

SUPPORT FOR NEW LIFE

England & Wales · Charity number 1190810

Details

Status Registered

Legal form CIO

Registered 2020-08-11

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

Contact

Address Carramea community resource centre.
27 Northolt Road
South Harrow
HA2 0LH

Phone 07932088524

Email info@supportfornewlife.org

Website <https://supportfornewlife.org>

Activities

Objects: TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT OF PEOPLE LIVING IN GREATER LONDON WHO ARE SOCIALLY EXCLUDED AS A RESULT OF THEIR AGE, ILL HEALTH OR DISABILITY, IN PARTICULAR WITH REGARD TO OLDER PEOPLE, TO RELIEVE THE NEEDS OF SUCH PEOPLE AND ASSIST THEM TO INTEGRATE INTO SOCIETY, IN PARTICULAR BY:• PROVIDING SUPPORT NETWORKS FOR PEOPLE TO CONNECT DIGITALLY WITH FAMILY AND FRIENDS, TO ORDER SHOPPING AND ACCESS TO HEALTH CARE INCLUDING ORDERING PRESCRIPTIONS;• PROVIDING OPPORTUNITIES TO PARTICIPATE EQUALLY, FULLY AND INDEPENDENTLY IN HEALTH AND WELL – BEING ACTIVITIES / WORKSHOPS, THROUGH ZOOM OR IN SUPPORT GROUPS;• SHARING KNOWLEDGE AND RESOURCES TO HELP OFFER INDIVIDUAL TAILORED SUPPORT TO IMPROVE SOCIAL SKILLS;• ADDRESSING BEHAVIOUR THAT ARE COUNTER PRODUCTIVE OR INTERFERE WITH EVERYDAY LIVING THROUGH RAISING AWARENESS AND USING VOLUNTEERS AS COMMUNITY NAVIGATORS TO HOUSE-BOUND OR HARD TO REACH OLDER PEOPLE.NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH [SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005] AND [SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008].

Activities: Support for New Life, purpose is to benefit older adults of all genders living in Greater London by promoting social inclusion through information, exercise classes, Zumba classes, nutrition classes, emotion wellbeing workshops, peer support group, walking club, quizzes, smoothie workshops and diabetic

awareness, mental health awareness, advocacy services. etc.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Disability, The Prevention Or Relief Of Poverty
- **Who:** Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-01	£30,830	£13,090	-	-
2024-07-01	£19,690	£19,020	-	-
2023-07-01	£19,678	£19,024	-	-
2022-07-01	£10,000	£6,085	-	-
2021-07-01	£0	£0	-	-

Trustees

Name	Role	Appointed
Patrick Munyao	Chair	2021-07-16
Herbert Bird		2021-07-29
Martin muir		2021-10-10

SUPPORT FOR NEW LIFE

England & Wales - Charity number 1190810

Accounts



Trustees' Annual Report for the period

and

From	Period start date			Period end date		
	01	07	2024	01	07	2025

To

Section A

Reference and administration details

Charity name

Support for New Life

Other names charity is known by

Registered charity number (if any)

1190810

Charity's principal address

Carramea Community Resource Centre

27 Northolt Road

London

Postcode

HA20LH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr Patrick Munyao			Support For New Life
2	Mr Martin Muir			
3	Mr Herbert Bird			
4				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Beatrice Muia

Section B

Structure, governance and management

Description of the charity's trusts

Type of governing document

constitution

(eg. trust deed, constitution)
How the charity is constituted
 (eg. trust, association, company)

Trustee selection methods
 (eg. appointed by, elected by)

	Chairman and Trustees
	Recruited

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees.
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

	Trustee recruitment and induction policy and safeguarding policy.
	Chairman (Mr Patrick William Munyao) Trustee (Mr Martin Muir) Trustee (Mr Herbert William Bird)
	No Related Parties.
	Trustees are guided by risk management policy to prevent and manage any risks.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of *Support for New Life* is to promote social inclusion for the public benefit of individuals living in Greater London who are socially excluded due to age, ill health, or disability. In particular, the charity focuses on older people, aiming to relieve their needs and support their integration into society.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Support for New Life delivers a range of community-based activities designed to reduce social exclusion and improve the well-being of older people and those affected by ill health or disability. These activities directly support the charity's objects and provide measurable public benefit. Key activities include:

- **Face-to-face peer support groups**, held regularly, offering a welcoming space for social interaction and structured activities.
- **Physical activities**, such as Zumba and chair-based exercises, to promote physical health and mobility.
- **Educational workshops** covering topics relevant to members' needs and interests, along with group quizzes to stimulate mental engagement and build social bonds.
- **Digital skills training** aimed at tackling digital exclusion among elderly members, enabling them to connect with loved ones, access services, and participate more fully in society.
- **Seasonal outings**, including a summer day trip to the seaside, providing members with opportunities for enjoyment and connection beyond their usual environment.
- **Welfare checks** for members unable to attend in person, helping to monitor their well-being and reduce feelings of isolation.
- **Advocacy and support**, including signposting and referrals to specialist services for members facing personal challenges related to welfare benefits, housing, or health issues.

These activities are provided free of charge and are tailored to the needs of our members, many of whom face significant barriers to social inclusion.

The trustees confirm that they have had due regard to the guidance issued by the Charity Commission on public benefit when planning and delivering these services.

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grant making.
- policy programme related investment;
- contribution made by volunteers.

Support for New Life does not currently operate a formal grant-making programme. However, we may consider referring individuals or families to external organisations that offer grants or financial support where appropriate, particularly in relation to hardship, housing, or health-related needs.

Policy on Programme-Related Investment

The charity does not currently hold any programme-related investments. All income and resources are directed toward delivering frontline services that support the charity's objects. Should the opportunity arise, any future investments will be considered in alignment with our charitable purposes and in accordance with guidance from the Charity Commission.

Contribution Made by Volunteers

Volunteers are at the heart of *Support for New Life's* work and play a vital role in the delivery of our services. They assist with organising and running peer support groups, leading activities, offering digital skills training, conducting welfare checks, and supporting members through advocacy and signposting. Our volunteers also act as community navigators, helping reach isolated individuals who may not otherwise engage with our services. We deeply value their time, energy, and commitment, which significantly extend the impact of our work.

Summary of the main achievements of the charity during the year

During the year, **Support for New Life** successfully delivered a wide range of activities aimed at reducing social isolation and improving the well-being of elderly individuals across Greater London. Our core achievement was the continued delivery of monthly peer support groups, which offered structured physical activities, social interaction, and educational workshops—all free of charge.

Key achievements include:

- **Maintaining a steady membership base of 60 registered individuals**, with 18–25 attending sessions regularly.
- **Consistent delivery of monthly support groups** without interruption, fostering trust, routine, and a sense of community.
- **Organising engaging group activities**, including Zumba, chair-based exercises, health-related workshops, quizzes, and digital skills training—empowering members to live more independently.
- **Facilitating a summer day trip to the seaside**, which was highly valued by members as a rare opportunity for leisure and social engagement.
- **Providing welfare checks and follow-ups** for members unable to attend in person, ensuring their well-being and continued connection to the group.
- **Delivering informal advocacy and signposting support**, helping members navigate personal challenges such as housing, health care access, and welfare benefits.
- **Improving social outcomes**, with 70% of members reporting new friendships and reduced feelings of loneliness. Some members have even taken on mentoring roles for newcomers.

Many of our members had not participated in any community activity since the COVID-19 pandemic. Through our work, they have regained confidence, increased their self-esteem, and reported noticeable improvements in their physical and mental health.

We are proud of the positive feedback received from members, families, and partner organisations. These achievements reflect our ongoing commitment to promoting social inclusion and enhancing quality of life for some of the most vulnerable individuals in our community.

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Brief statement of the charity's policy on reserves

Support for New Life recognises the importance of maintaining adequate reserves to ensure financial stability and sustainability. Our reserves policy is guided by good practice and aims to protect the charity against unexpected drops in income, delays in funding, or to take advantage of new opportunities that align with our charitable objectives.

- **Level of Reserves:** The charity aims to maintain unrestricted reserves equivalent to at least **three months of core operating costs**. This level is considered sufficient to cover essential services and commitments in the event of unforeseen circumstances, such as funding shortfalls or emergencies.
- **Use of Reserves:** Reserves may be used to:
 - Continue delivering key services during short-term income gaps;
 - Fund essential, one-off costs;
 - Respond to urgent needs within the community; or
 - Invest in new projects or opportunities that support the charity's aims, subject to trustee approval.
- **Review of Policy:** The reserves policy is reviewed **annually by the Board of Trustees** to ensure it remains appropriate to the charity's size, activities, and financial position.

