	2,115	(2,115)	-
BD Giving	10,168	-	10,168
BD Renew	540	(540)	-
Community Resources Networked Neighbourhoods Project	9,900	-	9,900
Holiday Activity Fund	11,155	(11,155)	-
Laureus	14,842	(14,842)	-
Lottery Reaching Communities	162,226	(141,300)	20,926
Riverview Newspaper	8,027	(1,100)	6,927
	<u>294,107</u>	<u>(307,837)</u>	<u>(13,730)</u>
TOTAL FUNDS	<u>316,353</u>	<u>(308,643)</u>	<u>7,710</u>

Comparatives for movement in funds

	Net movement in funds £	At 31.3.21 £
Restricted funds		
BRL CCG LBBD Health Outreach Project	59,169	59,169
London Sport	4,980	4,980
NCIL	10,000	10,000
Youth Support Trust	1,500	1,500
Trust for London	<u>2,294</u>	<u>2,294</u>
	<u>77,943</u>	<u>77,943</u>
TOTAL FUNDS	<u><u>77,943</u></u>	<u><u>77,943</u></u>

THAMES LIFE

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31ST MARCH 2022

10. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Restricted funds			
BRL CCG LBBD Health Outreach Project	60,000	(831)	59,169
London Sport	4,980	-	4,980
NCIL	10,000	-	10,000
Youth Support Trust	1,500	-	1,500
Big Lottery	72,096	(72,096)	-
Trust for London	15,000	(12,706)	2,294
Rotary Club	500	(500)	-
Funds transferred in	10,253	(10,253)	-
BRL	<u>7,427</u>	<u>(7,427)</u>	<u>-</u>
	<u>181,756</u>	<u>(103,813)</u>	<u>77,943</u>
TOTAL FUNDS	<u>181,756</u>	<u>(103,813)</u>	<u>77,943</u>

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st March 2022.

THAMES LIFE

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2022**

	Year Ended 31.3.22 £	Period 1.10.20 to 31.3.21 £
INCOME AND ENDOWMENTS		
Charitable activities		
Grants	272,622	171,503
SLA	38,799	-
Newspaper income	4,932	-
	316,353	171,503
Other income		
Funds transferred in	-	10,253
Total incoming resources	316,353	181,756
EXPENDITURE		
Charitable activities		
Wages	227,946	56,244
Consultancy	39,229	20,294
Coaching fees	12,219	16,132
Computer costs	9,260	2,081
Subscriptions	2,047	1,748
Health & safety and training	4,148	457
Insurance	101	-
Sundries	10,753	4,407
	305,703	101,363
Support costs		
Governance costs		
Auditors' remuneration	-	2,450
Accountancy and legal fees	2,940	-
	2,940	2,450
Total resources expended	308,643	103,813
Net income	7,710	77,943

This page does not form part of the statutory financial statements

REGISTERED CHARITY NUMBER: 1189743

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022
FOR
THAMES LIFE**

Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

THAMES LIFE
CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022

	Page
Report of the Trustees	1 to 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Financial Statements	9 to 14
Detailed Statement of Financial Activities	15

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

The trustees present their report with the financial statements of the charity for the year ended 31st March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The object of Thames Life (CIO) is, for the public benefit, the promotion of urban regeneration in areas of social and economic deprivation in particular, but not limited to, Thames Ward in Barking and Dagenham by all or any of the following means:

- a) the relief of poverty or financial hardship;
- b) the advancement of education, training or re-training, particularly amongst unemployed people and providing unemployed people with work experience;
- c) the provision of financial assistance, technical assistance or business advice or consultancy in order to provide training and employment opportunities for unemployed people in cases of financial or other charitable need through help
 - (i) in setting up their own business or
 - (ii) to existing businesses;
- d) the provision of recreational facilities for the public at large or those who by reason of their youth, age, infirmity or disability, financial hardship or social and economic circumstances have need of such facilities;
- e) the protection of conservation of the environment; and
- f) such other means as may from time to time be determined subject to the prior written consent of the charity commission

Our activities have included training and support of residents and community groups, participation in and convening of partnership meetings with statutory partners, residents and community groups. Outreach into the community to research support needs and ensure we are inclusive and meeting needs appropriately. Support of new and existing community groups to access and manage resources and deliver services. Strategic planning and internal governance of the CIO. More complete details of the wide range of activities can be found on our website www.twcp.org.uk

Public benefit

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's purposes and objectives and in planning its activities for the year. In particular, they have considered how planned activities will contribute to the purposes and objectives detailed above. The trustees are satisfied that the charity meets the Charity Commission's guidelines with regard to delivering public benefit.

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The COVID-19 pandemic presented an immediate challenge and focus for our work as we adapted to lockdowns by remote working and harnessing technology (zoom, teams etc) to engage with residents, community groups and wider partners. The pandemic meant we refined the focus of our charitable activities even more closely on areas of health, wellbeing, resilience and skills (community economic development) noting the extreme pressure placed on residents during lockdowns. We also took the opportunity to revisit our strategic plan with our trustees, holding two away days and several smaller workshops and meetings, to adapt our previous strategy formed based on our first Lottery grant. At the time of report our vision, mission and aims was:

Our Vision:

To be a catalyst for sustainable community-led change

Our Mission:

To bring together schools, community groups and residents across the Thames ward of the London Borough of Barking & Dagenham

We aim to:

1. Champion resident voice to influence change in the area
2. Improve health outcomes and quality of life for residents
3. Increase resident skills and opportunities
4. Improve the local environment

Our revised vision, mission and aims will feature in next year's report and it is worth noting the key concerns remained similar.

We built relationships across the wider borough with a number of third sector voluntary organizations connected to the BD Collective, a network of networks, seeking to build trust and connection across the borough. This collaboration supported our work in developing a range of partnerships around health and social care, social prescribing and micro grants.

<https://bdcollective.co.uk/>

We continued to work closely with our three main statutory and private sector partners – the Council, NHS and local developer (Barking Riverside Limited). This included work around a new model of care to effect behaviour change and enable residents to have more autonomy and take more responsibility for their health and wellbeing.

Externally we ran a number of community forums and activities including supporting the Thames View Activation Group, Healthy Thames Partnership, Wellbeing Navigators programme, Neighbourhood Network outreach pilot (with the British Red Cross), Barking Food Forest (community gardening) and Resident Planning Forum. We worked closely with local groups across the area including resident associations, faith groups, sports and amenities providers and local childcare providers.

Internally our focus has been on governance, sustainability and communications. As a relatively new charity we continue to develop our systems and practice as a vital component of our work, ensuring trustees and staff understand and carry out their roles and responsibilities, providing appropriate training and review of policies and procedures. Our move away from the school as our employer was completed in September 2022 (TUPE or Transfer of Undertakings Protection of Employment) and involved a lot of preparatory action during the previous year, including access HR and legal advice and expertise. Sustainability as a second internal priority necessitated a focus on fundraising and pursuing a mixed portfolio of revenue via grant making trusts, commissioned contracts, consultancy and related other opportunities including researching a long-term asset base.

Overreliance on one source of funding – for example the Lottery – presents a clear risk that can be mitigated by spreading funding across a range of sources and working on the social business case, by proving impact and ensuring a strong value proposition is in place. Finally, strategic communications are a key internal and also external priority, ensuring we provide a strong platform for resident voice and also ensure we capture our impact and communicate effectively about work we are doing.

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

FINANCIAL REVIEW

Financial position

Total income for the year was £316,353 (2021: £181,756) of which £294,108 was deemed as restricted funding (2021: £181,756). Total expenditure for the year was £308,643 (2021: £103,813) of which £307,837 was spent on restricted activities (2021: £103,813). Reserves carried forward at 31 March 2022 were £85,653 (2021: £77,943) of which £64,214 were deemed as restricted (2021: £77,943).

Reserves policy

As a new organisation we are developing our reserves with a commitment to review the viability of a specified amount of financial reserves to be set aside in June 2023 and which we estimate to be equivalent to three months' operating expenditure.

The charity is able to meet its current working capital requirements based on the cash flow generated and modest operational surpluses. There are sufficient cash reserves to manage cash flow on a day to day basis

Going concern

The trustees believe that no material uncertainties exist even after taking Covid into consideration. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

FUTURE PLANS

We continue to develop our strategic and business plan to reaffirm vision, mission and outcomes and also explore options for long term income streams from the Council, NHS, Barking Riverside Ltd and other grant making bodies, which will help shape the development of our resident-led Community Development Trust (CIO) and provide a strong community anchor organisation for the area.

We will continue to work closely with all strategic partners to ensure residents are at the forefront of local decision making and able to contribute actively to local opportunities and services.

In light of the continued effects of the pandemic the short-term future is challenging for the residents of the area, notably in the impact on health and wellbeing, including mental health and also in regard to the cost of living and impact on employment. The charity will continue to support those in most need who are directly affected by local development and regeneration, which also offers unprecedented opportunities for local people. We will continue to develop our social enterprise offer, health outreach work and resilience activities to help maximise the economic advantages the development will bring.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is controlled by its governing document and constitutes a Charitable Incorporated Organisation (CIO).

Prior to the CIO being established the charity ran as Thames Ward Community Project, this ceased activities on 1 October 2020 and transferred all funds to Thames Life.

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have reviewed the major and financial risks that impact on the work of the charity. The systems that have been established enable the trustees to review and take necessary steps to lessen these risks. The trustees consider the following to be the principal risks that the charity faces:

- Main risk #1: securing funding to maintain core activities. In mitigation trustees review finances at board meetings and monthly executive meetings to ensure strategies and actions are undertaken. Trustees and staff are also proactive in seeking a balanced portfolio of funding sources as a progression from heavy reliance on one single funder, i.e. the Lottery Reaching Communities Programme.

