

LATVIAN COMMUNITY
ASSOCIATION
IN THE UK

ANNUAL REPORT

01.04.2022 - 31.03.2023



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 1st April 2022 - 31st March 2023. 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 for the time period of 1st April 2022 - 31st March 2023.

We want to express our utmost gratitude to everyone who helped with running our projects and activities, This year we have had 13 volunteers regularly contributing their time, skills and expertise to make our charity the best it could be.

BOARD OF TRUSTEES REPORT

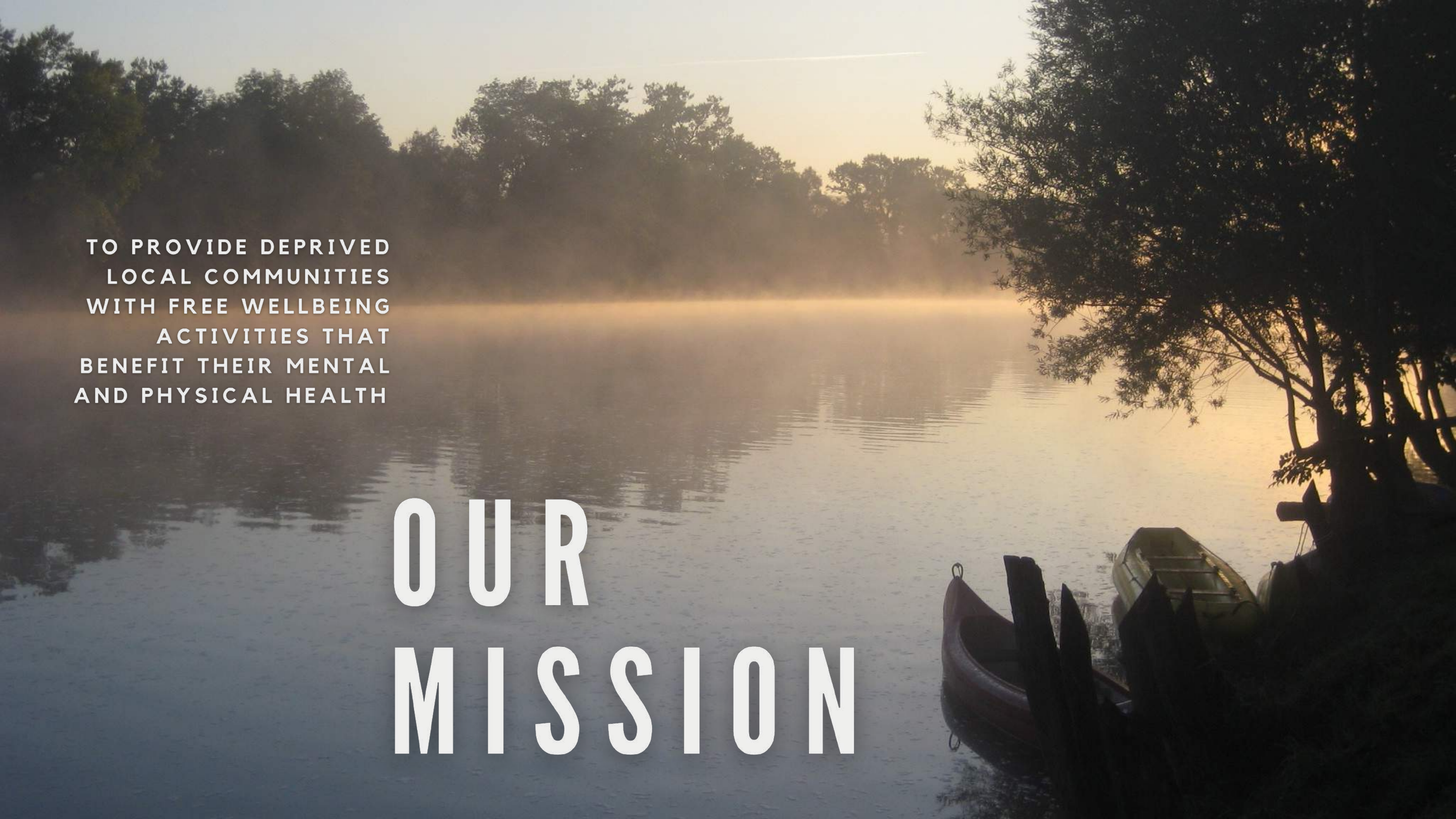
This year we have seen important growth in our charity, not just financially but also in establishing our values and what we stand for as a charity and community group. This also reflects in the colour scheme of the report - the groundedness of forest green symbolises our increasing recognisability and trust from our community members and beneficiaries. We feel like finally, after more than 10 years as a community organisation, we are creating strong and stable roots in the location we are at. It makes a massive difference to have a dedicated space that can embrace it all - our day to running, meetings, weekly activities, special events or even just having a chat and coffee with our community members, volunteers and partners. It has become a safe space where people can feel supported and accepted.

