

ASTON-MANSFIELD
(A company limited by guarantee)
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

Charity Registration Number: 220085

Company Number: 48350

ASTON MANSFIELD

REPORT AND FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

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ASTON-MANSFIELD

REFERENCE & ADMINISTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2024

Trustees	Christopher C Keen	(Chairman)
	Alex Minford	(Deputy Chairman)
	Tendai Munjayi	(Treasurer)
	Asif Mangera	
	Rev Jeremy Fraser	
	Dr Joanne Beckmann	(Resigned 10 June 2024)
	Mahendra Savjani	
	Mohammad Khan	
	Noor Choudary	
	Rev Paul Regan	(Resigned 15 July 2024)
	Rehan Akhtar	
Chief Executive Officer	Claire Helman	
Secretary	Eileen Da-Silva	
Bankers	National Westminster Bank Plc	Co-operative Bank Plc
	Ground Floor, Gredley House 1-11 Broadway Stratford London E15 4WG	80 Cornhill London EC3V 3NJ
Auditors	Haysmacintyre LLP 10 Queen Street Place London EC4R 1AG	
Solicitors	Russell-Cooke 2 Putney Hill Putney London SW15 6AB	
Registered Office	Durning Hall Earlham Grove Forest Gate London E7 9AB	

The trustees, who are also directors for the purposes of company law, present the annual report and the audited financial statements of the organisation for the year ended 31 March 2024 which have been prepared in accordance with the Statement of Recommended Practice - Accounting and Reporting by Charities (revised 2019) and the Companies Act 2006.

OBJECTIVES AND ACTIVITIES

The objects of the charity are to develop the community wealth of East London and promote a diverse and inclusive society in which all are free to participate. These are achieved through several structured programmes and a range of activities supporting people of all ages, creeds, cultures, and abilities, principally within the London Borough of Newham.

The Newham Context

Newham is an economically vulnerable borough with many residents affected by high London costs but low wages. It has a young and ethnically diverse population with many large families who have been affected by the benefits cap. The long term impacts of the Covid pandemic, coupled with the Cost of Living crisis, in a borough already experiencing high rates of poverty, means that life for the people we work with, and for many of our staff and volunteers, is very difficult. Cost of living pressures have tipped people who were just about managing into poverty.

Key statistics for Newham

- Deprivation in Newham is high, with the overall Index of Multiple Deprivation score in 2019 showing Newham as the 3rd most deprived London borough, ranking 12th of 317 local authority districts nationally.
- Over 22,000 children live in absolute poverty, with the highest rate of children in temporary accommodation in the country living in Newham. Most Newham children in "absolute low income households" are members of "working families", meaning one where at least one adult has a job.
- 24.5% of Newham residents' jobs are low paid; the average income per household is £19,465 compared to the London average of £29,362. In 2023, 20% of residents were estimated to be earning below the Living Wage.
- Average rent represents around 65% of average wages in Newham compared to 30% across the UK
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- Newham has the second highest fuel poverty rate in London and the 21st highest fuel poverty rate nationally
- In 2021, 42.2% of people in Newham identified their ethnic group within the "Asian, Asian British or Asian Welsh" category, 30.8% of Newham residents identified their ethnic group within the "White" category while 17.5% identified their ethnic group within the "Black, Black British, Black Welsh, Caribbean or African" category.
- In 2021, 35.3% of people in Newham described themselves as Christian, while 34.8% described themselves as Muslim

In response to this, we have increased our emotional and practical support for families, adapted our food distribution service, grown our work with vulnerable children, young people, and families, and expanded our work on mental health and well-being.

The year in numbers

During the year we have directly delivered services to around 342 children and young people, 68 families, 377 adults with mental health issues, 61 adults wanting to improve their mental wellbeing, and 22 community organisations. In addition, an estimated 5570 people have used our centres for sessional activities run by approximately 82 community groups, and 26 organisations rented office space.

Some 182 children developed socially, physically, and creatively through a range of play experiences at our After School Club, Holiday Playschemes, Breakfast Club, Transitional Youth programme and Cooking Collective. The children and young people benefit from improved life-skills, confidence, and self-awareness, and parents benefit from affordable wrap around childcare allowing them to participate in work, study, or training.

68 families (253 people) used our Little Manor Food Club, which provides free food and emotional and practical support to families.

We worked with 160 young people, who developed skills, confidence, self-esteem, social networks, leadership abilities and resilience through participating in our youth programmes.

Around 82 community groups/organisations and some 5570 people have learned, connected, and improved their wellbeing through participating in activities at our community centres, the Aston-Mansfield Community Centre and Durning Hall. In addition, 26 organisations rented office space.

We worked with around 22 community groups/organisations, providing capacity building support tailored to their needs.

ACHIEVEMENTS AND PERFORMANCE

Strategy

This was the seventh year of implementation of our strategy, Creating the Future, a summary of which is below.

Creating the Future – In summary

VISION

We want to see more children, young people and families in Newham and East London leading happy healthy lives, realising their potential and unlocking their ambition.

MISSION

Using an integrated and community focused approach we will make long lasting change, offering opportunity, community and inspiration to children, families and young people in Newham and East London.

WE WILL

- Offer a continuum of support, through both direct delivery and signposting, from cradle to career. We will nurture relationships, offer opportunity, community and inspiration throughout our provision.
- Build on our current children and youth programmes, collaborating with inspirational and successful individuals and organisations to offer the best opportunities and experiences.
- Continue to develop and seek out partnerships with the community, voluntary, public and business sectors to ensure that our work is relevant, complementary to other service provisions, sustainable and embedded in best practice.
- Give children, young people and families greater opportunities to thrive and flourish, we will share our expertise and methodologies with other organisations to help inform best practice in the sector.

MAJOR CHANGES

- A move away from our focus on community buildings. Instead we will focus on people-oriented service provision and effective signposting.
- Shifting our voluntary sector capacity building work to focus on organisations working with children, young people and families and development of social enterprises.
- Growing our current children and families programme to include a wider age range and to be present in more geographical areas.
- Growing our youth programme. To cater to the wide and varied needs of young people in Newham and East London.
- Introducing a social enterprise aspect to our ecosystem to create more employment and training opportunities, particularly for young people, and to improve the financial sustainability of our work.

WAYS OF WORKING

- Ecosystems: we work with the ecosystem of organisations effecting children, young people and families, and we create a strong organisational ecosystem.
- 'Giving something back': building opportunities for people who have benefitted from our work to become part of the next generation of Aston-Mansfield, for example as volunteers, staff, supporters and ambassadors.
- An integrated approach: understanding that we are one element of people's lives, and that by working with others within their networks we can improve our impact.
- Successful, ambitious, and enterprising: continuing to learn, innovating, and staying relevant.
- Impact led: understanding and measuring the difference that we make and changing and adapting our work to improve our impact.

During 2023/2024, our progress in relation to the strategy included:

- Continuing to develop a model and process to transform our governance through the involvement and leadership of young people
- Increasing our work with vulnerable children and families
- Expanding our work on positive psychology, journalling, and mental wellbeing with minoritised communities
- Increasing the use of our Community Centres, with more groups and people using the space
- Achieving an amendment to the planning permission for the redevelopment of the Durning Hall site in Forest Gate, required by new building regulations

Children and Family Work

Children's programme

The Little Manor Play Project provides high quality, affordable wraparound care for children in Newham aged five to 12 and comprises breakfast, after school and holiday provision. It also offers emotional and practical support and free food to families. During the year, some 182 children have developed socially, physically, and creatively through a range of play experiences. The children benefit from improved life-skills, confidence, and self-awareness, and parents benefit from affordable wrap around care allowing them to participate in work, study, or training.

Of the 182 children we supported:

- 104 children participated in Breakfast Club
- 127 children participated in Playscheme
- 58 children participated in After School Club
- 28 children attended Transitional Youth

68 families (253 family members) used the Little Manor supermarket

Family Support

"The food service helps me out a lot. To be honest I have come to rely on it, I cannot work as I have to care for my wife as she is unwell. They also helped me get crisis funding when my cooker broke and I could not afford a replacement. The service is invaluable"

"The supermarket is great. Unfortunately, my family is temporarily homeless and placed in a hotel where we have no access to cooking facilities or refrigeration, which limits the amount of food we can take. However Little Manor has been so helpful and supportive, even letting us cook food in their kitchen so that we can take a hot meal back to the hotel."

"I come every week, some weeks there is more stuff than others and each week is different. I find myself cooking from scratch much more as most of the items on offer are fresh. Sometimes there are things I've never had before that I like to try. Recently I've had a go at Kimchi and seaweed."

Little Manor Supermarket provides food and nutrition advice to families. The food we distribute is surplus food provided by our partners City Harvest, the Felix Food Project, and the Newham Food Alliance/FareShare. This year, the Little Manor Supermarket became a Food Club, with families paying a very small amount for the food they receive.

Each week, every family is invited to book a slot to come and collect food. The informal, social atmosphere encourages people to feel free to chat and helps to break down barriers with new parents who may feel apprehensive. Food distribution is a vehicle to facilitate conversation with families. We offer food tastings, cooking suggestions for the ingredients on offer, including healthy options and other useful information. The sessions are informal, so as not to patronise people. Leaflets and information posters are readily available for parents to access.

This year, as part of our Christmas Holiday Programme, we opened the Little Manor Supermarket between Christmas and New Year. In addition to the food from the supermarket, parent and children took home a hamper containing the equivalent of a day's meals and an activity.

"I went with my Mum and Dad to the supermarket and when I got there, they gave me a box with straw in it and nice food and a mug with pens and other stuff to do. They said I had to wait to find out what to do with the stuff that wasn't food and would send my Mum a video. When they came, I made a mug cake and a jiggly robot that made a picture. The jiggly robot was best, I called mine Wiggles."

"The hamper was such a lovely surprise with some delicious goodies and the little activities were a bit of a mystery until we got the videos on what to do. Great fun."

"I was so grateful that Little Manor decided to open the supermarket in the Christmas holidays, I know they are not usually open then. The food I received is so important in helping me make ends meet, especially during holidays like the Christmas break. The kids expect there to be lots of treats and it can get so expensive, it makes me worry."

"Little Manor really helped me out. What was so nice was that I didn't have to ask for help. I would never have asked as I find it all a bit embarrassing. Instead, one of the staff took me to one side and we had a chat. To be honest it was a relief to talk about my problems to someone."

