



# IMPACT REPORT

**April '23 - March '24**

**Creating positive spaces and opportunities for resident empowerment and wellbeing.**

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# WELCOME

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

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

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

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

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

**Zainab Omokhe**

Communications and Marketing Officer

# ABOUT US

## VISION

A diverse and vibrant community where residents are driving change.

## MISSION

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

## OUR AIM IS TO:

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

# OUR TRUSTEES



**Amina Hussein**

PA, HR, Payroll &  
Youth Work  
experience



**Delwar Hussain**



**Hafizur Rahman**

College lecturer,  
Trustee of Thames View  
Muslim Association



**Jean Songa**



**Josiah Oyekunle**  
**Co-Chair**

International Wedding  
& Events DJ, Musician,  
Producer and MC



**Lai Ogunsola**

Project Officer in the  
Health Team at the GLA



**Natalie Ogene**

Civil Servant





## OUR STAFF



**Matt Scott**  
CEO



**Jamie Kesten**  
Deputy CEO



**Margarida Lopes**  
Governance Manager



**Nia Lopez**  
Administrative Officer



**Alex Anthony**  
Community Organiser



**Lucy Lee**  
Health Outreach  
Officer



**Vishal Narayan**  
Health Strategy  
Officer



**Zahra Awani**  
Comms & Outreach  
Officer (Mat cover)



**Zainab Jalloh**  
Comms & Outreach  
Officer





## A WORD FROM OUR CHAIR

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

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

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

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

Josiah Oyekunle  
Chair





## A WORD FROM OUR CEO

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

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

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

Our core projects are:

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

Matt Scott  
CEO



# KEY SUCCESSES

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

## Artivism & Live Music Event



## Sports day celebration for LMCT activities



## Riverside School first to pilot Harry Potter prod

By Vanilia Amorim, local resident and REB member

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

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

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

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



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

## Ongoing BRL funding secured for The RiverView

## Launched award-winning GP drop- in clinics

# **'23/'24 FOCUS**

**1  
BARKING  
FOOD  
FOREST  
(BFF)**

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

**3  
RIPPLE  
EFFECT  
GROUP**

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

**5  
THE  
RIVERVIEW**

**6  
LONDON  
MARATHON  
CHARITABLE  
TRUST**



# **BARKING FOOD FOREST**

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

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

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

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

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

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





**Funding Secured:  
£12,000**



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

**BARKING  
FOOD  
FOREST**



# **RIPPLE NATURE RESERVE**

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

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

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





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



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



# RIPPLE EFFECT GROUP

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

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## Key Campaigns:

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



## Total Attendees:

**Members: 48**

**Committee: 10**



# YOUNG CITIZENS ACTION GROUP

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

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

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

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## YOUNG CITIZENS ACTION GROUP

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## Key Campaigns:

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



Active YCAG members:

12



Young people listened to:

250





# THE RIVERVIEW

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

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

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

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

# *The* *River*View





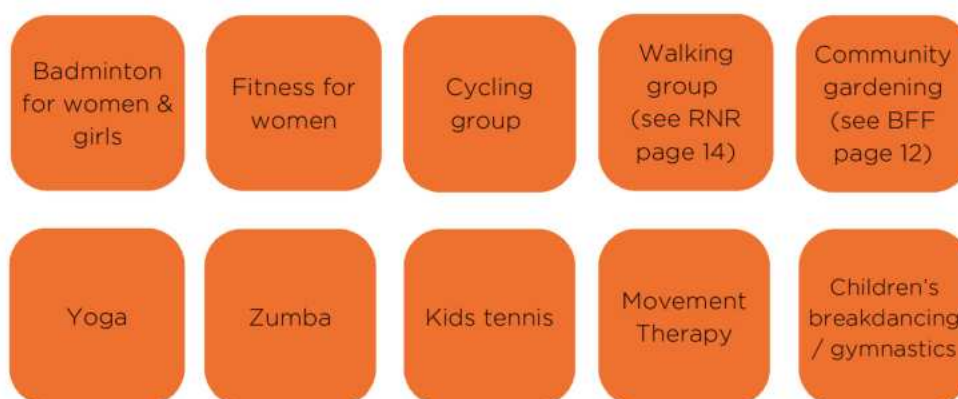
SEE US TODAY! Submit an article to us and learn or get your message out to our local community by advertising your business. To find out more, email us at [advertising@thomsonllc.org.uk](mailto:advertising@thomsonllc.org.uk)





