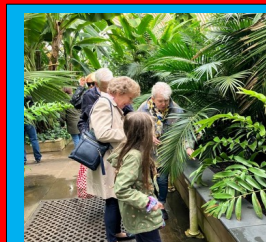


Silver Jubilee Park

Charitable Foundation

TOWNSEND LANE | KINGSBURY | LONDON | NW9 7NE



Annual Report & Review 2023

The FOUNDATION



The **Silver Jubilee Park (Charitable) Foundation** ('the Foundation') became a registered charity on 1st April 2021 with a stated mission to promote community participation in healthy recreation, primarily in Brent, Barnet, Harrow, London, and Middlesex by:

- working with and through local organisations to increase levels of participation in sport and physical activity;
- promoting and providing programmes and services for sport, recreation, physical activity, informal education, and other leisure time occupation for healthy recreation;
- promoting and providing education, training and coaching courses which promote mental and physical and fitness health.

Trustees Report

Finally, I like to thank my fellow trustees and Rob Morris at SJP for their continued help, support and contributions over the last two years.

Mike Harte
Acting Chair





Our inaugural Wellbeing Games was an incredible occasion which offered a series of fun based games and challenges in a marvellous friendly atmosphere.

Eight teams representing different Brent based communities came together for a morning of fun.

At the end everyone relaxed and enjoyed the snacks and refreshments that were served.

Community Unity

We were involved in two community events involving girls and boys which were organised in association with the Metropolitan Police.



A series of workshops took place in the clubhouse building with a range of topics that included first aid, stop & search, wellbeing and parenting.

As part of the boys event a 7-a-side football tournament for 13-15 year olds took place followed by an 11-a-side game between Kinetic Academy and a Metropolitan Police XI.

The second event was an all-female Community Unity event and one of the topics discussed was violence against women.



A mini football tournament was also held at the all-female Community Unity event and pictured here are some of the winners receiving their awards.

The Village School



We have set up an exciting new programme that will establish a partnership between the Foundation, The Village School, Hendon FC and Hendon Youth FC.

The School caters to those with special educational needs and/or disabilities, many in wheelchairs and is located nearby in Grove Park, Kingsbury.

Our project will bring us into direct contact with young people with physical disabilities and educational needs and we will aim to upskill the children, raise self-esteem, build confidence and provide an opportunity for the young people to participate in physical activity and deliver sport to their peer group.

The young children will have the opportunity to participate in 1st4Sport coaching courses and as well as education, our specifically designed training and coaching courses will promote mental and physical health with emphasis on developing communication skills and independence, a focus on physical development and enrichment opportunities, with a clear focus on preparation for adult life.

Our project will provide a platform for young people with disabilities to engage in sport. Being involved in parasport can help young people to develop friendships, support their identity development as a disabled person and build confidence and independence. We believe that for some children, it will improve their social status at school, with their non-disabled peers and help parents to feel less worried about their child's future. Pictured below are some of the children, school staff and coaching staff.



Cross-Borough Connections

Several councillors from the London Borough of Brent and neighbouring borough of Barnet were invited to attend one of Hendon FC's league games at Silver Jubilee Park.



The event, organised by Rob Morris, David Bedford and trustees of the Silver Jubilee Park Charitable Foundation was a chance to bring together local councillors from both boroughs along with some of the community groups that we are working with to see what is going on behind the scenes at Silver Jubilee Park and to build links with the local community.

Hendon Football Club kindly agreed to provide 30 season tickets for the 2023/24 season for distribution to low-income and vulnerable members of our local communities.

The SJP Charitable Foundation and Hendon FC aim to make the watching of live Non-League Football more accessible within our local community to those who may not normally be able to afford to attend matches.

Bringing our Communities Together

The Brent South East Asian community

We strengthened our ties with Brent's South East Asian community members with another joint community collaboration between the Foundation, the Frank Soo Foundation, Chinese Welfare Trust, Brent Chinese Association and Hendon FC with a fundraising event for the Chinese Welfare Trust and Brent's Chinese community.

The event included seminars on Dementia Awareness, two 5-a-side football competitions for male veterans, senior male adults (45+), and the inaugural Inter Chinese Schools football match between Watford CS v Harrow C A football session for children aged 5-16 also formed part of the day's programme.



