



2024-2025

**Ealing
Anchor
Foundation**

Annual Report

April 2024-March 2025

Report of the Trustees and
Financial Statement

*Moving out of isolation and
making long lasting friendships*

020 8571 9954

info@ealinganchor.org.uk

www.ealinganchor.org.uk

Contents

Our Vision & Mission	4
Message from the Chair	5
2024-2025 Highlights	6
Our Impact	7
Achievements & Performance	8-9
Early Intervention	10-11
Nurturing Potential from the Start	12
Our Purpose in Action	13
Parents & Carers	14
Support that made a difference	15
Supported Family Events	16
Our Work in the Community	17
Future & Long Term Goals	18
Our Supporters	19
The Team	21

Our Vision

A future where all children thrive in communities that understand and support their unique needs.



Our Mission

We believe every child deserves a safe, happy childhood and the best possible start in life. Our mission is to ensure families receive timely, culturally sensitive support that improves long-term outcomes and fosters community cohesion.

Message from the Chair

Dear friends and supporters,

As another year draws to a close, I would like to thank you all for your continued support and dedication to a cause that becomes more and more relevant with every day.

We are incredibly fortunate to have long term staff, volunteers, trustees and supporters that drive the charity and enable it to continue to show up for the local community in ways that are meaningful and impactful. You are the heart of this charity and all it does and I am so grateful for each and every one of you.

We continue to provide a wide range of support to the children and family we support, developing and growing our offering based on feedback and emerging needs. Our trips and outings remain popular as do the play sessions. We are always looking to ensure our workshops remain relevant to what parents and families need so please do keep the feedback coming! We love to hear from those we serve- knowing we had an impact, no matter how small, is literally the fuel that keeps us going.

It is an honour and a privilege to work with all of you and for all you. We try to mirror the resilience that we see our families display every day in everything we do and we will continue to strive to bring to our work the same dignity, grace and perseverance that they bring to their respective journeys.

Much love and power to you all.

Best,
Aisha



2024 - 2025 Highlights

1

WON Disability Project of the Year
2024

2

WON Tesco Golden Grant

3

2nd Place – Smiley Charity Film
People's Choice Awards 2025

In a year marked by growth and recognition, Ealing Anchor was honoured with the **Disability Project of the Year award**, voted **winners of the Tesco Golden Grant**, and was shortlisted for the **Smiley Charity Film Awards** coming 2nd place.

These accolades reflect the charity's unwavering commitment to supporting families of children with disabilities and affirms the impact of its work within the community.

The increased visibility and credibility gained through these recognitions have enabled Ealing Anchor to reach more families, strengthen partnerships, and secure vital resources to expand its services.

These milestones not only celebrate past achievements but also pave the way for deeper engagement and broader outreach in the year ahead.



*Empowering Change,
One Step at a Time*

24 Our 25 Impact



166

New Family Registrations



28

Information Training Workshops
and Legal Advice Clinics



17

Languages Spoken
by Volunteers

Early Years



686

Attendances at Play &
Support Sessions

132

Music Therapy
Sessions

160

Play Sessions

77

Toy Library
Members

Community

80

Food Surplus Collections

968

Volunteer Hours

Wellbeing & Groups

72hrs

1:1 counselling

166

Outreach
Consultations

59

Attendances at 3x Parent
Evenings

74

Dad's Attendance

9

Time to Talk Coffee
Mornings

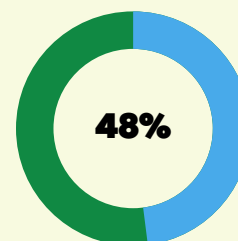
4

Tots 21 Group Sessions

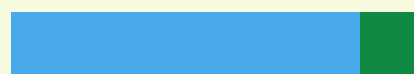
Family Social Events

436

Attendances at 8
Family Events



Used door to Door Transport



84%

BAME & Ethnic Minorities



Achievements & Performance

As we reflect on the past year, we celebrate the resilience of our community and the impact of our collective efforts. This report outlines our achievements, financial health, and the continued journey toward a more inclusive and supportive future for all the families we serve.

Led by parent carers with lived experience, our team of trustees, staff, and volunteers brought unparalleled understanding and compassion to the services offered. Throughout the past year, we provided a nurturing environment where families, often facing social and economic vulnerabilities, connected, shared, and grew together.

