

Charity Number 1192840

PENINIM

TRUSTEES` REPORT & FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

PENINIM

FINANCIAL STATEMENTS

YEAR ENDED 31 DECEMBER 2023

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PENINIM

TRUSTEES ANNUAL REPORT *(continued)*

YEAR ENDED 31 DECEMBER 2023

The trustees present their annual report and the independently examined financial statements of the charity for the year ended 31 December 2023.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity name	Peninim
Charity registration number	1192840
Registered address	9 Gilda Crescent London N16 6JT
The trustees	J Zwiebel C Hochhauser Y Biderman S Leiser
Bankers	Barclays Bank Leicester Postcode LE1 1WB
Independent examiner	Mr Balazs Nezmi FCCA Js&Co Accountants Ltd 26 Theydon Road London E5 9NA

PENINIM

TRUSTEES ANNUAL REPORT *(continued)*

YEAR ENDED 31 DECEMBER 2023

Message from the Chair

When people said I couldn't, I showed them 'I can.'
When people said I shouldn't, I told them 'I will'

Since the day I was diagnosed with Nemaline Myopathy, my life has been about pushing limits. Breaking out of my limitations to pursue my dreams, regardless of what everyone else thought was possible. It was something my parents taught me as a young girl and it is what I've been doing since. Founding Peninim for other disabled adults in the community has been my way of telling the naysayers: "I can, I must, and I will!"

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Living in a wheelchair and running Peninim has definitely been a challenge at times. But I welcome that challenge, and with each milestone we achieve, I am empowered to continue doing more for my Peninim sisters.

This year, I am grateful that our enrolment has increased by another 20 disabled members. 20 more sisters who can join our journey of building beyond limits together!

One of the highlights this year was our annual retreat to Bournemouth, where we soaked in the sun, sang together, laughed together, and shared stories way into the night. We've also become experts at baking with a secret dream of starting a bakery with some of our talented members at some point in the future ;)

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There is no way I can sign off without mentioning my gratitude to my devoted assistants (who have sworn me into secrecy so as not to reveal their names.) S.M and M.P, you have been my lifeline. Without you, Peninim would have long ceased to exist.

A special mention also to our sponsors and donors, particularly the Clothworkers Fund and the National Lottery for enabling our programs to run without a hitch. Thank you on behalf of my 'fully enabled sisters.'

With you at our side, there are truly no limits.

Malka Meisels

Mission statement

Peninim supports adult women with physical disabilities through the provision of social, leisure, and sporting opportunities designed to improve their quality of life and promote social integration within the wider community.

The objectives of the charity as stated in the Declaration of Trust:

PENINIM

TRUSTEES ANNUAL REPORT *(continued)*

YEAR ENDED 31 DECEMBER 2023

The relief of women who are in need as a result of their disabilities in such ways as the trustees may determine from time to time.

Aims and objectives

- To improve the quality of life for disabled adults in the community
- To reduce the loneliness and isolation many disabled adults experience through social integration opportunities
- To empower disabled people by addressing local inequalities and access issues

Our vision

Our vision is to see disabled adults in the community connect with each other and integrate into society.

Background

Peninim was established in the year 2020 by Miss Malka Meisels, a young woman with Nemaline Myopathy and multiple physical disabilities. She has made it her life's mission to support those like her and better integrate the disabled community into the larger community, bridging divides and reducing social isolation. Peninim has developed a unique approach to service delivery, in which provisions are delivered to a mixed audience of physically disabled and non-disabled women who are treated equally, as an effective way of breaking down social divides and integrating disabled women into the larger community.

Working in partnership

We work in partnership with other organizations that provide services for disabled adults, such as Misgav and Ezer Leyoldos.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Peninim is constituted and governed by a Declaration of Trust dated 15 December 2020, which is the derivative of the charity's original Declaration of Trust dated 01 September 2016; amended by a Deed of Variation.

It is a registered charity with charity number 1192840 and was registered on 17 December 2020.

The charity is governed by a board of trustees who meet regularly. Day-to-day operations are led by its founder and Director, Miss M Meisels, a disabled young woman who has lived experience of the issues at hand.

Recruitment and induction

Recruitment and appointment of new trustees are in line with the Declaration of Trust and with the consent of the current trustees. In selecting individuals for appointment as trustees, the trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity. All major decisions are taken collectively by vote of the trustees and all the trustees give of their time freely. The trustees are unpaid and details of any related party transactions are disclosed as applicable in the notes to the accounts (2023-Nil).