- Main risk #2: turnover of staff and trustees. In mitigation regular support, supervision and one to one meetings are planned with both staff and trustees to ensure good communication, a relational culture and speedy identification of people disengaging. We also seek to broaden and diversify our staff and trustee cohort by reaching out to less represented groups.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1189743

Principal address

Riverside School
Renwick Road
Barking
Essex
IG11 0FU

Trustees

A Shah (resigned 6.12.22)
V Batista (resigned 3.3.22)
A Thacker (appointed 14.5.19)
L Ogunsola (appointed 14.5.19)
A Pollard (appointed 6.5.21)
Y Imran (resigned 6.12.22)
S Gaman (resigned 21.10.22)
S Alonge (resigned 28.11.22)
J Oyekunle (appointed 14.5.19)
N Rathore (resigned 8.11.21)
K Ahmed (resigned 10.10.22)
Z Awani (resigned 21.11.22)
P E Moudio (resigned 8.11.21)
K Cooper (resigned 8.11.21)
V Raimundo (resigned 10.6.21)
A Hussein (appointed 13.10.22)
J Songa (appointed 22.6.22)
N Ogene (appointed 15.5.22)
D Hussain (appointed 12.5.22)
H Rahman (appointed 22.3.22)
E Macauley (appointed 22.3.22)

Independent Examiner

Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex

RM7 7DN

THAMES LIFE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2022

Approved by order of the board of trustees on January 12th 2023 and signed on its behalf by:

Anna Pollard

A Pollard - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THAMES LIFE

Independent examiner's report to the trustees of Thames Life

I report to the charity trustees on my examination of the accounts of Thames Life (the Trust) for the year ended 31st March 2022.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Association of Certified Chartered Accountants which is one of the listed bodies.

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 the Trust 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 applicable 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.

Lee Blunden FCCA
Association of Certified Chartered Accountants
Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

Date: December 2022

THAMES LIFE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2022

				Year Ended 31.3.22 Total funds £	Period 1.10.20 to 31.3.21 Total funds £
	Notes	Unrestricted fund £	Restricted funds £		
INCOME AND ENDOWMENTS FROM					
Charitable activities					
Community Projects		22,245	294,108	316,353	171,503
Other income	3	-	-	-	10,253
Total		<u>22,245</u>	<u>294,108</u>	<u>316,353</u>	<u>181,756</u>
 EXPENDITURE ON					
Charitable activities	4				
Community Projects		<u>806</u>	<u>307,837</u>	<u>308,643</u>	<u>103,813</u>
 NET INCOME/(EXPENDITURE)		21,439	(13,729)	7,710	77,943
 RECONCILIATION OF FUNDS					
Total funds brought forward		-	77,943	77,943	-
 TOTAL FUNDS CARRIED FORWARD		<u>21,439</u>	<u>64,214</u>	<u>85,653</u>	<u>77,943</u>

The notes form part of these financial statements

THAMES LIFE
BALANCE SHEET
31ST MARCH 2022

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
CURRENT ASSETS					
Debtors	8	-	1,360	1,360	20,000
Cash at bank and in hand		<u>21,440</u>	<u>98,454</u>	<u>119,894</u>	<u>101,050</u>
		21,440	99,814	121,254	121,050
CREDITORS					
Amounts falling due within one year	9	-	(35,601)	(35,601)	(43,107)
NET CURRENT ASSETS		<u>21,440</u>	<u>64,213</u>	<u>85,653</u>	<u>77,943</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>21,440</u>	<u>64,213</u>	<u>85,653</u>	<u>77,943</u>
NET ASSETS		<u>21,440</u>	<u>64,213</u>	<u>85,653</u>	<u>77,943</u>
FUNDS	10				
Unrestricted funds				21,440	-
Restricted funds				<u>64,213</u>	<u>77,943</u>
TOTAL FUNDS				<u>85,653</u>	<u>77,943</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 12th January 2023 and were signed on its behalf by:

Anna Pollard

A Pollard - Trustee

Lai Ogunsola

L Ogunsola - Trustee

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on charitable activities includes those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs allocated directly to such activities and those costs of an indirect nature necessary to support them.

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.

THAMES LIFE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2022**

2. INCOME FROM CHARITABLE ACTIVITIES

	Year Ended 31.3.22	Period 1.10.20 to 31.3.21
	Community Projects £	Total activities £
Grants	272,622	171,503
SLA	38,799	-
Newspaper income	4,932	-
	<u>316,353</u>	<u>171,503</u>

Grants received, included in the above, are as follows:

	Year Ended 31.3.22	Period 1.10.20 to 31.3.21
	£	£
The National Lottery	162,226	72,096
London Borough of Barking and Dagenham	14,527	40,000
Barking Riverside London	1,644	27,427
Trust for London	32,090	15,000
Barking Reach Association	-	10,000
London Sport	4,980	4,980
Youth Support Trust	200	1,500
Rotary Club	-	500
TOTAL	(1)	-
Barking & Dagenham College	2,115	-
BD Giving	10,168	-
BD Renew	540	-
Built ID	1,820	-
Other	7,500	-
Community Resources	9,900	-
L&Q Foundation	5,071	-
Laureus	14,842	-
New Cross Gate	5,000	-
	<u>272,622</u>	<u>171,503</u>

THAMES LIFE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2022**

3. OTHER INCOME

	Year Ended 31.3.22 £	Period 1.10.20 to 31.3.21 £
Funds transferred in	<u>-</u>	<u>10,253</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 5) £	Totals £
Community Projects	<u>305,703</u>	<u>2,940</u>	<u>308,643</u>

5. SUPPORT COSTS

	Governance costs £
Community Projects	<u>2,940</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st March 2022 nor for the period ended 31st March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st March 2022 nor for the period ended 31st March 2021.

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Community Projects	-	171,503	171,503
Other income	<u>-</u>	<u>10,253</u>	<u>10,253</u>
Total	<u>-</u>	<u>181,756</u>	<u>181,756</u>
EXPENDITURE ON			
Charitable activities			
Community Projects	<u>-</u>	<u>103,813</u>	<u>103,813</u>
NET INCOME	<u>-</u>	<u>77,943</u>	<u>77,943</u>
TOTAL FUNDS CARRIED FORWARD	-	77,943	77,943

THAMES LIFE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2022**

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade debtors	250	-
Prepayments	<u>1,110</u>	<u>20,000</u>
	<u>1,360</u>	<u>20,000</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	4,457	-
Other creditors	<u>31,144</u>	<u>43,107</u>
	<u>35,601</u>	<u>43,107</u>

10. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	At 31.3.22
	£	£	£
Unrestricted funds			
General fund	-	21,440	21,440
Restricted funds			
BRL CCG LBBD Health Project (for health activity)	59,169	(55,531)	3,638
Built-ID (for community arts activity)	-	1,820	1,820
London Sport (for sports and active lifestyle)	4,980	(4,980)	-
NCIL (for community gardening)	10,000	(8,235)	1,765
Youth Support Trust (for youth leadership)	1,500	200	1,700
London Borough of Barking and Dagenham (for resident-led activities)	-	3,610	3,610
Trust for London (for community outreach and comms)	2,294	1,465	3,759
BD Giving (for resident support and fire safety)	-	10,168	10,168
Community Resources Network			
Neighbourhoods Project (for resilience)	-	9,900	9,900
Lottery Reaching Communities (for core staffing)	-	20,926	20,926
Riverview Newspaper (for resident newspaper)	-	<u>6,927</u>	<u>6,927</u>
	<u>77,943</u>	<u>(13,730)</u>	<u>64,213</u>
TOTAL FUNDS	<u>77,943</u>	<u>7,710</u>	<u>85,653</u>

THAMES LIFE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2022**

10. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	22,246	(806)	21,440
Restricted funds			
BRL CCG LBBD Health Outreach Project	-	(55,531)	(55,531)
Built-ID	1,820	-	1,820
L&Q Foundation ESOL	5,070	(5,070)	-
London Sport	4,980	(9,960)	(4,980)
NCIL	-	(8,235)	(8,235)
Youth Support Trust	200	-	200
London Borough of Barking and Dagenham	30,974	(27,364)	3,610
Trust for London	32,090	(30,625)	1,465
B&D College ESOL	2,115	(2,115)	-
BD Giving	10,168	-	10,168
BD Renew	540	(540)	-
Community Resources Networked Neighbourhoods Project	9,900	-	9,900
Holiday Activity Fund	11,155	(11,155)	-
Laureus	14,842	(14,842)	-
Lottery Reaching Communities	162,226	(141,300)	20,926
Riverview Newspaper	8,027	(1,100)	6,927
	<u>294,107</u>	<u>(307,837)</u>	<u>(13,730)</u>
TOTAL FUNDS	<u>316,353</u>	<u>(308,643)</u>	<u>7,710</u>

Comparatives for movement in funds

	Net movement in funds £	At 31.3.21 £
Restricted funds		
BRL CCG LBBD Health Outreach Project	59,169	59,169
London Sport	4,980	4,980
NCIL	10,000	10,000
Youth Support Trust	1,500	1,500
Trust for London	<u>2,294</u>	<u>2,294</u>
	<u>77,943</u>	<u>77,943</u>
TOTAL FUNDS	<u><u>77,943</u></u>	<u><u>77,943</u></u>

THAMES LIFE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST MARCH 2022**

10. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Restricted funds			
BRL CCG LBBD Health Outreach Project	60,000	(831)	59,169
London Sport	4,980	-	4,980
NCIL	10,000	-	10,000
Youth Support Trust	1,500	-	1,500
Big Lottery	72,096	(72,096)	-
Trust for London	15,000	(12,706)	2,294
Rotary Club	500	(500)	-
Funds transferred in	10,253	(10,253)	-
BRL	<u>7,427</u>	<u>(7,427)</u>	<u>-</u>
	<u>181,756</u>	<u>(103,813)</u>	<u>77,943</u>
TOTAL FUNDS	<u>181,756</u>	<u>(103,813)</u>	<u>77,943</u>

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st March 2022.