And just like a river - we are always moving, always flowing, and gathering learnings like pebbles from the shore, which then collate in a beautiful tapestry of experiences - both the shiny ones and the rough ones are needed for growth and development. And we feel lucky that we have been able to collect so many of these learning pebbles, which you will get to learn more about when continuing reading this report.

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



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

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)



MILLFIELD

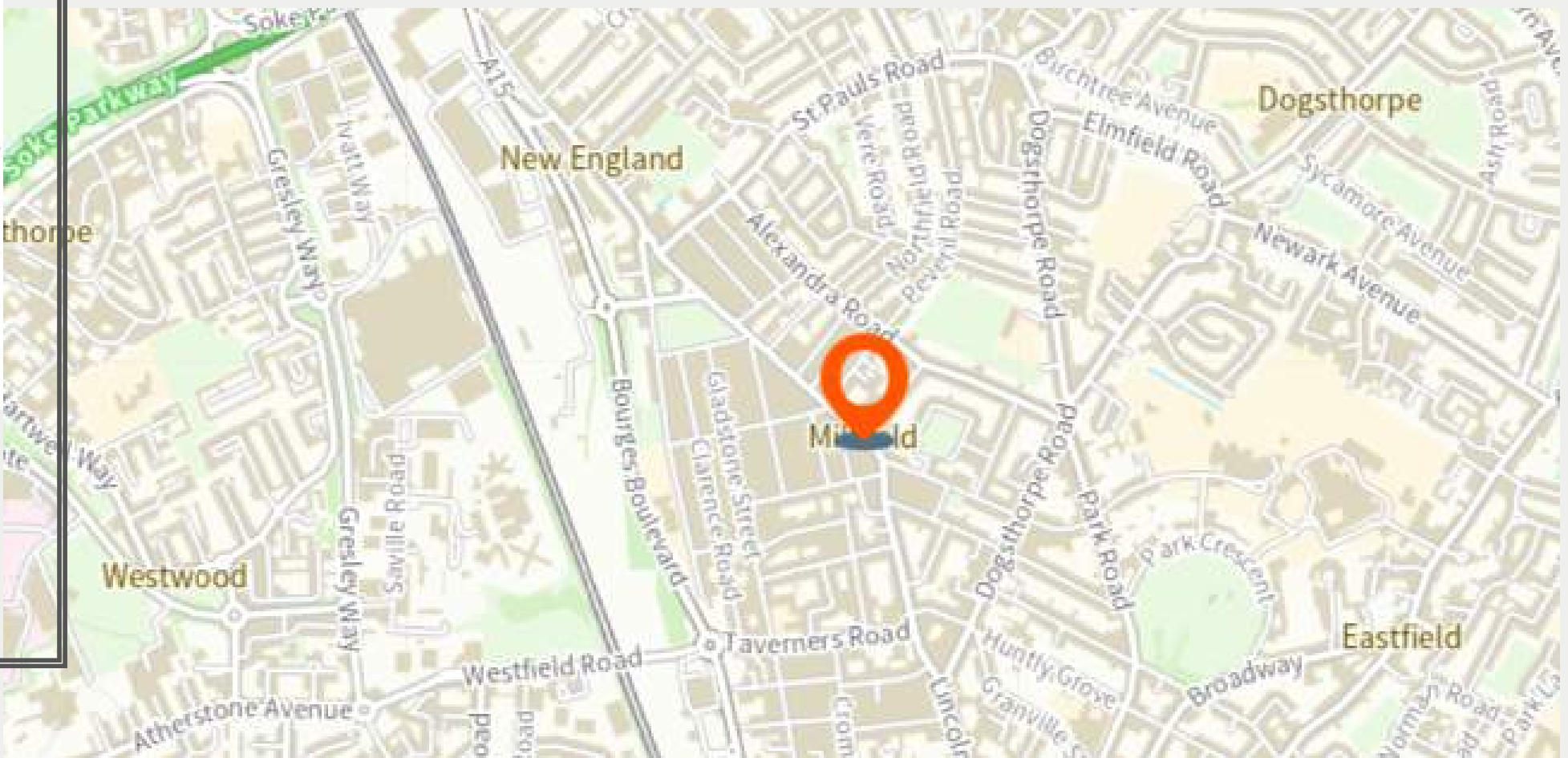
CRIME INCIDENTS IN NEIGHBOURING AREAS TO MILLFIELD

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.



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!

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!

2011

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

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!

2018

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.

At this point we're proud to be working with a 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 .

2022

2023

We established our permanent office and events space at Gladstone Community Park Centre. As well as started to attract volunteers from abroad - bringing talents with so many ideas and skillsets.



Embassy of Latvia to the UK/ Latvijas vēstniecība Apvienotajā Karalistē is at Gladstone Community Centre.