# LONDON MARATHON CHARITABLE TRUST

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

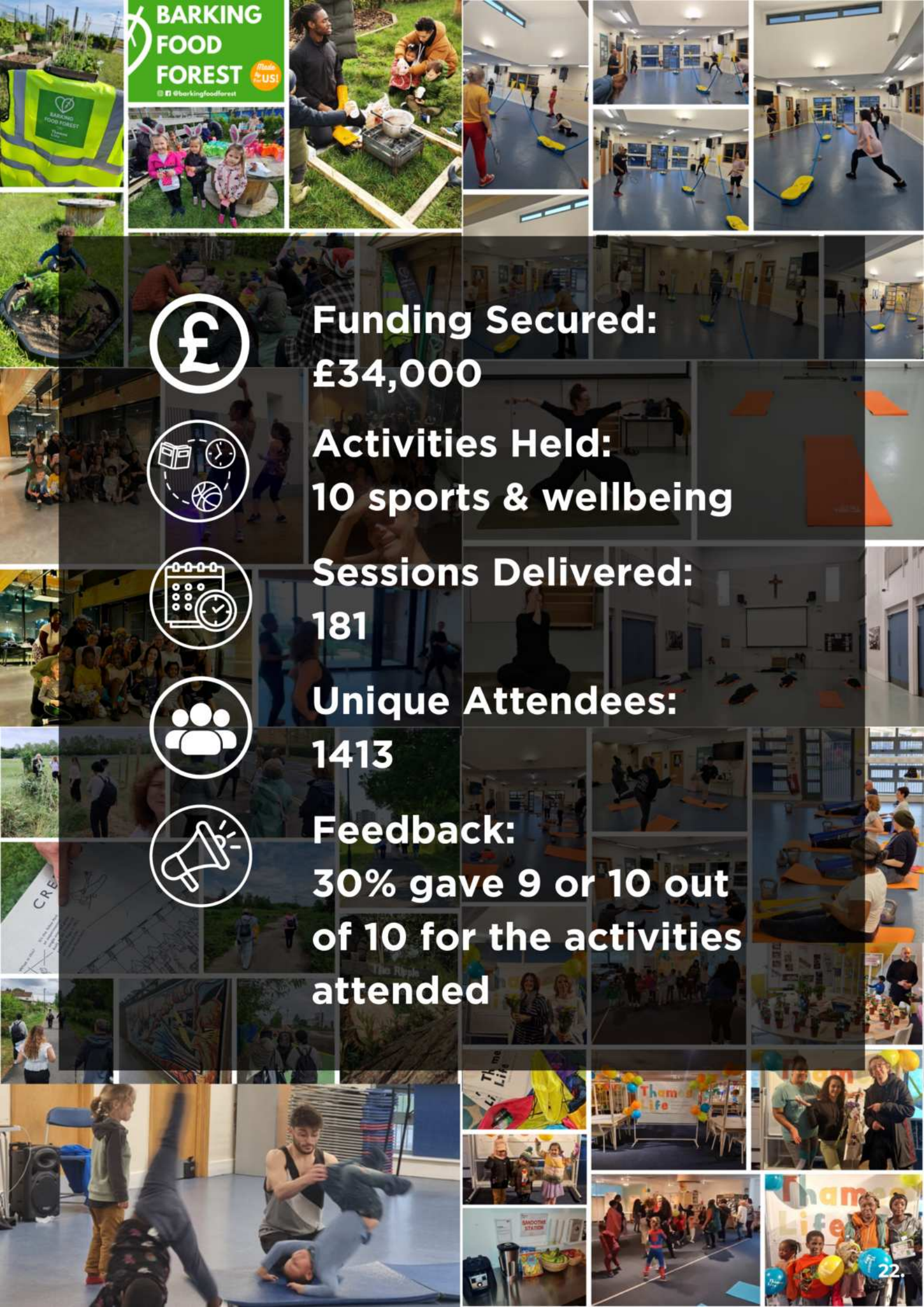


We provided these activities with the aim to engage residents that might not usually participate in group fitness sessions. The knock-on effect of Covid left many residents and their families feeling isolated, therefore encouraging residents with a fitness background enabled outreach to be more effective.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



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





**Funding Secured:  
£34,000**



**Activities Held:  
10 sports & wellbeing**



**Sessions Delivered:  
181**



**Unique Attendees:  
1413**



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





# OTHER PROJECTS

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

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

In total, 601 residents attended the 6 events.