Representatives from the SJP Foundation were invited to join in the celebration of East & Southeast Asian (ESEA) heritage month and mid-Autumn Mooncake Festival event in the West End. Also present was Brent Council Leader Muhammed Butt and Miss Mei Sim Lai (Deputy Lieutenant of Greater London) who had previously attended SJP on the occasion of the visit by Prince William.

The Mandir (Temple) Kingsbury

We are building a close relationship with our near neighbours in Townsend Lane.

The temple is the principal Mandir in the south of England and we took a group of community club members to visit this wonderful building.

Our group were made most welcome and enjoyed their time at the temple which included a tour of their magnificent building.



Our picture shows some of our group outside the temple.

School Work

The Foundation support many schools in Brent and neighbouring Barnet with in-school football coaching. The programmes are delivered through the highly experienced staff of Hendon Youth Academy who also promote, administer and develop youth football coaching at the schools.

In the past year we have coached or set up links with Fryent Primary School, Hendon School, Kingsbury Green Primary School, Kingsbury High School, Oliver Goldsmith Primary School, Saint Robert Southwell School, Our Lady of Grace, St Margaret Clitherow Primary, the Village school and the Hyde School.

"Our involvement with the SJP Charitable Foundation has been of great benefit to our school

with over 25 children gaining access to this sport and fitness club across the academic year.

Many of whom would not have been able to afford this club had it not been offered for free

from the Silver Jubilee Park Charitable Foundation. Obesity and poor nutrition is a huge concern

across Brent and it tends to affect lower income families disproportionately, so to have this club

as a source of weekly sport and fitness for some of our most vulnerable children has been of

huge benefit. The coach leading the session is not only knowledgeable and professional, he is a

brilliant role model for our pupils and they all look forward to his sessions each week"

Steve McGrath, Head teacher/PE lead

Our Lady of Grace Catholic Junior School,

Dollis Hill Lane, NW2 6HS

Soccer Camps

Our highly regarded Soccer Camps provide children with the perfect way to enjoy their summer, Easter and half-term breaks from school.

These fun filled days/weeks of games, matches and competitions are always well attended by boys and girls aged between 4-14.

Hendon Youth Academy deliver the children community projects and 'Inclusion Programme' for Foundation.

AwayDays



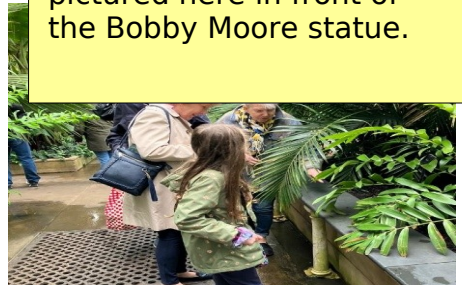
Wembley Tour

Another group from the SJP community were taken to Wembley for a tour of the iconic Stadium.

Some of our group are pictured here in front of the Bobby Moore statue.

Kew Gardens

We took a group of multi-generational community members to Kew which has fast become one of our most popular destinations.





St Georges Park

Our furthest awayday, north to Staffordshire, was a memorable one for our MH Community football team who along with their coaches enjoyed a day at the National Football Centre, St. George's Park.

The group enjoyed a tour of the centre, use of the England boot Room, participation in a coaching session and generally made to feel like England

AwayDays

Continued



Houses of Parliament

We enjoyed a full tour of the historic

The Yellow Community Hub, Wembley Park was the venue for three music & dance workshops attended by Members of our Community Dementia group, along with carers/family members.

They were joined by some local Brent school children. During the workshops adults shared their experiences and reminiscences with the children and at one particular workshop were divided into mixed groups, given a subject and asked to write words to a song about it.

We thank Laura Ashby for arranging our visits and Union Community for providing the lunches.



The PathWay Project

Our life-changing Pathway Project continues to exceed all expectations and is delivered by the SJP Foundation in partnership with the Central & North West London NHS Foundation Trust, the Early Intervention Service (Brent EIS) and Brent Community Mental Health Team.

We offer a non-medical, welcome, friendly stigma free environment and home visits are also made as well as weekly visits to the wards at Park Royal Medical Centre for in-patient physical activities. Other centre's in Brent are also used for specialised physical activities.