6 May 2022 · Peterborough ·

Sirsniģi sveicam Pīterboro latviešu biedrību ([Latvian Community Association in the UK](#)) ar pievienošanās dažādu tautību konsorcijam Pīterboro pilsētā Anglijā, iegūstot iespēju aktīvi darboties pastāvīgās telpās. Pateicamies arī Pīterboro pilsētai par atbalstu mūsu tautiešiem! Lai izdodas radoši un lepni turpināt nest Latvijas vārdu! 🇱🇻

We sincerely congratulate the Latvian Society of Peterborough [Latvian Community Association in the UK](#) with joining the consortium of different nationalities in Peterborough City, England, gaining the opportunity to actively work in permanent premises. Thank you also to the City of Peterborough for supporting our compatriots! Good luck creatively and proudly continue to carry Latvia's name! 🇱🇻

⚙ · [Hide Translation](#) · [Rate this translation](#)

OUR MAIN ACTIVITIES

This year in terms of activities has been very prominent in regards of youth work and youth related activities - we organised several camps for Latvian youths living in the UK as well as Latvia - to give the opportunity for both parts to connect, widen their horizons and learn from each other. We also organised other youth activities for all communities - such as group therapy and creativity sessions as well as sessions about sexual health and healthy relationships.

We are also extremely proud that we were offered to host our very own radio show in Latvian - you can hear/see us on Salaam radio every Sunday from 5-6pm. There we discuss a variety of topics (from social support to introducing the community to inspiring and interesting Latvians from around the UK).

We have also been very fortunate to establish partnerships with other like-minded, small community organisations and have even formed a community consortium group - which was even recognised by the Embassy of Latvia to the UK!

And to top it all off we have had the pleasure to be a part of several Latvian diaspora meetings with Latvian representatives from around the UK to discuss different ways of supporting our communities through cultural, sporting and mental wellbeing activities.



YOUTH CAMPS

This year we held 2 youth camps and 1 informative session to prepare for another one in the upcoming summer. Together we worked with 35 young people and gave them the chance to experience cross-cultural activities and get immersed in a Latvian environment - which is something that is getting more and more endangered as the children born to Latvian parent/s are losing their Latvian identity, the language and the culture as their day to day activities are mostly in English.

A quote from the participant Madara:

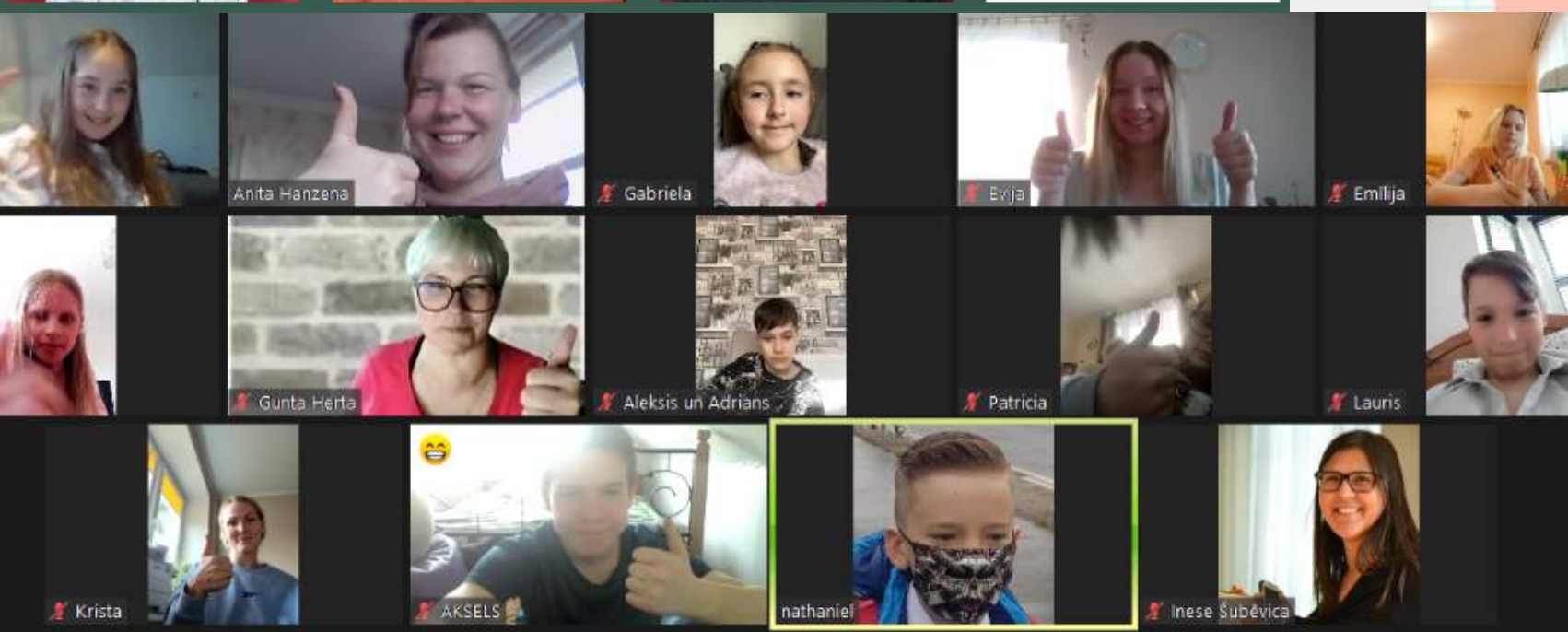
'I have gained new friends as well as new knowledge about Latvia that I didn't even know about and my favourite activity was the Latvian candle making!'