Residents  
attended:  
601

Funding  
secured:  
30,000

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

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

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

# FEEDBACK

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

**- Dr. Jagan John, Aurora Medcare**

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

**- Local resident attendee of GP drop in clinic**

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

**- Craig, Barking Food Forest volunteer**

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

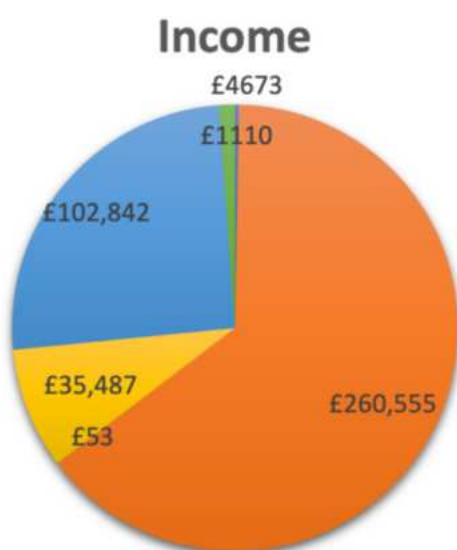
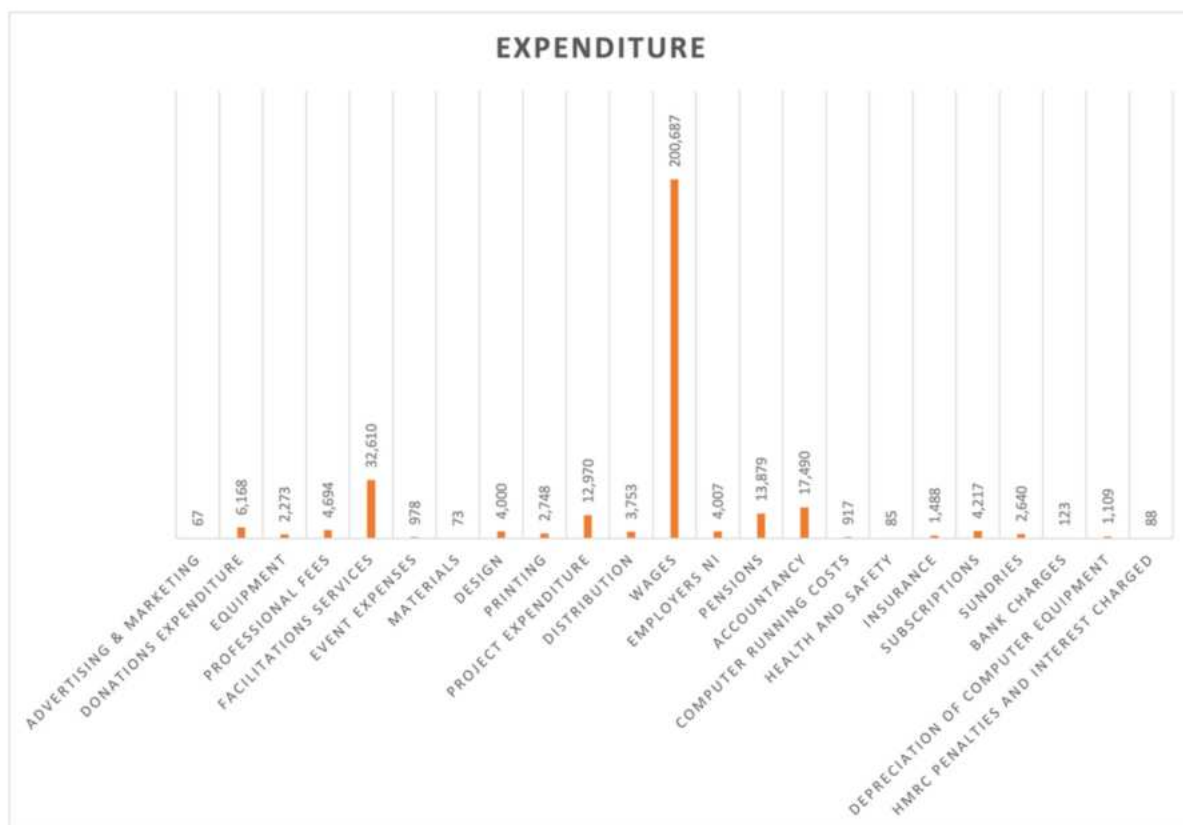
**- Carney Bonner, British Red Cross**

