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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

(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.

Section D

Achievements and performance

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.

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

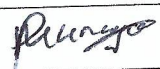
Support for New Life is committed to maintaining strong financial oversight and governance to ensure transparency, accountability, and the responsible use of charitable funds. Key measures in place include:

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.