A quote from the participant Ernests:

'My wish to the Latvian youth living abroad is to not lose the connection to Latvia and its culture.'

A quote from the participant Miks:

'I would just say that it's very cool here, the food is delicious and it's really fun!'



radamlatviju.lv

Diasporas jauniešu nometne "kad radām...?!"

IELŪDZAM

29. oktobrī
pl. 14.30

Programmā:

Radām kopā!

29. maijs – 3. jūnijs,
Lielbritānija

Aicinām jauniešus uz informatīvo
sesiju par nometni Lielbritānijā

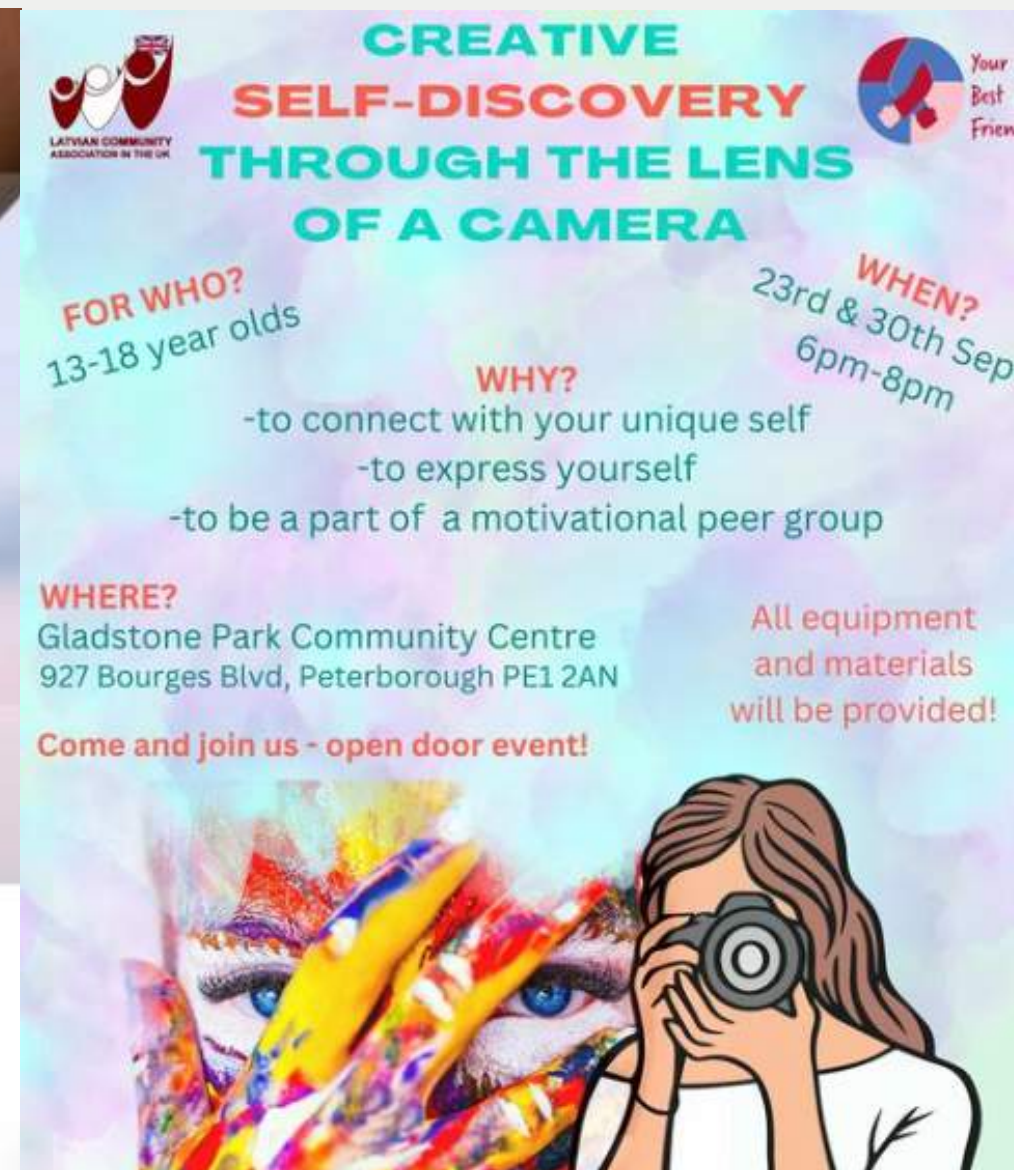
9. janvārī tiešsaistē pl. 18.00
pēc Lielbritānijas laika

Pievienojies, lai uzzinātu vairāk par iecerēto nometnes
programmu, pieteikšanās kārtību un dalības noteikumiem!



Coming soon!