We help families emotionally and practically, offering support and signposting on issues such as housing, debt, benefit applications, mental health and wellbeing, family conflict, difficult behaviour, domestic violence, bullying, online sexual exploitation etc

A child was having regular tantrums since her dad left the family home a few months ago. She lives with her mum and older sister, and mum is struggling to manage the child's behaviour.

"The staff picked up on my child's behaviour quickly and approached me to see how I was doing. It was nice to be asked because her behaviour is getting worse and sometimes I don't want to get up in the morning because she can be so difficult. I didn't realise that talking and support was part of the service. Having the extra support in the holidays has been really helpful."

A family with an 8 week old baby were living in a single hotel room, having been placed there by the local authority after being evicted from their home. Mum had a challenging pregnancy due to complex health issues.

"The help from the centre has made a huge difference to us. We are still struggling, but it feels like we have someone on our side who will speak for us. They also give us advice and they care about our children. They are so happy to come here. They did not miss a day. We thought we were going to be homeless. We were told that nothing could be done until the date of the eviction. The Aston-Mansfield team did a referral and within 2 days we were called about the hotel. The hotel is not good, but it could be worse. We could be homeless. Now, they are still helping us with food. They give me advice on what to tell the health visitor. I know they are pushing for our housing"

A child developed a buzzing in her ear one week before returning to school. The medical diagnosis was that the buzzing was caused by anxiety.

"When the Doctor said that the buzzing was due to anxiety, I was so confused. I'm so grateful that the staff got my daughter to talk about her worry and that they contacted the school. The school have been supportive ever since. The staff at Little Manor build brilliant relationships with the children. My daughter likes them all."

Holiday Programmes

Our holiday programmes include many vulnerable children and their families, supported by funding from the London Borough of Newham/National Government Holiday Activities and Food Programme (HAF). Our approach is to ensure that HAF children have the same opportunities and experience as families who pay for the service. This year, 36% of the summer HAF children were declared as having Special Educational Needs and Disabilities, including autism, ADHD, speech & language delay, social communication difficulties and sensory processing difficulties. We try our utmost to accept all that apply for our programme, and the children that attend reflect this ethos.

We provide an exceptional variety of physical, healthy diet and lifestyle, and enrichment activities.

"The meals provided helped so much, I was worried before the holidays how we would manage, food is so expensive now."

"I always asked my kids about their meals at Little Manor and can safely say they are simply fantastic, healthy and nutritious and plenty of it. My kids never came home hungry."

"It's very good. The money I save is vital. They get a hot meal or packed lunch; I know the packed lunch is big. They get snacks too; they are out all day and if they were at home they would get bored and be constantly asking for treats and snacks."

"What I like is that my son always gets a proper good-sized meal at Little Manor. He has a huge appetite and if he was home would be munching his way through my fridge pretty quickly."

We aim to improve the children's relationship with food by incorporating food activities that are interesting and stimulating every day. In an area where the chicken shop is King, we offer children new tastes and experiences based around food. Children experience a wide range of food-based activities designed to educate them on the benefits of maintaining a healthy diet and lifestyle. Food preparation, quizzes and tastings give participants the opportunity to try new things. Children making their own hot lunches, snacks and packed lunches is very popular. We avoid making cakes, cookies etc. and focus more on recipes that contribute to a healthy balanced meal or snack, such as jambalaya, tacos, omelettes. We also use a Smoothie bike: the children access a stationary bicycle that harnessed their pedalling energy to power a blender.

"I liked making the carrot jam. it sounded yuk at first. I had to cook and mash carrots. Then we added lemon and sugar and had to boil it until it got very hot. When it cooled down a bit I put it in my jar and made my own label design. I took it home and everyone said it was the best jam ever."

"I went on the smoothie bike. We could choose what fruit we wanted. I chose pineapple, strawberry and apples with apple juice. I also put a bit of ginger in mine because it smelt nice. I had to pedal soft and hard so that my bike on the screen could get up and down the hill. My smoothie was yummy."

"It was good we always had lots of fruit. I love fruit. We had watermelon, blueberries, apples and oranges, different melon, strawberries, pineapple..... um, just lots."

"We did a quiz. We had to sort out different food stuff into how much sugar they had. If we got 4 right we got grapes and if we had another go and did better we got more grapes. I had 5 goes and then got them all right. I like grapes."

"We had to make a thing called stovies. They come from Scotland. We had to chop up lots of vegetables and cook them on our hobs. They cooked for a long time. While it was cooking, we made oat biscuits. If we wanted, we could have some with our lunch. I liked the oat cakes, but the stovies were a yuk. My Mum had some when I got home, she said it was nice, but I think she was lying."

Our holiday programme activities often involve travelling by bus, train or the underground, an enriching experience for many children who do not move far beyond their local area. Our trips enable the children to see and experience new places and activities their parents/carers may not be able to afford. Every child tries something completely new, expanding their horizons. The children find our off-site trips exciting and stimulating, they are very popular.

Enriching off-site activities included trips to Adventure Island, Barking Park – including Bounsea Giant Inflatable, Splash Park & Playground, Botany Bay Beach, Drusillas Park – including Zoo and Adventure Play, Fairplay House – including Archery, High Ropes, Leap of Faith & Orienteering, Hampton Court Palace – including Maze, Magic Garden & Jousting, Ice Skating, King George's Playing Fields – including Adventure Playground, Soft Play, Splash Pad, & Tag Active., King George V Park – Including Cycling & Playground., Lambourne End Outdoor Activity Centre – including Archery, Climbing, Farm Tour, Kayaking, Pony and Cart, Raft Building, Ropes Course, Swimming & Zip Line, Polka Theatre – A performance of Hairy, a comedy about hair with an underlying theme of accepting diversity, Science Museum – including Power Up & The Garden, Unicorn Theatre, Young V&A

We have a wide range of in-house resources available that enable us to ensure that each day spent in our Centre is unique. Activities based in our centre are varied and offer the children the chance to be creative with arts and crafts or use their own imagination and facilitate their own play with activities such as den building. This year on-site activities included 3D Hand Drawing, a visit from Rocky's Animal's, Bubble Play Session, Close-Up Photo Trail, Den Building, Fairground Day Activities, Lego Tower Challenge, Making Magnetic Foam Notebooks, Making Me, Mega Movie, Pop Art Keyrings, Roller Skating, Sensory Quiz, Smoothie Bike with Arcade Game, Health & Wellbeing Day, Water Play Session, Bead Animal Keyrings, Den Building, Design A Christmas Mug, Festive Funk Disco, Jiggle Wiggle Boogie Bot

"A man came with lots of animals. He was funny. I liked the goat best, it escaped and started eating the bushes. We had to help catch it. I also held a snake and a tarantula which was a bit scary."

"I like art, we did 3D art, it was so cool. A real-life artist and showed us what to do. I took my pictures home, they're on the wall now."

"Water day was the best day ever. There was a massive pool and we played water games. We had to limbo under the hose pipe water and if we cheated or didn't make it we got squirted. We had to try and catch water bombs and if we caught it we could throw it at anyone and they couldn't move, even the adults!"

"I went to a show, we had to take a bus and a train there. The people in the show were funny and were hyenas pretending to be humans. I liked the Dad he kept telling jokes and was a good dancer. On the way back we had to get another train. I was a bit squashed at first but then I could sit down. It was my favourite day."

We provide an exceptional variety of physical activities that offer children opportunities to undertake new challenges, many of which help children to develop self-esteem and build confidence. Children participate in at least 60 minutes of physical activity during every session. For a lot of children, the benefits become evident whenever we start a physical activity, particularly outdoors, whatever the weather. For many there is an explosion of energy as soon the opportunity to run around in a large space arises. Physical group games allow us to encourage more sedentary children to be involved while promoting our ethos of having fun, trying new things, joining in and teamwork.

Activities include traditional sports such as badminton, football, cricket, basketball, hockey, tennis, table tennis and rounders, as well as group games specifically aimed at developing teamwork. Other on-site activities included roller skating, dodgeball, parachute games, crazy relays, double Dutch skipping, inflatable activity run, water play and soft play. Off-site sessions included active play at several playgrounds, challenging play at Drusillas Park, water play at splash parks, ice skating, Tag Active and soft Play at King George's Playing Fields, outdoor pursuits at Fairplay House & Lambourne End, cycling at King George V Park, and swimming, paddling, digging, long jump and burying at Botany Bay Beach.

"The day out on the last day was epic. We went on a coach and when we got there, I did TAG Active. You had to try and push buttons that were high up by climbing and bouncing and other stuff. Then we went to the giant playground, it had a giant slide, and then went to the splash park. I was so tired, but it was good."

"We went to the seaside; I got buried in the sand by my friends. The best bit was when we went in the sea. 100%. My friend put seaweed on her head, and it looked like she had green hair. I can swim a little bit."

"I like going in the MUGA because I have a lot of energy, my Mum tells me I have too much energy. I like to run and play. We do Free play in the MUGA with lots of balls and skipping ropes and other stuff, I always play football and basketball."

"My favourite game is the colour game. The playworker shouts out a colour and we have to run and touch something that is that colour. If you are last you can be out. I am good at this game because I can run really fast."

The Manor (Transitional Youth Project)

"I like The Manor because I'm able to do everything. No-one underestimates me or what I can do. The staff help us to do our best. They are sometimes strict, but it is usually for a reason. Because they want us to learn and have fun. The London transport day was long, but I understand the map now and how it works. The choices workshop was sad and scary when you think about who would choose to carry knives. I want to come back and volunteer as well. I actually like the cooking stuff that we did, and the supermarket doesn't feel like work. Staff tell us about fridge temperature and why the freezer locks and food dates. I don't go to any other club like this. My Mum says its best. I think she is right. Oh, I just remembered skiing!!! Never thought I would go skiing."

(Young person with disabilities)

The Manor is a project for young people in the early years of secondary education aged 12-14, aimed at building confidence, resilience, citizenship, independence, and diverse young leaders. Young people have a direct input in creating the rules and parameters required to ensure the smooth running of the programme; they are creators, not just consumers, which helps them to build ownership of the programme. Activities include developmental workshops, volunteer tasks, self-led activities, and off-site trips. Participants also volunteer at Little Manor Supermarket.