The project, amongst numerous other services helps address the lack of follow-up, post discharge from Park Royal Hospital, engagement with people once discharged and the needs of frequent admissions and the disengagement of the service user.



The Foundation has made contact with over 200 referrals and provide service users and help with finding employment, PIP applications, Freedom Pass applications, Visa applications, Fee Waiver forms, Housing and accommodation advice & applications, Crisis support – drugs, physical abuse and lack of food.

With new found confidence and self-belief some of the project's participants have gone on to find employment, others have returned to or started at various universities and other academic institutions to pursue further education.

Physical activities delivered as part of the Pathway project include, Football (coaching, playing, training, competitive & fun games), weekly wellbeing walking group, badminton, boxing, fitness classes (group & individual), table tennis and participation in our 'Get Brent Active' programme.

The project also provides peer support for service user's post-discharge, Psychoeducation on mental illness via peer support, including suicide awareness and prevention, Interventions that address the physical health needs of service users suffering from serious mental illness including physical activity and lifestyle advice, has been achieved through groups offered to patients and these sessions continue.

We continuously signpost patients to substance use services in consultation with their Care Co-ordinators. Visits are made the Park Royal Centre twice-a-week including Sunday's. Currently we attend the Pine and Pond wards and engage in activities with our personal trainers and support workers visiting the wards under supervision. Some of the in-patients on discharge have gone on to attend sessions at Silver Jubilee Park. In-patients from the locked wards also attend Silver Jubilee Park.

Wembley National Stadium Trust



The SJP Foundation has been selected as an Anchor Partner by the Wembley National Stadium Trust. This award is based on our ability and proven record of delivering cost effective programmes for the community benefit.

As part of our partnership we will be able to continue our Get Brent Active project.

Get Brent Active

Get Brent Active delivers a quality, professional, enjoyable and highly successful multi-generational borough-wide project with programmes designed to increase the numbers of Brent residents taking part in regular physical health activities such as football, walking football, yoga, group wellbeing walks and dance classes to improve the health of identified disadvantaged Brent residents. Most of our programmes are dementia friendly.

Throughout the project we attempt to reduce obesity in children through football and other physical activities.

Our highly successful project encourages and supports non-active people to be more active and to engage with other members of the community.



of

Currently we deliver 21 sessions across Brent community centres and venues such as Silver Jubilee Park stadium, Ashford Place, Chalkhill Community Centre, various dementia cafes, Brent Primary Schools, the Yellow Community Centre Wembley and the Pavilion Stonebridge.

More venues have expressed an interest for us to set up activities at their premises.

We also signpost participants to a vast array of services including CNWL NHS, Rethink, Ashford place, Brent Dementia Cafes, Brent Centre for Young People, Brent Multi Faith forum, Brent Thrive, Brent Council, Brent Mental Health Forum, Beyond Education Sports Foundation, Fun Functional Fitness and Sport in Mind whom we have helped introduce to various centres to help them facilitate setting up activities.

Breast Cancer Now

Community over 50s Club raise funds for Breast Cancer Chairty

At one of our recent over 50s Community Club gatherings Viv Creith organised a collection in support of the research and care charity Breast Cancer Now and we are pleased to say that over £150 was raised. A very big thank you to Viv and all those who contributed.



Pic: Breast Cancer Now

Team of Life

Service Users (SU's) and staff members have been attending a course with CNWL psychologist Dr Angela Byrne at Silver Jubilee Park.

The Team of Life course's provide a narrative using sport and football terminology to engage with SU's which helps them articulate their issues.

Mental Health Awareness Day



Members of the SJP Hendon Community team and Hendon Youth Academy staff

Hendon FC's Southern League game against Harrow Borough FC was dedicated to former Hendon player Dermot Drummy. Dermot played over 300 games for the club in two spells from 1980/81-1983/84 and 1986/87-1988/89.

Dermot died in November 2017 aged just 56 and the match dedication was to raise awareness to mental health issues and a number of Dermot's former Hendon team mates were in attendance.

The Hendon game was followed by another game featuring members of the SJP Hendon Mental Health (Community) football team and Hendon Youth Academy coaching staff.