Our work spanned a wide range of initiatives and we also continued to advocate for systemic improvements by participating in local panels aimed at enhancing services for children with disabilities and their families.

We continued to be a vital source of support and empowerment for families raising differently abled children in the London Borough of Ealing and remained deeply rooted in its founding values of mutual support, inclusion, and community-led care.





Supporting Families & Reducing Isolation

The growing demand for our service reflected the value placed on fostering a welcoming and inclusive environment where families connected, shared experiences, and supported one another. Parents and carers benefitted from a safe space to express concerns, build friendships, and feel reassured knowing their children were thriving.

Our workshops and training sessions have empowered families with knowledge, confidence, and practical tools to support their children more effectively.

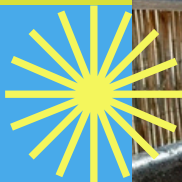
“In moments of deep frustration and stress, when I felt like giving up, your team and their tireless encouragement kept me going”

Expanding Participation & Community Engagement

Our work is rooted in empathy, inclusion, and empowerment—values that guide every play & support session, training workshop, or outreach telephone call. As a vital hub for families providing a safe, inclusive environment where children thrive and parents feel seen, supported, and empowered, our inclusive ethos and culturally sensitive approach has created a community where families feel understood, empowered, and less isolated.

Peer Support & Befriending

Our befriending initiatives brought parent carers together to share lived experiences and offer mutual support. This peer-led approach helped improve wellbeing and resilience among families, reinforcing the power of community.



Early Intervention

Ealing Anchor, through its partnership with local statutory & voluntary organisations, delivered an early intervention programme designed to support children who are differently abled and their families. The programme focused on inclusive, developmentally enriching activities that fostered growth, confidence, and community connections.

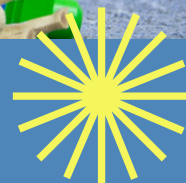


Play & Support Sessions

Held five times weekly across multiple children's centres in Ealing, our play and support sessions offered structured, inclusive activities for children aged 0–5, including those awaiting diagnosis or excluded from nursery and their siblings. These sessions promoted emotional well-being, developmental progress, and social interaction,

while also providing parent carers with peer support and respite.

Pilot sessions were extended to Maples, Acton and Grange, Ealing to reach underserved areas, ensuring more families could benefit from this vital early intervention service.



Music Therapy

Our inclusive music sessions fostered communication, emotional regulation, and social interaction, using Makaton signing and sensory engagement to create a safe and expressive environment. Families consistently reported improvements in their children's confidence, connection, and overall well-being as a result of this therapeutic approach.

Portage Pals

Delivered in partnership with the Ealing Early Start SEND team, we offered structured, play-based learning for preschool children with special educational needs.

These sessions followed a family-centred approach, working closely with parents to prepare children for school.



Transport



Sensory Room



Sensory Play



Social Interaction

Toy Library

Carrie's Toy Library offered a space for families to access a wide range of developmental and sensory toys.

The library provides specialist resources such as light projectors, tactile discs, and fidget toys as well as many others.

Sensory Play

The sessions promoted emotional regulation, motor skills, and communication. Led by experienced play leaders, sensory play not only enhanced the children's learning through exploration but also provided a nurturing space for families to connect and share experiences.

Nurturing Potential from the Start

Our holistic approach ensured that children are not only prepared for later life but also valued and supported from the very beginning of their disabled journey.

Case Study: Aiden's Story

Aiden, a two-year-old boy diagnosed with global developmental delay, was referred to Ealing Anchor Foundation by a local health visitor.

His parents were overwhelmed and unsure how to support his communication and motor skills. Through our early intervention programme, Aiden

attended weekly play & support sessions tailored to his needs, including multi-sensory activities, music therapy and portage.

His parents also participated in Makaton Signing workshops and received emotional support through our outreach and counselling services. Over six months, Aiden showed marked improvement in his ability to engage socially and communicate basic needs.

His parents reported feeling more confident and less isolated, crediting the Foundation's early support with transforming their family's outlook and helping them navigate the challenges ahead.

From a Parent.....

"All the team are really kind and supportive and help us, as parents, to get our head above water. Less worries make better parenting! A special thank you for your generosity, creativity, and knowledge in navigating the system with our children."



Our Purpose in Action

Parent quote

"I cannot thank Ealing Anchor enough for the support they have given my family. When my child was first diagnosed, I felt overwhelmed and alone. The playgroups, workshops, and emotional guidance have made such a difference—not just for my child, but for me as a parent. We now feel part of a community that truly understands and cares."