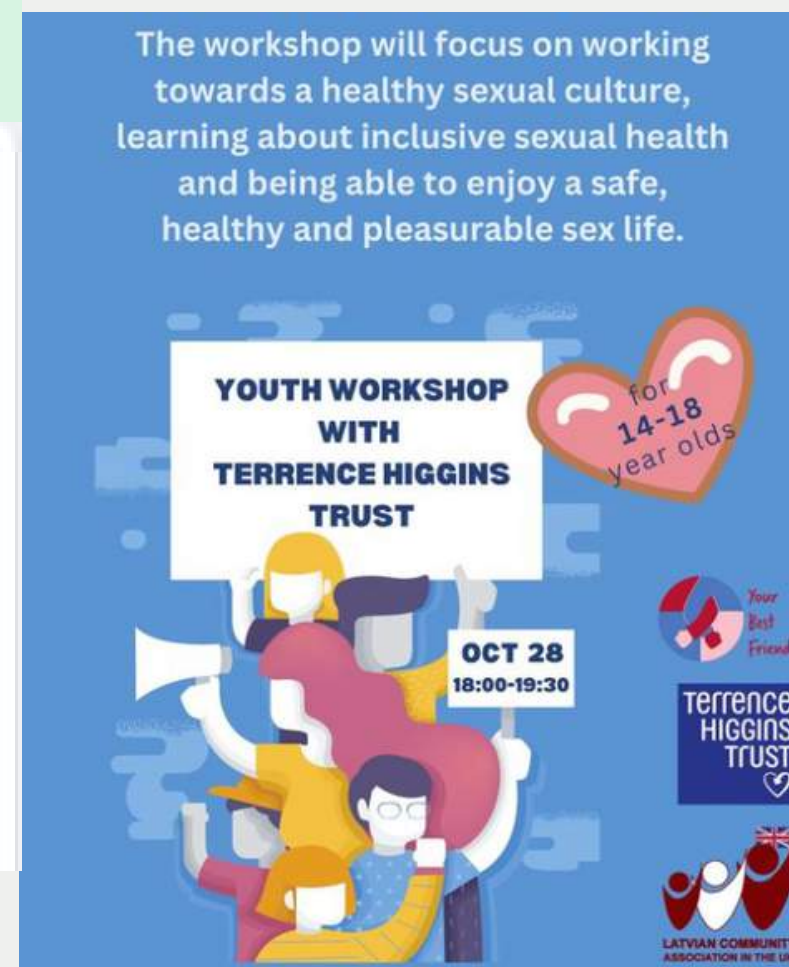
Creative and wellbeing sessions
with young people



MORE YOUTH ACTIVITIES

We also partnered and got supported by 2 amazing youth organisations. One of them being the Terrence Higgins Trust, which leads informative workshops that focus on sharing information and developing knowledge about health sexual culture.

The other partner was Your Best Friend who funded our youth mental wellbeing project for six months. During this time we organised fortnightly sessions that focused on recognising and nurturing positive relationships and learn how to avoid toxic ones - be it with friends, family, partners or oneself. We invited psychologists for group seminars as well as created creative activities for the young people to be able to express themselves and acknowledge their beauty and importance.



...



Latvian Community Association in the UK

20 September 2022 · 🌐

This Friday already! Come along and join a creative photographer in a journey to positive self expression and inner confidence! We'll embrace your true uniqueness and create photographic artwork that will reflect your beautiful self! 🌟🌻🌱

All materials, such as face paint, spray paint, drawing materials, photography equipment and other artistic mediums will be provided, just bring your curiosity and willingness to explore and participate! 🎧



CO-FUNDING CPCG - CONSORTIUM OF PETERBOROUGH COMMUNITY GROUPS

CPCG was formed together with the aim to bring together different community leaders to serve a larger amount of beneficiaries that it would be possible if working as individual organisations. The participating community groups are Bengali, Romanian, Lithuanian, Latvian, East Timorese, Czech Republic, Slovakian and Indian.

Our mission is to unite our knowledge and skillsets to create a union that together could reach and support even more of the diverse community members here in Peterborough. Our biggest achievement to this day is creating a breakfast provision program, where kids from our neighbouring school can grab a nutritious breakfast to kickstart their day. It's made a massive difference to many local families, who sometimes can struggle with providing a healthy breakfast to their children. It's taken off a lot of financial pressure off of their shoulders and even the headmaster of the school wrote to us with gratitude, highlighting the change they can already see in the students' performance. Other projects we have organised included a pregnancy seminar to support new mums and a Christmas dinner for those who might have felt lonely or isolated due to lack of opportunities to meet new people.





What one of our radio hosts Jolanta says:

- It has been a new challenge that I was brave enough to take on. And I'm so happy I did! I've become more confident in speaking and interviewing as well as gained new knowledge and formed new great contacts!
- The feeling of doing something with an 'added value' is incredible - because in the end this is all for the benefit of the community.
- The best moment was when I found out that after MY show someone decided to apply for a job we were discussing in that specific show.

OUR VERY OWN RADIO SHOW!

The weekly Latvian radio show which airs on Salaam radio 106.2 sees 4 Latvian ladies (one of them even travels in from Leicester!) taking turns discussing topics that are important to themselves and others could find them useful too. It takes place every Sunday from 5-6pm.