Trustees receive suitable training in line with their roles and responsibilities.

Risk management

The trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that these risks are robustly managed,

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TRUSTEES ANNUAL REPORT *(continued)*

YEAR ENDED 31 DECEMBER 2023

through its policies, systems and procedures for Safeguarding, Health and Safety and Financial Management and Controls.

Ongoing risk assessment and management is the responsibility of the trustees.

Risk management

The trustees have assessed the major risks to which the charity is exposed, in particular those related to its operations and finances, and are satisfied that these risks are robustly managed through its policies, systems, and procedures for Safeguarding, Health and Safety, and Financial Management and Controls.

Ongoing risk assessment and management is the responsibility of the trustees.

Public benefit

The trustees confirm that they have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and planning future activities.

Achievement and Performance

During the year, we were able to support over 100 disabled women between the ages of 18 - 50, of which 60 self-identified as disabled. This ratio of disabled to non-disabled women is in line with our mission of bringing together disabled persons and their non-disabled counterparts to bridge divides. We have also continued growing our services outside of the London Boroughs of Hackney & Haringey, reaching 9 women from Manchester, 4 from Gateshead and a further 7 from outer London boroughs with the support of our part-time Regional Manager.

We provided a growing range of social, leisure and sporting provisions, designed to bring people together, relieve social isolation/loneliness, improve physical & mental health, and address some of the inequalities experienced by disabled persons.

Some of our highlights this year:

Workshops and Courses:

At our center, we continued to provide varied workshops to bring together disabled and non-disabled women. This year, we increased the number of workshops delivered to 57 unique workshops such as: computer graphics, voice training, flower arranging, sand art, pottery, para-dance confectionary etc.

Another added feature this year has been our mini-course on food photography, during which we were able to obtain professional cameras for all members to practice on. We had a great time learning the tricks of food photography and editing pictures to mouthwatering levels.

Social Opportunities:

Our regular social gatherings and luncheons continue monthly complete with great food, music, games, and entertaining panels. As in the past, our annual talent show was an incredible highlight, bringing many disabled and non-disabled members of the community together in a dazzling display of unity and talent.

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TRUSTEES ANNUAL REPORT *(continued)*

YEAR ENDED 31 DECEMBER 2023

Retreats:

Our two retreats this year took place in the coastal town of Bournemouth (which has been voted as our favourite location for retreats) and included a day trip to the Isle of White via boat, which was an incredible experience for all. Getting out and about is vital for our members, and our new WAV (Wheelchair Accessible Vehicle) has made these trips all the more possible—allowing us to get where we need to without the common barriers.

Hydrotherapy:

Based on the successful delivery of a pilot Hydrotherapy program we ran in 2021, we introduced weekly Hydrotherapy sessions for women with physical disabilities ranging from Paralysis, to Cerebral Palsy, Muscular conditions, Arthritis and other physical impairments. This supported disabled women to get active, improve movement, and alleviate chronic pain. The program was highly oversubscribed, and having secured a three-year grant from the City Bridge Trust for this program, we will now enter our second year of running this program without financial stress.

Sports:

In addition to our popular Para Dance sessions, we have recently begun learning other sitting sports, such as tennis and sitting volleyball, that can be played in a local field. Our members are still getting the hang of these sports, however, the healthy flush on their faces at the end of a game already makes these sessions a win for all!

Cost-of-Living Crisis:

With the cost of living crisis now top of mind, we have added a new line of workshops this year, helping our members learn about financial responsibility in a fun and interactive way. Some of the topics we have already covered are the benefits of living with cash over credit, saving for rainy days, essentials vs. luxuries, and how to detect fraud. These are all important for helping our members gain financial independence and self-security.

Advocacy

This year, we have also been focusing our efforts on spreading awareness about the support available for disabled adults in the UK via Government agencies and other non-profits. Our dedicated case worker is compiling a book with all the updated information, which we aim to send to our members. Having this guide available can make a huge difference in our users' lives, smoothing out the many creases and red tape they constantly encounter.

FUTURE PLANS

Trustees are satisfied with the delivery and developments during the year in review, most notably the increased charitable delivery and reach of the charity. Trustees wish to continue this trajectory of growth and have set the following key milestones for the year ending 31 December 2023

- To maintain the delivery of social, leisure, and sporting provisions currently on offer.
- To further develop our therapy program where we can sponsor more speech and language therapy or occupational therapy for disabled adults who need it.

