

Capital Foundation

Annual Report and Financial Statement 2023-2024

Principle Office:

Capital Foundation
111 Hanbury Street,
London,
E1 5JQ.

Charity Registration Number:

1202503

Banker:

Natwest Bank

Our Aims:

Capital Foundation exists to benefit the public and help improve the lives of disadvantaged people it serves primarily in Tower Hamlets, as well as London and Home Counties.

Our Objectives:

To pursue any charitable purposes for the benefit of the public. Including, (but not limited to) the following: The relief of those in need which arises as a result of youth, age, ill-health, disability, financial hardship or other disadvantages.

Our Vision:

Capital Foundation aims to provide community activities for the deprived population. It aims to support the service users with activities to help improve their life opportunities, develop new skills, make friends, overcome loneliness and social isolation.

Capital Foundation will build upon the skills and experience within the trustee, support workers and volunteers to develop a vibrant community organisation.

Key Vision:

Meet the needs of disadvantaged communities through provision of high-quality activities, helping in:

- Raising aspirations
- Building self-esteem and confidence
- Increasing resilience
- Increasing positive behaviours
- Increasing physical activity
- Improving physical health

Bring people together through services and partnerships.

Amplify the voices of the community through improved listening and responding.

Help to develop a cohesive community.

We will achieve this through our values and working culture, being:

- Encouraging
- Welcoming
- Generous of spirit
- Integrity
- Forward Looking

Activities & Achievements

Workshops: Raising awareness of issues effecting the local community, including healthy lifestyle, avoiding traps of modern convivence living i.e. junk food. Social media consumption, addictive behaviours, family finance and budgeting.

Social Support Sessions: Assisting people in need of guidance i.e. financial difficulties, educational support, IT training needs, language support and other life challenges. Signposting to statutory and voluntary services.

Family Healthy Walks: Organised walks in local parks and walkways for families to develop healthy lifestyle habits.

Local Estate Gardening Project: Reorganised gardens, green spaces and planting for the benefit and use of the local community, particularly children and families.

Family Fun Day Picnic in the Park: Organised collective picnic in the park, where everyone contributed by bringing food, as well as entertainments! Great event for the whole family and community social interactions.

Our Finances

It has been a challenging time to secure sustainable funding.

In-Kind Support Received:

- 2 x Volunteer Support Workers Hours, equivalent to £2,000 for the year.
- Rent (free) equivalent to £8,000 for the year.
- Total in-Kind Support Received equivalent to £10,000 for the year.

Chair of Trustee
Kalsuma Bibi