



LATVIAN COMMUNITY
ASSOCIATION IN THE UK

LATVIAN COMMUNITY
ASSOCIATION
IN THE UK

ANNUAL REPORT

19.10.2020 - 31.03.2022



KEY INFORMATION ABOUT LCAIT

Charity Number: 1191882

Registered address: Gladstone Park Community Centre, 927 Bourges blvd, PE1 2AN

Trustees: Kristine Vaivode, Iluta Willis, Girts Arturs Suna, Evita Bolsakova

Coordinator: Iveta Suna

Accountant: Money Talks Accountancy Ltd

Independent Examiner: Joanna Fox ACMA

Type of governing document: Constitution

How the charity is constituted: Association

Trustee selection methods: Appointed by existing trustees

BOARD OF TRUSTEES REPORT

The Board of Trustees at Latvian Community Association in the UK are submitting the annual report for the time period of 19th October 2020 - 31st March 2022. The Board of Trustees confirms that the annual report, including financial statements, of LCAITUK comply with the current statutory requirements, the Charity Act 2011 as well as the requirements of the Constitution of the charity.

This report is a reflection of the objectives, activities and vision that is at the core of LCAITUK's values. We have prepared an overview of our achievements as well as a detailed financial report from the point we gained our charity status.

We want to express our utmost gratitude to everyone who helped with running our projects and activities, since 19th October 2020 we have had 15 volunteers regularly contributing their time, skills and expertise to make our charity the best it could be.

WHO WE ARE

Our charity started as Peterborough Latvian Community group (PLC) and on October 19th, 2020 we became a registered Charity. PLC was established in 2009 in Peterborough. Our main aim is to support disadvantaged members of the EU as well as emergency support groups such as Ukrainian refugees, who are on low income, work long hours, struggle with English and lack knowledge of the UK system. Our aim is to promote community cohesion for better understanding and also to help our members to take part in integration events to reduce loneliness, tackle mental health and reduce isolation by creating multi-cultural events, educational, sports and wellbeing activities to prevent anti-social behaviour and community tension and even crime. We have 7 people in the management committee and they contribute their expertise from different fields, including accountancy, youth and social work, psychology, engineering and arts.



TO PROVIDE DEPRIVED
LOCAL COMMUNITIES
WITH FREE WELLBEING
ACTIVITIES THAT
BENEFIT THEIR MENTAL
AND PHYSICAL HEALTH

OUR MISSION





OUR OBJECTIVES

PROMOTE SOCIAL INCLUSION OF THE LOCAL PETERBOROUGH COMMUNITY BY PROVIDING THEM WITH ACTIVITIES THAT WILL BRING THEM TOGETHER AND SECURE SAFE SPACES FOR SOCIALISING

INCREASE CONFIDENCE WITHIN OUR BENEFICIARIES THAT WILL LEAD TO BEING MORE OUTGOING AND POSITIVE ABOUT THEIR SKILLS BY ATTENDING ACTIVITIES SUCH AS ENGLISH AND SEWING CLASSES

MINIMISE THE STIGMA OF MENTAL HEALTH STRUGGLES BY ACTIVELY TALKING ABOUT IT AND PROVIDING THE BENEFICIARIES WITH THERAPY SUPPORT AND MENTAL HEALTH BENEFITING ACTIVITIES