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Support for New Life currently relies on grant funding as its principal source of income. The charity actively applies for grants from trusts, foundations, and other funding bodies to support the delivery of its core services and community programmes. At this stage, the charity does not generate income through public fundraising or trading activities.

Expenditure in Support of Key Objectives

All expenditure by *Support for New Life* is strictly allocated project costs as agreed with funders. Spending is carefully monitored to ensure that all funds directly support the delivery of the charity's objectives, particularly the reduction of social isolation among elderly and vulnerable individuals through peer support, health and well-being activities, digital inclusion, and outreach.

Investment Policy and Objectives

The charity has adopted an ethical investment policy which outlines

its intention to invest in a manner consistent with its values and charitable aims. This includes avoiding investments in industries or companies that conflict with its mission to promote well-being and inclusion. While **Support for New Life** currently holds no funds available for investment, the policy is in place to guide future decisions as the financial position of the charity grows.

Section F Other optional information

Financial Control and Governance

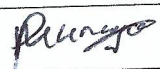
Support for New Life is committed to maintaining strong financial oversight and governance to ensure transparency, accountability, and the responsible use of charitable funds. Key measures in place include:

1. **Regular financial checks** conducted by the Management Board to review income, expenditure, and budget adherence.
2. **Ongoing oversight by the Management Board** to monitor financial activities, assess performance, and support strategic decision-making.
3. **Strict adherence to established financial policies and procedures** to mitigate risk, ensure compliance with regulatory requirements, and uphold financial integrity.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Patrick William	Munyao
Position (eg Secretary, Chair, etc)	Chairman	
Date	01/07/2025	



SUPPORT FOR NEW LIFE.

SUPPORT FOR NEW LIFE.

Total receipt and payments account.

For the year ended 1st July 2024 to 1st July 2025

Income.

Date	Receipts	Unrestricted funding	Restricted	Total
01/07/2024	Balance bought forward			£670
23/08/2024	Receipt 1	Bentley advancing life chances small grant (CAF)		£500
20/11/2024	Receipt 2		National Energy Action Grant (NAE)	£350.00
10/01/2025	Receipt 3		National Lottery Community Fund	£20,000.00
10/01/2025	Receipt 4	Landsec Future Grant (CAF)		£1000

06/02/2025	Receipt 5	Voluntary Action Harrow		£120.00
20/02/2025	Receipt 6		Barchester charitable foundation (CAF)	£1190.00
02/05/2025	Receipt 7		Harrow Together Grant	£4999.00
12/06/2025	Receipt		National lottery mayors weekend	£1999.00
01/07/2025	Total Grants and balance brought forwards			£30828.00

Total Expenditure

Staff wages and volunteer expense	£4525.94
IT expenses	£820.25
Postage, printing and stationary	£575.25
Venue Hire including annual cost	£2250.21
Petty Cash	£455.06
Food and refreshment	£2413.00
Professional, activities facilitators	£1913.00
Summer Day Trip Deposit	£137.50
Total expenses	£13091.21

Balance carried forwards on 01/07/2025:

Bank balance: **£17736.79**

The financial statement was approved at a meeting of the management committee and sign on its behalf by.

Name: Mr Patrick William Munyao

Signature: 

Date:01/07/2025

Support for New Life.

1st July 2025.

Sorry we don't have auditor's report yet.

SUPPORT FOR NEW LIFE

England & Wales - Charity number 1190810

Accounts



and

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	07	2024		01	07	2025

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Carramea Community Resource Centre	
27 Northolt Road	
London	
Postcode	HA20LH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr Patrick Munyao			Support For New Life
2	Mr Martin Muir			
3	Mr Herbert Bird			
4				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document

(eg. trust deed, constitution)	
How the charity is constituted (eg. trust, association, company)	Chairman and Trustees
Trustee selection methods (eg. appointed by, elected by)	Recruited

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees.
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Trustee recruitment and induction policy and safeguarding policy.

