

Charity Registration Number: 1209049

SENIORS IN TOUCH (SIT)
A CHARITABLE INCORPORATED ORGANISATION (CIO)
TRUSTEES' REPORT
AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
28 FEBRUARY 2025

SENIORS IN TOUCH (SIT)

LEGAL AND ADMINISTRATIVE INFORMATION

FOR THE YEAR ENDED 28 FEBRUARY 2025

Trustees

Roy Adeyemi Bello (Trustee)
Olubusola Omolara Alabi (Trustee)
Diogu Sunday Kalu (Trustee)
Gladys Adebimpe Olusoji (Trustee)
Adenrele Ayinde Apanpa (Trustee)
Jacob Sunday Ogunseye (Trustee)
Abimbola Adetunji (Trustee, Chairperson)
Oyebimpe Idowu (Trustee)

Charity Number

1209049

Registered Office

16 Carnoustie Close
London
SE28 8SH

Bankers

Barclays Bank Plc
Poole 3
Leicester
LE87 2BB

SENIORS IN TOUCH (SIT)

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SENIORS IN TOUCH (SIT)

TRUSTEES' REPORT

FOR THE YEAR ENDED 28 FEBRUARY 2025

The trustees present their annual report and financial statements for the year ended 28 February 2025.

The purposes of the Charity as set out in the Governing Instrument is for the benefit of seniors residing in Thamesmead and environs, to promote the health and wellbeing of its members through the provision of recreation and other leisure activities that will enhance their quality of life.

During the period of this report, some activities undertaken by the charity are outlined below.

We organised local and seaside trips, Arts and Cultural Community Engagement activities (E.g. Intergenerational Beauty in Diversity programme, Easter and Christmas Sing along events at Lakeview Court Thamesmead).

Nutritional workshops were delivered by trained dieticians and nutritionists, focusing on healthy eating and the impact of diet on overall wellbeing. The sessions were highly interactive, giving members the opportunity to ask personalised questions related to their individual health conditions.

Members birthdays were celebrated on a month-to-month basis with the celebrants for each month cutting a birthday cake and taking group photograph. Culturally relevant take away meals were also provided to members monthly.

Seaside trips were organised within the course of the year to Margate Beach and Eastbourne Beach. We also had a visit to the National Maritime Museum during the year.

We offered members a yearly Professional Massage Therapy and there were also three Arts and Crafts sessions held in conjunction with GDCA and a private artist.

Members had the opportunity to make home and Christmas decorations during the Arts and Craft sessions in December 2025.

We engaged in Cookery Sessions facilitated by GDCA, where members participated in the preparation, cooking and tasting of healthy meals.

We also had a frailty Workshop (A falls prevention Workshop) which focused on how to prevent falls among the elderly. A Health care professional, Physiotherapist, was invited to speak with the members and the event was a huge success based on the feedback received after the event.

The Trustees confirm adherence to the Guidance issued by the Charity Commission on Public Benefit. Our activities are open to members of the public who are 50 years and above living in Thamesmead, Southeast London and environs.

Principal Funding Activities

Members supported the activities of the Charity through voluntary donations received on a week-to-week basis and in support of specific programmes held all through the Year.

Voluntary donations were also received from family and friends of the charity.

Grants

The Charity received grants from the following organisations for the running of the operations of the Charity within the Course of the year:

National Lottery

Thamesmead Community Fund

Peabody Trusts

Thamesmead and BVSC William Kendalls Grant

Structure, Governance & Management

The Charity has a Management Committee in place comprising 8 Members.

There is a Service Coordinator that oversees the day-to-day activities of the Charity. The Service Coordinator is ably assisted with 2 Support Workers.

A Project Officer and Policy Officer have also been employed to assist the Service Coordinator in accomplishing the objectives of the Charity. The Governing Instrument stipulates that the first Trustees will be appointed for a period of 4 years from the date of Registration while subsequent Trustees will be for 3 years.