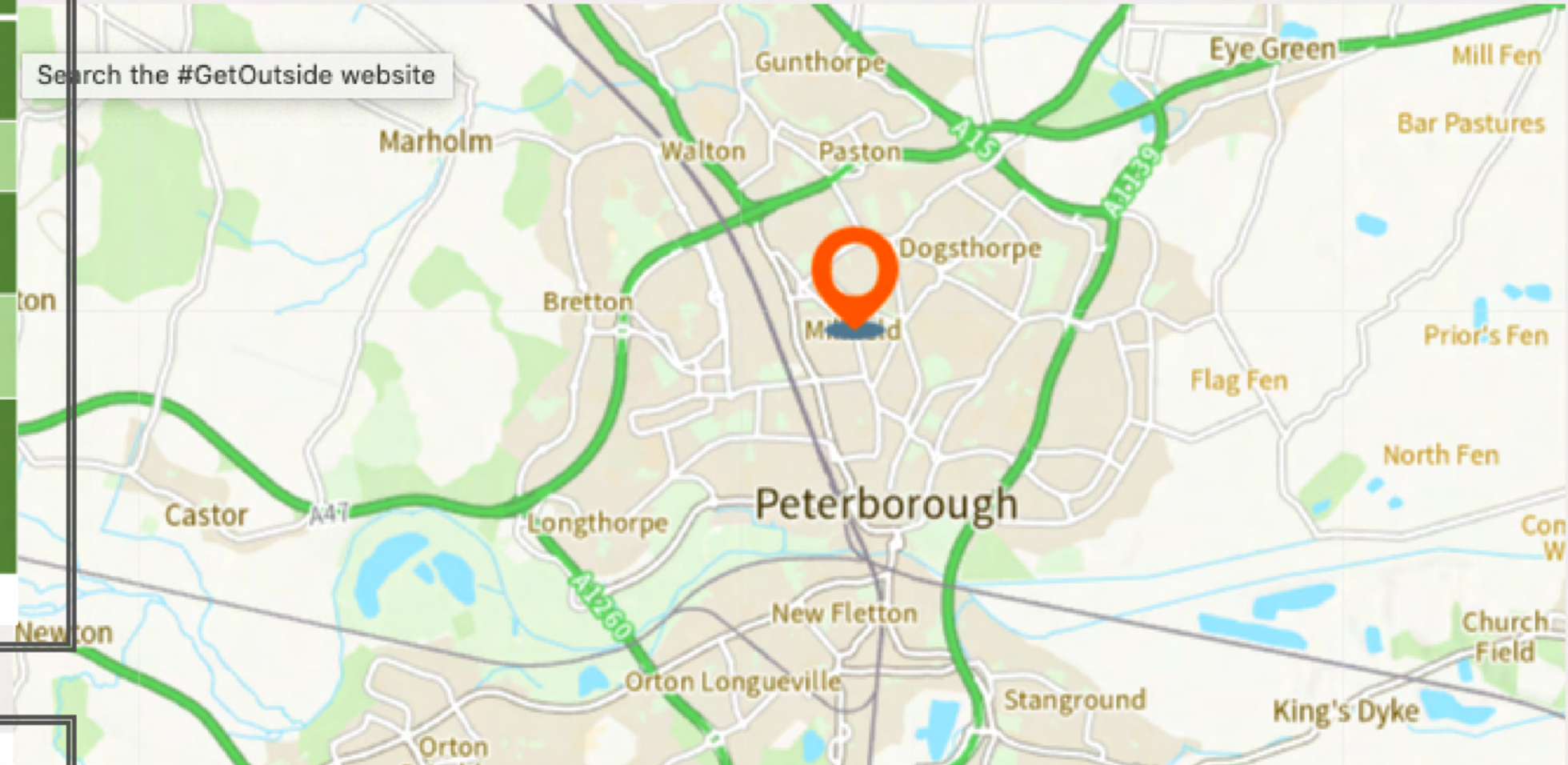
HELP OTHERS SEE OUR COMMUNITY AS AN EXCITING PLACE TO BE, FULL OF INSPIRING PEOPLE AND STORIES. TO SEE ITS DIVERSITY AS A TREASURE THAT IT IS.