Chairman (Mr Patrick William Munyao)

Trustee (Mr Martin Muir)

Trustee (Mr Herbert William Bird)

No Related Parties.

Trustees are guided by risk management policy to prevent and manage any risks.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of Support for New Life is; To promote social inclusion for the public benefit of people living in Greater London who are socially excluded as a result of their age, ill health or disability, in particular with regard to older people, to relieve the needs of such people and assist them to integrate into society.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Intervention such as.

- Providing support networks for people to connect digitally with family and friends, to order shopping and access to health care including ordering prescriptions.
 - Providing opportunities face to face to participate equally, fully, and independently in health and well – being activities such as Zumba, Yoga, Chair exercises / workshops, through zoom or in peer support groups relating to healthy lifestyle.
 - Sharing knowledge and resources to help offer individual tailored support to improve social skills.
 - Addressing behaviour that are counterproductive or interfere with everyday living through raising awareness and using volunteers as community navigators to house-bound or hard to reach older people.
- The work carried out by Support for New Life is for the public Benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grant making.
- policy programme related investment;
- contribution made by volunteers.

- To enhance social support with other people of their choice.
- To increase opportunities for social interactions by providing information to beneficiaries.
- To improve social skills by proving safe secure and non-judgmental environment.
- To address behaviors that are counterproductive or interfere with everyday living through raising awareness to beneficiaries.
- To improve physical, mental Health and social well – being of our beneficiaries.
- Creating positive energy, sense of belonging and Build Strong communities.

Support for New life has grant -Making policy, that is used to guide grant, making.

Investment policy to guide on investments.

Volunteer induction and training policy and volunteer management including safe guiding policy.

Summary of the main achievements of the charity during the year

Support for New Life continue offering support ton elderly individuals experiencing loneliness and isolation through peer support groups, which include physical activities, educational workshops on topics of their choice and a social hot lunch. All our service is free of charge.

We currently have 30 registered members and working towards increasing capacity.

With between 15-18 members attending during peer support groups.

We have received positive feedback from our members, relatives and partners of the positive impact combating loneliness and isolation.

70% of our members have made friends that share their experiences and challenges with.

The feedback from member is overwhelming some member had not left their front door since the pandemic, because they didn't feel safe, others lost their partner making it difficult to socialise. These members regularly attend the peer support group and spear head mentoring new members.

We run peer support groups on Monthly basis without miss and their confidence, self-esteem and self-care has increased with positive physical and mental health benefits.

Section E Financial review

Brief statement of the charity's policy on reserves

Support for New Life Reserve policy, set out;

- How much the charity needs to hold in reserve and why?
- How and when the charity's reserve can be spent
- How often the reserve policy should be review.

It is good practice to keep money aside as Reserves to protect the charity against drops in income or allow new opportunities.

Details of any funds materially in deficit

No

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The Charity source of fund is applying for grants now.

Support for New Life Expenditure is for the project as agreed by the funder.

Support for New Life has investment policy on how to invest ethically and taking risk in investment, but we have no money to invest currently, but the policy is in placr for future.

Section F Other optional information

Financial control Governance.

1. Regular financial check by the management board.
2. Oversight by management board to monitor financial activities, performance and strategic decision –making.
3. Adherence to establish financial policies and procedure to mitigate risk and maintain financial integrity.

Future outlook

Implement outreach initiatives to combat loneliness and isolation among elderly including days out and seaside trips. Strengthened partnership with local organisation and volunteers to enhanced our community impact.

This report serves a testament to dedication to transparently and accountability.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Patrick William	Munyao
Position (eg Secretary, Chair, etc)	Chairman	
Date	02/07/2024	



SUPPORT FOR NEW LIFE

Support for New Life.

Total Receipts & Payments Account for the year ended.

1st July 2023 to 01/07/2024

Income

Receipts	Unrestricted	Restricted
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Total

Receipt 1 Together Community Grant

Balance bought forward from previous year.

£8928.08

Receipts 2 06/09/2024

£750 Children England organisation

Receipts 3

£10,000

National lottery

Total income

£19678.08

Expenditure

Total Receipts Payments

Staff Wages and volunteer Expenses

£9860.00

Postage, printing and stationary

£400

Equipment

£ 1000

IT expenses

£1000

Venue hires

£964

Food and refreshment

£3600

Petty cash

£800

Professional activities facilitator

£1200

Miscellaneous

£200

Total Expenditure

£ 19024.00

Balance carried forward 05/06/2024

£ 654.08

Bank balance

£645.08

The financial statement was approved at a meeting of the management committee and signed on its behalf by.

