



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	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
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(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 to 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 place 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
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 William Murphy*.....

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

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