"At the end of last year I had been admitted into a psychiatric unit twice, I had a really unhealthy relationship with food and had little to no confidence. However since coming to football it's given me an outlet, whether it's just playing or if I need to talk about anything the support workers have been amazing.

It's given me a huge boost in confidence, forced me to mend my relationship with food by helping me understand the importance of it in exercise, as well as given me a safe social place without fear of being judged for what I've been through, which has really helped to bring me out of my shell"

The words of one of our MH Community football team players

National Lottery Community Fund

We are grateful for the support received from National Lottery players for our Dementia Café yoga project.



The project exceeded all our expectations and was incredibly successful in supporting those living with dementia and their carers.

The participants benefitted greatly from the physical activity and socialising amongst likeminded people and the Chair Yoga project has also led to improvement in both physical and mental wellbeing.

The after session refreshments have led to new friendship's being created, a sharing of experiences and support for one another.

Due to the popularity of the project our original target (20 people) was doubled leading to the addition of another class and although the funding came to its natural end during the first quarter of this year such was its success and benefit to participants the SJP Foundation trustees agreed to continue the project through the Foundations own funds.



The SJP Foundation trustees thank National Lottery players for making support possible



Inclusive Coaching Programme

Originally this programme was supported by the London Borough of Brent's 'You Decide' funding initiative and when that ended the Foundation took responsibility for the programme's funding.

Through the programme the Foundation provide Brent based children with the opportunity, encouragement, and support to express themselves through realistic and achievable challenges and signposts children to other services within the borough if the need arises.

The boys and girls attending are aged between 5-14 years old and recommended by Head teachers of local schools. Some of the children participating have Special Educational Needs (SEN) and others have Attention-Deficit Hyperactivity Disorder (ADHD) issues.

Our programme includes football tactics, fitness, and healthy eating and there is direct a pathway for any children who show the ability or the promise to play competitive football to be accommodate where possible.

Coaching and physical activities are delivered at SJP by specialist Hendon Youth Academy coaches.

Approved Coaching Courses

We deliver 1st4Sport coaching courses to PathWay service users, Village school pupils and other users throughout the year.



The Level 1 Award in Assistant Coaching is a 4-day course and this qualification focuses on the skills and competences required to be able to assist the delivery of sports or physical activity coaching sessions under the direct supervision of a more qualified coach.

Coaching topics include:

- Roles and responsibilities of the coaching assistant
- Rules and regulations
- Safe coaching practice
- Inclusive coaching practice
- Deliver and evaluate coaching activities
- Technical requirements of sport and physical activity

The Level 2 Certificate in Sports Coaching runs for 6 days providing learners with the skills and knowledge to be able to plan, deliver and evaluate linked and progressive coaching sessions with the potential to seek employment in a coaching role.

Coaching topics include:

- Rules and Regulations
- Duty of Care
- Roles and Responsibilities of the Coach
- Inclusive Coaching Practice
- Nutrition and Hydration
- Coaching Styles and Participant Development
- Safe Coaching Practice.



A Visitors View

A report by Dr Angela Byrne, Clinical Psychologist which came after she had made after a series of visits to witness first-hand the work being carried out by the SJP Foundation at Silver Jubilee Park:

“Everything was fabulous in terms of the space, the set-up, the food and the warm welcome.

I am a clinical psychologist at CNWL NHS Trust. My remit is to support the development of community psychology.

“On joining the CNWL Trust, the first project I was advised to visit was the mental health project at Silver Jubilee Park. This was because colleagues recognised it as a shining example of excellent community work in mental health. Having spent time here over the past couple of months, I agree wholeheartedly with this view.

“I have been privileged to witness the incredible work being done by Richard Hay of Brent Mental Health Services together with Robert and the SJP team to create a supportive, therapeutic space in which participants can thrive.

“The mental health project provides support to people who have experienced a range of difficulties with their mental and physical health and social circumstances, including those who are currently in-patients, those who attend community services and those who have been discharged from mental health services.

“People who participate in the project have often had bad experiences of statutory services and have been reluctant to engage with them. At one visit, a young man spoke movingly about how he had completely lost trust in services, having been let down so many times, but thanks to the consistent care and support provided by Richard Hay, he had begun to be able to trust in someone again.

“It is immediately striking how Richard and the group members have created a culture in which participants care for and support each other. Everyone is valued and feels their voice is important.