Singed.....*Patrick*.....

Name*PATRICK WILLIAM MURPHY*..... (Chairman)

Date.....*01/07/2024*.....

SUPPORT FOR NEW LIFE

England & Wales - Charity number 1190810

Accounts

and



Trustees' Annual Report for the period

From	Period start date			Period end date		
	02	July	2021	01	July	Year2022
				To		

Support for New Life

Other names charity is known by

Registered charity number (if any)

1190810

Charity's principal address

Carrammea Community Resource Centre
 27 Northolt Road
 London
 Postcode HA20LH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr Patrick Munyao		2020	
2	Mr Martin Muir		2020	
3	Mr Herbert Bird		2020	
4				
5				
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11				
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15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Beatrice Muia

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	constitution
How the charity is constituted <small>(eg. trust, association, company)</small>	Chairman and Trustees
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Recruited

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees.
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- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Trustee recruitment and induction policy and safeguarding policy.

Chairman (Mr Patrick William Munyao)
Trustee (Mr Martin Muir)
Trustee (Mr Herbert William Bird)

No Related Parties.

Trustees are guided by risk management policy to prevent and manage any risks.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

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Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Intervention such as.

- Providing support networks for people to connect digitally with family and friends, to order shopping and access to health care including ordering prescriptions.
 - Providing opportunities to participate equally, fully and independently in health and well – being activities such as Zumba, Yoga, Chair exercises / workshops, through zoom or in peer support groups relating to healthy lifestyle.
 - Sharing knowledge and resources to help offer individual tailored support to improve social skills.
 - Addressing behaviour that are counterproductive or interfere with everyday living through raising awareness and using volunteers as community navigators to house-bound or hard to reach older people.
- The work carried out by Support For New Life is for the public Benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking.
- policy programme related investment;
- contribution made by volunteers.

- To improve social skills by providing safe secure and non-judgmental environment.
- To enhance social support with other people of their choice.
- To increase opportunities for social interactions by providing information to beneficiaries.
- To address behaviors that are counterproductive or interferes with everyday living through raising awareness to beneficiaries.
- To improve physical, mental Health and social well – being of our beneficiaries.
- Creating positive energy, sense of belonging and Build Strong communities.

Support for New life has grant -Making policy, that is use to guide grant, making.

Investment policy to guide on investments.

Volunteer induction and training policy and volunteer management including safe guiding policy.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The charity was delay to start after registration, due to some avoidable circumstance.

The charity began in January 2022 and received it's first grant in May 2022.

Support for New Life Launch Silver Age Project on 25th June 2022, We manage to register 10 members.
Since then we have 18 members.

The feedback from member is overwhelming some member had not left their front door since the pandemic, because they didn't feel safe, others lose their partner making it difficult to socialise. These members regularly attend the peer

Support group on monthly basis without miss and their confidence, self-esteem and self-care has increased with positive health benefits.
We are only four months to the project but the demand for the service is high.

Section E

Financial review

Brief statement of the charity's policy on reserves

Support for New Life Reserve policy, set out ;

- How much the charity needs to hold in reserve and why?
- How and when the charity's reserve can be spent
- How often the reserve policy should be review.

It is good practice to keep money aside as Reserves to protect the charity against drops in income or allow new opportunities.

Details of any funds materially in deficit

No

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The Charity source of fund is applying for grants at the moment.

Support for New Life Expenditure is for the project as greed by the funder.

Support for New Life has investment policy on how to invest ethically and taking risk in investment but we have no money to invest currently, but the policy is in placer for future.