THAMES LIFE

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2022**

	Year Ended 31.3.22 £	Period 1.10.20 to 31.3.21 £
INCOME AND ENDOWMENTS		
Charitable activities		
Grants	272,622	171,503
SLA	38,799	-
Newspaper income	4,932	-
	316,353	171,503
Other income		
Funds transferred in	-	10,253
Total incoming resources	316,353	181,756
EXPENDITURE		
Charitable activities		
Wages	227,946	56,244
Consultancy	39,229	20,294
Coaching fees	12,219	16,132
Computer costs	9,260	2,081
Subscriptions	2,047	1,748
Health & safety and training	4,148	457
Insurance	101	-
Sundries	10,753	4,407
	305,703	101,363
Support costs		
Governance costs		
Auditors' remuneration	-	2,450
Accountancy and legal fees	2,940	-
	2,940	2,450
Total resources expended	308,643	103,813
Net income	7,710	77,943

This page does not form part of the statutory financial statements

THAMES LIFE

England & Wales - Charity number 1189743

Accounts

PROJECT REPORT 2020



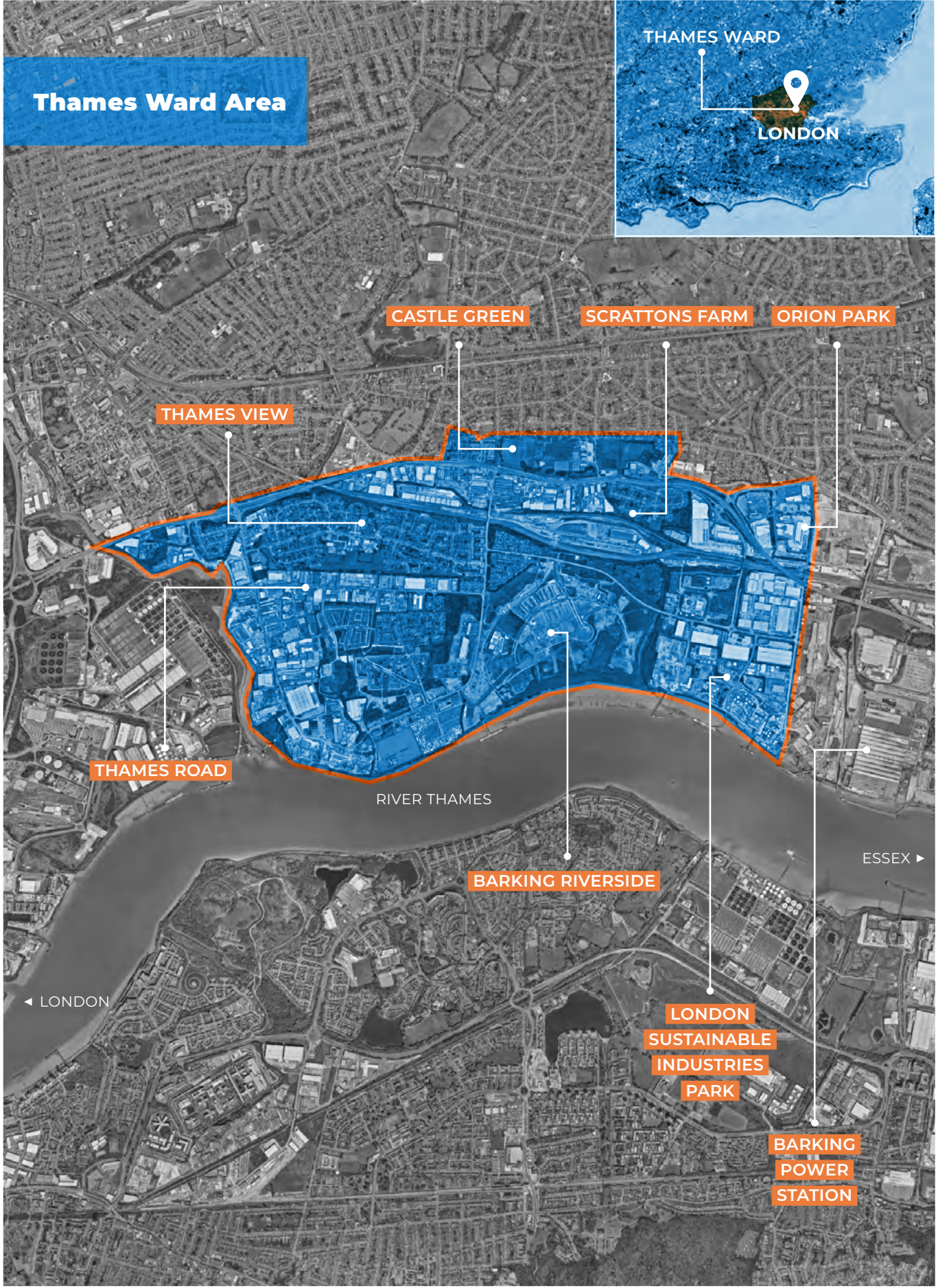
TWCP is a **resident-led project** in one of the most **deprived areas** in the country.

This report document **tells its story going forward...**

Contents

Local context	4
Mission statement	7
Timeline	10
TWCP in numbers	16
TWCP 20 achievements for 2020	18
UEL evaluation interim report	20
Interim Report Concluding Statement	22
Interim Report Analysis of results	23
Final Report	26
Interview person 1	27
Interview person 2	28
Interview person 3	29
Interview person 4	30
Interview Analysis	32
Covid-19 response	36
Trustees, steering group & staff	37
Appendix 1 (interview questions)	38

Local Context



MAP DATA: © GOOGLE, MAXAR TECHNOLOGIES

Thames Ward is the site of one of the largest housing developments in Europe. Its population has doubled in recent years and will continue to increase thereafter. Yet poverty levels are high with half of the children in the ward living in poverty.

Thames Ward Community Project (TWCP) was a response to this upheaval and the very real divisions (physical, economic and social) that may be exacerbated without a community-led response that brings people together across the entire area.

TWCP has been funded by the Big Lottery for three years (2017-2020) to enable positive community-led change across the whole of Thames Ward. The funding focuses on four themes: cohesion, health, employability and the environment. The project is hosted by Riverside School which employs two full time staff, a Director of Community Engagement (Matt Scott: start date October 2017) and a Community Organiser (Jamie Kesten: start date November 2017).

In 2020 the project went on to employ Amina Hussein and Michael Sarpong, having successfully secured further funding from Trust for London for part time Community Organiser and Communications Manager posts. The project has had a Resident Steering group in place since Summer 2018 and is in the process of forming a resident-led community development trust, as stipulated in the original Lottery funding. In June 2020 the project was successful in securing charitable status for the newly emerging Community Development Trust.



The first Steering Group meeting of Thames Ward Community Project (TWCP) in 2018



Working with TWCP on Thames Ward has been a joyful and meaningful experience. They are valued community partner who have enable us to gain access train resident in the tools and skills and community organising for change on issues they care about. Through the Inclusive Growth Summits, local bus campaign, and involvement in our housing campaign, impact of our work with TWCP has been ground-breaking and has empowered residents to have a voice, be at the negotiating table with position-holders.

EMMANUEL GOTORA
CITIZENS UK



Mission statement

The project will bring together schools, community groups and residents from across the Thames Ward of the London Borough of Barking and Dagenham over a period of 3 years to develop initiatives that will:

- Ensure residents have a strong voice and can influence change in the area over the next decade
- Achieve better health outcomes and quality of life for residents
- Increase residents' skills and job opportunities
- Improve the local environment

By the end of 2020 the project will have established a resident-led Community Development Trust to continue this work into the future and to ensure that the initiatives that emerge over the next 3 years are sustainable.

Vision statement

TWCP aims to be a catalyst for sustainable community-led change.

Our theory of change

Long term sustainable change is only possible when it is defined and led by local people, who initiate their own agenda and build it from within the local community.

WITH THANKS TO OUR FUNDERS:





The development of TWCP has been remarkable over the last few years. From a standing start it has grown into a diverse organisation with broad reach and developed resident leadership from across the Ward. Moving into the area I was impressed by the appetite from people living here to engage and shape the development of the area. Whilst there is a hunger to make change there has historically been a lack of organisation in civic society in the borough.

TWCP has strategically positioned itself to harness the energy, strength and expertise of resident voices and worked systematically to equip us to lead the change we want to see. TWCP is at an exciting moment, after much groundwork, it is now poised to see even more rapid change across all areas of community life. As a resident, steering group member and local faith leader, I am hugely optimistic about the future of our community because of the presence of TWCP and the strength of relationship across all key stakeholders to make a material impact in the years to come that will have residents at its heart.

ANNA POLLARD

HEALTH & WELLBEING, TWCP STEERING GROUP



TWCP timeline of events

2014/2015: Margaret Hodge champions TWCP

Margaret Hodge MP called for an initial feasibility study which concluded that the need for investment in the people as well as the housing of Thames Ward was vital. This led to the search for funding for the TWCP and the identification of Riverside School as host to the project.



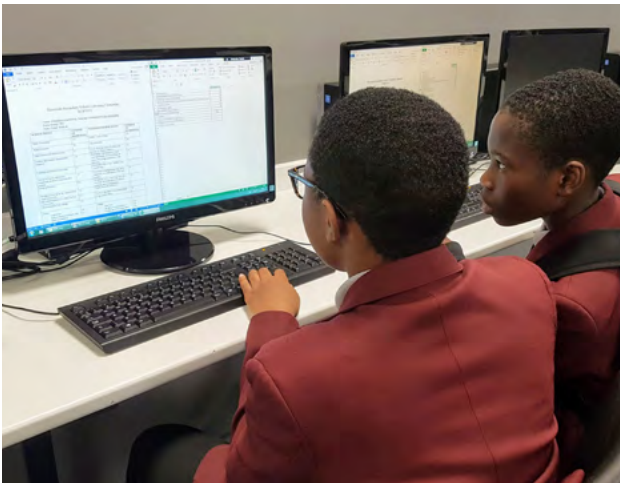
2016: Power to Change grant

In June 2016, a six month programme of community organising was initiated via funding from a 'Power to Change' grant of £25,440 to do outreach and develop support for a longer term three-year programme of work. 'Power for Change' identified Thames Ward as a 'cold spot' that had traditionally lacked the forms of community infrastructure that other areas can access.



2016: Residents get involved

Over 75 residents indicated a willingness to be directly involved with the project and a further 300 residents agreed to be part of a database of contacts. A Citizens Action Group (CAG) of Year 10 students at Riverside School led on further outreach work and undertook a number of environmental and local history activities.



2016: Power to Change themes & conclusions

The 'Power to Change' work highlighted 5 themes:

- 1 : A divide between the older estates and new developments.
- 2 : Services under pressure as the population expanded.
- 3 : Lack of communication and little information about existing activities.
- 4 : A lack of activities for young people.
- 5 : Tensions between different groups as they struggle to promote their activities.

They concluded the following things were needed:

- Community organising approach
- An honest broker
- Resources
- Working with young people
- Working with partners
- Generating community business (Council, Developers, etc.)

At the end of the 'Power to Change' project a recommendation was made to seek long-term funding. This process took over a year and was finally successful in July 2017.



2017: Big Lottery funding awarded

Funding from the Big Lottery (£311, 558) was awarded in July 2017 to fund a Director of Community Engagement and Community Organiser based at the school for three years.

The project aims to fill the following gaps:

- Environmental neglect
- Overstretched services for families
- Low levels of participation
- Lack of community-wide voice
- Fragmented community; isolation & fear
- Fragile community groups
- Lack of community enterprise

The project is a catalyst that will unleash resources within the community. The aim being to ensure sustainability of the project beyond the initial 3-year period of Lottery funding, including the creation of a Community Development Trust (CDT).

The project is about specific projects including gardening, volunteering, resident voice, but also a more strategic longer term focus that seeks to build community businesses and assets that will enhance entrepreneurship and community control of resources and decision making.