This year, 28 young people participated in The Manor, the vast majority of whom were from minoritized communities. Around 28% had a diagnosed disability. The group had diverse needs and included young people who felt ashamed about their living environment, who had been neglected by their parents and were in foster care, who regularly self-harmed, who said that they didn't have any friends at school and suffered from social anxiety, who were struggling with a recent family bereavement, whose dad is imprisoned for murder and mum has been sectioned and is in foster care, who is diagnosed with autism and who had attempted self-harm, who had concerns about their body image, who has dyspraxia, who has glaucoma and uveitis, who has speech & language delay, sensory processing difficulties and social communication difficulties, who come from households with historic domestic violence, who live in temporary accommodation, who are suspected to have ADHD and who have social, emotional and mental health difficulties.

From evidence provided by 25 young people, we know that:

88% of young people felt that their physical health or wellbeing had improved, and that they were more physically active

All participants said that they had enjoyed most of the physical elements of the programme and that they would participate again. 15 participants said that if it wasn't for The Manor they would have had much less exercise during the Summer and therefore believed that the programme had contributed to improved physical Wellbeing. One young person felt that their health had not improved but had been maintained because he usually cycles to school and doesn't get to do this in the holidays. The skiing session was the most popular physical activity with all participants saying that it was a new activity for them.

"Oh my gosh the indoor skiing was amazing; it was real snow. I fell down so many times. And the ringo slide, I think it was my funnest day."

"I always liked it when we had free time and could do what we liked. I liked to play in the MUGA, basketball or football. Sometimes we would all do double dutch skipping which was quite hard at first but we all just got better and better. I think it's good for your co-ordination which will help me with my football."

20 participants believed that they would have spent a lot more time indoors if they were not attending the project. 14 participants said that, with the exception of P.E. in school, they engaged in very little physical activity. Others reported being members of various clubs including football, basketball, and gymnastics.

"We did roller skating in the MUGA and played a basketball game on roller skates; I kept skating past the ball and couldn't pick it up. I don't think this is a sport, but it would be good if it was."

"The London Transport Challenge was hard. I did more steps than ever that day. Because it was a challenge, I didn't really think it was exercise until I felt my legs hurting."

"The games in the park were funny. It was like P.E. but less competitive."

92% of young people reported improved mental health or wellbeing

Young people discussed recognised the benefits of outdoor activity, and those living in crowded accommodation spoke of the relief of getting to go out. Several young people expressed that their parents restrict them from going out because they worry about the neighbourhood, however they were happy for their children to attend the programme.

"It's easy to get stuck in ya own brain when you don't leave your room to do anything".

"We got to pick some of our own activities. I liked this because I could choose quiet time."

"I only joined in October. I don't think doing building with the little children was good for my mental health, but everything else was. I learned more about gangs, and I think the workshop will help with confidence on the street."

100% of young people felt that their social networks had improved

Young people commented on how several parts of the programme forced them to engage with everybody. It was not possible for people to be left out or ignored. Some of the young people thought that it was difficult to get heard because certain members of the group were quite loud. The young people attended twelve different secondary schools. Every young person reported making at least one new friend from a different school.

"The girls at my school gossip. They talk about other girls, and they pretend to be your friend. It's hard to find people to trust at school."

"I know people from more schools and more areas."

100% of young people felt that their social, communication and relationship skills improved

Young people felt that workshops and team building exercises helped develop their communication skills. While some young people did not think that their communication skills with their peers had improved, every young person felt that either their communication with adults (via the supermarket) or younger children (via the volunteering tasks) had improved.

"Working with the younger children you had to find ways to explain really simple things. You need a lot of patience."

"I had to talk to strangers to give out the food. I know what it would be like to work in a shop now. You have to smile a lot and be polite."

"I liked volunteering with the children. It's good when they do what you say, and they get it."

While not all young people acknowledged improvement in their communication skills with their peers, staff members recognised significant improvement in all young people, particularly in interactions where a young person with additional needs was involved.

64% of young people felt they were less likely to engage in anti-social behaviour

Young people said that when they are out on their own, they generally try to avoid antisocial situations. A few said that had they not been on the programme they would have been out with their friends on some of the days. They admitted that when they are with their friends, they are more likely to engage in anti-social behaviour. Some young people said that they don't ever engage in anti-social behaviour as they very rarely go out other than attending school.

"If I wasn't at the centre I would be at home. I don't really go out. I play roblox."

"I don't like being out much. I was walking home from school once and I saw a man get robbed by people with a knife. I didn't know what to do. It isn't safe by me."

"Sometimes, with my friends after school we do mad stuff, not really bad. It's more them than me."

80% of young people felt an increased sense of belonging in the community

Young people said that volunteering in the Supermarket made them feel more connected to the community and that they knew more people from volunteering with the younger children and volunteering in the supermarket. They now see these children and families when they are out and about.

"I had to talk to customers and sometimes I see some of the people I served on the street. They recognise me and say hello."

"Working in the supermarket feels like you are helping people which feels good."

Youth Work

160 young people participated in our youth projects during the year.

We engaged young people through funded and internal programmes to further develop our network and create trusted relationships with young people. Some of our activities included group coaching through Action Learning Sets to support young people with challenges and barriers in achieving goals, new experiences of punting in Cambridge, and embracing culture and diversity through community Iftar events and experiencing new foods from around the world.

We received 37 responses from our annual survey of young people who we have supported:

96% significantly developed their skills 78% indicated that their confidence and resilience improved 75% expanded their social and professional networks 100% felt that we are inclusive and accessible as an organisation 100% felt their opinions were heard and acted on 87% are very satisfied with our services 100% would recommend us to others
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Young Facilitators (YFs)

"I started going to Aston-Mansfield events because school was always encouraging everyone to find programmes that will help with your future career, so I joined the social action programme at Aston Mansfield and it was so much fun, I learnt lots, and the vibe was always so welcoming. After the programme ended, I attended other things and when the YF position became available I jumped at the chance. Thankfully, I got the job, and it has been amazing. I always thought that I was confident and able but working as a YF and the responsibility and the challenges that come with it, I now fully realise that I still have lots to learn, and I think I am doing that with help from the youth team. My planning and organisation are so much better now. I manage my time with my other work, studies and family commitments and don't double book, and I am more comfortable and enjoy talking to new groups of people. The amount of support and training opportunities that come as being a YF is a lot, and my CV now reflects that. I was given direct support by my managers, and they really helped me to secure my apprenticeship that starts in Autumn in project management".

Our youth work model includes employing young people (aged 18 to 25) to work as paid young facilitators, in developmental roles, usually lasting around 12 to 18 months. With support and training from more experienced youth workers, the young facilitators play a key role in engaging and supporting young people across all our youth programmes whilst co-producing and delivering activities, workshops, and learning days.

Project Management Masterclass

We ran a weeklong Project Management Masterclass, for 16 young people, as part of the Prince's Trust Get Started programme. The project management masterclass theme resonated with the young people eliciting a keen and enthusiastic response. With 26 signups the young people showcased a genuine interest in developing their skills within the realm of project management.

"I realise I can use a lot of these project management skills in my personal life too which is great. Especially the tools"

"The communications skills activities, especially the role play part made me realise that sometimes you really have to think before you speak, and you have to adapt the way you speak to people in different environments"

"The cooking Challenge was so stressful as we had to think about the budget and work in a time constraint and create something edible that was presented nicely, I don't really know how to cook so I felt out of my comfort zone"

"Having young facilitators and doing fun activities that allow us to use the skills we have learned was great, I enjoyed coming to the course, it was engaging as it did not feel like school/college"

"I think I improved on quite a few skills from when I first started, I am happy I have a new skill to add to my CV, as I am currently looking for work"

The programme was fun and interactive, designed to keep the young people interested and motivated. We

- incorporated interactive activities such as team games, group discussions, role play, brainstorms and competitions to keep participants actively engaged and apply project management concepts in different scenarios.
- encouraged peer collaboration and teamwork through group activities, mini projects and discussions. Some of the facilitators of the project management course were also young people - this helped us add a different feel to the learning environment and encouraged young people to learn from each other. Some participants fed back they were inspired by the young facilitators and being taught by them was "really engaging as it did not feel like school/college".
- adjusted some of the pace, content and activities based on participant feedback which ultimately helped maintain interest and relevance.
- incorporated some fun socials that tied in with learning topics, for example after we explored communication skills and teamwork in Project Management we took the young people to an escape room to help them implement some of the skills they had learned in a fun setting. We also asked the young people to take part in a cooking competition in teams after learning about time management and budgeting.

Digital Wellbeing

"Joining the digital well-being content programme was a great experience for me, I was able to brainstorm with my peers on what kind of digital content other young people could benefit from and I used my creative skills to help with the actual designing of the content. I worked on the social media detox vlog and was really proud to share some tips that could really help others, I am trying to continue with it, and I feel I have a much healthier relationship with social media now".

R 19years

"Participating in the discussion about men's mental health was eye-opening and rewarding. It was a safe space where I felt comfortable sharing my thoughts and hearing the perspectives of others. The openness and honesty in the conversation made me realise that I'm not alone in facing challenges related to mental health. The insights and stories shared by other males similar in my age and from different backgrounds were not only relatable but also super helpful. I genuinely enjoyed the experience and am grateful for the opportunity to contribute to a dialogue that is often overlooked but crucial for men's mental health and well-being" **JBY 18years**

"I enjoyed my time with Aston Mansfield and being a part of the Digital wellbeing content programme as it enabled me to create digital content that would benefit parents and young people and it also helped me reflect on my own personal mental health, something I don't often do. As much as the program wasn't to help with my mental health specifically, through the brainstorming, research and design process I learned about different methods of tackling mental health

issues, which worked for me and so I feel as though it can really help others. I became more aware and understanding of struggles others may go through. It was an engaging and interactive way of learning and designing content. I also picked up new design skills such as editing on Canva and Capcut" **H, 18years old**

We were commissioned by London Borough of Newham (LBN) to work with young people and parents to create digital materials about mental wellbeing for young people. 22 young people participated in the project, and all of them felt that their knowledge about their mental health and wellbeing improved, and that their knowledge of digital platforms had developed. 90% felt that they were more confident in accessing mental health support for themselves or their friends. Aspects of the project included sharing perspectives on young men's mental health, and a collective digital detox. The young people created digital assets, including videos and vlogs, which are used by LBN to support young people's mental wellbeing.