PETERBOROUGH

WHERE WE WORK

The Workforce	Peterborough	England
Degree level education	27%	37%
Professional role	41%	52%
Lower skilled jobs	24%	15%
Weekly earnings	£565	£613
Universal credit	5.3% (around 48% in employment)	3.8%

(NOMIS 2021/22)



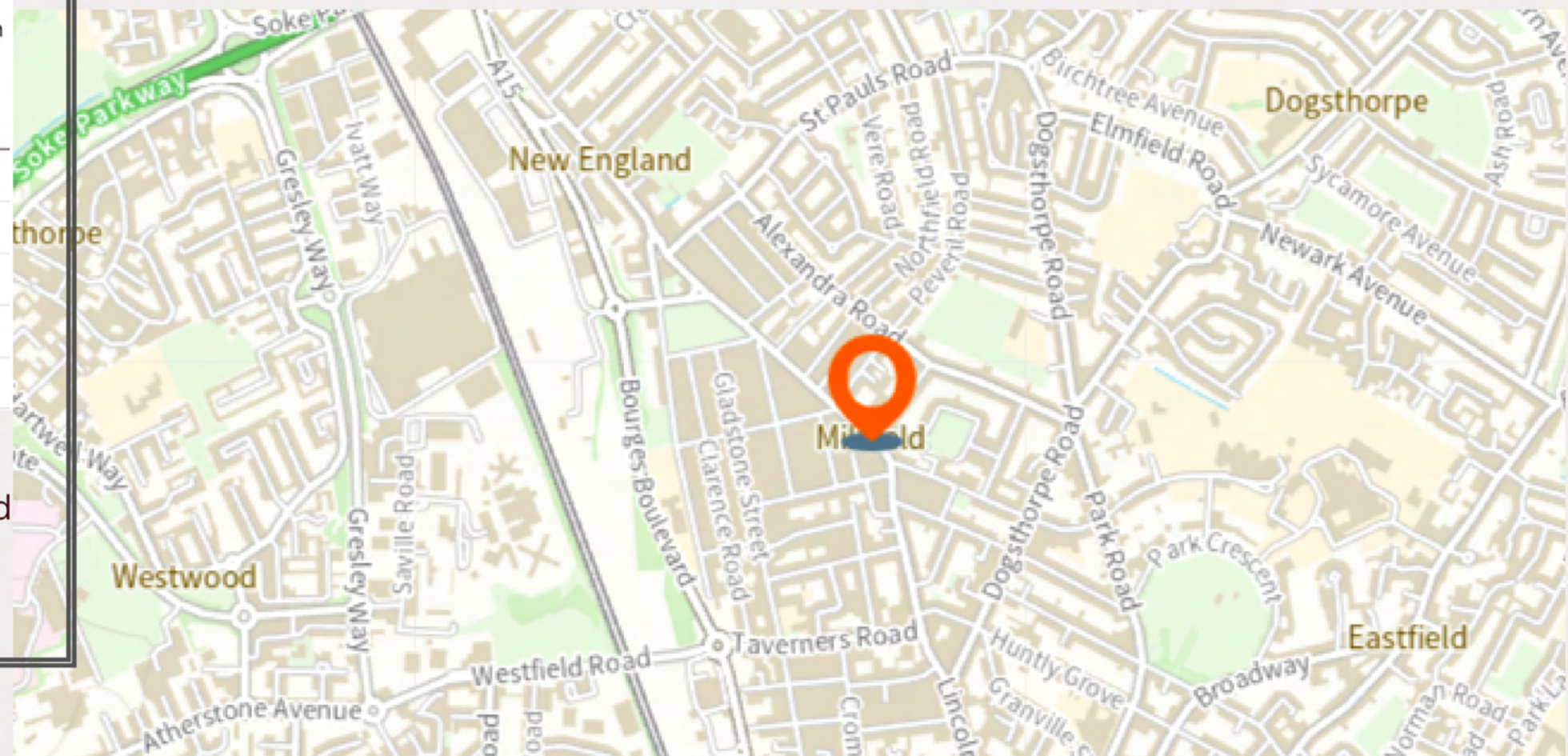
CRIME INCIDENTS IN NEIGHBOURING AREAS TO MILLFIELD

We've taken the ten nearest places to Millfield and ranked them by the number of crime incidents in each. This should allow you to see if Millfield has more crime than other surrounding areas.

Location	Crime Incidents
Millfield	773
New England (0.62 miles)	603
Fengate (1.75 miles)	560
Paston (1.39 miles)	398
New Fletton (1.96 miles)	358

Police statistics, 2022

At the same time Milfield is home for over 100 languages and nationalities, making it a a vibrant and exciting hub that celebrates culture and diversity.