PENINIM

TRUSTEES ANNUAL REPORT *(continued)*

YEAR ENDED 31 DECEMBER 2023

- To partner with other similar organizations and work together to advocate for disabled people and effect change. Some of our objectives include changing underground stations that are not wheelchair accessible and changing the exclusion of disabled adults from the workforce.
- To continue supporting disabled persons experiencing additional hardships due to the cost of living crisis.

FINANCIAL REVIEW

We wish to thank all our donors and funders, including but not limited to, Delapage Ltd, Rosa, The National Lottery Community Fund, the London Borough of Hackney, GLA fund, city bridge trust, and many others who have made our delivery possible and who champion the work of small charities.

RESERVES POLICY

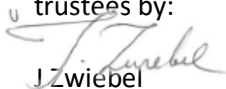
The trustees retain reserves as necessary and, where appropriate, consolidate funds in order to provide activities to its users they feel to be appropriate. At the period's end, the charity held free reserves of [insert figure of free reserves], which is equivalent to 2.9 months running costs, just shy of our 3-month benchmark for reserves.

SUMMARY

This past year (2023-2024,) Peninim has enabled over 100 disabled adults to connect with each other, enjoy rewarding activities, learn new things, and integrate better into society. For our founder, Malka, everything is worth it when she hears comments like "Wow, I haven't been out in weeks!" or, "I feel so at home here." It tells us, more than anything, how crucial this organization is and how much more work there is to be done on behalf of disabled adults in the UK. Obviously, nothing would be possible without our friends, supporters, and donors - the people who really put their money where their heart is. Thank you for helping us break beyond our limits every day.

The trustees retain reserves as necessary and where appropriate, consolidate funds in order to provide activities to its users they feel to be appropriate. At the period end, the charity held unrestricted reserves of £10,621 which is equivalent to 3 months running costs.

The trustees' annual report were approved on 7th March 2024 and signed on behalf of the board of trustees by:


J. Zwiebel

Trustee (Chairperson)

PENINIM

INDEPENDENT EXAMINER REPORT

YEAR ENDED 31 DECEMBER 2023

I report on the accounts of the charity for the year ended 31 December 2023 set out on pages 9 to 13.

Respective Responsibilities of Trustees and Independent Examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Act") and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- to follow the procedures laid down in the general directions given by the Charity Commission (under Section 145(5)(b) of the Charities Act); and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- a) which gives me reasonable cause to believe that, in any material respect, the requirements:
- to keep accounting records in accordance with Section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Balazs Nezmi FCCA
Js&Co Accountants Ltd
26 Theydon Road
London E5 9NA

7th March 2024

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STATEMENT OF FINANCIAL ACTIVITIES
for the year ended 31 December 2023

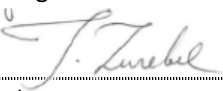
		Restricted Funds	Unrestricted Funds	2023 Total Funds	2022 Total Funds
	Notes	£	£	£	£
INCOMING RESOURCES					
Incoming resources from generated funds	3				
Donations and Grants		69,621	937	70,558	142,537
Total Incoming resources		69,621	937	70,558	142,537
RESOURCES EXPENDED					
Charitable activities	4,5	63,180	8,000	71,180	77,730
Support Costs	6	4,170	0	4,170	3,215
Governance	7	0	763	763	715
Fundraising	8	0	0	0	3,672
Total resources expended		67,350	8,763	76,113	85,332
NET INCOMING/(OUTGOING) RESOURCES		2,271	-7,826	-5,555	57,205
RECONCILIATION OF FUNDS					
Total funds brought forward		74,487	18,447	92,934	35,729
TOTAL FUNDS CARRIED FORWARD		76,758	10,621	87,379	92,934

The Notes form part of the financial statements

PENINIM				
BALANCE SHEET				
31-Dec-23				
		2022		2021
	Notes	£	£	£
FIXED ASSETS:				
Tangible assets	10	15,360		19,200
CURRENT ASSETS:				
Cash at bank and in hand		<u>72,822</u>	<u>76,041</u>	
		72,822	76,041	
CREDITORS: amounts falling due within one year	11	<u>-803</u>	<u>-2,307</u>	
Net Current assets/(liabilities)		<u>72,019</u>	<u>73,734</u>	
NET ASSETS:		<u>87,379</u>	<u>73,734</u>	
FUNDS	12			
Restricted funds		76,758	74,487	
Unrestricted funds		<u>10,621</u>	<u>18,447</u>	
TOTAL FUNDS		<u>87,379</u>	<u>92,934</u>	

