

GENERATIONS ACTIVE HOUNSLOW

England & Wales · Charity number 1205075

Details

Other names	GENERATIONS ACTIVE
Status	Registered
Legal form	CIO
Registered	2023-10-05
Register	View on the Charity Commission register

Contact

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Activities

Objects: TO ADVANCE IN LIFE AND RELIEVE NEEDS OF YOUNG PEOPLE THROUGH:(A) THE PROVISION OF RECREATIONAL AND LEISURE TIME ACTIVITIES PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE;(B) PROVIDING SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS.

Activities: Activities include sport and or physical activity and training relating to it's delivery.

Classification

- **How:** Makes Grants To Organisations, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- Harrow
- Hillingdon
- Hounslow
- Kingston Upon Thames
- Richmond Upon Thames
- Surrey
- Sutton

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£8,000	£0	-	-

Trustees

Name	Role	Appointed
Alan Peter Watkinson	Chair	2023-06-01
Asif Saeed Akhtar Rana		2024-10-28
Lisa Graham		2023-06-01

Accounts

Generations Active Hounslow.

Trustees Report. Period end April 2025.

Prepared by: Gillian de Soyres

For: Submission to the Charities Commission

Modified and Submitted by: Asif Rana

ABOUT US: Welcome to Generations Active Hounslow - GA Hounslow

About Us

Generations Active Hounslow – Movement. Mentorship. Momentum. Generations Active Hounslow (GA Hounslow) is a thriving community movement empowering Hounslow through sport, wellbeing activities, and human connection. We are a growing coalition of residents, youth leaders, community organisations, businesses, and faith groups working together to make physical activity more accessible, inclusive, and transformative for all generations across Hounslow.

Whether you're looking to get active, volunteer, mentor others, or simply meet new people, GA Hounslow is here for you.

What We Stand For

Our coalition is helping to:

- Remove barriers to participation across age groups
- Create safe, inclusive opportunities for physical activity
- Support peer mentors, role models, and young sport leaders
- Strengthen connections between generations, neighbourhoods, and cultures.

This platform (Legacy of MCL) has been created to celebrate our partners, raise awareness of community-led programmes, and invite more people to get involved, get active, and grow together. Through sport, learning, volunteering, and leadership — there's a space here for everyone.

You'll also find local hubs and community play spaces where people come together to build friendships, feel safer, and enjoy meaningful time with others. Whether you're trying a new sport, joining a youth session, or just chatting over a cup of tea — this is your space.

Our Partnership Space (Youth Opportunities Board)

(A collaborative space shaped and led by young people)

At Generations Active Hounslow, we believe sustainable community impact is only possible through collaboration, shared capacity, and purposeful partnerships.

Our model is built on working alongside like-minded organisations serving Hounslow's diverse communities — especially those who need support to scale their efforts. We provide insight, coordination, and delivery capacity to bring flagship local initiatives to life.

Strategic Partners (2024-2026)

Sport Impact: Supporting wellbeing through schools, communities, and sports leadership programmes

The London Borough of Hounslow Swimming club: Supports grassroots swimming initiatives that are inclusive and diverse, while also nurturing elite athletes. Emphasises youth involvement through teaching, mentoring, and engagement across all levels of the sport.

The Positive Movement Project: Fostering personal development, positivity, and movement for all ages

AGE UK Hounslow: Championing active ageing, connection, and intergenerational wellbeing

AND

The Reach Foundation & The Hounslow Promise (host organisation): Collaborating to deliver high-impact, inclusive programming across Hounslow.

Together, we co-design and co-deliver meaningful opportunities that promote sport, youth leadership, wellbeing, and inclusion. Every partner brings unique strengths — and through collaboration, we build greater reach, resilience, and results.

Come Join Us

Explore what's happening in your community. Connect with others. Help shape a stronger Hounslow through movement, mentorship, and mutual support.

We are building a more active, confident, and connected Hounslow — for every generation.

Call to Action

Be Part of Hounslow's Promise to Thrive — Join Our Movement Today!

At Generations Active Hounslow, we're more than just a coalition — we're a community building momentum for healthier, happier lives. From playing sports and discovering new activities to mentoring young leaders and forging friendships across generations, there's a place here for you.

Together, we're delivering on **Hounslow's Promise Number 5: creating opportunities for every resident to thrive** through movement, mentorship, and meaningful connections.

Get involved:

- Try something new at a local hub
- Volunteer or become a peer mentor
- Support intergenerational activities
- Help break down barriers so everyone can participate

Let's build a stronger, more connected Hounslow — one step, one game, one smile at a time.

Welcome to Generations Active Hounslow

Empowering young sports leaders to help every generation thrive.

At Generations Active Hounslow, we're delivering on Hounslow's Promise Number 5: creating opportunities for all to flourish — by inspiring and equipping young people to lead the way. Our young sports leaders are at the heart of building a healthier, more connected community, driving activities that bring people of all ages together.

Why It Matters

- Young people grow in confidence and skills, becoming role models in their neighbourhoods.
- Children, families, and older adults get moving together, breaking down barriers to physical activity.
- Stronger bonds across generations make Hounslow a more caring, vibrant place to live.

How You Can Get Involved

Encourage a young person to step up as a sports leader
Volunteer, partner or support our leadership programmes
Join community events and see our young leaders in action
Help us grow opportunities for every resident to thrive

Together, We're Delivering Hounslow's Promise

Join us at Generations Active Hounslow and be part of a movement where young leaders create healthier futures for everyone.

Status report as of period end April 2025

As of this time there is now a new team of trustees that have just formed to take this idea forward. There is ample evidence to show that the work carried out and delivered since 2018 has merit and still huge potential.

This is now an embryo within which the work to deliver the above will continue.

Where appropriate alliances and collaborations will be sought, a finance model planned and implemented, more specialisations utilised by bringing on board more trustees with relevant skills and experience.

Financials

As of this time GAH has inherited a cash at bank balance of £8,000. There has been no other income and nothing has been spent, as of April 2025.