The bid submitted to the Lottery described this in the following way:



"The project activities and the people we work with will not change. But a CDT will provide a more viable, long-term framework. We hope it will be fully functioning within three years. In the meantime it will help our partners broker their investment and intentions with the whole community; help residents access new training and job opportunities; identify and support community enterprises; generate additional income for a sustainable future, and provide a strong community voice in relation to the 'development juggernaut' that could so easily ride rough-shod over this community."

How to measure the project

There are four outcomes to measure the project by:

1 COHESION: The community will be stronger and more cohesive, with the leadership and organisational capacity to seize new opportunities and build a sustainable future.

2 HEALTH: Residents, especially the elderly, will enjoy better physical and mental health and well-being, through exercise, better eating, reduced isolation, mutual support and better services.

3 EMPLOYABILITY: Residents, especially young people, will gain skills and feel more confident about their future employability and life chances.

4 ENVIRONMENT: The image of Thames Ward will improve. People will perceive it to be a cleaner, more attractive environment that encourages neighbourliness and makes better use of local facilities.

2018: Resident Steering Group



Resident Steering Group in place and 6 thematic action groups operating including the Young Citizens Action Group which secured £1m investment in local transport campaign – persuading Transport for London to run more local buses.

Lord Kerslake addresses our first growth summit and supports our work, alongside local partners London Borough of Barking and Dagenham and Barking Riverside Limited, to achieve inclusive growth. Project gains license to occupy at Sue Bramley Centre.

2019: Securing extra funding

Project secures funding from:

- London City Airport
- Near Neighbours
- Barking Riverside Limited
- Laureus Foundation
- Trust for London



2020: New charity and lockdown response



A new charity (Thames Life) is created as the new resident Community Development Trust takes shape.

TWCP organises local coordination of food deliveries during lockdown, runs online classes and works with the British Red Cross to deliver hand sanitisers to 5,000 households in the ward.

“

TWCP has successfully transformed the ethos and culture of social action in this part of Barking to leave a legacy of sustainable altruistic social participation. There is an aesthetic impact of their work too and a glowing sense of community pride that follows.

The status of the project has been superbly led to grow in synergy with community capabilities; both initially low, with a blossoming that followed to surpass all expectations.

TWCP is now community led, with truly independent governance, charity status and is increasing its financial sustainability at a remarkable pace. It is now widely recognised that investment in this project, at this stage, will manifest exponential benefits in this community, and wider, for the foreseeable future.

ANDY ROBERTS
HEADTEACHER, RIVERSIDE SCHOOL

”



**residents gaining
valuable experience
in a range of skills**

**TARGET
EXCEEDED** 



**residents taking
on leadership roles**

TARGET EXCEEDED 



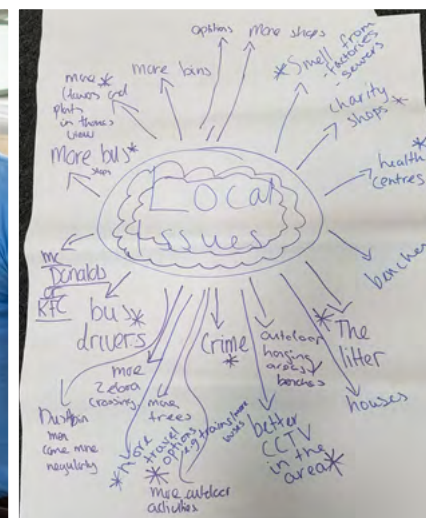
residents feeling more energised by gardening

**TARGET
EXCEEDED**



**residents involved
with the project**

**TARGET
EXCEEDED** 



**young people accessing
work related training**

**TARGET
EXCEEDED** 





TWCP 20 achievements for 2020

- 1: 5,000 hand sanitisers delivered to every household in Thames Ward during lockdown.
- 2: **Locality lead partner working with BD Collective and EOED delivering food & essentials in lockdown.**
- 3: Developing resident-led projects and supporting them via online classes – ESOL (English for Speakers of Other Languages), yoga, cooking, music and drawing. Pierre Epoh Moudio wins two awards for ESOL for Parents.
- 4: **Holding four growth summits attended by 300+ people. 3,000 conversations contributing to our Resident Charter.**
- 5: £90,000 successful bid to Trust for London.
- 6: **£1M investment won by Young Citizens Action Group for increased bus services from Transport for London.**
- 7: Community Garden for Riverside secured by Young Citizens Action Group.
- 8: **Chairing Sports 4 Good Barking and winning £30,000 for resident-led projects.**
- 9: Riverside News funding secured for community stories and future editorial board.
- 10: **Bringing together the three local Resident Associations**
- 11: Weekly Young Citizens Action Group and Young Organiser leadership and planning classes.
- 12: **Case studies of best practice featured in Town & Country Planning Association, Compass and Citizen School publications.**
- 13: Five workshops on emergency planning convened with the British Red Cross.
- 14: **Key involvement and adviser role with Barking Riverside CIC Learning Forum**
- 15: Lead role on Thames Locality Board working group. Shaping new model of care and partnership working with BRL, CCG, LBBD and Health Watch.
- 16: **Digital explorer project in collaboration with Digilabs, EOED, Just Map, British Red Cross, LBBD Data Explorer & BRL.**
- 17: Young activist project led by our youngest steering group member Emmanuel Oreyeni receives a funding grant from BD Renew.
- 18: **License to occupy and activation of Sue Bramley Centre as site of community events.**
- 19: Collaboration with Be First and Community Led Housing London on small sites programme.
- 20: **Steering Group meetings with LBBD Leader and Deputy Leader, BRL director, LBBD CEO, MP and senior stakeholders to embed collaboration.**

UEL evaluation

JUNE 2019 INTERIM REPORT

UEL Sustainability Research Institute (SRI) has been appointed by TWCP to act as independent evaluators to this Big Lottery-funded project, running from 2017-2020.

METHODS

UEL have undertaken the following activities since our contract began in February 2018:

1. Worked with TWCP staff to identify tools for measurement and documentation
2. Attended a range of events – both organised by TWCP and in which TWCP has been a partner
3. Had in-depth meetings with staff to discuss and review progress, challenges and successes
4. Undertaken an online survey
5. Provided the steering group with training on self-evaluation and partnership working

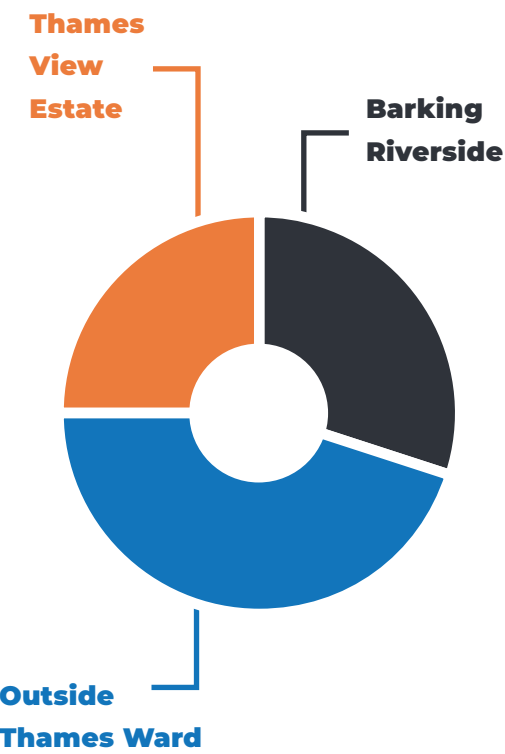
ONLINE SURVEY

In March 2019 we circulated an online survey by email to residents and partners. The aim was to understand how TWCP progress is viewed including progress made to establish a Community Development Trust.

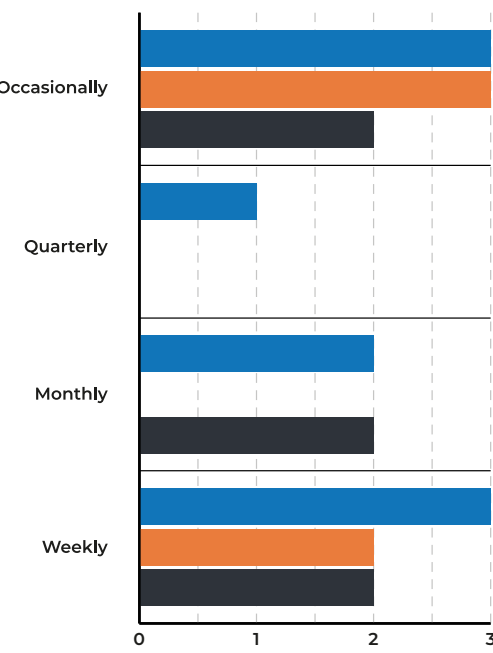
A Leichardt scale was used for some questions, others allowed free text. Responses were anonymous, though we are able to break down by residents (Thames View, Barking Riverside) and partners. In addition, we can identify who is associated directly with the project, such as a steering group or founder.

SCALED RESPONSES RECEIVED:

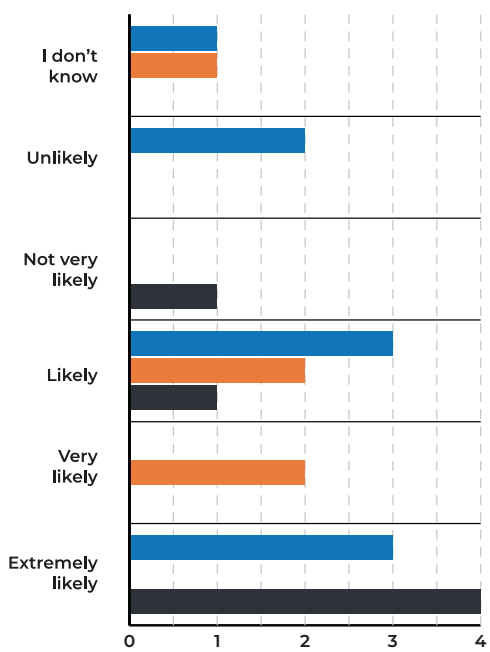
Where do you live?