We have noticed and received feedback about all the hosts growing in confidence - it felt so scary at first but everyone is now looking forward for their turn and their chance to host and share their and their guests' experiences to the rest of the community. The topics range from social needs - food hubs, benefits support, information about mental wellbeing activities taking place in Peterborough, to talking about culture, music, travel, psychology and more!

Through this we have also grown our understanding for different communities as we're sharing the radio platform with different cultures, mainly islamic - which gives us a wonderful opportunity to make new connections and feel more accepted as active participants of the Latvian community!

We can also be watched on facebook live and people can send in their comments and questions to us live on air.



salaam
radio



Stitching with iStitch
Fun Designs for Creative Minds

Sewing Classes
(experience not required)

23/04, 6pm - 9pm
10 Felix Close, Peterborough, PE2 8SB

Limited spaces available - Book now
email: iveta@lcait.uk



LATVIAN COMMUNITY
ASSOCIATION IN THE UK



iStitch
couture design



Peterborough
Exemplar
Joined Up Mental Health Service

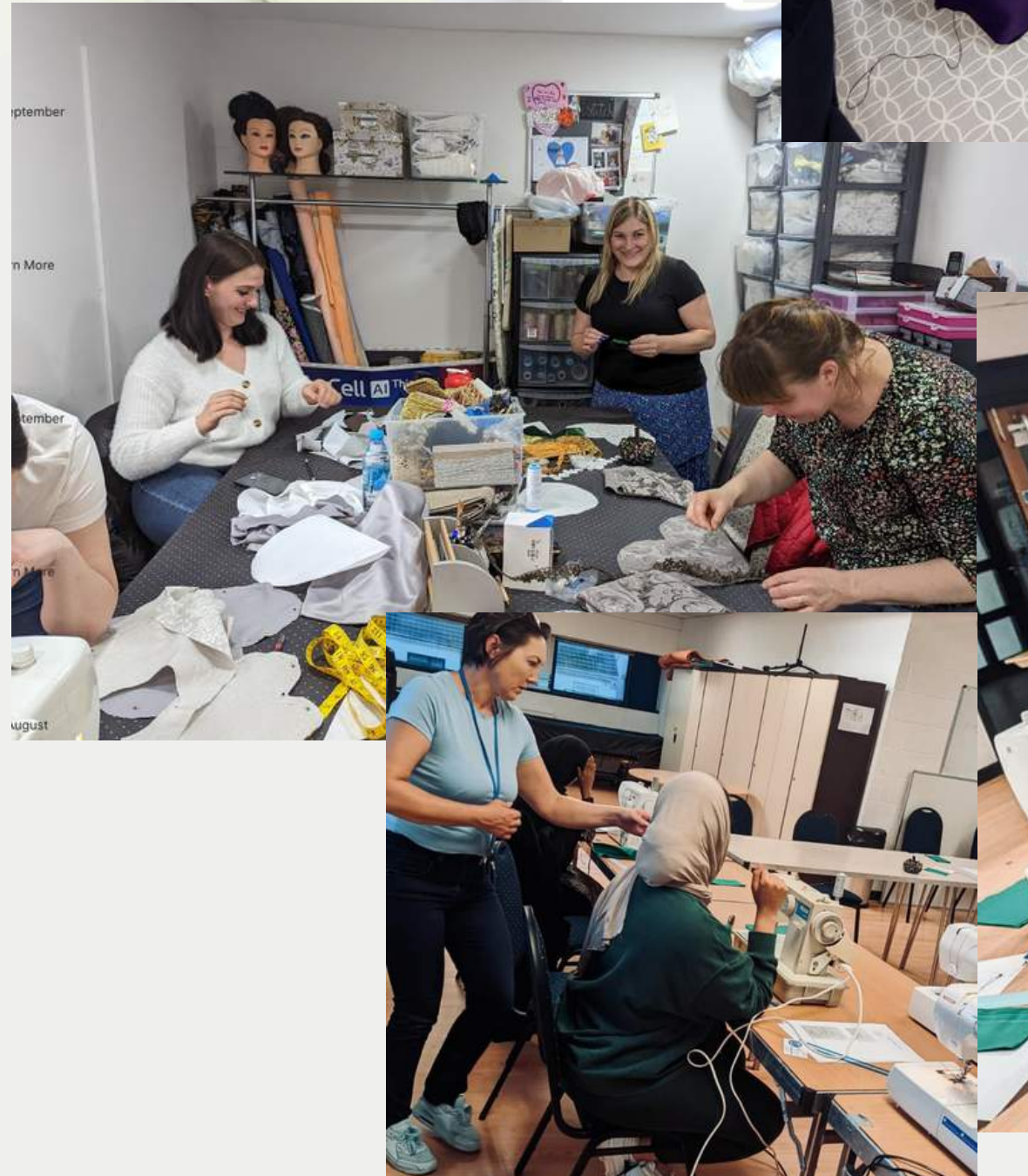


Cambridgeshire and
Peterborough
NHS Foundation Trust



One of our popular sessions is definitely the sewing classes. We have a permanent group of 8 ladies who keep returning every week to continue on ongoing projects. This is one of those times where the impact on our beneficiaries is so tangible. Not only we can see the difference in the skill development but also in their personal growth. The ladies have not just become friends during the classes, but they've also started to organise meetings outside of the classes. You can feel it just by being in the room with them - their joy to spend the time together doing something they love. They've showed so much excitement and support towards each other - celebrating every achievement throughout the project.