Mental Health and Wellbeing

Community Connectors

Community Connectors support people who are experiencing mental health difficulties. Some are already using mental health services, and others refer themselves through open access provision. Our holistic interventions focus on supporting people to address their social needs and increase their independence, resilience, confidence, and self-esteem, which has a positive impact on their overall wellbeing.. This includes advice and support around housing, immigration, welfare benefits, financial advice, food banks as well as help to overcome loneliness, or learn new skills, and attend support groups and social activities.

This year, we assisted 377 people. The predominant issues were social activities, housing, benefits, social inclusion, finance, employment, and debt. We supported people experiencing domestic abuse, isolation and depression, and substance and alcohol abuse.

The Newham voluntary, community and faith sectors, and statutory support services are very overstretched. Community Connectors stepped in to support clients with resilience building and providing alternative support offers.

This includes Aston-Mansfield opportunities such as volunteering, and our wellbeing workshops.

Dahlia was initially referred to the community connector team for support with housing and benefits. She had stopped speaking, due to traumatic personal events including a recent abusive relationship. Her ex-partner had taken control of the finances and housing situation, which led to them being homeless and financially unstable. We worked closely with Dahlia and her sister, who was her main communicator, and arranged for a housing officer with substantial experience of supporting survivors of domestic violence to work with her. We also connected her to Newham Money benefit advisor, who assessed her financial needs and benefits entitlements. Dahlia is now on the waiting list for a temporary house and has registered for additional benefits.

Noah was recently discharged from a psychiatric ward. Separation from his partner of 25 years and being made redundant at the same time had led to him wanting to take his own life. He was very isolated, hearing voices and experiencing paranoia.

Through regular meetings, rapport building and advocacy, he was provided with universal credit, PIP and housing benefit. He was introduced to peer-to-peer support, supported in numerous community engagements and utilized his lived experience to support others struggling with thoughts of taking their own lives.

He recently proudly walked his daughter down the aisle, his family has learned about suicide in men and the great impact mental ill health has on the Caribbean community. This has reduced their fear and helped them to understand his situation.

He is currently being supported by the employment team, has visitation rights with his younger daughter and is actively involved in running podcasts, support groups and journalling.

Positive Psychology Journalling and Coaching

In 2022/23 we piloted some preventative and early intervention services that focused on emotional and mental health and wellbeing. Based on this, we secured funding from London Catalyst to expand our mental wellbeing work, which is designed with and for minoritised communities.

The focus of this work is to provide preventative and early intervention programmes and tools that support members of the community wishing to improve their well-being as well as those with mental health issues who wish to find more services to support them.

We ran wellbeing programmes that use evidence-based Therapeutic Writing, Expressive Writing, Applied Positive Psychology and Coaching Psychology interventions, designed for Black and Asian men and women.

61 people engaged with the programme in total, from a broad range of ethnicities:

Women's Ethnicity

33% Black British

23% African

17% Caribbean

15% Indian

3% Mixed Heritage - Black and White

3% Persian

3% Bengali

3% Chinese

Men's Ethnicity

38% Black British

38% Caribbean

13% Pakistani

11% African

Participants were primarily men and women who wanted to improve their well-being in a time when pressures such as inflation, wars, misogyny and the effects of post-COVID are impacting their lives. Most people were not accessing any other mental health and wellbeing services in the borough.

100% of women and 99% of men would highly recommend the programmes to others.

The programmes equipped participants with evidence-based tools which they feel they can use and incorporate into their lives. Everyone felt they benefitted from being able to learn together, share their lived experiences and grow within groups that they felt were safe.

The men and women continue to support and encourage each other via three online groups which continue to run months after their programmes are finished.

Aston-Mansfield also continues to act as a bridge to other services for many participants who have stayed in contact, and we provide additional support and signposting.

The impact of our programmes included:

86% of women and 65% of men reported an improved understanding of clarifying goals and increased confidence to act on them

75% of women and 50% of men reported increased confidence in thinking about and planning for the future

71% of women and 67% of men reported improved thoughts and wellbeing

65% of women and 50% of men reported lowered stress

65% of women and 34% of men reported reduced mild depression

65% of women and 50% of men reported reduced feelings of being overwhelmed

50% of women and 50% of men reported lowered anxiety

47% of women and 67% reported increased self-esteem

43% of women and 67% of men reported being able to understand and process their emotions better

40% of women and 20% of men reported improved clarity regarding decision-making
(many felt that they did not have an issue in this area)

30% of women and 70% of men reported increased understanding and application of organisational tools they received from the programmes

18% of women and 68% of men reported reduced rumination

Everyone said that

They valued learning about and using cost-effective tools to improve their mental health and wellbeing

There is a need for culturally safe spaces where they were free of judgement and felt understood and heard.

They appreciated and enjoyed the cultural hot meals and healthy eating options that were provided.

I have a better understanding of journaling. I suffer from depression; I'm using journaling to process my overwhelming thoughts. I use journaling to self-soothe which really helps.

It means the world to have a safe space for women like this as we have lived experiences like no other

I met amazing women full of positive energy regardless of the struggles that go on behind closed doors

I am not alone

I felt safe enough to be vulnerable

I felt nurtured and loved throughout the process

I feel empowered, amazed, fulfilled

As women with shared cultures, we were able to offer each other support, advice and accountability

I learnt how much I am able to make a difference in my own life and others

There is a lot we bottle in, and this safe space provides an outlet that helps us to see that we are not alone in our struggles. It means a lot to have a safe space where I can freely express myself free of judgement.

It's hard to let down barriers generally however it was almost immediate within this women's course

I am blown away by the programme very relevant and on point I can't speak highly enough about it. Thank you

This was impactful, meaningful and purposeful

I enjoyed having a space where I could learn, be reflective, practice journaling and work towards my goals and dreams

It was great to have a space to hear transparent expressions of the things we are experiencing from fellow black men

I learnt a lot about myself in the process... I gained insight on my strengths and what I need to focus on

I have gained a lot of confidence and self-worth

The group support especially on the last day was emotional

Thank you for creating a beautiful space for us

I got so much from today's session, especially the health benefits

I understand the benefits of consciously taking ownership of my mental well-being.

What I liked about the programme is the sense of community, it is a great indicator of the necessity of programmes like these.

As black men no one will truly understand the struggles we face but us. I have found it challenging to find anything like these sessions.

Recruiting and maintaining volunteers continues to be challenging for a variety of reasons. Volunteers have moved into employed work, whilst some have experienced relapses in their health but feel confident in the knowledge that they can return to volunteering without judgment when their health improves. Many of our post-graduate volunteers continued to provide coaching to staff and other volunteers but due to reduced funding, there have not been enough coaching opportunities and training to keep the majority on.

Highlights of the year include

- Our growing reputation within the borough for supporting those with mental health challenges and who are neurodiverse to have meaningful volunteering experiences
- Continuing to work with the University of East London to bring coaching into the community which also provides its post-graduate students with coaching opportunities
- Seeing a high volume of volunteers volunteering for shorter periods as they gain employment or enter education. All have expressed gratitude for gaining practical work experience or developing their self-esteem so that they could take these important steps.

48 people volunteered with us this year.

ASTON-MANSFIELD

TRUSTEES' REPORT (continued)

YEAR ENDED 31 MARCH 2024

FINANCIAL REVIEW

The statement of financial activities shows a net deficit for the year of £66,880 (2023: £131,385). Income increased by 0.62% in the year to £1,622,723. Total expenditure decreased by 3.13% to £1,689,603 compared with prior year: £1,744,108.

Other than bank deposits the charity does not hold investments.

Reserves Policy

The Trustees review on a quarterly basis the charity's development and operational plans, future funding needs and its overall resilience and financial stability in light of its ability to meet its charitable objectives for the foreseeable future (usually a period upto 3 years).

The Trustees' consideration takes into account the major risks to the organisation – see Risk Management below. Additionally, the Trustees consider the need to ensure viability of the charity beyond the immediate future, absorb setbacks and be able to take advantage of opportunities and new initiatives.

As discussed in the Trustees' Report, Aston Mansfield Charitable Trust ("AMCT") a connected charity (see Note 19 to the Accounts):

- is working with Newham Clinical Commissioning Group and the GP / Primary Care Centre at the Aston-Mansfield Community Centre, Manor Park; and
- has commissioned an initial plan for the redevelopment of the Durning Hall Site

It is anticipated these impending capital and development works may have some short to medium term operational impact reducing revenues from existing property assets and requiring incremental staff and other costs to continue service provision without use of the Froud Centre or Durning Hall.

As this is likely to absorb brought forward reserves the Trustees have determined to adopt, during this transitional phase of investment in the future, a "zero level" reserves policy.

AMCT has historically provided the charity with an annual grant with a non-binding preference from the donor for this to support its work on strategic development, marketing and communications, fundraising, financial management and volunteer development. In view of operational impact of AMCT's capital and development works AMCT has indicated that it will additionally support the charity in meeting its operational costs to the extent revenues are reduced or costs increased as a result of development at the Aston-Mansfield Community Centre or consequent to the re-development of the Forest Gate site. Additional charitable initiatives would be funded by new sources of grants and voluntary income.

The charity's reserve position as at 31 March 2024 is disclosed in Note 18 to the Accounts. At 31 March 2024 the charity held total funds of £1,600,482 (2023 - £1,667,362) of which £1,393,398 (2023 - £1,420,407) represents the Endowment Fund, Restricted Fund £92,439 (2023- £69,936) and Unrestricted Fund £114,645 (2023 - £177,019).

ASTON-MANSFIELD

TRUSTEES' REPORT (continued)

YEAR ENDED 31 MARCH 2024

For the reasons explained above, and having considered the charity's income, expenditure and risks including Covid-19, the trustees are satisfied that the charity would remain viable for the foreseeable future even if no free reserves are held.

PLANS FOR FUTURE PERIODS

As of August 2024, we are negotiating the sale of Durning Hall to a developer.

Our current Chair is planning to step down, and we have begun the process of recruiting a new Chair.