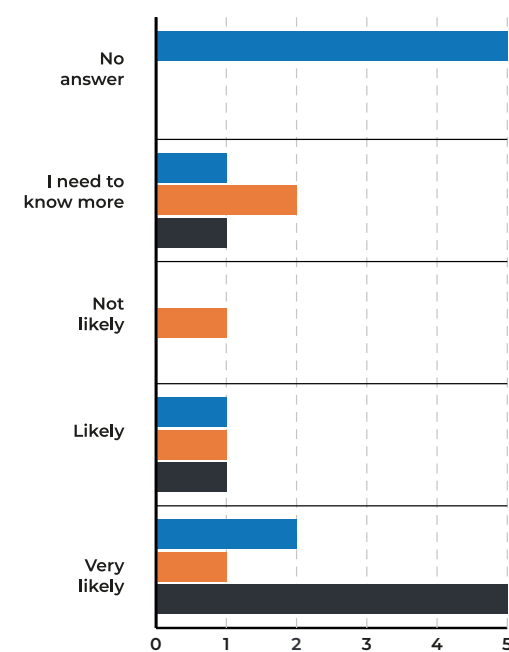
How often do you engage with the Thames Ward Community Project?



How likely do you think it is that a Community Development Trust can support all residents of Thames Ward?



How likely is it that you will play an active role in a future Community Development Trust?



INTERIM REPORT CONCLUDING STATEMENTS:

The quantitative responses show that TWCP is largely seen as having a positive impact among engaged residents. The qualitative responses provide further useful feedback that adds depth to the results outlined above. A sample of comments received are shown below, split between residents and non-residents.

TWCP has made sure various groups within the ward meet regularly, **provide training** to residents to build up their **skills and confidence**.

I think Thames Ward Community project (TWCP) is doing well to **improve social cohesion** and generally engaging with the community in Thames Ward. I think the project is focusing strongly on improving health. I think there has been less improvement in improving residents skills.

TWCP has brought together the **three residents associations** in the ward and tried to forge a **sense of unity and purpose** through campaigns to **engage the residents** with the other stakeholders such as councillors and leading council executives, on **issues important to residents**.

The project is focused on **enabling members of the community** to be able to **contribute to decisions** that are being made about the **community**.

ANALYSIS OF RESULTS

TWCP is the first local civil society organisation to be established in Thames Ward and came out of the identified need (by a previous project) to support existing and new local residents by championing inclusive growth in a rapidly changing environment and building capacity of local residents to articulate needs and aspirations with larger, more powerful institutions such as the local authority, strategic developer and strategic health partners.

Such work has not been previously undertaken by civil society groups and this has, inevitably, often placed TWCP in a position of challenge to the status quo.

Given the vacuum of community activation when TWCP was established, the fact that, in the first eighteen months of the project, the two staff have brought together a broad demographic range of residents across Thames Ward who have become established as a core Steering Group is a significant achievement for TWCP. Another notable success in terms of social cohesion has been in bringing the three separate location-based TRAs together on a regular basis for joint meetings.

The Steering Group has, as a result of the ongoing engagement and support, received capacity and skills building which is enabling them to become more confident and proactive in the local community.

The methodology adopted by TWCP staff has focused on holding resident workshops to build skills and networks, the twice yearly growth summit, the ongoing development of a citizen charter and the engagement of a core group of young students in community activation through Riverside School. The Director has also attended many partner meetings and is routinely invited to events and processes.

Therefore, In terms of empowering a small core of individuals to become engaged in discussing the future of Thames Ward and the Barking Riverside development, and creating visibility for this new organisation, TWCP appears to have been successful in a short period of time.



“

TWCP has played an important role in helping local people in the Barking Riverside area bring their energy and voice to bear on long term local developments.

In the two years of our involvement with them, TWCP has made quite an impact in creating valuable connections between local people and in generating a growing pool of knowledgeable professional outsiders who supplement local resources.

The role that TWCP is playing is much needed. It is hard to imagine how the developments of the past few years could possibly have happened without such an organisation.

A great start has been made and the confidence of the community is visibly growing, but there is a long road to go in the development of Barking Riverside and an organisation such as TWCP is absolutely vital.

MARIAN LARRAGY
UNIVERSITY COLLEGE LONDON

”

Final report

SEPTEMBER 2020

EVALUATION SCOPE AND RATIONALE

UEL Sustainability Research Institute (SRI) has used the Evaluation Guide by the Joseph Rowntree Foundation (JRF) to present the final evaluation report. The concept of self-evaluation is particularly transformational and encouraged for sustainability.

SRI EVALUATION STEPS

In addition to 2019 interim report work the SRI has had to adapt work due to the constraints of the 2020 pandemic and thus undertaken 4 qualitative interviews with members of the Steering Group.

We focused on semi-structured interviews to reflect on the visions and outcomes of the project. The conditions of lockdown have limited face to face interaction but have provided space for reflection and opportunities to explore other ways that the project outcomes can be met. It is a unique time in which the evaluation is taking place and this is taken into account as the project is evaluated for its impact over the last 2.5 years.

In March 2020 we attended a virtual Steering Group meeting to bring forward the idea and benefits of evaluation and self-evaluation in holding the project accountable to its long-term vision. We discussed evaluation as a learning process and an opportunity of reflection and re-focus. During this process, the steering group was asked about their own ideas of what evaluation should be and how best to gather evidence.

Their suggestions on ways of gathering qualitative and quantitative data came down to a key word- 'storytelling'. As external evaluators, we take the idea of storytelling on board and aim to understand the project through the eyes of the steering group, community members and project participants.

INTERVIEW METHODOLOGY

Using the Joseph Rowntree Foundation's guide to evaluations, and in conjunction with the project's bid and proposed outcomes, we prepared a list of interview questions for the purpose of leading semi-structured interviews with members of the steering group.

4 interviews were scheduled and recorded in the first weeks of April 2020. The analysis below presents the data to tell the story of the TWCP, evaluate the project's achievements in terms of its indicators and identify opportunities for future improvement.

The interviewees, all proud members of the TWCP steering group and residents of Thames Ward, have different motivations and interests for joining the project, but they all have collaboration and empowerment as a common theme.



PERSON ONE:

Public health professional and Thames View resident. interested in improving mental and physical health.

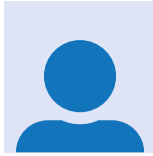
He sees in Barking the need for 'people to be happier' and described how TWCP can be the 'catalyst' of change in the community, in the form of energy.

He sees the work of TWCP in bringing in funding and resources to the community as vital for this.

TWCP's biggest achievements are identified as: partnership working with local government and stakeholders, building resident skills, employability and confidence, creating the Young Citizen Action Group. fundraising and access to a community garden.

The diversity of the TWCP Steering Group makes it more approachable and relatable to the community.

His participation in the Steering Group has given him a 'sense of achievement' and has improved his own thinking and planning skills as well as his confidence in approaching people in key positions.



PERSON TWO:

A financial journalist and Barking Riverside resident

Identifies the main problem in the area to be its fragmentation.

She is passionate about community and making sure that residents' voices are heard, which is why she joined as a steering group member from the beginning.

She has seen things changing through the efforts of TWCP.

The fragmentation issues between the different stakeholders and residents and within the wider resident community itself are far from being solved.

TWCP has helped in terms of engagement and in bringing residents of different areas together. The TWCP growth summits in particular are a major step towards creating a space for this. Such public meetings work very well into also communicating some of the achievements of the project because they can be told through different means such as art or theatre.

As continuous growth in the area for the near future is predicted it is important that residents have established a relationship which will continue to be empowered by the resources provided by TWCP to create a strong and resilient community.

She identifies 'people power' as the most important thing that makes change happen.

Another major achievement of TWCP is the funding and investment brought in, either by TWCP itself or by projects backed up by it, such as the new TFL bus route requested by the Young Citizen Action Group.

The interviewee identifies that now is the time when all the projects are in fruition- ESOL, Yoga, Art and DJ lessons, all projects brought to TWCP by residents, are established and continuing during the lockdown.

TWCP also trained and supported residents following the Barking fire last summer in collecting testimonials and starting a resident-led enquiry.



PERSON THREE:

Grown up in Thames view, the third participant has a lifelong experience of the area as a young man and now as a professional music producer, DJ, musician and youth worker.

As a coach and a Steering Group member he is interested in creating spaces and facilities for youth to focus their energy in learning soft skills.

As a young man growing up in the area he was conscious of the lack of services and opportunities in an area he describes as having its dangers. Following his return from university he has taken a mentoring role, teaching young students how to DJ and advocating for vulnerable members of the community.

He feels it is important for young people to see 'what is possible' from a member of their own community- 'they don't have to go far away to find influence', 'I was once in your shoes'.

He wants to empower and train young males to communicate in a way that they will be heard- to 'build a legacy for themselves'.

It is important, he says to listen to the right people, and to make sure voices are heard. This is why the diversity of the steering group is one of the biggest achievements of the TWCP- they are from different residential areas and backgrounds but they are 'all in together' 'fighting everyone's corner'.

The growth summits and the response to the fire are the best examples of working collectively and bringing the community together.



PERSON FOUR:

**Youngest member of the steering group, at 17.
Has been a resident of Barking Riverside for 8 years.**

As a college art student part of his role is to 'visually represent the amazing work that residents are doing in the community', some examples of which include the local hero series (drawing local activists as superheroes) and a comic book (illustrating the success stories of the TWCP).

As a young person himself, he feels it is important for youth to be taken seriously in decision-making as they will be the ones inheriting the area. He wants to take away stereotypes attached to youth, and that are created by the lack of resources for them.

By bridging the generational gap within the community he hopes to see more social cohesion. 'There is nothing to do in the area' and this is where the TWCP can contribute through its support of YCAG and the various projects.

He describes one of their biggest achievements as finally getting the community garden keys from the developer; after years of waiting and trying, school children sang their song 'All we want for Christmas is keys' which he included in his comic. The keys were recently handed to them. He says most people in the area have heard of the TWCP, through the various events and discussions and that everyone is invited to be part of it.



When invited to evaluate TWCP’s visions and goals the interviewees focused on two main themes:

COMMUNITY-LED

- It is community led because the residents are the ones bringing in projects and developing them, and the role of TWCP has been to support them and make things happen through resources and providing a platform
- The steering group is made up of a diverse group of residents
- The role of TWCP has been to empower and offer resources to the community (in the response to the fire for example)
- ‘Giving ownership to the community’
- Residents take up roles of teachers, trainers, coaches etc
- Residents are learning how to write bids and to reach for things they want
- The role of the community workers of TWCP is to help and guide residents to lead, now and in the long term through the CDT

COMMUNITY ENGAGEMENT

- The Steering Group represents the demographic and is thus approachable and appealing to residents
- The Steering Group is empowered and given confidence to interact with the community by talking to neighbours within and across the three residential areas.
- TWCP has become a mediator in the area between different stakeholders and resident associations, breaking silos and creating a platform for engagement
- TWCP offers the opportunity to residents to represent themselves while tapping into local networks.
- Events large and small (from the growth summits to skills training) are held locally and attended by local people- mainly students and active community members as well as local stakeholders
- Young and elderly are included

The interviewees were also asked to reflect on the four specific outcomes of TWCP, here are the key points from their responses:

ANALYSIS

The interviewees are able to reflect on the changes in the community, on the ongoing efforts and on their visions as a community group. Progress and success, in this case, is measured through their primary experiences with TWCP and within their residential community. Their valued feedback paints a picture of success and goal-oriented optimism.

