

**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
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THAMES LIFE
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FOR THE YEAR ENDED 31ST MARCH 2023

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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 of 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.

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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.

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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>24,322</u>	<u>19,004</u>	<u>7,710</u>
		<u>5,001</u>	<u>(5,001)</u>	<u>-</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

**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.

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**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>

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**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	-

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**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 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 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>

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**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