The ladies had come together from different backgrounds - Asian, African and Northeast European.



SEWING CLASSES IN PETERBOROUGH ❤️
Limited places available! Book your place now!
✉ iluta@lcait.uk
☎ +44 7860 469870
O... See more




Book your place now!

Limited places!

Coming soon!

Sewing Classes:
Alterations and restyling

SEWING SESSIONS

From our participant Gulfranz:

'I enjoyed the class because we learn to sew and we have made good friends as a group! We also have healthy snacks and and drinks provided. So after a long day we get to be amongst friends. We can talk and share how our day has been. Fantastic group!

- Empowering
- Supportive
- We are learning a life skill'



With Support from Vodafone we were able to support our beneficiaries, focusing on the Ukrainians who had found their refuge in Peterborough. We were able to provide them with a free sim card. As well as that we were continuing to provide any Ukrainian in need with free therapy sessions.

OTHER ACTIVITIES

**Шановні громадяни України !
Ласкаво просимо у Великій Британії.
У цей нелегкий для вас час, пропонуємо
для всіх, хто прибув до міста Пітерборо
безкоштовну психологічну допомогу.**

ЗВЕРТАТИСЬ/CONTACT:



YANA RAUZA

(+44) 777 1208977

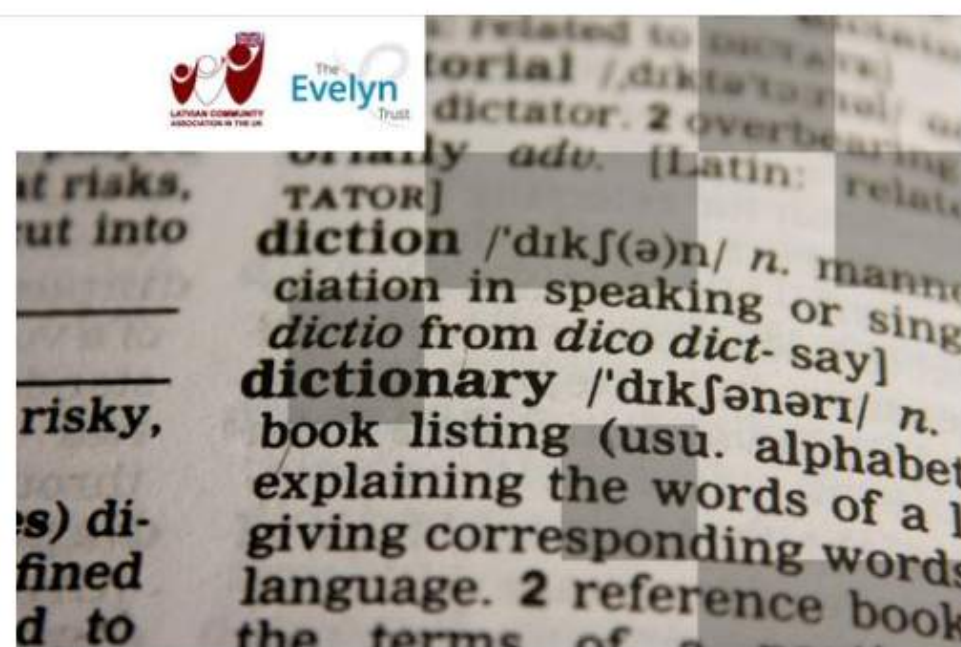
BY SUPPORT LATVIAN
COMMUNITY
ASSOCIATION
IN THE UK



Dear citizens of Ukraine!

We are welcome in the UK!

**At this difficult time for you, we offer
to all who came to the city of Peterborough
for a free psychological assistance.**



**14 July 10:00 AM – 12:00 PM
Gladstone Park Community Centre**

**English Classes
for beginners**

Our English Classes for beginners are always popular sessions with good attendance every time. We had a mix of Ukrainian as well as Eastern and Northeast Europeans. In total the classes were attended by 42 people this year.



One of the activities that he have been operating long term and included in several of our funding applications as we see the crucial need for it is the free therapy sessions we're providing to our beneficiaries, no matter their background. We have received feedback saying just how important these therapy sessions have been to people - including one saying that it has been a lifesaving support.

World may be a cruel place, though we have to let ourselves feel free in it. ☹️
It's always better when we have people and safe space to talk out loud the things that bother or hurt us. ❤️
This is brought to you by support of the Evelyn Trust.
Feel free to contact us by emailing info@lcait.uk if you are planning to join this activity or have any questions about the project!



Coming soon!
Counselling Sessions
for the Homes for Ukraine Scheme
host families in Peterborough

BEZMAKSAS PSIHOTERAPIJA

Ar dažādu metožu palīdzību tiek sniegts
psiholoģisks atbalsts.