Section F


Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Patrick William	Munyao
Position (eg Secretary, Chair, etc)	Chairman	
Date	29/09/2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Support For New Life
1190810

No (if any)

Receipts and payments accounts

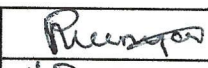
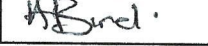
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For the period from	02/07/2021	To	01/07/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
National Lottery Community Fund	-	10,000	-	10,000	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	10,000	-	10,000	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	10,000	-	10,000	-
A3 Payments					
Staff Wages	1,932	-	-	1,932	-
postage, printing ,stationary	65	-	-	65	-
Equipment	673	-	-	673	-
Venue	247	-	-	247	-
IT Expense	110	-	-	110	-
Refreshment and Transport	588	-	-	588	-
petty Cash	300	-	-	300	-
misc. Exp.	-	-	-	-	-
	-	-	-	-	-
Sub total	3,915	-	-	3,915	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,915	-	-	3,915	-
Net of receipts/(payments)	- 3,915	10,000	-	6,085	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 3,915	10,000	-	6,085	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Nil	Nil	Nil	Nil
		-	-	-
		-	-	-
	Total cash funds	Nil	Nil	Nil
	(agree balances with receipts and payments account(s))	#VALUE!	#VALUE!	#VALUE!
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Nil	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Nil	Nil	Nil	Nil
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Nil	Nil	Nil	Nil
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Nil	Nil	Nil	Nil
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
			Patrick William Munyao	29/07/2022
			Herbert William Bird	27/09/2022

SUPPORT FOR NEW LIFE

England & Wales - Charity number 1190810

Accounts

and



Trustees' Annual Report for the period						
From		Period start date			Period end date	
		02	July	2022	Year	02
				To		

Section A Reference and administration details

Charity name Support for New Life

Other names charity is known by

Registered charity number (if any) 1190810

Charity's principal address

Carrammea Community Resource Centre	
27 Northolt Road	
London	
Postcode	HA20LH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr Patrick Munyao		2020	
2	Mr Martin Muir		2020	
3	Mr Herbert Bird		2020	
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Beatrice Muia

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	constitution
How the charity is constituted <small>(eg. trust, association, company)</small>	Chairman and Trustees
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Recruited

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees.
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Trustee recruitment and induction policy and safeguarding policy.

Chairman (Mr Patrick William Munyao)
Trustee (Mr Martin Muir)
Trustee (Mr Herbert William Bird)

No Related Parties.

Trustees are guided by risk management policy to prevent and manage any risks.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of Support for New Life is “To promote social inclusion for the public benefits living in Greater London. Older Adults are lonely and isolated because of their age, ill health, or disability, impairment, death of a spouse, family breakdown, no longer able to pursuit their hobbies and interest. Interventions to integrate people into society .

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Intervention such as.

- Providing support networks for people to connect digitally with family and friends, to order shopping and access to health care including ordering prescriptions.
- Providing opportunities to participate equally, fully, and independently in health and well – being activities such as Zumba, Yoga, Chair exercises / workshops, through peer support groups relating to healthy lifestyle.
- Sharing knowledge and resources to help offer individual tailored support to improve social skills.

The work carried out by Support for New Life is for the public Benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking.
- policy programme related investment;
- contribution made by volunteers.

- To improve social skills by providing safe secure and non-judgmental environment.
- To enhance social support with other people of their choice.
- To increase opportunities for social interactions by providing peer support groups.
- To address behaviors that are counterproductive or interfere with everyday living through raising awareness to beneficiaries.
- To improve physical, mental Health and social well – being of our beneficiaries.
- Creating positive energy, sense of belonging and Build Strong communities.

Support for New life has grant -Making policy, that is used to guide grant, making.

Investment policy to guide on investments.

Volunteer induction and training policy and volunteer management including safe guiding policy.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Support for New Life has support 30 older adults through the weekly support groups.

In January 2023 Support for New Life was running a warm hub for Harrow London residents for 3 months until April 2023, which was beneficial and support during this period of high cost of living. The project was a success in keep people warm and providing a healthy hot freshly cooked Meal each week.

The feedback from member is overwhelming some member had not left their front door since the pandemic, because they didn't feel safe, others lost their partner making it difficult to socialise. These members regularly attend the peer.

Support group on weekly basis without miss and their confidence, self-esteem and self-care has increased with positive health benefits.

I proud of Support for New Life creating a community that share interests, hobbies and support each other.