It is very clear that participants feel the project is contributing significantly to their recovery, helping them value themselves and develop their hopes and dreams for their futures. This space has allowed participants to feel seen, seen beyond any difficulties that they have been through and has given them confidence to speak up and share their testimonies.

“The project also provides a valuable space for carers and family members. They can join in the group discussions and witness their loved ones participating both on and off the football pitch.

The culture of the mental health project very much reflects the culture of SJP as a whole. Robert and the team have created a welcoming, caring and inclusive space in which everyone is valued and welcomed and encouraged to reach their goals. I witnessed one group member suggest a tentative idea he would like to pursue and being supported and encouraged over the following weeks to begin to develop it into a reality.

“We hope to deliver narrative therapy groups in which group members will co-facilitate with professionals and continue to inspire their peers.

“Finally, I would like to say that this project is also a great learning experience for professionals in understanding how community work in mental health should be done.”

Dr Angela Byrne

Hope, Joy and Purpose

A special report from Christopher Mogridge, NHS Sports Therapist

‘My role in the NHS is to aid in-patients with exercise to negate the physical consequences associated with admission to psychiatric services. Finding an appropriate, safe, inclusive community space accessible to those experiencing mental health challenges is rare. Fortunately Silver Jubilee Park Charitable Foundation provide us with precisely this.



‘As a product of patients engaging with the foundation, I’ve observed benefits to patients’ physical health, wellbeing and other domains in life.

‘Examples of what the foundation has provided include opportunities for personal development and vocational opportunities with training towards coaching qualifications. Inspiration and motivation via trips to world-class sports facilities such as St George’s Park and delivering messages of support from famous local footballers. And lastly, a venue that provides professional coaching that can help patients to improve their fitness and to experience a social and normalising environment.

‘Our service users face multiple challenges that can often create an avolition, making exercise a daunting task. Despite the obstacles, we see a large number of patients ‘self-motivated’ to consistently attend training at Hendon FC, demonstrating the impact and significance this project is having. I’ve witnessed patients using their engagements with the foundation as momentum to kickstart their recovery. When speaking with our patients about their experience of the foundation, I hear words such as hope, joy and purpose.

'The foundation is a precious asset to the community and local mental health services.

'As a mental health professional, I am very grateful for the magic this foundation has provided our service users'.

Christopher Mogridge
NHS Sports Therapist



Our Community at Christmas



For some of our community Christmas and the festive season is the best time of year but as we all know for many it can be the most difficult.

Once again KTMC gave us their full support to set up a food bank drop-off centre at Silver Jubilee Park and as in past years all the groceries collected and deposited with were donated and delivered to the Brent charity Sufra Food Bank & Kitchen for them to distribution to those most in need.

This year over 60 bags of groceries were collected from the communities and groups using the Silver Jubilee Park facility and we thank everyone who contributed.



In what has also become an annual event the Foundation provided Christmas dinner and entertainment at Silver Jubilee Park for senior citizens.

This year over 60 local residents and guests attended another special afternoon with us.

Financial Summary

The table below is not the statutory accounts but a summary of key financial information from the Trustees Accounts extracted from the **2022/2023** Statement of Financial Activities and Balance Sheet **for the period 01 May 2022-30 April 2023**.

The full accounts were subject to an external audit by **Richman & Co** and approved by the Silver Jubilee Park (Charitable) Foundation's Board of trustees on **08 December 2023**.

Mike Harte, Acting Chair of Trustees

01 May 2022 to 30 April 2023	£000s
INCOME	
Central & North West London NHS	75,000
Foundation	35,360
Ashford Place	21,280
London Borough of Brent	350
Others	
	131,990
Total	
EXPENDITURE	
Charitable activities	92,812
	92,812
Total	
RESERVES	
Balance of general funds	87,531
	87,531
Total	

Trustees



Mike Harte
One of our original
trustees
Appointed 01 April



Samuel Attah
Another of our original
trustees
Appointed 01 April
2021



SILVER JUBILEE PARK CHARITABLE



**Together we make Great
Things Happen**
**info.silverjubileepark@gmail
l.com**

NEWSLETTER

Silver Jubilee Park (Charitable) Foundation news and updates is carried in the SJP Newsletter. If you would like to receive the Newsletter during 2024 send your request to info.silverjubileepark@gmail.com