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



Let's go on a [#WalkAndTalk](https://twitter.com/WalkAndTalk) some time, shall we? 🧑🏿🧑🏻

Thanks to the Good Life Fund, we want to make the world a better place ❤️
Feel free to contact us by emailing info@lcait.uk if you are planning to join this activity or have any questions about the project!



Coming soon!
Walk and talk sessions in
Peterborough area and parks



24. septembrī no pl. 13:00 līdz 16:00
Gladstone Park Community Centre

Harmonija – praktisks seminārs

Tev būs iespēja radošā veidā, ienirstot savās zemapziņas
dziļēs izpētīt kā izskatās tieši Tava īpaša,
patiesā un unikālā harmonijas formula.

We are strong believers of nature's therapy, so with the support of Mind mental health charity we organised a couple of walk and talk sessions, one locally and one in Leicestershire - in a large Latvian owned territory with ample of green spaces. It has been proven that a simple exercise such as walking, especially in nature can provide us with calming effects that stimulate our creativity - creating a perfect environment for reflective chats.

With a support from a behaviour therapist we held a practical session on inner harmony. In a creative way we dived into our consciousness and explored our own unique formula for harmony as everyone has different needs and ways of operating.

It's our tradition now to host a celebratory event in the name of all women - for the international women's day. We had lovely surprises for all our beautiful attendees - including musical performances, treats, creative activities and inspiring guest speakers.



In our recent survey we had asked what kinds of activities our beneficiaries want to see more of. One of the top answers was - active wellbeing sessions. We heard it and organised fun and lighthearted Zumba sessions where the participants could travel back in time to 80s and 90s, have a good laugh and sweat out the stresses of the day!

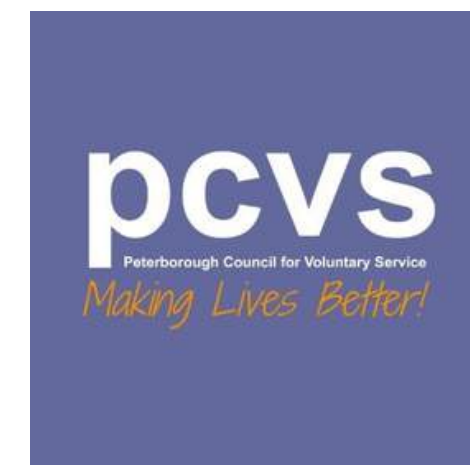
After some of our charity representatives had attended a sound bath session they couldn't wait to introduce it to the wider community. Therefore we reached out to a specialist and hosted our own relaxing sound bath. It has been proven that specific tonal vibrations have the power to balance the brain activity and calm your mind - sending you into a trans-like relaxation. It was a very successful event with great reviews asking for more kinds of these events.



We were happy to take part and pass on very useful health related information to our beneficiaries during a free Health MOT session. We got involved by documenting our conversations with representatives from NHS, supply providers, City council and other wellbeing promoting organisations and presenting those via our facebook channel. We got answers to important questions and got to introduce different service providers and how they can assist anyone in need - all translated in Latvian.



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





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

31/03/2023

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 **31/03/2023**.

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:

12/01/2024

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.

N/A



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Latvian Community Association in the UK

No (if any)
11911882

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2022

To

Period end date
31/03/2023

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					
Grants	-	42,968	-	42,968	68,526
Donations	528	-	-	528	548
Other	763	-	-	763	1,603
Staff Fund	-	12,674	-	12,674	12,808
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,291	55,642	-	56,933	83,485
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,291	55,642	-	56,933	83,485
A3 Payments					
Venue Rent	-	1,969	-	1,969	4,630
Refreshments	-	6,286	-	6,286	1,733
Travel & Transport	188	537	-	725	948
Administration	-	3,276	-	3,276	15,454
Stationary	-	86	-	86	44
Activity Cost	-	17,083	-	17,083	19,865
Equipment	74	1,222	-	1,296	5,846
Coronavirus Related Cost	-	-	-	-	700
Other Costs	70	341	-	411	269
Emergency Food Vouchers	-	100	-	100	-
Wages	-	16,958	-	16,958	10,324
Voluntary Costs	-	2,591	-	2,591	784
Insurance	218	-	-	218	184
IT Services	-	441	-	441	3,007
Donations	-	-	-	-	920
Activity Materials	-	2,624	-	2,624	4,593
Marketing	510	226	-	736	-
Administration	270	2,563	-	2,833	-
	-	-	-	-	-
Sub total	1,330	56,303	-	57,633	69,301
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,330	56,303	-	57,633	69,301
Net of receipts/(payments)	- 39	- 661	-	- 700	14,184
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	597	13,586	-	14,183	-
Cash funds this year end	558	12,925	-	13,483	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 £	Endowment funds to nearest £
B1 Cash funds	Lloyds Bank 0063	65	6,468	-
	Lloyds Bank 7363		3,610	
	Metro Bank 4019	-	2,847	-
	Paypal	493	-	-
	Total cash funds	558	12,925	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Kristine Vaivode	16.01.2024	