

and



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	02	July	2021		01	July	Year 2022

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		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 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 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 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

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 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 place 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

CC16a

For the period
from

02/07/2021

To

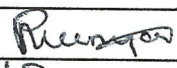
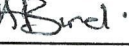
01/07/2022

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!
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	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