Services That Changed Lives



Play & Support
5x a week



Portage Pals
2x per week



Family Events
8x per year



Time to Talk
2x per term



Music Therapy
4x per week



Father's Group
1x per term



Tots 21 Group
1x per term



Carrie's Toys
Every week



Parents & Carers

Information Training Workshops

We co-hosted workshops with the Ealing Early Start SEND Team, Ealing Speech & Language and Ealing SENDIASS ensuring families received integrated support. Some regular topics included:

- Challenging Behaviour
- Speech & Language Therapy
- EHCPs
- Baby Massage
- Supporting Emotions
- Makaton
- Successful Toileting & Eating
- Legal Advice (online)

Parent Carer Evenings

To combat isolation and promote peer support, we hosted parent evenings once per term. These gatherings offered carers a chance to relax and connect in a social setting, reducing stress to recharge emotionally and mentally. Evenings featured engaging activities.

Legal Advice

We provide free legal advice to parent carers helping them navigate rights and responsibilities with confidence.”



Counselling

Delivered through confidential one-to-one sessions, the service provided a safe and empathetic space to explore emotional wellbeing, discuss challenges, and receive professional guidance. Sessions were tailored to accommodate individual schedules.

Emotional & Practical Support

Offering confidential guidance or crisis support via an 8am–8pm helpline. This holistic approach ensured families felt supported emotionally, empowering them to advocate effectively for their child and maintain their own wellbeing.

Support That Made a Difference

The sessions go beyond play, offering emotional and practical support through groups, workshops, and fostering collaboration between parent carers and professionals.

"Ealing Anchor Foundation is so helpful for our family 3th year. We are so happy to be part off the Anchor family . It feels like family"

Father's First

The group provided a dedicated space for fathers to connect, reflect, and receive tailored support. The group met regularly for events at the Wembley Stadium Learning Zone. One Dad shared, *"It's the first time I've felt truly understood as a dad. The group helped me realise I'm not alone in this journey."* Another father noted, *"Being part of Fathers First gave me the confidence to be more involved in my child's care and development."* These testimonials reflect the programme's growing impact in fostering emotional wellbeing, active fatherhood, and community resilience.

Parent Testimonials

"Made me feel less lonely. Gave me opportunities to make connections."

"Provided lots of relevant training to better support my child."

"You helped me start having a life again."



Supported Family Events

Inclusive Family Support

We delivered eight inclusive family events throughout the year, designed to reduce stress for parents and promote independence for differently abled children. Activities included sensory and soft play, swimming, seasonal outings, and coach trips, all carefully planned to meet individual needs.

Events fostered social connections among families and ensured full participation through staff and volunteer support, including 1:1 assistance where required.

Celebrations with foods featuring cultural heritage were also part of our play & support sessions and local events with venues selected to ensure accessibility and comfort for all.



Northolt Soft Play



Acton Swim



Arts & Crafts



Heathrow Gym



Family Party



London Lights



SEND Fun Day



Hounslow Farm

Our Work in the Community

Collaborative partnerships are central to Ealing Anchor Foundation's success. By working closely with statutory services, local organisations, and professionals, we enhanced service delivery and built trust within the community.

Joint Service Delivery

We collaborated with food banks, local supermarkets, Mayor of London Food Boxes and charities to provide essential resources such as surplus food, toys, and equipment to families in need.

We partnered with Lloyds Bank, Barclays Bank, and Lidl's Toy Bank to provide gifts for children during the Christmas season.

Co-Production & Consultation

Our services are shaped through ongoing consultation with health professionals and statutory bodies, aligning our work with local needs and priorities.

Strategic Involvement

Ealing Anchor Foundation actively participates in key steering groups

Diversity

Diversity is at the heart of everything we do. We proudly serve families from a wide range of cultural, ethnic, and linguistic backgrounds, with 82% of the families we support coming from ethnic minority communities.

This diversity enriches our work and strengthens our commitment to creating an inclusive environment where every child and parent feels valued and understood. By tailoring services—such as language support we ensure that families can fully



access resources and opportunities. Our approach celebrates differences while fostering unity, helping us build a community where all families can thrive together.