Our plans for implementing 'Creating the Future', our strategy which is outlined earlier in this report, include

- Continuing to grow our work with children and young people
- Developing our mental health and wellbeing offer
- Moving away, over time, from providing community space in some areas
- Working with the Aston-Mansfield Charitable Trust on the redevelopment of the Forest Gate site
- Improving the financial sustainability of the organisation

STRUCTURE GOVERNANCE AND MANAGEMENT

Aston-Mansfield is a registered charity (number 220085) and a company limited by guarantee (number 48350). The charity is governed by its Articles of Association. These were revised in the light of current legislation and adopted by the members on 14 April 2010.

We have between 7 and 15 trustees at any one time, two of whom are appointed by Aston-Mansfield Charitable Trust. We aim to have a Board whose skills and diversity mix fit with Aston-Mansfield's strategic direction, core activities and regulatory requirements. Trustees are appointed through an open recruitment process, which includes an interview with the Chair, and at least one other Trustee, followed by confirmation by the Board.

There is an induction process for new trustees which includes an induction pack, introductory sessions with the Chief Executive and management team, and project visits. New trustees are supported by more experienced trustees through a 'buddying' system.

The trustees meet at least six times a year. Trustees are updated on significant regulatory and sector developments, and participate in training on core issues, for example safeguarding.

The day to day management of the charity is delegated to the Chief Executive Officer who consults regularly with the Chairman and reports to the trustees at each of their meetings.

RISK MANAGEMENT

The trustees have a risk management strategy which comprises:

- An annual review of the principal risks and uncertainties that the charity faces. This includes assessing the key success factors, critical dependencies, constraint factors and key milestones and performance indicators for the major changes encompassed in our strategy, Creating the Future, and an analysis of the highest impact risks to which Aston-Mansfield is exposed
- The establishment of policies, systems, and procedures to mitigate risks
- Strategic and operational plans and an annual budget, and progress reporting against plans and budget
- The implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise

ASTON-MANSFIELD

TRUSTEES' REPORT (continued)

YEAR ENDED 31 MARCH 2024

The trustees have identified that the major risks are related principally to delays/blockages to redevelopment of the Durning Hall site, and reputation risk due to redevelopment of Durning Hall site. Medium level risks are failure to get sufficient returns on the development of the GP/Primary Care Centre at the Aston-Mansfield Community Centre in Manor Park, the risk of a major fire/flood/building related incident, long term financial sustainability, Trustees and/or management team not having sufficient knowledge/skills, capacity, or diversity and pressures on management on staff. The Trustees have sought to mitigate risk where possible, particularly relating to ensuring that the organisation has access to appropriate governance, professional expertise, and management capability, and that there are plans for and investment in achieving financial sustainability.

On this basis the Trustees are satisfied that all material risks are managed effectively, and that the charity will be funded adequately for the foreseeable future.

PAY POLICY FOR SENIOR STAFF

The directors consider that the Board of Directors, who are the charity's trustees, and the Chief Executive Officer comprise the key management personnel of the charity, in charge of directing and controlling, running, and operating the charity on a day to day basis. All trustees give of their time freely, and no trustee received remuneration in the year. Details of trustees' expenses and related party transactions are disclosed in note 13 and note 19 of the accounts.

The pay of the Chief Executive is reviewed by the trustees annually, and a Remuneration Committee, whose role includes setting the remuneration of the Chief Executive, was established in July 2018. Any increase is based on benchmarking against pay levels in other comparator charities, and performance against agreed objectives.

PUBLIC BENEFIT STATEMENT

The trustees confirm that they have complied with the duty in Section 17 of The Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission in determining the activities undertaken by the charity.

The charity's charitable purpose is detailed in its objects, which are to develop, for the public benefit, the community wealth of East London and promote a diverse and inclusive society in which all are free to participate.

Delivery of public benefit is achieved through direct provision of services through the charity's work with children, young people, and families and through the use of its community buildings. The charity is actively engaged in working in partnership with other voluntary sector organisations, and the local authority to ensure an enhanced quality of life to members of the community.

FUNDRAISING PRACTICE AND PERFORMANCE

Aston-Mansfield's fundraising is largely focused on raising funds from Trusts and Foundations and earning income from the public through charity shop sales. The main source of income raised from the public is trading activity through the charity shop. Hence the charity is not signed up to any voluntary fundraising regulation. Aston-Mansfield staff and volunteers undertake all fundraising activity, and there have been no complaints received by Aston-Mansfield about its fundraising activities (2023: no complaints).

ASTON-MANSFIELD

TRUSTEES' REPORT (continued)

YEAR ENDED 31 MARCH 2024

SISTER CHARITY

Aston-Mansfield has a sister charity, Aston-Mansfield Charitable Trust (AMCT) to which Aston-Mansfield is connected. The two charities have similar objects, which encompass supporting and developing disadvantaged communities in East London.

Aston-Mansfield achieves its impact through the direct provision of services to children and young people and families, and through renting space in the community buildings to other groups and organisations in the not for profit sector. Additionally, it provides resources, expertise and training to other groups and organisations in the not for profit sector, thus enabling those organisations to deliver their services to their clients and communities. The Aston-Mansfield Charitable Trust is also a Registered Social Landlord, with Aston-Mansfield acting as the managing agent for its social housing

The two charities are separate organisations, each with their own Charity Commission registration numbers, governance arrangements and financial management processes and procedures. The Aston-Mansfield Board currently has 9 Trustees, 4 of whom are Trustees of AMCT. The AMCT Board currently has 8 Trustees, 4 of whom are not a Trustee of Aston-Mansfield. We believe this balance of shared knowledge and independence is beneficial for both organisations. Board meetings are held and minuted separately. It should be noted that Aston-Mansfield prepares and reports on completely separate Accounts with its own reserves and a clear Reserves Policy.

As Aston-Mansfield's work meets AMCT's funding criteria, the charity applies to AMCT for a grant on an annual basis. The size of the grant awarded depends on several factors including the level of disposable income available to AMCT, the performance of Aston-Mansfield in the previous year and its needs in respect of its work on strategic development, marketing and communications, fundraising, financial management and volunteer development. AMCT has supported AM's additional operational costs incurred through COVID and while the property portfolio is rationalised. Aston-Mansfield reports regularly on its performance to AMCT. AMCT also awards grants to other charities, through an open application process, based on defined priorities and funding criteria.

The charity remains grateful to AMCT for its generosity in this matter, but recognises this arrangement is dependent on several factors, not least the current economic climate and property markets, and current support is no guarantee of future support. Aston-Mansfield acts as the managing agent for several AMCT's properties, and this enables Aston-Mansfield to spend more of its voluntary income on direct work with its beneficiary groups.

Whilst Aston-Mansfield is extremely grateful to AMCT for the continued support of its work, the Trustees recognise this support is agreed on an annual basis and can never be guaranteed. Aston-Mansfield is therefore continually seeking new sources of voluntary income to guarantee the future of its services.

ASTON-MANSFIELD

TRUSTEES' REPORT (continued)

YEAR ENDED 31 MARCH 2024

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of the Aston Mansfield for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time of the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as we are aware:

- There is no relevant audit information of which the charitable company's auditor is unaware; and
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

In preparing the Trustees Report, the Trustees have taken advantage of the exemption available to small companies and have not prepared a strategic report.

Approved by the Board on 24 September 2024 and signed on their behalf by:

C C Keen

C C Keen
Chairman

Opinion

We have audited the financial statements of Aston-Mansfield for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheets, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of the charitable company's net movement in funds, including the income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Trustees' Report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report (which includes the directors' report prepared for the purposes of company law) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the Trustees' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report (which incorporates the directors' report).

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept by the charitable company; or
- the charitable company financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees for the financial statements

As explained more fully in the trustees' responsibilities statement set out on page 22, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the charitable company and the environment in which it operates, we identified that the principal risks of non-compliance with laws and regulations related to regulatory requirements charities and companies in England and Wales, and we considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Companies Act 2006, the Charities Act 2011, income tax and payroll tax.

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls), and determined that the principal risks were related to posting inappropriate journal entries to revenue and management bias in accounting estimate and application of controls around authorisation of expenditure and payments. Audit procedures performed by the engagement team included:

- Inspecting correspondence with regulators and tax authorities;
- Discussions with management including consideration of known or suspected instances of non-compliance with laws and regulation and fraud;
- Evaluating management's controls designed to prevent and detect irregularities;
- Identifying and testing journals, in particular journal entries postings by unusual users or with unusual descriptions; and
- Challenging assumptions and judgements made by management in their critical accounting estimates.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF ASTON-MANSFIELD

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an Auditor's 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 charitable company and the charitable company's members, as a body, for our audit work, for this report, or for the opinions we have formed.



Jane Askew
Senior Statutory Auditor
for and on behalf of Haysmacintyre LLP
Chartered Accountants and Statutory Auditors

2 October 2024

10 Queen Street Place
London
EC4R 1AG

ASTON-MANSFIELD

STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31 MARCH 2024

		Endowment Funds £	Restricted Funds £	Unrestricted Funds £	2024 Total £	2023 Total £
Income	Notes					
Income from donations and legacies						
Donations		-	-	130	130	1,617
Income from charitable activities						
Grants	3	-	174,144	876,385	1,050,529	1,058,293
Project income		-	-	638	638	1,024
Rents and facility hire	4	-	-	500,948	500,948	485,507
Income from other trading activities						
Shop sales		-	-	47,063	47,063	47,131
Other income	5	-	-	23,415	23,415	19,151
Total income		-	174,144	1,448,579	1,622,723	1,612,723
Expenditure						
Expenditure on raising funds						
Fundraising		-	-	(90,625)	(90,625)	(81,116)
Shop operating costs		-	-	(46,278)	(46,278)	(45,524)
Expenditure on charitable activities						
Lifelong learning		-	(26,252)	(340,081)	(366,333)	(458,674)
Healthy living		-	(101,626)	(34,214)	(135,840)	(111,603)
Community development		-	(23,763)	(16,008)	(39,771)	(77,311)
Community buildings		(27,009)	-	(983,747)	(1,010,756)	(969,880)
Total expenditure	6	(27,009)	(151,641)	(1,510,953)	(1,689,603)	(1,744,108)
Net income/(expenditure)		(27,009)	22,503	(62,374)	(66,880)	(131,385)
Transfers between funds		-	-	-	-	-
Net movement in funds		(27,009)	22,503	(62,374)	(66,880)	(131,385)
Fund balances as at 1 April 2023		1,420,407	69,936	177,019	1,667,362	1,798,747
FUND BALANCES AT 31 MARCH 2024		£1,393,398	£92,439	£114,645	£1,600,482	£1,667,362

There were no recognised gains and losses other than those stated above.