The interviewees stress Lottery funding and subsequent funds brought in by TWCP has made a great difference to their community.

The first years of TWCP have been a process of establishing itself and planting roots (literally and figuratively) within the community, the responses have indicated that this is a time-consuming process but that TWCP has remained focused on its vision and outcomes throughout and is currently in a phase where those roots are producing fruit.

The participants of this research are positive about the developments in the area so far and, as members of the steering group, have hopes and ideas about its future. For this to be a possibility, more funding will be necessary to continue to support ongoing projects and to be able to establish a sustainable strategy for the future.

Interviewees describe Thames Ward before TWCP as a divided community, with the lack of communication and empathy between the different residential groups one of the major problems. The interviewees have illustrated through their testimonies how this is no longer the case, and this is seen as one of the biggest achievements.

Interviewees have expressed how the group's response to the Barking Riverside fire is an indication of the cohesion created by the perseverance in establishing the concept of the Ward as a single strong group.

The individuals interviewed feel that their role as a Steering Group member has empowered them to achieve more, and they are bonded by common motivation and commitment to their values. They understand the process of evaluation and are interested in self-evaluation training.

Under the current circumstances of uncertainty, difficulties as well as opportunities might change processes, the following section is a reflection on this.



“

I want creative, strategic thinkers with real expertise. I also want people who have got the passion and the energy to turn those ideas into action to make a real difference. People who can build alliances, problem solve and get things done.

”

GRAEME COOKE

DIRECTOR FOR INCLUSIVE GROWTH,
LONDON BOROUGH OF BARKING AND DAGENHAM

COVID-19 AND TWCP

While some systems put in place prior to the lockdown have had a positive impact, it was the quick response of TWCP to lockdown measures which is impressive. As the dangers of Covid-19 make Barking and Dagenham a high risk area, the lockdown has provided TWCP opportunity for reflection and organization. The interviews allowed space for consideration of current events and their effect.

TWCP has invested in a various platforms and social media including a Zoom account to make sure that meetings may be continued without interruption. The evaluator participated in a number of these, including the interviews undertaken particularly for the evaluation. Their planned video project has also taken advantage of online video recording to continue production. One of the important responses to social isolation was to support the continuation of projects and the introduction of daily scheduled courses that residents are invited to participate in during lockdown. For example, one interviewee spoke to us about teaching online art lessons.

While projects will inevitably be affected, there is an urgency to be responsive to the daily changes. The response to changing circumstances has indicated an adaptability and resilience. While the fundamentals remain the same for TWCP, the emphasis has shifted into a response mode for recovery. The main focuses of skills-building and health and well-being are thinking beyond the current situation and into future where these will become even more important in the post-lockdown world.

Continuing communication on WhatsApp, Facebook, Twitter, Instagram and Zoom is positive. One interviewee highlights that this situation is difficult for those with no or limited access to internet or a computer, but unfortunately this is a wider societal problem. The interviewee stated that the community is doing its best to reach out to vulnerable people. Whether initiated by TWCP or not, this indicates the importance of steps taken towards social cohesion, and might be a direct result of these.

ONGOING ACTIONS DURING COVID-19:

- 5,000 resident surveys and hand sanitiser distributed
- Leading the coordination and distribution of food across Thames Ward as part of BD CAN
- Holding resilience workshops with the British Red Cross
- Forming a resident digital explorer group and mapping the Ward via a geo map (Create Streets)

TWCP arranged meetings with members of the council to examine available Ward data spanning recent years that could be used to support the evaluation but beyond a few headline figures information was hard to come by so we have chosen to mediate this with in-depth observations on individual experiences from representatives of the community

TRUSTEES AND STEERING GROUP MEMBERS

Khushnnod Ahmed	Serena Madhvani	Anna Pollard
Siji Alonge	Pierre Epoh Moudio	Vanessa Raimundo
Venilia Amorim	Lai Ogunsola	Nikhil Rathore
Kelly Cooper	Emmanuel Oreyeni	Anusha Shah
Steven Gaman	Josiah Oyekunle	Allan Thacker
Yasir Imran	Pauline Phoon	



STAFF

- Amina Hussein
- Jamie Kesten
- Michael Sarpong
- Matt Scott

APPENDIX 1

TWCP evaluation – semi-structured interview questions

- Please introduce yourself
- What is your role in TWCP?
- Tell us about why you joined

As a community member:

- What problems did you want to solve?
- What problems do you want to solve?
- What do you think makes change happen?
- Which do you think have been the biggest achievements of TWCP?
- Can you tell us a story that illustrates these?
- What do you think is the best way to tell this story to the world and to the community?

As a member of TWCP:

- What are the visions and goals of TWCP?
- How does TWCP achieve community engagement?
- Can you tell me more about how it is a community-led project?
- Who has been participating in events and projects?
- How has TWCP made change happen?
- TWCP has received funding to achieve specific outcomes, how do you think these are met?
 - Social cohesion
 - Health
 - Employability
 - Environment
- What do you think the future of TWCP is? And what would you like it to be?
- How is it going to achieve its vision and outcomes
- Lockdown reflections on community engagement?
- Any final comments?

“

It was great working with Thames Ward Community Project over the past two years. Project leads worked closely with residents to motivate and organise the community – something much needed in this area. Some of TWCP’s community champions worked with Sustrans to steer a park regeneration scheme which has now been successfully delivered.

This is testament to the capacity building that the project enabled. It is great to hear that a Community Development Trust has now been established.

”

SIMON WASSER
SENIOR PROJECT OFFICER,
COLLABORATIVE DESIGN SUSTRANS

PROJECT REPORT 2020

TWCP

Riverside Campus,
Renwick Road,
Barking, IG11 0FU

Tel: 020 3946 5898

Email: info@twcp.org.uk

www.twcp.org.uk

THAMES LIFE
REPORT AND FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 MARCH 2021

Registered Charity No. 1189743

Azets Limited
Accountants
Greytown House
221/227 High Street
Orpington
Kent BR6 0NZ

	Page
Charity Information	1
Trustees Report	2
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10

CHARITY INFORMATION

Trustees

Anusha Shah (appointed 1 June 2020)
Venilia Batista (appointed 1 June 2020)
Allan Thacker (appointed 1 June 2020)
Lai Ogunsola (appointed 1 June 2020)
Anna Pollard (appointed 6 May 2021)
Yasir Imran (appointed 1 June 2020)
Steven Gaman (appointed 1 June 2020)
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Pierre Epoh Moudio (appointed 1 June 2020; resigned 8th November 2021)
Kelly Cooper (appointed 1 June 2020; resigned 8th November 2021)
Vanessa Raimundo (appointed 1 June 2020; resigned 10th June 2021)

Charity Registration Number

1189743

Principal Office

Riverside Campus
Renwick Road
Barking
IG11 0FU

Independent Examiner

C Cooper (FCCA)
Azets Limited
Greytown House
221- 227 High Street
Orpington
Kent
BR6 0NZ

Banker

Natwest
Camberwell
London
SE5 8TT

The Trustees are pleased to present their annual report together with the financial statements of the charity for the period ending 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014.

Our purposes and activities

The object of Thames Life (CIO) is, for the public benefit, the promotion of urban regeneration in areas of social and economic deprivation in particular, but not limited to, Thames Ward in Barking and Dagenham by all or any of the following means:

- a) the relief of poverty or financial hardship;
- b) the advancement of education, training or re-training, particularly amongst unemployed people and providing unemployed people with work experience;
- c) the provision of financial assistance, technical assistance or business advice or consultancy in order to provide training and employment opportunities for unemployed people in cases of financial or other charitable need through help
 - (i) in setting up their own business or
 - (ii) to existing businesses;
- d) the provision of recreational facilities for the public at large or those who by reason of their youth, age, infirmity or disability, financial hardship or social and economic circumstances have need of such facilities;
- e) the protection of conservation of the environment; and
- f) such other means as may from time to time be determined subject to the prior written consent of the charity commission

Our activities have included training and support of residents and community groups, participation in and convening of partnership meetings with statutory partners, residents and community groups. Outreach into the community to research support needs and ensure we are inclusive and meeting needs appropriately. Support of new and existing community groups to access and manage resources and deliver services. Strategic planning and internal governance of the CIO. More complete details of the wide range of activities can be found on our website www.twcp.org.uk

Public Benefit

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's purposes and objectives and in planning its activities for the year. In particular, they have considered how planned activities will contribute to the purposes and objectives detailed above. The trustees are satisfied that the charity meets the Charity Commission's guidelines with regard to delivering public benefit.

Review of the year

Thames Life continues to develop and expand its resident-led work via a range of thematic action groups, forums, workshops and partnership events. We want residents and community groups to lead activities and work effectively with wider partners – this entails significant outreach and community development to build relationships of trust and peer support, from which further organisational development and support with planning follows, in order to deliver resident-led services and projects. We also are keen to ensure longer term sustainability and for resident-led work to have a social enterprise focus hence our support includes social business development, bringing forward not-for-profit social enterprises.

We work in close co-operation with the London Borough of Barking & Dagenham, Barking Riverside Limited and Barking & NHS health partners including the Dagenham Clinical Commissioning Group to ensure effective and sustainable regeneration and services are delivered locally. We work closely with these partners because we share common goals of improving the social, physical and economic development for residents of the ward and surrounding area, which is among the most socially deprived communities in the UK. In addition, we maintains strong links with other statutory and voluntary local groups working in similar areas, for example BD Collective, BD Giving, Barking Sports 4 Change, the British Red Cross, Planning Aid London, Social Spider CIC etc. The sheer scale of development is noteworthy and has been described as the largest growth area in Europe, in terms of housing units. Hence our work relates to this context. The physical building and rebuilding of various estates has continued apace over the year, and we have supported efforts towards community place shaping and codesign of spaces and buildings. Securing the best outcomes for residents and wider partners is central to our work and we feel we have made considerable progress in convening partnerships, delivering activities, providing support and advice and building strong working relationships – with this in mind we have dedicated a lot of time to both internal resident trustee strategic discussions and wider dialogue with civil society groups, statutory partners and developers.