The Future & Long Term Goals

Funding That Made a Difference

The funding we received from Reaching Communities, John Lyon's Charity and London Borough of Ealing via the Ealing Advice Service and Ealing HAF programme, has enabled us to expand our reach and deepen our impact.

- Funding secured this year:
 - 5-year grant from the National Lottery
 - Continued support from John Lyon's Charity for family holiday activities
 - Approval of the Ealing HAF Programme until 2026

Priorities

Expand Service Reach and build on the charity's strong reputation and track record.

Increase the number of play sessions and workshops across Ealing, ensuring accessibility for all families.

Develop Training

Extend specialist workshops for parents and carers, including communication strategies, and behavioural support.

Strengthen Partnerships

Expand our collaboration with local services, to create integrated support systems.

Sustainability & Growth

Secure long-term funding through grants, donations, and partnerships, while investing in volunteer development and governance.



Our Supporters

Acknowledgements

We extend our heartfelt gratitude to our incredible supporters, Friends of Ealing Anchor, and generous funders and donors.



Our play and support sessions, and activities, delivered from Windmill Children's Centre, Greenford, created meaningful opportunities for engagement. This partnership has enhanced our visibility and resource-sharing, strengthening outcomes for not only families but also for volunteers and students to learn about differently abled children.

Their time, resources, and unwavering commitment have been the backbone of our work, enabling us to deliver vital services and create inclusive spaces for families of differently abled children.

Every hour volunteered, every donation made, and every act of kindness has helped us strengthen our community and make a lasting impact.





The Team

Trustees:

- Aisha Tabani Chowdhry (Chair)
- Shadaan Tabani (Treasurer)
- Nadiya Shvets (Secretary)
- Katerina Pupovic
- Beckie Shuttleworth
- Lynne Kaufmann
- Anna Rexon

Staff:

- Joy Barton (Project Manager)
- Natalie Stone (Outreach Worker)
- Magdalena Rutkowska (Senior Play Leader)
- Gladys Bennett (Senior Play Leader)
- Erica Giles (Administrative Worker)
- Yasmin Hussein
- Ruwaida Abdelrahman

Volunteers: Leila Malahmir, Meera Dasani, Ashakiran Thirumalai, Ruwaida Abdelrahman, Grace Raw, Tracey, Raifeh, Narges, Kajani, Miriam, Janice, Fatima.



Office Telephone Number

020 8571 9954



Email Address

info@ealinganchor.org.uk



Website

www.ealinganchor.org.uk,



020 8571 9954
info@ealinganchor.org.uk
www.ealinganchor.org.uk

Reg. Charity No. 1196311

EALING ANCHOR FOUNDATION

ACCOUNTS

YEAR ENDED 31 MARCH 2025

EALING ANCHOR FOUNDATION
Accounts for the Year to 31 March 2025

INDEX	Page
Income & Expenditure Account	1
Balance Sheet	2
Independent Examiner Report	3
Notes	4

EALING ANCHOR FOUNDATION
Income & Expenditure Accounts
for the year ended 31 March 2025

	<u>2025</u>			<u>2024</u>
	<u>Unrestricted</u>	<u>Restricted</u>	<u>Total</u>	
Opening Balance			105368.00	91863.23
INCOME				
LBE/MENCAP		£ 36,475.50	£ 36,475.50	£ 35,052.75
John Lyon's Charity Main Grant		£ 30,000.00	£ 30,000.00	£ 30,000.00
John Lyon's Charity SHAF Grant		£ 5,000.00	£ 5,000.00	
Reaching Communities		£ 37,942.00	£ 37,942.00	£ 40,745.17
TESCO Groundwork Golden Grant		£ 5,000.00	£ 5,000.00	
Neighbourly Project Grant		£ 730.00	£ 730.00	
Pears Foundation	£ 5,000.00		£ 5,000.00	
LB Ealing HAF Programme				£ 6,860.40
Fundraising	£ 1,005.70		£ 1,005.70	£ 948.75
Donations	£ -		£ -	£ 2,230.00
Membership/Subscriptions	£ 1,632.01		£ 1,632.01	£ 1,741.20
Interest	£ 1,193.82		£ 1,193.82	£ 934.94
Total Income	£ 8,831.53	£115,147.50	£ 123,979.03	£ 118,513.21
EXPENDITURE				
Salaries and Taxes		£ 79,617.50	£ 79,617.50	£ 67,933.48
Volunteer expenses		£ 168.03	£ 168.03	£ 570.06
Transport		£ 7,757.80	£ 7,757.80	£ 6,479.04
Toys & Equipment		£ 535.51	£ 535.51	£ 1,582.73
Social, Parties & Outings	£ 2,154.77	£ 7,836.04	£ 9,990.81	£ 2,567.52
Admin/Misc.		£ 395.04	£ 395.04	£ 303.60
Telecommunications		£ 2,746.48	£ 2,746.48	£ 1,877.16
Heating/Lighting/Office cost	£ 2,250.00	£ 3,156.90	£ 5,406.90	£ 3,321.92
Stationary, Publicity & Postage		£ 2,054.27	£ 2,054.27	£ 1,209.71
Training/Activities		£ 13,021.20	£ 13,021.20	£ 9,881.89
HAF Programme				£ 6,860.40
Legal/Subs/Insurance	£ 295.00	£ 1,000.60	£ 1,295.60	£ 980.93
Accounts & Bookkeeping fee		£ 1,440.00	£ 1,440.00	£ 1,440.00
Total Expenditure	£ 4,699.77	£119,729.37	£ 124,429.14	£ 105,008.44
Surplus/(Deficit) for the 12 Months	£ 4,131.76	£ (4,581.87)	£ (450.11)	£ 13,504.77
Closing Funds			£ 104,917.89	£ 105,368.00