This report was approved by the trustees and signed on its behalf by:

Abimbola Adetunji (Trustee, Chairperson)

Date : 16 January 2026

SENIORS IN TOUCH (SIT)**RECEIPTS AND PAYMENTS**

FOR THE YEAR ENDED 28 FEBRUARY 2025

Categories	Unrestricted funds	Total funds
Receipts		
Donation and gifts	8,821	8,821
Grants (TMCF)	2,985	2,985
Sub total	11,806	11,806

Total receipts	11,806	11,806
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Payments		
Wages and salaries	4,068	4,068
Donations	250	250
Printing and stationery	199	199
Legal/professional fees	5,216	5,216
Travel and subsistence	1,920	1,920
General Insurance	183	183
Accountancy and bookkeeping	300	300
Subscription	181	181
Charitable events	7,669	7,669
Sub total	19,986	19,986

Total Payments	19,986	19,986
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Net of receipts/(payments)	(8,180)	(8,180)
Cash funds last year end	-	-

Cash funds this year end		(8,180)		(8,180)
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SENIORS IN TOUCH (SIT)

STATEMENT OF ASSETS AND LIABILITIES

FOR THE YEAR ENDED 28 FEBRUARY 2025

Categories	Details	Unrestricted funds	Restricted funds
Cash funds			
	Cash at bank and in hand	4,146	-
	Total Cash Funds	4,146	-
	Details	Fund to which asset belongs	Cost (optional)
Liabilities	Net Cash fund		(8,180)
	Other creditors	Unrestricted Funds	12,326
	Total		4,146

For the year ended 28 February 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board on 16 January 2026 and signed on its behalf by:

Abimbola Adetunji (Trustee, Chairperson)

Date : 16 January 2026

SENIORS IN TOUCH (SIT)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 28 FEBRUARY 2025

1. Accounting Policies

The principal accounting policies adopted by the Charity, which is a public benefit entity, in the preparation of the accounts are as follows.

1.1 Basis of preparation

These accounts have been prepared under the historical cost convention, as modified by the inclusion of charitable properties and fixed asset investments and investment properties at valuation.

These accounts have been prepared in accordance with “Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)” (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

These accounts are presented in pounds sterling and rounded to the nearest pound.

1.2 Going concern

The Trustees have prepared financial projections, taking into consideration the current economic conditions and have, at the time of approving these accounts, a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, they continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Change of accounting policy

These accounts have been prepared to give a ‘true and fair’ view

1.4 Income from donations or grants

Income from donations and grants is recognized when the charity is entitled to the funds, the receipt is probable and the amount can be measured reliably. For donations, this is usually on receipt. For grants, this is usually when a formal order is made in writing. If a donation or grant contains terms and conditions outside of the charity’s control which must be met before the charity is entitled to the funds, or if the donor specifies that the funds must be used in future time periods, then the income is deferred.

1.5 Taxation

The organisation is a registered charity and has no liability to income tax or corporation tax on its charitable activities during the year.

1.6 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

1.7 Fund accounting

Unrestricted funds are those funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

2. Income from Donations and Legacies

Analysis	Unrestricted funds	Total funds 2025
	£	£
Donation and gifts	8,821	8,821
Grants (Thamesmead Cash Fund)	2,985	2,985
Total	11,806	11,806

3. Expenditure on Raising Funds

Analysis	Unrestricted funds	Total funds 2025
	£	£
Charitable events	7,669	7,669
Total	7,669	7,669
Support Costs	2,216	2,216
	9,885	9,885

4. Expenditure on Charitable Activities

Analysis	Unrestricted funds	Total funds 2025
	£	£
Donations	250	250
Printing and stationery	199	199
Legal/professional fees	5,216	5,216
Travel and subsistence	1,920	1,920
Total	7,585	7,585
Support Costs	2,516	2,516
	10,101	10,101

5. Support Costs

	Total funds 2025
Analysis	£
Support Costs	
Wages and salaries	4,068
General Insurance	183
Subscription	181
Governance Costs	
Accountancy and bookkeeping	300
	4,732

6. Cash at bank and in hand

	Total funds 2025
	£
Cash at bank and in hand	4,146
Total	4,146

7. Creditors: Amounts falling due within one year

	Total funds 2025
	£
Other creditors	12,326
Total	12,326

8. Charity funds

8.1 Details of material funds held and movements during the CURRENT reporting period

Fund names	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Unrestricted funds	-	11,806	19,986	-	-	(8,180)