

and



Trustees' Annual Report for the period

Period start date			Period end date			
02	July	2022	Year	02	July	2023
From			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

Carramlea 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 (eg. trust deed, constitution)	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 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

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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.

- 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's main source of fund is applying for grants now.

Support for New Life Expenditure is for the project as agreed 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 place for future.

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	-	-	-

<i>Cash funds this year end</i>	7,457	-	-
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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	
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs
	Nil	
	Nil	
	Nil	
	Nil	
	Nil	
	Nil	
	Nil	
	Nil	
B5 Liabilities	Details	Fund to which liability relates
	Nil	
	Nil	
	Nil	
	Nil	

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

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

#REF!	-
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the period

Restricted funds	Endowment funds
to nearest £	to nearest £
-	-
-	-
-	-
-	-
OK	OK

Restricted funds	Endowment funds
to nearest £	to nearest £
-	-
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-
-	-
-	-
-	-
-	-
-	-
-	-
-	-

Amount due (optional)	When due (optional)
-	
-	
-	
-	
-	

lame	Date of approval
lunyao	07/04/2023