EALING ANCHOR FOUNDATION
Balance Sheet
Year Ended 31 March 2025

	Notes	<u>2025</u> £	<u>2024</u> £
Assets:			
Bank Balance 31/03/2025			
Petty Cash			£ -
Barclays Current account	1	£ 21,323.52	£ 32,752.28
Barclays Business Premium a/c	2	£ 88,655.29	£ 77,461.47
		<u>£ 109,978.81</u>	<u>£ 110,213.75</u>
Liabilities:			
Creditors	3	£ 5,060.92	£ 4,845.75
		<u>£ 5,060.92</u>	<u>£ 4,845.75</u>
		<u>£ 104,917.89</u>	<u>£ 105,368.00</u>
Financed by:			
Private Fund Account:			
Restricted Funds		£72,786.21	£ 76,497.31
Unrestricted Funds		£32,131.68	£ 28,870.69
		<u>£104,917.89</u>	<u>£ 105,368.00</u>

EALING ANCHOR FOUNDATION
Independent Examiner Report
Accounts for year to 31 March 2025

We have examined Income and Expenditure Account and the supporting information from the records.

In our opinion the financial statements give a true and fair view of the state of affairs of the private fund of Ealing Anchor Foundation as at 31 March 2025, and of its surplus for the year ended on that date.



Anil Bhanot
Bhanot & Co.
Chartered Accountants

Date: 31 October 2025
First Floor
126-128 Uxbridge Road
London W13 8QS

**Notes to Income and Expenditure Accounts
for the year ended 31 March 2025**

Bank reconciliation

1	Barclays Current A/C No 83547256	£	21,323.52
	Balance as per statement		
	Bank balance as per cash book on 31/03/2025	£	21,323.52
2	Barclays Business Premium A/C No 13927628	£	88,655.29
	Balance as per statement		
	Bank balance as per cash book on 31/03/2025	£	88,655.29
3	Creditors		
	Salaries and taxes	£	4,837.75
	NEST pension	£	223.17
		£	5,060.92

Reg. Charity No. 1196311

EALING ANCHOR FOUNDATION

ACCOUNTS

YEAR ENDED 31 MARCH 2025

EALING ANCHOR FOUNDATION
Accounts for the Year to 31 March 2025

INDEX	Page
Income & Expenditure Account	1
Balance Sheet	2
Independent Examiner Report	3
Notes	4

EALING ANCHOR FOUNDATION
Income & Expenditure Accounts
for the year ended 31 March 2025