No separate Summary Income and Expenditure Account has been produced as this statement incorporates all Income and Expenditure. Net income for the purposes of Companies Act 2006 excludes income and expenditure in respect of endowment funds.

Excluding movements on endowment funds, net deficit for the year was £39,865 (2023: net deficit £104,376).

A full comparative Statement of Financial Activities is included at note 22.

The notes on pages 29 to 43 form part of these financial statements.

BALANCE SHEET

AT 31 MARCH 2024

	Notes	2024	2023
		£	£
FIXED ASSETS			
Tangible assets	9	1,591,652	1,616,989
CURRENT ASSETS			
Debtors	10	66,803	104,121
Cash at bank and in hand		105,120	135,619
		<u>171,923</u>	<u>239,740</u>
CREDITORS: amounts falling due within one year	11	<u>(163,093)</u>	<u>(189,367)</u>
NET CURRENT ASSETS		<u>8,830</u>	<u>50,373</u>
NET ASSETS		<u>£1,600,482</u>	<u>£1,667,362</u>
Funds:			
Endowment Fund	15	1,393,398	1,420,407
Restricted Fund	16,20	92,439	69,936
Unrestricted Fund	17	<u>114,645</u>	<u>177,019</u>
TOTAL NET ASSETS AT 31 MARCH 2024	18	<u>£1,600,482</u>	<u>£1,667,362</u>

The financial statements were approved and authorised for issue by Board of the Trustees on 24 September 2024 and were signed below on its behalf by:

C C Keen

Christopher C Keen
Chairman

Alexander Minford

Alex Minford
Deputy Chairman

The notes on pages 29 to 43 form part of these financial statements.

ASTON-MANSFIELD

CASHFLOW STATEMENT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	2023 £
CASH USED/GENERATED IN OPERATING ACTIVITIES	12	(28,177)	(67,882)
CASH FLOWS FROM INVESTING ACTIVITIES			
Purchase of tangible fixed assets	9	(2,322)	(847)
(DECREASE)/INCREASE IN CASH AND CASH EQUIVALENTS IN THE YEAR		(30,499)	(68,729)
<i>Change in cash and cash equivalents in the reporting period</i>			
Cash balances at 1 April 2023		135,619	204,348
CASH BALANCES AT 31 MARCH 2024		£105,120	£135,619

The notes on pages 29 to 43 form part of these financial statements.

1. ACCOUNTING POLICIES

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Accounting Basis

The financial statements 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) (second edition, effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Aston-Mansfield 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 note(s). These financial statements have been drawn up in the historical accounting basis, except that certain freehold properties are carried at valuation.

The financial statements incorporate the assets and liabilities of The Lady Trower Trust (Registered Charity number 303172) under a charity commission scheme dated 1994.

The accounts are prepared in pounds sterling, rounded to the nearest pound.

Preparation of accounts on a going concern basis

The trustees consider there are no material uncertainties about the Charity's ability to continue as a going concern. The review of our financial position, reserves levels and future plans gives Trustees confidence the charity remains a going concern for the foreseeable future.

In reaching this conclusion, the trustees have reviewed cash flow forecasts covering a period of more than one year from the date of approval of these accounts.

Critical accounting judgements and estimates

In preparing these financial statements, management has made judgements, estimates and assumptions that affect the application of the charities accounting policies and the reported assets, liabilities, income and expenditure and the disclosures made in the financial statements. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. No significant estimates, judgements or assumptions have been applied in the preparation of these financial statements.

Income recognition

Income from shop sales, rents and facility hire and management consultancy fees are accounted for when receivable. Grants are accounted for when the charity becomes entitled to the funding and donations are accounted for when received.

Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Direct costs, including directly attributable salaries, are allocated on an actual basis to the relevant areas of programme activity. Overheads and other salaries are allocated between expense headings on the basis of time spent.

Support costs which include central office administration are allocated across the categories of cost of raising funds', charitable activities and governance costs. The basis of allocation is set out in note 7 c). Governance costs are the costs associated with the governance arrangements relating to the general running of the charity, including costs of strategic planning for the longer term development of the charity.

Irrecoverable VAT is charged as a cost in the statement of financial activity.

Fixed Assets

Buildings are depreciated at a rate of 2% per annum.

Other assets are depreciated, in equal annual instalments, over their economic lives at the following rates:

Electronic equipment	25%
Furniture and other equipment	15%
Motor vehicles	25%
Froud Centre Adventure Playground	10%

Assets costing more than £500 are capitalised.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments, including trade and other debtors and creditors are initially recognised at transaction value and subsequently measured at their settlement value.

Stocks

Stocks are valued at the lower of cost, on a first-in-first-out basis, and net realisable value.

Operating leases

Rentals payable are charged on a time basis over the term of the lease.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Foreign currency translation

The charities functional and presentation currency is pound sterling. Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. All differences are recognised in the Statement of Financial Activities.

Employee benefits

- Short term benefits
Short term benefits including holiday pay are recognised as an expense in the period in which the service is received.
- Employee termination benefits
Termination benefits are accounted for on an accrual basis and in line with FRS 102.
- Pension scheme
Aston-Mansfield operates a defined contribution pension scheme for the benefit of its employees. The assets of the scheme are held independently from those of Aston-Mansfield in an independently administered fund. The pensions costs charged in the financial statements represent the contributions payable during the year.

Fund accounting

Funds held by the charity are:

- **Unrestricted funds**

These are general funds which can be used in accordance with the charitable objects at the discretion of the trustees.

- **ACCOUNTING POLICIES (Continued)**

- **Restricted funds**

These are funds subject to specific trusts generally declared by the donor or funds raised for a specific purpose.

- **Endowment funds**

These are permanent funds and must be held indefinitely consisting of two sites of land and property. They are not expendable. However, one of the endowed assets may be changed, for instance the proceeds arising from the sale of the property might be invested in other suitable forms of endowed investment or in the other endowed property. These funds arise from the amalgamation of The Lady Trower Trust with those of the charity in 1994.

Taxation

The charity's activities are exempt from income tax and corporation tax. The charity is registered for Value Added Tax. Certain of the charity's activities are exempt or non-business activities for Value Added Tax purposes and consequently the charity is unable to reclaim all the Value Added Tax it incurs on its purchases. Expenditure in these financial statements is therefore shown inclusive of Value Added Tax suffered.

LEGAL STATUS

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of a winding up is limited to £0.50.

3. INCOME FROM GRANTS	2024 £	2023 £
Grant income classified within income from charitable activities		
Aston Mansfield Charitable Trust	848,885	789,385
Local government	26,900	10,000
Other statutory bodies	-	30,069
Corporate bodies	172,944	174,868
Trusts and Livery companies	1,800	53,971
	<u>£1,050,529</u>	<u>£1,058,293</u>

Income attributable to fundraising efforts is £201,644 (2023: £257,612).

4. RENTS AND SIMILAR INCOME	2024 £	2023 £
Property rental income	462,876	447,507
Wayleave income	37,982	37,982
Facility hire	90	18
	<u>£500,948</u>	<u>£485,507</u>

5.	OTHER INCOME	2024 £	2023 £
	Cost recoveries	18,586	16,606
	Sundries	4,829	2,545
		<u>£23,415</u>	<u>£19,151</u>

6.	EXPENDITURE	Staff Costs £	Support Costs £	Other direct Costs £	Total 2024 £
a)	Analysis of total expenditure				
	Cost of raising funds				
	Fundraising	78,216	12,409	-	90,625
	Shop operating costs	38,333	7,945	-	46,278
		<u>116,549</u>	<u>20,354</u>	<u>-</u>	<u>136,903</u>
	Charitable activities				
	Unrestricted funds				
	Lifelong learning	204,894	92,331	42,856	340,081
	Healthy Living	26,058	7,712	444	34,214
	Community development	11,727	4,281	-	16,008
	Community buildings	494,638	489,109	-	983,747
		<u>737,317</u>	<u>593,433</u>	<u>43,300</u>	<u>1,374,050</u>
	Restricted funds				
	Lifelong learning	12,939	690	12,623	26,252
	Healthy Living	97,684	1,819	2,123	101,626
	Community development	11,930	1,023	10,810	23,763
	Community buildings	-	-	-	-
		<u>122,553</u>	<u>3,532</u>	<u>25,556</u>	<u>151,641</u>
	Endowment Funds				
	Community buildings	-	27,009	-	27,009
		<u>-</u>	<u>27,009</u>	<u>-</u>	<u>27,009</u>
	Total expenditure 2024	<u>£976,419</u>	<u>£644,328</u>	<u>£68,856</u>	<u>£1,689,603</u>

6. EXPENDITURE (continued)						Direct Costs £	Head Office £	Total 2024 £
b) Analysis of staff costs								
Cost of raising funds								
Fundraising						78,216	-	78,216
Shop operating costs						38,333	-	38,333
Charitable activities								
Unrestricted funds								
Lifelong learning						164,420	40,474	204,894
Healthy living						233	25,825	26,058
Community development						21	11,706	11,727
Community buildings						315,114	179,524	494,638
Central services						257,529	(257,529)	-
Restricted funds								
Lifelong learning						12,939	-	12,939
Healthy living						97,684	-	97,684
Community development						11,930	-	11,930
Endowment fund								
Community buildings						-	-	-
Total staff costs 2024						<u>£976,419</u>	<u>£-</u>	<u>£976,419</u>
Total staff costs 2023						<u>£1,050,034</u>	<u>£-</u>	<u>£1,050,034</u>
c) Analysis of support costs								
	Admin Costs £	Property Costs £	Travel Costs £	Finance Costs £	Depreciation £	Governance £	Head Office £	Total 2024 £
Cost of raising funds								
Fundraising	11,113	-	-	1,296	-	-	-	12,409
Shop operating costs	848	7,076	21	-	-	-	-	7,945
Charitable activities								
Unrestricted funds								
Lifelong learning	21,273	-	-	8,937	-	52,161	9,960	92,331
Healthy living	-	-	-	1,268	-	91	6,353	7,712
Community development	934	-	-	466	-	-	2,881	4,281
Community buildings	38,651	344,148	5,819	50,286	650	5,380	44,175	489,109
Central services	12,918	-	-	12,837	-	37,614	(63,369)	-
Restricted funds								
Lifelong learning	30	660	-	-	-	-	-	690
Healthy living	25	1,861	-	(156)	-	89	-	1,819
Community development	1,023	-	-	-	-	-	-	1,023
Community buildings								
Endowment fund								
Community buildings	-	-	-	-	27,009	-	-	27,009
Total support costs 2024	<u>£86,815</u>	<u>£353,745</u>	<u>£5,840</u>	<u>£74,934</u>	<u>£27,659</u>	<u>£95,335</u>	<u>-</u>	<u>£644,328</u>

Central services staff costs and support costs are allocated to each of the programmes dependent on the volume of activity.