MILLFIELD

OUR TIMELINE

2009

Our first ever event to connect Latvian people living in Peterborough - to our surprise around 60 people came! It's the beginning of Latvian Community!

2011

After realising that Latvians are craving connections and activities our first dancing and singing groups were established. And it's the opening of our Saturday supplementary school!

2014

We're starting a new tradition - Latvian Culture Day in the UK, where every year it takes place in a different city across the UK, highlighting our culture, dance, song and food for a day

2018

We spent a year planning the grand 100 years for Latvia celebrations. We've also taken part in many other events thrown by different community groups!

2020

We got established as a charity! Through the tough COVID-19 times we managed to achieve a lot by helping our communities virtually - providing with creative, physical and mental activities.

2023

Nowadays we're proud to be working with dedicated team, partners and volunteers to provide support not just for Latvians but the wider community in need, reaching over 400 beneficiaries through our activities .

OUR MAIN ACTIVITIES

To start the year 2021 on a good note we had a wonderful chance to take part in virtual healthy lifestyle sessions where the beneficiaries gained useful tips and tricks to stay on track with their healthy habits.



Our first event as a registered charity was co-organising, with the Latvian Saturday school. It was a virtual Christmas event for the whole family with very well known children show from Latvia. It was made extra special as families received little gifts through post, making Christmas during Covid more enjoyable.

One of our highlight events of year 2020 - we got the honour to host virtual arts sessions over the period of 3 months with our workshop leader - one of the most famous musicians and multi-media artists in Latvia - Igo Fomins. Every week we had a different topic and an artist for an inspiration. We then had 2 hours to interpret the topic in any creative media we wanted with Igo's guidance. After we held a very friendly peer review to discuss our work.



The kundalini yoga sessions that we started even prior to COVID-19 were definitely a big hit. Because of the popularity we decided to keep working with our teacher Veejay in an online platform to help provide harmony and grounding through isolation, which proved to be tough for many. (The photo is taken before the start of COVID-19)

Another wellbeing project which benefited its participants for a long term. We provided the beneficiaries with Nordic Walking poles to motivate them to spend more active time outdoors, after many months of strict isolation we feel like this was very needed in our community based on the feedback and demand that we received.



Online classes were a big big hit! Here we are taking part in a healthy cooking class - mastering the power of using more vegetables in our diets and meals! Lead by a chef with over 20 years of experience and knowledge.

As a nation that loves to sing and dance we were missing out on many musical gatherings that we were throwing before the pandemic. So to keep the spirits of our community high we sourced the best musical talents from our own community and live-streamed their performance so everyone could enjoy it from the comfort of their homes.



On our main social media platform - Facebook, we regularly updated our community with the latest information about COVID-19 rules and guidance. We used official government sources and translated them in English

We love to collaborate with young people living in Latvia as much as possible, to create an immersive space for the youths from both, the UK and Latvia. We held a week long youth camp where youngsters from the UK virtually team-worked with youngsters from Latvia to try and shine a positive light on rural living in Latvia and how it compares to the UK.



After the very successful creative sessions with the Latvian artist Igo, we had a great opportunity to continue workshops with him, but this time the topic was about literature and writing, with special guests that included famous Latvian song writers and poets.



20.11.2021

LATVIJAS DZIMŠANAS DIENAI VELTĪTS KONCERTS

TEV LATVIJA - TU MŪSU

Bīletes **TIKA!** iepriekšpārdošanā

Dejos:
TDK Rakstā, TDK Starumēni,
BDK Kastanītis, BDK Kaķiši, SDK Virpulis
un Deju studija Mirāža

Dziedās:
Zigurds Šusters un Klāvs Freimanis

Adrese: Key Theatre
Embankment Rd,
Peterborough
PE1 1EF
Laiks: 18:00 – 20:00




Info 07734 925877




Every year, on November 18th, we celebrate Latvia's independence day. 2021 was the first time in a while we were allowed to celebrate together, not just online.