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

**- Almu Segura, Nice Bunch CIC**



# FINANCES



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



# THANK YOU



**KINGSLEY HALL**



## FUNDERS & PARTNERS



SUPPORTED BY  
**MAYOR OF LONDON**



**Imperial College London**







**Address: Thames Life,  
Thames Community Hub,  
Bastable Avenue, Barking IG11 0LH  
Email: [info@thames-life.org.uk](mailto:info@thames-life.org.uk)  
Website: [www.thames-life.org.uk](http://www.thames-life.org.uk)**

**Thames  
Life** Community  
Development  
Trust

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



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

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

**THAMES LIFE**

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FOR THE YEAR ENDED 31 MARCH 2024**

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

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

**OBJECTIVES AND ACTIVITIES**

**Our purposes and activities**

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

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

**Our vision, mission and aims**

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

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

Aims:

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

**Public benefit**

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

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

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**ACHIEVEMENT AND PERFORMANCE**

**Review of the year**

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

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

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

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

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

**FINANCIAL REVIEW**

**Financial position**

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



£83,533).

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

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**FINANCIAL REVIEW**

**Reserves policy**

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

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

**Going concern**

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

**FUTURE PLANS**

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

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

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

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

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

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

**Risk management**

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

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

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1189743



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

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**Principal address**

Riverside School  
Renwick Road  
Barking  
Essex  
IG11 0FU

**Trustees**

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

**Independent Examiner**

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

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



.....  
J Oyekunle - Trustee

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

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### **Independent examiner's report to the trustees of Thames Life**

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

### **Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

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

### **Independent examiner's statement**

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

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Lee Blunden FCCA CTA

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

Date: 6<sup>th</sup> August 2024



**THAMES LIFE**

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

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

The notes form part of these financial statements

THAMES LIFE

**BALANCE SHEET**  
**31 MARCH 2024**

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

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



.....  
J Oyekunle - Trustee



.....  
L Ogunsola - Trustee

The notes form part of these financial statements



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

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### 1. ACCOUNTING POLICIES

#### **Basis of preparing the financial statements**

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

#### **Income**

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

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

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

#### **Expenditure**

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

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

#### **Tangible fixed assets**

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

Computer equipment - 20% on cost

#### **Taxation**

The charity is exempt from tax on its charitable activities.

#### **Fund accounting**

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

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

#### **Pension costs and other post-retirement benefits**

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

which they relate.



THAMES LIFE

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

2. CHARITABLE ACTIVITIES

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

3. INVESTMENT INCOME

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

4. INCOME FROM CHARITABLE ACTIVITIES

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

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

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

5. CHARITABLE ACTIVITIES COSTS

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

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

**6. SUPPORT COSTS**

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

**7. TRUSTEES' REMUNERATION AND BENEFITS**

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

**Trustees' expenses**

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

**8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

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



**THAMES LIFE**

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

**9. TANGIBLE FIXED ASSETS**

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

**10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

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

**11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

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

THAMES LIFE

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

12. MOVEMENT IN FUNDS

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



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

**12. MOVEMENT IN FUNDS - continued**

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

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

**THAMES LIFE**

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

**12. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

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

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

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



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

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**12. MOVEMENT IN FUNDS - continued**

Restricted Funds are to be spent as outlined below:

**Built - ID**

Funding to be spent on community arts activity.

**NCIL**

Funds for community gardening.

**London Borough of Barking & Dagenham**

Funding for resident-led activities

**Trust for London**

For community outreach and communications

**BD Giving**

Funding for resident support and fire safety

**Community Resources Network Neighbourhoods Project**

Resilience funding

**Lottery Reaching Communities**

Funding of core staffing of the Charity

**Riverview Newspaper**

Production of resident newspaper

**Climate Kickstarter**

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

**Locality Lead**

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

**Barking Food Forest**

Funding for community garden site leased to school from BRL

**Community Chest**

social prescribing community chest secured via LBBD

**UKPN Ripple Nature Reserve**

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

**Dr Pop Ups**

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

**LBBD Coproduction**

Funds received from LBBD for resident attendance and participation

**London Plus GLA**

Funds received for CEO participation on resilience and civil contingency support

**Shaftesbury Foundation**

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

**Social Change**



Funds received in lieu of worker attendance at BD Collective events

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

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**12. MOVEMENT IN FUNDS - continued**

**Transfers between funds**

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

**13. RELATED PARTY DISCLOSURES**

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

**THAMES LIFE**

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

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

This page does not form part of the statutory financial statements