NOTES TO THE FINANCIAL STATEMENTS (continued)

YEAR ENDED 31 MARCH 2024

6. EXPENDITURE (continued)	2024 £	2023 £
d) Analysis of governance costs		
Legal, consultancy and professional fees	73,480	83,388
Audit fees	20,175	20,750
Health and safety	1,667	5,777
Companies House	13	13
	<u>£95,335</u>	<u>£109,928</u>

	Staff Costs £	Support Costs £	Other direct Costs £	Total 2023 £
e) Analysis of total expenditure – prior year				
Cost of raising funds				
Fundraising	70,731	10,385	-	81,116
Shop operating costs	37,033	8,491	-	45,524
	<u>107,764</u>	<u>18,876</u>	<u>-</u>	<u>126,640</u>
Charitable activities				
Unrestricted funds				
Lifelong learning	160,592	57,112	11,651	229,355
Healthy living	25,595	6,950	-	32,545
Community development	14,056	4,115	-	18,171
Community buildings	527,883	414,757	231	942,871
	<u>728,126</u>	<u>482,934</u>	<u>11,882</u>	<u>1,222,942</u>
Restricted funds				
Lifelong learning	85,905	28,492	114,922	229,319
Healthy living	76,506	1,901	651	79,058
Community development	51,733	5,254	2,153	59,140
Community buildings	-	-	-	-
	<u>214,144</u>	<u>35,647</u>	<u>117,726</u>	<u>367,517</u>
Endowment Funds				
Community buildings	-	27,009	-	27,009
	<u>-</u>	<u>27,009</u>	<u>-</u>	<u>27,009</u>
Total expenditure 2023	<u>£1,050,034</u>	<u>£564,466</u>	<u>£129,608</u>	<u>£1,744,108</u>

NOTES TO THE FINANCIAL STATEMENTS (continued)

YEAR ENDED 31 MARCH 2024

6. EXPENDITURE (continued)							Direct Costs £	Head Office £	Total 2023 £
f) Analysis of staff costs – prior year									
Cost of raising funds									
Fundraising							70,731	-	70,731
Shop operating costs							37,033	-	37,033
Charitable activities									
Unrestricted funds									
Lifelong learning							123,014	37,578	160,592
Healthy living							265	25,330	25,595
Community development							3,594	10,462	14,056
Community buildings							348,090	179,793	527,883
Central services							253,163	(253,163)	-
Restricted funds									
Lifelong learning							85,905	-	85,905
Healthy living							76,506	-	76,506
Community development							51,733	-	51,733
Endowment fund									
Community buildings							-	-	-
Total staff costs 2023							£1,050,034	£-	£1,050,034
Total staff costs 2022							£985,921	£-	£985,921
g) Analysis of support costs		Admin	Property	Travel	Finance	Depreciation	Governance	Head	Total
- prior year		Costs	Costs	Costs	Costs			Office	2023
		£	£	£	£	£	£	£	£
Cost of raising funds									
Fundraising		8,769	-	-	1,610	-	6	-	10,385
Shop operating costs		1,021	7,470	-	-	-	-	-	8,491
Charitable activities									
Unrestricted funds									
Lifelong learning		19,037	-	-	8,183	-	19,795	10,097	57,112
Healthy living		-	-	-	145	-	-	6,805	6,950
Community development		163	-	-	1,142	-	-	2,810	4,115
Community buildings		28,470	271,479	4,957	40,008	183	21,352	48,308	414,757
Central services		13,198	-	-	13,163	38	41,621	(68,020)	-
Restricted funds									
Lifelong learning		-	1,423	-	-	-	27,069	-	28,492
Healthy living		244	1,416	-	156	-	85	-	1,901
Community development		3,858	1,396	-	-	-	-	-	5,254
Community buildings		-	-	-	-	-	-	-	-
Endowment fund									
Community buildings						27,009			27,009
Total support costs 2023		£74,760	£283,184	£4,957	£64,407	£27,230	£109,928	£-	£564,466

NOTES TO THE FINANCIAL STATEMENTS (continued)

YEAR ENDED 31 MARCH 2024

7. NET INCOME	2024	2023
	£	£
Net income is stated after charging:		
Professional advice insurance including trustee indemnity cover	1,752	1,064
Depreciation	27,659	27,230
Audit fees	20,175	20,750
	<u> </u>	<u> </u>
8. STAFF EMPLOYMENT	2024	2023
	£	£
Salaries and wages	821,820	880,465
Social security costs	69,980	74,389
Pension costs	62,926	55,526
Other staff costs	21,693	36,150
Redundancy payments	-	3,504
	<u> </u>	<u> </u>
Total Staff Costs	<u>£976,419</u>	<u>£1,050,034</u>

1 employee received remuneration for the year in the band £60,000 to £70,000 (2023– 1) and pension costs of £32,516 (2023 – £27,838), were paid in relation to this employee.

The average monthly number of employees during the year was made up as follows:

	2024		2023	
	Part Time	Full Time	Part Time	Full Time
Community work	27	8	39	8
Central Administration	-	5	-	5
Fundraising	-	2	-	2
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	27	15	39	15
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Full time equivalents			2024	2023
The number of full time equivalent posts is			<u>32.08</u>	<u>39.71</u>

The total employee benefits of the key management personnel of the charity were £96,158 (2023: £91,479).

ASTON-MANSFIELD
NOTES TO THE FINANCIAL STATEMENTS (continued)
YEAR ENDED 31 MARCH 2024

9. TANGIBLE FIXED ASSETS	Land and Buildings £	Furniture and Equipment £	Motor Vehicles £	Total £
Cost or valuation				
At 1 April 2023	2,155,448	1,000,191	51,453	3,207,092
Additions	-	2,322	-	2,322
Disposals	-	-	-	-
	<u>2,155,448</u>	<u>1,002,513</u>	<u>51,453</u>	<u>3,209,414</u>
Depreciation				
At 1 April 2023	539,468	999,184	51,451	1,590,103
Charge for year	27,009	650	-	27,659
Disposals	-	-	-	-
	<u>566,477</u>	<u>999,834</u>	<u>51,451</u>	<u>1,617,762</u>
Net Book Value				
At 31 March 2024	<u>£1,588,971</u>	<u>£2,679</u>	<u>£2</u>	<u>£1,591,652</u>
At 31 March 2023	<u>£1,615,980</u>	<u>£1,007</u>	<u>£2</u>	<u>£1,616,989</u>

All assets are used for charitable purposes.

10. DEBTORS	2024 £	2023 £
Aston Mansfield Charitable Trust	-	11,239
Rent Receivable	52,687	78,263
Other debtors and prepayments	14,116	14,619
	<u>£66,803</u>	<u>£104,121</u>
11. CREDITORS: due within one year	2024 £	2023 £
Aston Mansfield Charitable Trust	2,056	-
Deferred income	49,231	66,121
Taxation and social security	25,892	24,985
VAT payable	525	447
Other creditors and accruals	85,389	97,814
	<u>£163,093</u>	<u>£189,367</u>

12. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH (OUTFLOW)/INFLOW FROM OPERATING ACTIVITIES	2024 £	2023 £
Net movement in funds	(66,880)	(131,385)
Depreciation and amortisation	27,659	27,230
(Decrease)/increase in creditors	(26,274)	14,029
(Increase)/decrease in debtors	37,318	21,837
Net cash (outflow)/inflow from operations	(£28,177)	(£67,882)

13. DIRECTORS/TRUSTEES' REMUNERATION

No director has received any remuneration or reimbursement of expenses (2023: Nil).

14. CHARITY COMMISSION SCHEME

Under a scheme approved by the Charity Commissioners in 1994, the Golden Jubilee Trust merged with Aston-Mansfield and Aston-Mansfield also became the corporate trustee of the Lady Trower Trust, which is the proprietor of the land at Lambourne End and Burges Road, East Ham. Their accounts are merged with those of this charity with effect from 1 October 1993.

15.	ENDOWMENT FUNDS	Movement in funds				
		Balance at 1 April 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2024 £
	Land					
	Burges Road East Ham E6	180,000	-	-	-	180,000
	Lambourne End	1,240,407	-	(27,009)	-	1,213,398
		<u>£1,420,407</u>	<u>-</u>	<u>(£27,009)</u>	<u>-</u>	<u>£1,393,398</u>
		<u><u>£1,420,407</u></u>	<u><u>-</u></u>	<u><u>(£27,009)</u></u>	<u><u>-</u></u>	<u><u>£1,393,398</u></u>
		Balance at 1 April 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2023 £
	Land					
	Burges Road East Ham E6	180,000	-	-	-	180,000
	Lambourne End	1,267,416	-	(27,009)	-	1,240,407
		<u>£1,447,416</u>	<u>-</u>	<u>(£27,009)</u>	<u>-</u>	<u>£1,420,407</u>
		<u><u>£1,447,416</u></u>	<u><u>-</u></u>	<u><u>(£27,009)</u></u>	<u><u>-</u></u>	<u><u>£1,420,407</u></u>

Expenditure reflects depreciation of the Lambourne End Property.