	<u>2025</u>			<u>2024</u>
	<u>Unrestricted</u>	<u>Restricted</u>	<u>Total</u>	
Opening Balance			105368.00	91863.23
INCOME				
LBE/MENCAP		£ 36,475.50	£ 36,475.50	£ 35,052.75
John Lyon's Charity Main Grant		£ 30,000.00	£ 30,000.00	£ 30,000.00
John Lyon's Charity SHAF Grant		£ 5,000.00	£ 5,000.00	
Reaching Communities		£ 37,942.00	£ 37,942.00	£ 40,745.17
TESCO Groundwork Golden Grant		£ 5,000.00	£ 5,000.00	
Neighbourly Project Grant		£ 730.00	£ 730.00	
Pears Foundation	£ 5,000.00		£ 5,000.00	
LB Ealing HAF Programme				£ 6,860.40
Fundraising	£ 1,005.70		£ 1,005.70	£ 948.75
Donations	£ -		£ -	£ 2,230.00
Membership/Subscriptions	£ 1,632.01		£ 1,632.01	£ 1,741.20
Interest	£ 1,193.82		£ 1,193.82	£ 934.94
Total Income	£ 8,831.53	£115,147.50	£ 123,979.03	£ 118,513.21
EXPENDITURE				
Salaries and Taxes		£ 79,617.50	£ 79,617.50	£ 67,933.48
Volunteer expenses		£ 168.03	£ 168.03	£ 570.06
Transport		£ 7,757.80	£ 7,757.80	£ 6,479.04
Toys & Equipment		£ 535.51	£ 535.51	£ 1,582.73
Social, Parties & Outings	£ 2,154.77	£ 7,836.04	£ 9,990.81	£ 2,567.52
Admin/Misc.		£ 395.04	£ 395.04	£ 303.60
Telecommunications		£ 2,746.48	£ 2,746.48	£ 1,877.16
Heating/Lighting/Office cost	£ 2,250.00	£ 3,156.90	£ 5,406.90	£ 3,321.92
Stationary, Publicity & Postage		£ 2,054.27	£ 2,054.27	£ 1,209.71
Training/Activities		£ 13,021.20	£ 13,021.20	£ 9,881.89
HAF Programme				£ 6,860.40
Legal/Subs/Insurance	£ 295.00	£ 1,000.60	£ 1,295.60	£ 980.93
Accounts & Bookkeeping fee		£ 1,440.00	£ 1,440.00	£ 1,440.00
Total Expenditure	£ 4,699.77	£119,729.37	£ 124,429.14	£ 105,008.44
Surplus/(Deficit) for the 12 Months	£ 4,131.76	£ (4,581.87)	£ (450.11)	£ 13,504.77
Closing Funds			£ 104,917.89	£ 105,368.00

EALING ANCHOR FOUNDATION
Balance Sheet
Year Ended 31 March 2025

	Notes	<u>2025</u> £	<u>2024</u> £
Assets:			
Bank Balance 31/03/2025			
Petty Cash			£ -
Barclays Current account	1	£ 21,323.52	£ 32,752.28
Barclays Business Premium a/c	2	£ 88,655.29	£ 77,461.47
		<u>£ 109,978.81</u>	<u>£ 110,213.75</u>
Liabilities:			
Creditors	3	£ 5,060.92	£ 4,845.75
		<u>£ 5,060.92</u>	<u>£ 4,845.75</u>
		<u>£ 104,917.89</u>	<u>£ 105,368.00</u>
Financed by:			
Private Fund Account:			
Restricted Funds		£72,786.21	£ 76,497.31
Unrestricted Funds		£32,131.68	£ 28,870.69
		<u>£104,917.89</u>	<u>£ 105,368.00</u>

EALING ANCHOR FOUNDATION
Independent Examiner Report
Accounts for year to 31 March 2025

We have examined Income and Expenditure Account and the supporting information from the records.

In our opinion the financial statements give a true and fair view of the state of affairs of the private fund of Ealing Anchor Foundation as at 31 March 2025, and of its surplus for the year ended on that date.

A handwritten signature in black ink, appearing to read 'Anil Bhanot', with a stylized flourish at the end.

Anil Bhanot
Bhanot & Co.
Chartered Accountants

Date: 31 October 2025
First Floor
126-128 Uxbridge Road
London W13 8QS

**Notes to Income and Expenditure Accounts
for the year ended 31 March 2025**

Bank reconciliation

1	Barclays Current A/C No 83547256 Balance as per statement	£ 21,323.52
	Bank balance as per cash book on 31/03/2025	<u><u>£ 21,323.52</u></u>
2	Barclays Business Premium A/C No 13927628 Balance as per statement	£ 88,655.29
	Bank balance as per cash book on 31/03/2025	<u><u>£ 88,655.29</u></u>
3	Creditors Salaries and taxes NEST pension	£ 4,837.75 £ 223.17
		<u><u>£ 5,060.92</u></u>