

EVERY CONTACT COUNTS

England & Wales · Charity number 1209003

Details

Status Registered

Legal form CIO

Registered 2024-07-08

Register [View on the Charity Commission register](#)

Contact

Address 72 Rawlings Crescent
Wembley
Middlesex
HA9 9FQ

Phone 02072723967

Email Info@eccuk.org

Website www.eccuk.org

Activities

Objects: THE OBJECT OF THE CIO IS: THE PRESERVATION AND PROTECTION OF GOOD HEALTH FOR THE PUBLIC BENEFIT IN THE LONDON BOROUGH OF BRENT AND SUCH OTHER LONDON BOROUGHs AS THE TRUSTEES SHALL FROM TIME TO TIME DECIDE, THROUGH THE PROVISION OF ACTIVITIES AND SERVICES FOR EXERCISE TO PROMOTE PHYSICAL FITNESS AND HEALTHY, ACTIVE LIFESTYLES AND TO ASSIST IN REHABILITATION FROM ILLNESS.

Activities: Every Contact Counts (ECC) is an amateur sports and physical activity charity whose aim is to promote physical fitness and active lifestyles to vulnerable people in the community. These include children in schools, adults with disability, elderly and the sick for rehabilitation from illnesses.

Classification

- **How:** Provides Services
- **What:** Amateur Sport
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** LOCAL
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£3,628	£1,097	-	-

Trustees

Name	Role	Appointed
Rubina Mamon	Chair	
Dadrian Cummings		
Leah Lauren Mansah Adjei-Mantey		

EVERY CONTACT COUNTS

England & Wales - Charity number 1209003

Accounts

Charity number 1209003

EVERY CONTACT COUNTS

ANNUAL REPORT

FOR THE YEAR ENDED 30TH JUNE 2025

**EVERY CONTACT COUNTS
ANNUAL REPORT
FOR THE YEAR ENDED 30TH JUNE 2025**

Contents

CHARITY INFORMATION	Error! Bookmark not defined.
REPORT OF TRUSTEES	Error! Bookmark not defined.-4
ACCOUNTANT'S REPORT	5
STATEMENT OF FINANCIAL ACTIVITIES	Error! Bookmark not defined.
BALANCE SHEET	7
NOTES TO THE ACCOUNTS	Error! Bookmark not defined.

EVERY CONTACT COUNTS

Reference & Administrative Details

Charity Name	Every Contact Counts
Charity Registration No	1209003
Address	
Trustees	Rubina Mamon Leah Lauren Mansah Adjei-Mantey Dadrian Cummings
Accountant	Dunstanette Kuti FCCA MCSI Community Accountant Community Action Sutton Granfers Community Centre 73-79 Oakhill Rd Sutton SM1 3AA

EVERY CONTACT COUNTS

TRUSTEES REPORT FOR THE YEAR TO 30th JUNE 2025

Report of the Trustees

The Trustees present their report and financial statements for the year ended 30th June 2025

Aims and Objectives

The main objective of Every Contact Counts is to deliver a range of well-being community projects for people of all ages to reduce social isolation and increase healthcare awareness

- a) To relieve financial hardship, in particular but not limited to providing essential items including food, clothing, sleeping bags blankets to the homeless and volunteering opportunities within the charity to provide those in the financial hardship with skills training to improve employability skills;
- b) To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society, in particular but not exclusively by providing a visiting friends service to those in care homes and providing recreational activities/ outings to families who would otherwise be unable to afford them.
- c) To preserve and protect good health by raising awareness of medical condition such as cancer and diabetes and by such means as the Trustees deem appropriate.
- d) To promote social inclusion among elderly persons who are excluded from society because they live in care homes by providing companionship for the residents
- e) To preserve and protect good health by offering health care awareness to assist communities with limited access to health services due to financial hardship and to provide equipment to monitor conditions such as blood pressure, diabetic sugar level testing and such other hospital equipment as deemed appropriate and to operate and support care homes

General Description of the Charity's activities:

Workshops in Schools and Community Centres

Love where you live, Keep Me Active and Healthy In January, we launched a project funded by the community fund under their 'Love where you live' grant. We launched a 5-week project where we focused on exercise and other physical activities to encourage our local people to look after their physical selves. Exercise

is important because it enhances physical fitness, improves mental well-being, and increases energy levels.