2020-2021 was defined both by the pandemic and in our steps towards charity status (June 1st 2020) and securing of longer term funding. Lockdown changed how we delivered support – by necessity we invested in online communication and delivered a range of resident-led training around wellbeing including yoga, fitness classes and socially distanced cycling. We consolidated our partnership with the Red Cross, developing emergency planning workshops. We also co-ordinated the local BD CAN network, delivering packages of food and related provisions to residents and also distributed hand sanitizer and details of our online training to every household in the ward. We have spent a lot of time strengthening our understanding of governance, consolidating our policies and systems, as a new charity, drawing on external advice and support. Staff continue to be employed Riverside School with a TUPE process set for early 2022 and it envisaged staff would be formally employed by the charity at this point – noting that charity trustees have provided significant oversight of staff up to this point. Our board of Trustees is made up of an equal split of residents from the old and new estates, with proportionate representation of gender and BAME relative to local demographics.

Achievements and performance

Some of the projects undertaken in the year include:

Resident planning and place shaping meetings with UCL Bartlett School of Planning forum to raise awareness of the planning process and how to engage effectively with further support and advice from LBBD and BRL

Planning, support and design meetings for our new community garden site (Barking Food Forest) drawing on funding applications to London City Airport and LBBD

Weekly resilience planning meetings with British Red Cross, supporting online workshops and recruitment of advocates

Participation and regular reports to the Thames Locality Board, supporting the new model of care (health and wellbeing)

Achievements and performance (continued)

Support of Young People's empowerment and leadership at Riverside School – via online sessions

Supporting resident-led English as a Second Language (ESOL classes) securing funds from L&Q

Joint co-ordination of a resident inquiry focusing on fire safety, working with Eastside Community Heritage and local groups

Delivery of sport and active lifestyle activities via Barking Sports 4 Change coalition, including sports for development support provided to x6 local groups

Development of an e-newsletter and social media postings

Financial review

Total income for the year was £181,756 of which all was deemed as restricted funding.

Total expenditure for the year was £103,813 of which all was spent on restricted activities. .

Restricted reserves carried forward at 31 March 2021 were £77,943.

Reserves policy

As a new organisation we are developing our reserves with a commitment to review the viability of a specified amount of financial reserves to be set aside in June 2022 and which we estimate to be equivalent to six months' operating expenditure.

The charity is able to meet its current working capital requirements based on the cash flow generated and modest operational surpluses. There are sufficient cash reserves to manage cash flow on a day to day basis

Going Concern

The trustees believe that no material uncertainties exist even after taking Covid into consideration. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Risk Management

The trustees have reviewed the major and financial risks that impact on the work of the charity. The systems that have been established enable the trustees to review and take necessary steps to lessen these risks. The trustees consider the following to be the principal risks that the charity faces:

- Main risk #1: securing funding to maintain core activities. In mitigation trustees review finances at board meetings and monthly executive meetings to ensure strategies and actions are undertaken. Trustees and staff are also proactive in seeking a balanced portfolio of funding sources as a progression from heavy reliance on one single funder, i.e. the Lottery Reaching Communities Programme.

Risk Management (continued)

- Main risk #2: turnover of staff and trustees. In mitigation regular support, supervision and one to one meetings are planned with both staff and trustees to ensure good communication, a relational culture and speedy identification of people disengaging. We also seek to broaden and diversify our staff and trustee cohort by reaching out to less represented groups.

Plans for future periods

We are currently developing our strategic and business plan to reaffirm vision, mission and outcomes and also explore options for long term income streams from the Council, NHS, Barking Riverside Ltd and other grant making bodies, which will help shape the development of our resident-led Community Development Trust (CIO) and provide a strong community anchor organisation for the area.

We will continue to work closely with all strategic partners to ensure residents are at the forefront of local decision making and able to contribute actively to local opportunities and services.

In light of the pandemic the short-term future is challenging for the residents of the area, notably in the impact on health and wellbeing, including mental health and also in regard to the cost of living and impact on employment. The charity will continue to support those in most need who are directly affected by local development and regeneration, which also offers unprecedented opportunities for local people. We will continue to develop our social enterprise offer, health outreach work and resilience activities to help maximise the economic advantages the development will bring.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Charity is a charitable incorporated organisation in the United Kingdom, governed by a constitution dated 1 June 2020. It is a registered charity, number 1189743.

Prior to the CIO being established the charity ran as Thames Ward Community Project, this ceased activities on 1 October 2020 and transferred all funds to Thames Life.

Trustees

The following have served as Trustees during the period to date:

Anusha Shah (appointed 1 June 2020)
Venilia Batista (appointed 1 June 2020)
Allan Thacker (appointed 1 June 2020)
Lai Ogunsola (appointed 1 June 2020)
Anna Pollard (appointed 6 May 2021)
Yasir Imran (appointed 1 June 2020)
Steven Gaman (appointed 1 June 2020)
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Kelly Cooper (appointed 1 June 2020; resigned 8th November 2021)
Vanessa Raimundo (appointed 1 June 2020; resigned 10th June 2021)

TRUSTEES REPORT

Executive Committee

The following have served on the Management Committee during the year to date:

Venilia Amorim
Lai Ogunsola
Kelly Cooper
Josiah Oyekunle

The Executive Committee shall consist of at least 3 members and not more than 6 members and consists of the co-chair, treasurer and secretary roles. The Executive Committee shall meet at least 4 times a year.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees 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).

The law applicable to charities in England & Wales 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 2015 (FRS 102);
- 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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 Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They 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

Approved by the Trustees and signed on their behalf:

L Ogunsola
Trustee

A Pollard
Trustee

Date: 29/01/22

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report to the charity trustees on my examination of the accounts of the charity for the period ended 31 March 2021 which are set out on pages 8 to 13.

Responsibilities and basis of report

As the charity's trustees 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 charity's accounts carried out under section 145 of the 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 the charity 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 applicable 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.

C. Cooper (FCCA)

For and on behalf of Azets Limited
Accountants
Greytown House, 221/227 High Street
Orpington, Kent, BR6 0NZ

Date 30/01/22

THAMES LIFE

STATEMENT OF FINANCIAL ACTIVITIES
For the period to 31 March 2021

	Notes	Restricted Funds £	20 June- 31 March 2021 Total £
Income from:			
Charitable activities:			
Grants receivable	2	171,503	171,503
Transfer in	3	10,253	10,253
Total income		181,756	181,756
Expenditure on:			
Charitable activities:			
Community projects	4	103,813	103,813
Total expenditure		103,813	103,813
Net income		77,943	77,943
Reconciliation of funds:			
Total funds carried forward		77,943	77,943

All transactions are derived from continuing activities.

All recognised gains and losses are included in the Statement of Financial Activities.

THAMES LIFE**BALANCE SHEET****As at the 31 March 2021**

	Notes	2021 £
Current assets		
Cash at bank and in hand		101,050
Prepayments & Accrued income		20,000
		121,050
Creditors: Amounts falling due within one year	6	(43,107)
Net Current assets		77,943
Net assets		
		77,943
FUNDS		
Restricted Funds		77,943
		77,943

The financial statements were approved on 29/01/22 and signed on behalf of the Board by:

L Ogunsola
Trustee

A Pollard
Trustee

NOTES TO THE FINANCIAL STATEMENTS
For the period ended 31 March 2021

1. ACCOUNTING POLICIES

1.1 Basis of preparation

Thames Life is a charitable incorporated organisation in the United Kingdom, registered with the Charity Commission on 1 June 2020. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are detailed on page 2.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011 and UK Generally Accepted Practice as it applies from 1 January 2015. Updated by Bulletin 1 & 2.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

1.2 Income

All income is included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

1.3 Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following heading:

- Expenditure on charitable activities includes those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs allocated directly to such activities and those costs of an indirect nature necessary to support them.

NOTES TO THE FINANCIAL STATEMENTS
For the period ended 31 March 2021

1.4 Funds

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.5 Support costs allocation

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity and include project management carried out at Headquarters. Where support costs cannot be directly attributed to particular headings they have been allocated to expenditure on charitable activities on a basis consistent with use of the resources.

1.6 Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.7 Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

1.8 Corporation Tax

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

1.9 Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist even after taking Covid into consideration. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient, after taking into consideration the change in staff and using apprentices to save money and cost reductions, with the level of reserves for the charity to be able to continue as a going concern.

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Accounting estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

No judgements or estimates have been used in preparing these financial statements.

NOTES TO THE FINANCIAL STATEMENTS
For the period ended 31 March 2021

2. INCOME FROM CHARITABLE ACTIVITIES

	2021
	£
Big Lottery	72,096
London Borough of Barking and Dagenham	40,000
BRL	27,427
Trust for London	15,000
Barking Reach Association	10,000
London Sport	4,980
Youth Support Trust	1,500
Rotary Club	500
	171,503

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The CIO was set up on the 1 June 2020.

Thames Ward Community Project was an unregistered charity that continued supporting the community until 30 September 2020 when it transferred the remaining funds into Thames Life. The total funds transferred at this date were £10,253.

4. CHARITABLE EXPENDITURE

	2021
	£
Staff costs	56,244
Consultancy	20,294
Coaching fees	16,132
Computer costs	2,081
Subscriptions	1,748
Health and safety	457
General costs	4,407
Governance costs – Independent examination	2,450
	103,813

5. STAFF COSTS

	2021
	£
Wages and salaries	56,244
	56,244

The average number of employees during the financial year was 3.

No employees earned more than £60,000 during the period.

None of the Trustees received any remuneration during the year, see note 7, Related Parties for details of transactions with Trustees.