Our organised english classes have gained a really good reputation amongst members from different communities. Every week we open a comfortable space for people to come and socialise, enjoy a cup of tea and together with a bilingual teacher develop their English skills, which in turn build confidence to better integrate in the surrounding community.

With COVID-19 rules and requirements changing rapidly, we felt it was important to hold a safe space for discussions about any worries and uncertainties together with a doctor.



Coffee on us

In conversation with
Dr. Shabina Asad Qayyum

- Tips on how to stay healthy during winter
- Your Covid-19 questions answered

Venue: Inn Gusto
8 Geneva Street, PE1 2RS
Date: 28th October 2021
Time: 11am - 1pm

Organised by

Supported by

PIRMDIENĀS
NO 13. SEPTEMBRA 19:00 - 21:00
FRIZIERU NOSLĒPUMI
VISS PAR MATIEM UN TO KOPŠANU

NOSLĒPUMUS ATKLĀS KERASTASE AMBASSADORS
21 DABU PIEMEŽE / 12 DABU LATVIJAS SALONS / 9 DABU ANOLIJAS SALONS

UNITY HALL, NORTHFIELD RD., PETERBOROUGH PE1 3QH

After realising that online classes are very effective and people reporting that many times it is a lot more convenient for them to attend classes online, We held informative sessions all about hair and how to best take care of them, lead by professional hair stylists.

When applying for funding and panning new projects, free therapy sessions is something that we always strive to include in our plans, as many of our beneficiaries are facing mental health struggles and there's a false belief that therapy has to cost a fortune. Therefore by providing those in need with free therapy classes, they can start to feel more listened to and receive the help they need.



BEZMAKSAS PSIHOTERAPIJA

Ar dažādu metožu palīdzību tiek sniegts psiholoģisks atbalsts.

Lai uzzinātu vairāk un pieteiktos, raksti uz:
bezmaksasterapija@gmail.com

H.A.Y.
Peterborough
www.HAYPeterborough.co.uk

NHS
Cambridgeshire and Peterborough
NHS Foundation Trust

LATVIAN COMMUNITY ASSOCIATION IN THE UK

One of our 'Masterclass' series from our wellbeing project. We held a very well attended sushi masterclass! Were people learned how to create these delicious treats at a fraction of the cost they sell in restaurants! We learnt about how to cook the perfect rice, about the history of sushi and some tips and tricks to master the perfect roll.

We were proud to co-organise a fantastic day showcasing all things Feminine and to celebrate being a woman! We had performances all day long as well as crafts corner and an arts and crafts stall



Stand with Ukraine



No-ones a stranger to the news of what's happening in Ukraine. As a nation, Latvia can deeply understand the pain of one's country being occupied. Therefore many of our community came together to donate not just money, but also necessary items, time and transport services.

There are multi-talented people living amongst and we love to shine a spotlight on them and share their knowledge with a wider community. In this event we had our very own beauty queen lead a practical masterclass in make-up artistry and it's fundamentals.



Another multi-session event we hosted for a wider community, not just Latvians. During the last few years, which have been financially tough we saw the increase in creating, rather than buying, so we invited our very own seamstress to hold sewing classes that went through the basics of setting up the sewing machine to even creating aprons!

RESULTS FROM OUR COMMUNITY SURVEY

We asked some questions to our community to better understand it's needs and plan our future activities.

Q1 : How happy do you feel in your local community?

On a scale from 1-10, the average answer was 7.6

Q2 : Do you know that Peterborough has many community groups that run different wellbeing sessions for free?

40% of the people surveyed didn't know this.

Q3 : Have you ever been a part of any wellbeing sessions or workshops in Peterborough?

50% of the people surveyed had taken part in one or more of the wellbeing sessions/workshops.

Q4 : If yes, which ones?

The top 4 answers were - 1.Yoga, 2.Fitness activities, 3.English classes and 4.Therapy sessions

Q5 : How much positive impact do you think free wellbeing sessions create on the local community?