NOTES TO THE FINANCIAL STATEMENTS (continued)

YEAR ENDED 31 MARCH 2024

16. RESTRICTED FUNDS

	Movement in funds				
	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2024 £
Lambourne End – Lake	2,979	-	-	-	2,979
East End Community Foundation	3,500	9,659	(11,659)	-	1,500
City Bridge Trust	-	42,469	(23,173)	-	19,296
Legacy Income	14,365	-	(590)	-	13,775
Compass - ADHD Support	-	16,672	-	-	16,672
LB Newham	5,000	-	(251)	-	4,749
Partners for Health	-	5,000	(2,263)	-	2,737
Jack Petchey	6,967	1,200	(6,967)	-	1,200
Community Connectors	37,125	94,342	(106,478)	-	24,989
Community Connectors-NHS Narrative Therapy	-	2,802	-	-	2,802
Community Connectors-NHS BAME Men's Project	-	2,000	(260)	-	1,740
	<u>£69,936</u>	<u>£174,144</u>	<u>(£151,641)</u>	<u>-</u>	<u>£92,439</u>
	Balance at April 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2023 £
Lambourne End – Lake	2,979	-	-	-	2,979
East End Community Foundation	1,022	9,000	(6,522)	-	3,500
London City Airport	-	-	-	-	-
Community Connectors	-	-	-	-	-
Big Lottery Fund Grant	27,890	-	(27,890)	-	-
City Bridge Trust	6,954	47,985	(54,939)	-	-
Legacy Income	14,365	-	-	-	14,365
London Cycling Grant	3,055	-	(3,055)	-	-
London Community -Response Fund	-	116,183	(79,058)	-	37,125
LB Newham	16,880	-	(11,880)	-	5,000
CAF-ELEVATE	132,169	45,971	(178,140)	-	-
Jack Petchey	5,000	8,000	(6,033)	-	6,967
	<u>£210,314</u>	<u>£227,139</u>	<u>(£367,517)</u>	<u>£-</u>	<u>£69,936</u>

A full description of each fund is shown at note 20.

17. UNRESTRICTED FUNDS

	Movement in funds				
	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2024 £
	177,019	1,448,579	(1,510,953)	-	114,645
General Fund	<u>£177,019</u>	<u>£1,448,579</u>	<u>(£1,510,953)</u>	<u>-</u>	<u>£114,645</u>

17. UNRESTRICTED FUNDS (continued)

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2023 £
General Fund	£141,017	£1,385,584	(£1,349,582)	-	£177,019
	<u>£141,017</u>	<u>£1,385,584</u>	<u>(£1,349,582)</u>	<u>-</u>	<u>£177,019</u>

18. NET ASSETS BETWEEN FUNDS

Current year

	Endowment Fund £	Restricted Fund £	Unrestricted Fund £	Total 2024 £
Fixed Assets	1,588,972	-	2,680	1,591,652
Current Assets	-	92,439	79,484	171,923
Current Liabilities	(144,672)	-	(18,421)	(163,093)
Inter-fund Loan	(50,902)	-	50,902	-
Net Funds	<u>£1,393,398</u>	<u>£92,439</u>	<u>£114,645</u>	<u>£1,600,482</u>

Previous year

	Endowment Fund £	Restricted Fund £	Unrestricted Fund £	Total 2023 £
Fixed Assets	1,615,981	-	1,008	£1,616,989
Current Assets	-	69,936	169,804	239,740
Current Liabilities	(144,672)	-	(44,695)	(189,367)
Inter-fund Loan	(50,902)	-	50,902	-
Net Funds	<u>£1,420,407</u>	<u>£69,936</u>	<u>£177,019</u>	<u>£1,667,362</u>

19. RELATED PARTY TRANSACTIONS

There were no related party transactions with individuals or trustees during the year (2023- nil).

Aston-Mansfield Charitable Trust, a charitable company limited by guarantee, although under the control of a different trustee board, is a connected charity with identical objects and having a common administration.

19. RELATED PARTY TRANSACTIONS (continued)

During the year the company received a grant of £848,885 (2023- £789,385) from Aston-Mansfield Charitable Trust and provided services costing £16,417 (2023 £15,635) to that charity. At the year-end Aston-Mansfield Charitable Trust was owed £2,056 by Aston Mansfield (2023 - £11,239 was owed to Aston-Mansfield) as disclosed in notes 10 and 11.

The company is a member of Lambourne End Limited, a charitable company limited by guarantee. During the year the company did not provide any services to the charity (2023 - £ Nil) and no amount was owed to or due from Aston-Mansfield (2023 - £Nil).

20. RESTRICTED FUNDS**Lambourne End Lake**

In 2007 the Environment Agency provided a grant towards the capital cost of providing a lake at Lambourne End. These funds would be utilised once the planning permission is granted and construction work commences on the lake.

East End Community Foundation

A seven- week programme of positive activities for young people during the summer holidays and October half term including targeted sessions for transitional youth and youth at risk of anti-social behaviour. The funding was provided by East End Community Foundation.

City Bridge Trust

Fitter Finances is a four-year program (2023-2027) funded by The City Bridge Foundation and delivered by Aston-Mansfield.

The grant goes towards two part-time workers delivering Aston Mansfield's Fitter Finance programme addressing the financial capability of voluntary and community sector organisations in Newham.

The program aims to enhance the financial stability and sustainability of grassroots organisations dedicated to promoting health and well-being an innovative initiative that strives to uplift and strengthen small charities, community groups and non-profits in London, particularly emphasising those working tirelessly to enhance health and well-being. The project aims to offer valuable support and resources to promote long-term sustainability.

Legacy

An amount of £19k was received with a request for it to be contributed towards a farm project. This income has been restricted to Aston-Mansfield's activities and expenditures at Lambourne End and other Healthy eating/living initiatives.

Compass-ADHD Support

The programme is funded by Compass Wellbeing CIC. The Thrive Project is a 12-month programme for Black and Asian women living in Newham awaiting or have received ADHD diagnosis and treatment via the NHS. The programme provides peer support, three months of one-to-one and one month of group coaching as well as six monthly events and talks to enable the women to understand, accept and thrive whilst living with ADHD.

Community Connectors

The Community Connectors programme is funded through a partnership between Community Links, Aston Mansfield, Mind in Tower Hamlets and Newham, and the NHS East London Foundation Trust (ELFT).

Aston-Mansfield Community Connectors work with service users referred into the program most have a serious mental illness. We continue to develop strong relationships with multi-disciplinary teams (MDTs) who work with primary care networks or PCNs (clusters of GP practices) across Newham. These MDTs are organised into two Community Integrated Mental Health Services (CIMHS) teams, linked to PCNs within Newham. Community Connectors help to identify themes and emerging need, develop further support pathways for service users, and be an important link between local experts and local assets.

Community Connectors work with ELFT as part of the Community Mental Health Transformation Programme. The ethos of the programme is recovery-focused, exploring needs through complexity (rather than diagnosis), a focus on a person's strengths and assets, and the wider determinants of health and wellbeing. We continue to promote this work with an emphasis on ensuring strong awareness/publicity of the value that the role and programme brings to the Mental Health Transformation programme and the people it serves.

20. RESTRICTED FUNDS (continued)

Community Connectors - NHS: Narrative Therapy

The Narrative Therapy Creative Writing Project is a wellbeing project aimed at Black women to utilising narrative therapy and creative writing to document their experience and build resilience. The project allows the women to bond over their writing and lived experiences. The four-week project allows the women to creatively write and reshape their personal narratives. The women receive training and materials to facilitate their writing.

Community Connectors - NHS BAME Men's Project

The project is aimed at adult males in Newham currently receiving support from the community connectors programme. This is a peer support project enabling the men to come together over several weeks to participate in group discussions and art projects.

London Borough of Newham (LBN)

Previously LBN provided £10K towards weight management. Every 6-8 weeks young people referrals receive fresh food boxes and recipe cards for cooking with families at home playworkers will also give fun active support to introduce Healthy eating and cooking habits that influence families' behaviours. Young people are then asked to give feedback and send in videos photos of achievements examples of where they have shopped and cooked a healthy meal on a budget.

Partners for Health

The grant was provided by London Catalyst and Hospital Saturday Fund to improve mental health and wellbeing of 50 Black and Asian men and women using positive psychology and therapeutic and expressive writing interventions. Participants included those who use, have used or have never accessed mental health services. Over the 12-month lifespan of the project, we worked with 60 participants in total providing participants with training, their journals, and warm meals to address the cost of living crisis) and sign-posting anyone who needed it for further help and support.

Jack Petchey

In the prior year, the charity was awarded £10k from Jack Petchey Foundation to deliver workshops, activities and events for young people aged 14+ to support their learning, increase their networks, help build resilience and reduce isolation post pandemic. The one year programme ran until December 2023.

21. CONTINGENT LIABILITIES

Lambourne End Limited

Aston-Mansfield is a member of Lambourne End Limited and in the event of winding-up it has undertaken to contribute an amount not exceeding £25,000.

22. COMPARATIVE STATEMENT OF FINANCIAL ACTIVITIES (YEAR ENDED 31 MARCH 2023)

		Endowment Funds £	Restricted Funds £	Unrestricted Funds £	2023 Total £
Income	Notes				
Income from donations and legacies					
Donations		-	-	1,617	1,617
Income from charitable activities					
Grants	3	-	227,139	831,154	1,058,293
Project income		-	-	1,024	1,024
Rents and facility hire	4	-	-	485,507	485,507
Income from other trading activities					
Shop sales		-	-	47,131	47,131
Other income	5	-	-	19,151	19,151
Total income		-	227,139	1,385,584	1,612,723
Expenditure					
Expenditure on raising funds					
Fundraising		-	-	(81,116)	(81,116)
Shop operating costs		-	-	(45,524)	(45,524)
Expenditure on charitable activities					
Lifelong learning		-	(229,319)	(229,355)	(458,674)
Healthy living		-	(79,058)	(32,545)	(111,603)
Community development		-	(59,140)	(18,171)	(77,311)
Community buildings		(27,009)	-	(942,871)	(969,880)
Total expenditure	6	(27,009)	(367,517)	(1,349,582)	(1,744,108)
Net income/(expenditure)		(27,009)	(140,378)	36,002	(131,385)
Transfers between funds		-	-	-	-
Net movement in funds		(27,009)	(140,378)	36,002	(131,385)
Fund balances as at 1 April 2022		1,447,416	210,314	141,017	1,798,747
FUND BALANCES AT 31 MARCH 2023		<u>£1,420,407</u>	<u>£69,936</u>	<u>£177,019</u>	<u>£1,667,362</u>