NOTES TO THE FINANCIAL STATEMENTS
For the period ended 31 March 2021

6. CREDITORS: Amounts falling due within one year

	2021
	£
Accruals	2,450
Other Creditors	40,657
	43,107

7. RELATED PARTY TRANSACTIONS

During the year some of the Trustees ran classes or events for the community which were supported by Thames Life. The following amounts were paid during the year:

Trustee name	Class/event	Amount (£)
L Ogunsola	Mental Health Foundation	500
N Rathore	Resident yoga classes	3,524
K Ahmed	Women's fitness including cycling	2,262
P Moudio	English as a second language classes	146
V Raimundo	Women's exercise classes and boxing	3,994
J Oyekunle	Dance classes	2,585

THAMES LIFE
REPORT AND FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 MARCH 2021

Registered Charity No. 1189743

Azets Limited
Accountants
Greytown House
221/227 High Street
Orpington
Kent BR6 0NZ

	Page
Charity Information	1
Trustees Report	2
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10

CHARITY INFORMATION

Trustees

Anusha Shah (appointed 1 June 2020)
Venilia Batista (appointed 1 June 2020)
Allan Thacker (appointed 1 June 2020)
Lai Ogunsola (appointed 1 June 2020)
Anna Pollard (appointed 6 May 2021)
Yasir Imran (appointed 1 June 2020)
Steven Gaman (appointed 1 June 2020)
Siji Alonge (appointed 1 June 2020)
Josiah Oyekunle (appointed 1 June 2020)
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Pierre Epoh Moudio (appointed 1 June 2020; resigned 8th November 2021)
Kelly Cooper (appointed 1 June 2020; resigned 8th November 2021)
Vanessa Raimundo (appointed 1 June 2020; resigned 10th June 2021)

Charity Registration Number

1189743

Principal Office

Riverside Campus
Renwick Road
Barking
IG11 0FU

Independent Examiner

C Cooper (FCCA)
Azets Limited
Greytown House
221- 227 High Street
Orpington
Kent
BR6 0NZ

Banker

Natwest
Camberwell
London
SE5 8TT

The Trustees are pleased to present their annual report together with the financial statements of the charity for the period ending 31 March 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014.

Our purposes and activities

The object of Thames Life (CIO) is, for the public benefit, the promotion of urban regeneration in areas of social and economic deprivation in particular, but not limited to, Thames Ward in Barking and Dagenham by all or any of the following means:

- a) the relief of poverty or financial hardship;
- b) the advancement of education, training or re-training, particularly amongst unemployed people and providing unemployed people with work experience;
- c) the provision of financial assistance, technical assistance or business advice or consultancy in order to provide training and employment opportunities for unemployed people in cases of financial or other charitable need through help
 - (i) in setting up their own business or
 - (ii) to existing businesses;
- d) the provision of recreational facilities for the public at large or those who by reason of their youth, age, infirmity or disability, financial hardship or social and economic circumstances have need of such facilities;
- e) the protection of conservation of the environment; and
- f) such other means as may from time to time be determined subject to the prior written consent of the charity commission

Our activities have included training and support of residents and community groups, participation in and convening of partnership meetings with statutory partners, residents and community groups. Outreach into the community to research support needs and ensure we are inclusive and meeting needs appropriately. Support of new and existing community groups to access and manage resources and deliver services. Strategic planning and internal governance of the CIO. More complete details of the wide range of activities can be found on our website www.twcp.org.uk

Public Benefit

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's purposes and objectives and in planning its activities for the year. In particular, they have considered how planned activities will contribute to the purposes and objectives detailed above. The trustees are satisfied that the charity meets the Charity Commission's guidelines with regard to delivering public benefit.

Review of the year

Thames Life continues to develop and expand its resident-led work via a range of thematic action groups, forums, workshops and partnership events. We want residents and community groups to lead activities and work effectively with wider partners – this entails significant outreach and community development to build relationships of trust and peer support, from which further organisational development and support with planning follows, in order to deliver resident-led services and projects. We also are keen to ensure longer term sustainability and for resident-led work to have a social enterprise focus hence our support includes social business development, bringing forward not-for-profit social enterprises.

We work in close co-operation with the London Borough of Barking & Dagenham, Barking Riverside Limited and Barking & NHS health partners including the Dagenham Clinical Commissioning Group to ensure effective and sustainable regeneration and services are delivered locally. We work closely with these partners because we share common goals of improving the social, physical and economic development for residents of the ward and surrounding area, which is among the most socially deprived communities in the UK. In addition, we maintains strong links with other statutory and voluntary local groups working in similar areas, for example BD Collective, BD Giving, Barking Sports 4 Change, the British Red Cross, Planning Aid London, Social Spider CIC etc. The sheer scale of development is noteworthy and has been described as the largest growth area in Europe, in terms of housing units. Hence our work relates to this context. The physical building and rebuilding of various estates has continued apace over the year, and we have supported efforts towards community place shaping and codesign of spaces and buildings. Securing the best outcomes for residents and wider partners is central to our work and we feel we have made considerable progress in convening partnerships, delivering activities, providing support and advice and building strong working relationships – with this in mind we have dedicated a lot of time to both internal resident trustee strategic discussions and wider dialogue with civil society groups, statutory partners and developers.

2020-2021 was defined both by the pandemic and in our steps towards charity status (June 1st 2020) and securing of longer term funding. Lockdown changed how we delivered support – by necessity we invested in online communication and delivered a range of resident-led training around wellbeing including yoga, fitness classes and socially distanced cycling. We consolidated our partnership with the Red Cross, developing emergency planning workshops. We also co-ordinated the local BD CAN network, delivering packages of food and related provisions to residents and also distributed hand sanitizer and details of our online training to every household in the ward. We have spent a lot of time strengthening our understanding of governance, consolidating our policies and systems, as a new charity, drawing on external advice and support. Staff continue to be employed Riverside School with a TUPE process set for early 2022 and it envisaged staff would be formally employed by the charity at this point – noting that charity trustees have provided significant oversight of staff up to this point. Our board of Trustees is made up of an equal split of residents from the old and new estates, with proportionate representation of gender and BAME relative to local demographics.

Achievements and performance

Some of the projects undertaken in the year include:

Resident planning and place shaping meetings with UCL Bartlett School of Planning forum to raise awareness of the planning process and how to engage effectively with further support and advice from LBBD and BRL

Planning, support and design meetings for our new community garden site (Barking Food Forest) drawing on funding applications to London City Airport and LBBD

Weekly resilience planning meetings with British Red Cross, supporting online workshops and recruitment of advocates

Participation and regular reports to the Thames Locality Board, supporting the new model of care (health and wellbeing)

Achievements and performance (continued)

Support of Young People's empowerment and leadership at Riverside School – via online sessions

Supporting resident-led English as a Second Language (ESOL classes) securing funds from L&Q

Joint co-ordination of a resident inquiry focusing on fire safety, working with Eastside Community Heritage and local groups

Delivery of sport and active lifestyle activities via Barking Sports 4 Change coalition, including sports for development support provided to x6 local groups

Development of an e-newsletter and social media postings

Financial review

Total income for the year was £181,756 of which all was deemed as restricted funding.

Total expenditure for the year was £103,813 of which all was spent on restricted activities. .

Restricted reserves carried forward at 31 March 2021 were £77,943.

Reserves policy

As a new organisation we are developing our reserves with a commitment to review the viability of a specified amount of financial reserves to be set aside in June 2022 and which we estimate to be equivalent to six months' operating expenditure.

The charity is able to meet its current working capital requirements based on the cash flow generated and modest operational surpluses. There are sufficient cash reserves to manage cash flow on a day to day basis

Going Concern

The trustees believe that no material uncertainties exist even after taking Covid into consideration. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Risk Management

The trustees have reviewed the major and financial risks that impact on the work of the charity. The systems that have been established enable the trustees to review and take necessary steps to lessen these risks. The trustees consider the following to be the principal risks that the charity faces:

- Main risk #1: securing funding to maintain core activities. In mitigation trustees review finances at board meetings and monthly executive meetings to ensure strategies and actions are undertaken. Trustees and staff are also proactive in seeking a balanced portfolio of funding sources as a progression from heavy reliance on one single funder, i.e. the Lottery Reaching Communities Programme.

Risk Management (continued)

- Main risk #2: turnover of staff and trustees. In mitigation regular support, supervision and one to one meetings are planned with both staff and trustees to ensure good communication, a relational culture and speedy identification of people disengaging. We also seek to broaden and diversify our staff and trustee cohort by reaching out to less represented groups.

Plans for future periods

We are currently developing our strategic and business plan to reaffirm vision, mission and outcomes and also explore options for long term income streams from the Council, NHS, Barking Riverside Ltd and other grant making bodies, which will help shape the development of our resident-led Community Development Trust (CIO) and provide a strong community anchor organisation for the area.

We will continue to work closely with all strategic partners to ensure residents are at the forefront of local decision making and able to contribute actively to local opportunities and services.

In light of the pandemic the short-term future is challenging for the residents of the area, notably in the impact on health and wellbeing, including mental health and also in regard to the cost of living and impact on employment. The charity will continue to support those in most need who are directly affected by local development and regeneration, which also offers unprecedented opportunities for local people. We will continue to develop our social enterprise offer, health outreach work and resilience activities to help maximise the economic advantages the development will bring.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Charity is a charitable incorporated organisation in the United Kingdom, governed by a constitution dated 1 June 2020. It is a registered charity, number 1189743.

Prior to the CIO being established the charity ran as Thames Ward Community Project, this ceased activities on 1 October 2020 and transferred all funds to Thames Life.

Trustees

The following have served as Trustees during the period to date:

Anusha Shah (appointed 1 June 2020)
Venilia Batista (appointed 1 June 2020)
Allan Thacker (appointed 1 June 2020)
Lai Ogunsola (appointed 1 June 2020)
Anna Pollard (appointed 6 May 2021)
Yasir Imran (appointed 1 June 2020)
Steven Gaman (appointed 1 June 2020)
Siji Alonge (appointed 1 June 2020)
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Nikhil Rathore (appointed 1 June 2020; resigned 8th November 2021)
Khushnood Ahmed (appointed 1 June 2020; resigned 8th November 2021)
Pierre Epoh Moudio (appointed 1 June 2020; resigned 8th November 2021)
Kelly Cooper (appointed 1 June 2020; resigned 8th November 2021)
Vanessa Raimundo (appointed 1 June 2020; resigned 10th June 2021)

TRUSTEES REPORT

Executive Committee

The following have served on the Management Committee during the year to date:

Venilia Amorim
Lai Ogunsola
Kelly Cooper
Josiah Oyekunle

The Executive Committee shall consist of at least 3 members and not more than 6 members and consists of the co-chair, treasurer and secretary roles. The Executive Committee shall meet at least 4 times a year.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees 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).

The law applicable to charities in England & Wales 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 2015 (FRS 102);
- 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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 Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They 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

Approved by the Trustees and signed on their behalf:

L Ogunsola
Trustee

A Pollard
Trustee

Date: 29/01/22

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report to the charity trustees on my examination of the accounts of the charity for the period ended 31 March 2021 which are set out on pages 8 to 13.

Responsibilities and basis of report

As the charity's trustees 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 charity's accounts carried out under section 145 of the 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 the charity 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 applicable 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.

C. Cooper (FCCA)

For and on behalf of Azets Limited
Accountants
Greytown House, 221/227 High Street
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Date 30/01/22

THAMES LIFE

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Net assets		
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A Pollard
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For the period ended 31 March 2021

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