

Annual Report



April 2021 - March 2022



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

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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 Healthy 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**

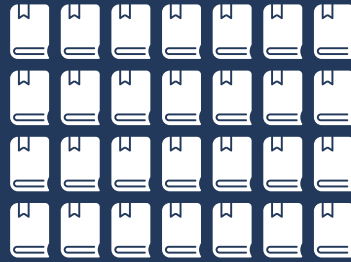


PROJECTS

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

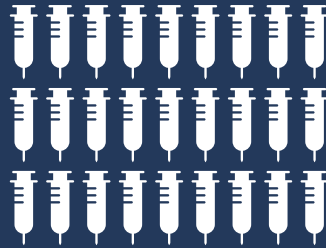
Community Liaison Officer and local resident of Barking and Dagenham - "It's a pleasure to be a member of a steering group centred around integrating local residents into the decision-making process of **Healthy Thames**, to ensure meaningful and sustainable outcomes are innovative and quintessential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

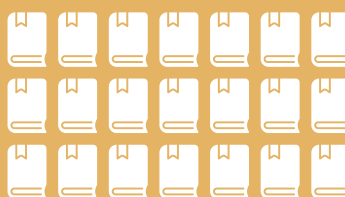
£8525

**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

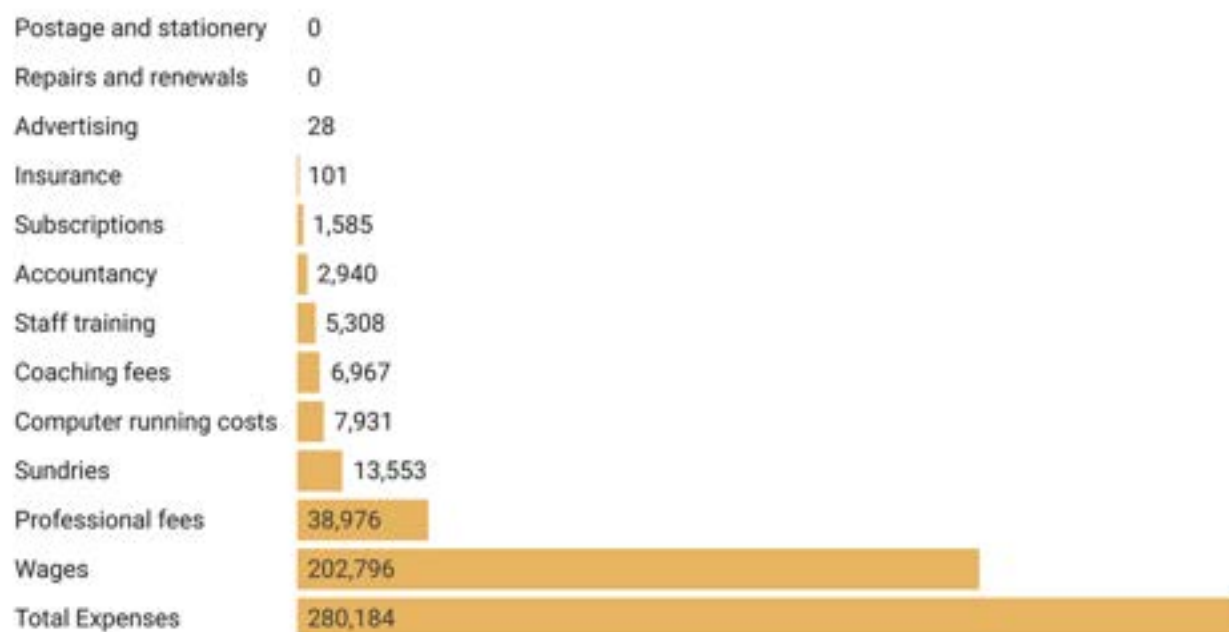
Finances

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
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FOR THE YEAR ENDED 31ST MARCH 2022

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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 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

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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

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Principal address

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Renwick Road
Barking
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IG11 0FU

Trustees

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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

THAMES LIFE

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	2,294	2,294
	<u>77,943</u>	<u>77,943</u>
TOTAL FUNDS	<u>77,943</u>	<u>77,943</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