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

ACCOUNTS FOR THE YEAR ENDED

30 APRIL 2023

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

BALANCE SHEET AS AT 30 APRIL 2023

30 April 2022

£

	<u>CURRENT ASSETS</u>	£
422	Debtors (Note 2)	341
48,290	Cash at Bank	88,560
<u>48,712</u>		<u>88,901</u>
	<u>DEDUCT: CREDITORS</u>	
360	Amounts falling Due Within One Year (Note 3)	1,370
<u>48,352</u>	<u>NET ASSETS</u>	<u>87,531</u>
	<u>FINANCED BY:</u>	
	<u>RESERVES</u>	
48,352	Profit and Loss Account	87,531
<u>48,352</u>		<u>87,531</u>



M HARTE - TRUSTEE



D BEDFORD - TRUSTEE



ANN JOHN - TRUSTEE

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
INCOME AND EXPENDITURE ACCOUNT FOR THE
YEAR ENDED 30 APRIL 2023

1 February 2020 to 30 April 2022

£	£		£	£
		<u>INCOME</u>		
		Donations:-		
83,620		Central and North West London NHS Foundation		75,000
-		Ashford Place		35,360
-		London Borough of Brent		21,280
-		Others		<u>350</u>
<u>83,620</u>				<u>131,990</u>
		<u>DEDUCT: EXPENSES</u>		
	-	Sports Equipment	125	
	5,000	Hire of Premises	14,000	
	-	Insurance	275	
	1,350	Kit and Equipment - HYA	-	
	-	Training Costs	160	
	212	Printing, Postage, Stationery and Computer Costs	181	
	28,223	Consultancy Charges	56,121	
	-	Promotional Costs	230	
	360	Accountancy Charges	360	
	123	Donations (Note 4)	20,720	
	-	General Expenses	640	
35,268				<u>92,812</u>
<u>48,352</u>		<u>SURPLUS FOR THE YEAR</u>		<u>39,179</u>

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 APRIL 2023

I. ACCOUNTING POLICIES

I.1 ACCOUNTING CONVENTION

These accounts have been prepared under the historical convention.

The Foundation has taken advantage of the exemption in Financial Reporting Standard No.1 from the requirement to produce a cash flow statement on the grounds that it is a small entity.

The accounts have been prepared in accordance with applicable accounting standards and the Co-operative and Community Benefit Societies Act 2014.

I.2 INCOMING RESOURCES

Donations, legacies and other forms of voluntary income are recognised as incoming resources when receivable, except insofar as they are incapable of financial measurement.

I.3 RESOURCES EXPENDED

Liabilities are recognized as resources expended as soon as there is a legal or constructive obligation committing the society to the expenditure. All resources expended are accounted for on an accrual basis and the irrecoverable amount of VAT is included in the expenses to which it relates.

2. DEBTORS

	<u>30 April 2023</u>	<u>30 April 2022</u>
	£	£
Amount owed by KTMC	341	422
	<u>341</u>	<u>422</u>
	=====	=====

3. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	<u>30 April 2023</u>	<u>30 April 2022</u>
	£	£
Accrued Expenses	1,370	360
	<u>1,370</u>	<u>360</u>
	=====	=====

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 APRIL 2023

4. <u>DONATIONS</u>	<u>Year Ended</u> <u>30 April 2023</u> £	<u>1 February 2020 to</u> <u>30 April 2022</u> £
Hendon Youth Academy	18,880	-
KTMC	1,700	-
Others	140	123
	20,720	123

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

ACCOUNTS FOR THE YEAR ENDED

30 APRIL 2023

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION

BALANCE SHEET AS AT 30 APRIL 2023

30 April 2022

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D BEDFORD - TRUSTEE



ANN JOHN - TRUSTEE

SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
INCOME AND EXPENDITURE ACCOUNT FOR THE
YEAR ENDED 30 APRIL 2023

1 February 2020 to 30 April 2022

£	£		£	£
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-		Ashford Place		35,360
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SILVER JUBILEE PARK (CHARITABLE) FOUNDATION
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30 APRIL 2023

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	<u>=====</u>	<u>=====</u>