Section E Financial review

Brief statement of the charity's policy on reserves	Support for New Life Reserve policy, set out. <ul style="list-style-type: none"> How much the charity needs to hold in reserve and why? How and when the charity's reserve can be spent How often the reserve policy should be review. It is good practice to keep money aside as Reserves to protect the charity against drops in income or allow new opportunities.
Details of any funds materially in deficit	No

Further financial review details (Optional information)

You may choose to include additional information, where relevant about: <ul style="list-style-type: none"> the charity's principal sources of funds (including any fundraising); how expenditure has supported the key objectives of the charity; investment policy and objectives including any ethical investment policy adopted. 	The charity's main source of fund is applying for grants now. Support for New Life Expenditure is for the project as greed by the funder and board of trustees. Support for New Life has investment policy on how to invest ethically and taking risk in investment, but we have no money to invest currently, but the policy is in placer for future.
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Section F Other optional information

The board of trustee has agreed to increase more interactive activities such as General quiz and advocacy of person-centred approach especially because our beneficiaries are on low income, have disabilities and impairment which make it difficult access mainstream support.
Continue with our intervention because it proved to be effective and beneficiaries' express satisfaction with our service delivery.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Patrick William	Munyao
Position (eg Secretary, Chair, etc)	Chairman	
Date	29/06/2023	



Receipts and payments account

For the period from	Period start date 07/02/2022	To
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
A1 Receipts			
Balance Brought Forward	3,915		-
Groundwork London	2,000	-	-
Harrow giving warm Hub Fund	5,000	-	-
Together community grant	10,000	-	-
Local giving donations	500	-	-
	-	-	-
	-	-	-
	-	-	-
Sub total (Gross income for AR)	21,415	-	-
A2 Asset and investment sales, (see table).			
	-	-	-
	-	-	-
Sub total	-	-	-
Total receipts	21,415	-	-
A3 Payments			
Staff Wages	5,760	-	-
postage, printing and stationary	280	-	-
Equipment	1,200	-	-
venue Hire expense	1,255	-	-
Food and Refreshment	3,400	-	-
petty cash	600	-	-
professional activities coach	900	-	-
overheads	563	-	-
	-	-	-
Sub total	13,958	-	-
A4 Asset and investment purchases, (see table)			
	-	-	-
	-	-	-
Sub total	-	-	-
Total payments	13,958	-	-
Net of receipts/(payments)	7,457	-	-
A5 Transfers between funds	-	-	-
A6 Cash funds last year end	-	-	-

Cash funds this year end | **7,457** | **-** | **-**

Section B Statement of assets and liabilities at the end of

Categories	Details	Unrestricted funds to nearest £
B1 Cash funds	Nil	-
	Nil	-
	Nil	-
	Total cash funds	-
	(agree balances with receipts and payments account(s))	Agreement Error
B2 Other monetary assets	Details	Unrestricted funds to nearest £
	Nil	-
	Nil	-
	Nil	-
	Nil	-
	Nil	-
	Nil	-
B3 Investment assets	Details	Fund to which asset belongs
	Nil	
	Nil	
	Nil	
	Nil	
	Nil	
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs
	Nil	
	Nil	
	Nil	
	Nil	
	Nil	
	Nil	
	Nil	
	Nil	
	Nil	
B5 Liabilities	Details	Fund to which liability relates
	Nil	
	Nil	
	Nil	
	Nil	
	Nil	

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

Signature

Print N

P. Munyao

Patrick M

o (if any)

ounts

07/02/2023

CC16a



Total funds

Last year

to the nearest £

to the nearest £

#REF!	-
2,000	-
5,000	-
10,000	-
500	-
-	-
-	-
-	-
#REF!	-

-	-
-	-
-	-

#REF!	-
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5,760	-
280	-
1,200	-
1,255	-
3,400	-
600	-
900	-
563	-
-	-
13,958	-

-	-
-	-
-	-

13,958	-
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#REF!	-
-	-
-	-

#REF!

-

the period

Restricted funds

to nearest £

-
-
-
-

OK

Endowment funds

to nearest £

-
-
-
-

OK

Restricted funds

to nearest £

-
-
-
-
-
-

Endowment funds

to nearest £

-
-
-
-
-
-

Cost (optional)

-
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-
-

Current value (optional)

-
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Cost (optional)

-
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-
-
-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

Amount due (optional)

-
-
-
-
-

When due (optional)

lame

Date of
approval

lunyao

07/04/2023