On a scale 1-10, the average answer was 8.7

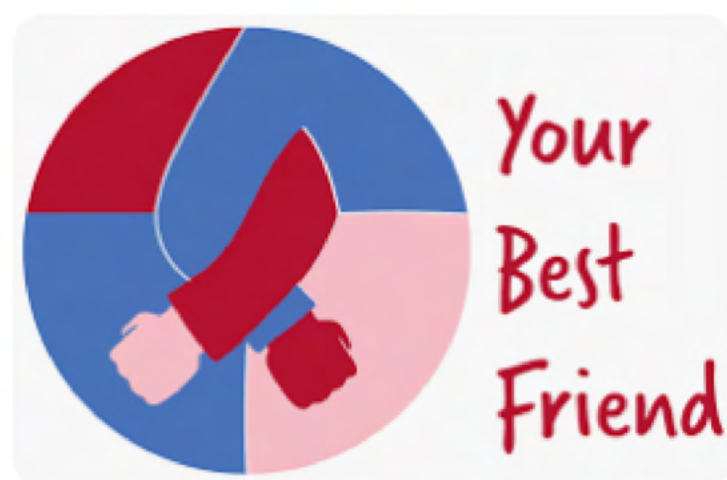
Q6 : What do you think is the biggest problem in your local community right now?

The top 4 answers were - 1.Bills/Rent, shared 2.Health/Social integration, 3.Access to food, 4.Crime

Q7 : What activities would you be happy to attend?

The top 4 answers were - 1.More relaxing activities, 2.More fitness activities, shared 3.More creative creative activities/mental health activities, 4.Access to free food & socialising.

EXTRA SPECIAL THANK YOU TO OUR FUNDING BODIES AND PARTNER ORGANISATIONS!





CHARITY COMMISSION
FOR ENGLAND AND WALES

Latvian Community Association In The UK

No (if any)
1191882

Receipts and payments accounts

For the period from	Period start date 10/19/2020	To	Period end date 3/31/2022
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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 £
A1 Receipts				
Grants	-	68,526	-	68,526
Donations	548	-	-	548
Other	1,603	-	-	1,603
Wages	12,808	-	-	12,808
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	14,959	68,526	-	83,485
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	14,959	68,526	-	83,485
A3 Payments				
Venue rent	-	4,630	-	4,630
Refreshments	-	1,733	-	1,733
Travel & Transport	-	948	-	948
Administration	-	15,454	-	15,454
Stationary	-	44	-	44
Activity costs	-	19,865	-	19,865
Equipment	-	5,846	-	5,846
Other costs	269	-	-	269
Coronaviruse related costs	-	700	-	700
Wages	-	10,324	-	10,324
Volantery costs	-	784	-	784
Insurance	184	-	-	184
IT service	-	3,007	-	3,007
Donations	920	-	-	920
Activity costs	-	4,593	-	4,593
Sub total	1,373	67,929	-	69,301
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	1,373	67,929	-	69,301
Net of receipts/(payments)	13,586	597	-	14,184
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	13,586	597	-	14,184

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Lloyds bank	-	14,184
	lloyds bank	-	-
		-	-
	Total cash funds	-	14,184
	(agree balances with receipts and payments account(s))		
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
B3 Investment assets			-
			-
			-
			-
			-
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-
B5 Liabilities			-
			-
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	

CC16a



**Last year
to the nearest £**

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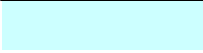
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**Endowment
funds**
to nearest £

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**Endowment
funds**
to nearest £

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**Current value
(optional)**

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**Current value
(optional)**

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**When due
(optional)**

**Date of
approval**



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Latvian Community Association In The UK

On accounts for the year
ended

31/03/2022

Charity no
(if any)

1191882

Set out on pages

Attached CC16a

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2022**.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

13/01/2023

Name:

Joanna Fox ACMA

Relevant professional
qualification(s) or body
(if any):

Chartered Institute of Management Accountants

Address:

Unit B Greenhill House, Thorpe Road

Peterborough PE3 6RU

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.