Approved by the board of Trustees on:
And signed on their behalf by:

07 March 2024



 Trustee
 J Zwiebel

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2023

1 ACCOUNTING POLICIES

Accounting convention

These accounts have been prepared in accordance with the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (FRSSE) (effective January 2015). In preparing the accounts, the charity follows best practice as laid down in the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP) issued in March 2005. Where there is a conflict between the FRSSE and the SORP, the SORP has been adopted in accordance with paragraph 419ff of the SORP.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

2 TRUSTEES REMUNERATION AND BENEFITS

No trustee received remuneration, allowance for or reimbursement of expenses.

3 INCOMING RESOURCES FROM GENERATED FUNDS

	Restricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Donations and Grants	69,621	937	70,558	142,537

4 COSTS OF CHARITABLE ACTIVITIES BREAKDOWN

	Restricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Advertising	208		208	757
Delivery & transportation	8,518		8,518	8,049
Material and equipment	461		461	5,606
Volunteer expenses	140		140	1,075
Printing & Postage			0	169
Professional fees	7,995	8,000	15,995	12,010
Monitoring and evaluation	600		600	4,710
Refreshments	2,549		2,549	7,732
Facility hire	3,900		3,900	3,677
Massages	1,000		1,000	0
Retreat	4,320		4,320	0
Entertainment	76		76	1,249
Telecommunication			0	3,247
Sessional staff	12,090		12,090	11,226
Training			0	550
Workshops	526		526	0
Wages & Salaries	20,797		20,797	17,404
	63,180	8,000	71,180	77,461

PENINIM

NOTES TO THE FINANCIAL STATEMENTS for the year ended 31 December 2023

5 COSTS OF CHARITABLE ACTIVITIES BY FUND TYPE

	Restricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Social, leisure and sporting provisions	63,180	8,000	71,180	77,730
	63,180	8,000	71,180	77,730

Average number of employees, during the year was as follows: 4 (2021 2)

	Restricted £	Unrestricted £	Total Funds £	Total Funds £
6 SUPPORT COSTS				
Advertising	1,578		1,578	420
Professional fees			0	600
Office costs	447		447	284
Insurance	2,145		2,145	1,911
	4,170	0	4,170	3,215

7 GOVERNANCE

	Restricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Accountancy	0	744	744	696
Bank charges	0	19	19	19
	0	763	763	715

8 FUNDRAISING

	Restricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
	0	0	0	3,672

9 TAXATION

Peninim is a registered charity and therefore is not liable to income tax or corporation tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

PENINIM

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2023

10 TANGIBLE FIXED ASSETS

	Van	Totals
	£	£
COST:		
At 1 January 2023	24,000	24,000
Additions		0
At 31 December 2023	<u>24,000</u>	<u>24,000</u>
DEPRECIATION:		
At 1 January 2023	4,800	4,800
Charge for year	<u>3,840</u>	<u>3,840</u>
At 31 December 2023	8,640	8,640
NET BOOK VALUE:		
At 31 December 2023	<u>15,360</u>	<u>15,360</u>
At 31 December 2022	<u>19,200</u>	<u>19,200</u>

**11 CREDITORS: AMOUNTS FALLING
DUE WITHIN ONE YEAR**

	2023	2022
	£	£
Accruals	744	696
Other Creditors	<u>59</u>	<u>1,611</u>
	<u>803</u>	<u>2,307</u>

12 MOVEMENTS IN FUNDS

	At 1.1.23	Net movement in funds	At 31.12.23
	£	£	£
Restricted funds			
General fund	74,487	2,271	76,758
Unrestricted funds			
General fund	<u>18,447</u>	<u>-7,826</u>	<u>10,621</u>
TOTAL FUNDS	<u>92,934</u>	<u>-5,555</u>	<u>87,379</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Restricted funds			
General fund	69,621	67,350	2,271
Unrestricted funds			
General fund	<u>937</u>	<u>8,763</u>	<u>-7,826</u>
TOTAL FUNDS	<u>70,558</u>	<u>76,113</u>	<u>-5,555</u>