Healthy eating nutrition In March, we held a 4-week healthy eating programme. The goal of the project was to raise awareness about healthy eating habits, provide practical tips for balanced diets, and encourage individuals to make informed food choices. Healthy eating is important because it provides the essential nutrients and energy our bodies need to function properly, maintain health, and prevent chronic diseases. This was also part of 'Love where you Live'.

We wear heritage This project was not funded but was given to us, freely, under Brent. The goal of this project is to raise awareness about the cultural significance of liputa (traditional Congo fabric), to promote its continued use and appreciation, and to highlight its importance in the Congolese/ African identity, both historically and in contemporary culture. We made our own clothing using liputa being inclusive of all members of our community, not narrowing it to those who identify with Congolese culture as we allowed those of a range of backgrounds to also share their heritage stories.

Risk Management

The trustees actively review the risk, which the charity faces on a regular basis. The review of the controls of the financial systems will provide sufficient resources in the event of adverse conditions.

The trustees also examined other operational and business risks faced by the charity and confirm that the Trustees have established systems to mitigate the significant risks.

Review and Results

The Trustees report an operational surplus of £2,531 on operations for the year under review.

Balance Sheet

Details of the major items on the balance sheet can be found in the notes to the accounts.

Approved by the Trustees on and signed on its behalf by

.....
Rubina Mamon
Chair

ACCOUNTANT'S REPORT

TO THE TRUSTEES OF EVERY CONTACT COUNTS

In accordance with our terms of engagement and in order to assist you as trustees to fulfil your duties under the Charities Act 2011, we have compiled the financial statements of the charity for the year ended 31 March 2024 which comprise the Income and Expenditure Account, the Balance Sheet and the related notes from the accounting records and information and explanations you as trustees have given to me.

This report is made to the charity's Board of Trustees as a body, in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the company's Board of Trustees that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's Board of Trustees, as a body, for our work or this report.

We have carried out this engagement in accordance with technical guidance issued by the Association of Certified and Chartered Accountants for England and Wales and have complied with the ethical guidance laid down by the Association of Certified and Chartered Accountants for England and Wales relating to members undertaking the compilation of financial statements.

You as charity trustees have acknowledged on the Balance Sheet as at 31 March 2024 your duty as trustees to ensure that the organisation has kept proper accounting records and to prepare financial statements that give a true and fair view under the Charities Act 2011.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you as trustees have given to us and we do not therefore, express any opinion on the financial statements.

Signed:

Date:

Dunstanette Kuti FCCA MCSI
Community Action Sutton

Granfers Community Centre
 73-79 Oakhill Road
 Sutton
 Surrey SM1 3AA

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
INCOME:				
Grants		2,500	-	2,500
Donations		1,128	-	1,128
Total:	2	3,628	-	3,628
EXPENDITURE:				
Charitable activities		(1,097)	-	(1,097)
Total:		(1,097)	-	(1,097)
NET INCOME (EXPENDITURE) FOR YEAR		2,531	-	2,531
Total funds carried forward		2,531	-	2,531

EVERY CONTACT COUNTS

Statement Of Financial Activities For The Year Ended 30th June 2025

EVERY CONTACT COUNTS

Balance Sheet as at 30th June 2025

	Note	2025 £	2025 £
CURRENT ASSETS:			
Cash at bank and in hand		2,531	
		2,531	
TOTAL ASSETS:			2,531
NET ASSETS			2,531
RESERVES:			
Unrestricted Funds			2,531
	9		2,531

The financial statements were approved by the board onand signed on its behalf by:

.....

Rubina Mamon

Chair

EVERY CONTACT COUNTS

Notes to the Financial Statements for the for the period ended 30th June 2025

1. Accounting policies

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)).

Ma Mundele Africa Cause meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. There are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably. Donations are recognised on a receipts basis when the relevant criteria for recognition are deemed to have been met

2. Income	Unrestricted £	Restricted £	Total Funds 2025 £
Kingspiration CIC	2,500	-	2,500
Donations	1,128	-	1,128
	3,628	-	3,628

3. Charitable Activities

	Unrestricted £	Restricted £	Total Funds 2025 £
Volunteer expenses	128	-	128
Project activities	300	-	300
Website and IT	350	-	350
Marketing	121	-	121
Insurance	198	-	198
Total	1,097	-	1,097

4. Trustee Remuneration & Related Party Transactions

No remuneration directly or indirectly out of the funds of the charity was paid or is payable for the period to any trustee or to any person or persons known to be connected with any of them.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the period.