ANNUAL REPORT
AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31ST DECEMBER 2022

CHARITY REGISTRATION No: 1110519

Independent Examiners Ltd 2 Broadbridge Business Centre Delling Lane Bosham West Sussex PO18 8NF

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Island House Community Centre Trustees Annual Report for the period 1st January to 31st December 2022

SECTION A – REFERENCE & ADMINISTRATION DETAILS

Charity Name Island House Community Centre

Charity Number 1110519

Principal Address Island House Community Centre

Roserton Street, Isle of Dogs London E14 3PG

Managing Trustees Adeboyega Awokaya

Jane Dance

Robert Lambden

Tom Pyke Dinah Rodell Sarah Sauvat

Independent Examiner K Gomes

Independent Examiners Ltd 2 Broadbridge Business Centre

Delling Lane Bosham West Sussex PO18 8NF

SECTION B - STRUCTURE, GOVERNANCE & MANAGEMENT

Governing Document Declaration of Trust originally dated 30th June 2005, as

amended on 10th February 2016

Legal Status Unincorporated

Trustee Selection Method Appointed by the existing trustees

Additional Information The Trustees meet at least four times a year are not

remunerated by the Charity for their work.

Legal ownership of the Charity's land and building is vested in the URC Thames North Trust who continue as the Custodian

Trustee for the Charity.

Island House Community Centre Trustees Annual Report for the period 1st January to 31st December 2022

SECTION C – OBJECTIVES & ACTIVITIES

Charitable Objects

- Promote the benefit of the inhabitants of the Isle of Dogs and the surrounding area by
 associating together the said inhabitants and the local authorities, voluntary and other
 organizations in a common effort to advance education and to provide facilities in the
 interest of social welfare for recreation and leisure-time occupation with the object of
 improving the conditions of life for the said inhabitants, and
- Advance the Christian religion.

Activities

- As we finally moved away from the pandemic, we were able to cement the program of services within new themes of Community Health, Community Hub, and Community Skills.
- Within Community Health we offered a growing selection of activities designed to improve mental and physical wellbeing, including our projects REFRESH (offering a range of mindfulness and exercise classes to improve mental and physical health), SENIORS (providing a selection of classes and activities to address loneliness and improve health of older people), and BILLY'S PANTRY (offering emergency food bags).
- As a valued Community Hub, we continued to provide a base for our partner tenants (Island Advice Centre, Island House Playgroup and Quaystone church), regular community activities (e.g., gymnastics and yoga classes), and other individuals and community groups, as well a home for our portfolio of community projects.
- An expanding Community Training project saw Cathy develop her activities for SKILLS and also provide increasing digital skills training to those who needed to be better equipped for daily tasks that are now online, particularly applying for travel cards, pension credits, council tax reductions and energy rebates. ESOL classes began again, and 8 clients were enrolled.

Public Benefit

• Our strategies and activities are developed in direct relationship to our charitable aims and meet the identifiable needs of the general public within our area of benefit.

Volunteer Contribution

 Our work has always relied heavily on volunteers, and although we benefitted from a working party from Canary Wharf Contractors who decorated the corridor and offices, we did not secure any regular volunteers.

SECTION D – ACHIEVEMENTS & PERFORMANCE

Projects

Our REFRESH project continued to provide a range of free classes each week, which currently include Mindfulness, 2 levels of Yoga and Boxercise. During the year we provided 224 free classes to 1,015 attendees. These were very well received, with feedback surveys demonstrating that 94% felt more positive about the future, 92% of attendees felt that their physical and mental health had improved, 90% felt more confident emotionally to deal with life, 87% made friends and increased their support network and 82% were sleeping better.

Island House Community Centre Trustees Annual Report for the period 1st January to 31st December 2022

- In June we received 2 years funding from City Bridge Trust to start a new **SENIORS** project. This project effectively addresses loneliness and isolation in local older people through a range of social and health activities to improve mental and physical health. Weekly activities currently include walking badminton, a choir, a craft club, a luncheon club, mindful movement sessions and monthly health workshops. In the last 6 months of 2022 we provided 77 sessions to 518 attendees. One attended said "I really enjoyed the mindful movements class last week and came back again, they are such good fun and love that it's older people only, very empowering, and just such a good laugh. I wish there were more sessions in the week! Many thanks for organising these."
- Numbers increased for our SKILLS project and Cathy provided around 300 hours of one-to-one digital support to 200 clients teaching basic computer skills or supporting them with benefits claims, health appointments, or job applications, which included 45 referrals from Island Advice Centre. 10 clients regularly attended weekly digital skills classes and 29 completed accredited courses in social care. 50 clients were supported in job search, 25 with job applications, 4 clients were successfully supported into jobs and 5 into volunteer roles. 12 clients attended weekly conversations classes and in October 2022 we enrolled 19 students in 2 ESOL classes working towards a range of ESB listening, speaking, and writing exams. Not only do users gain confidence and experience in using the internet for daily tasks, but they also build supportive relationships for the future, and these changes benefit their families and the wider community. One participant responded "I have met new friends and taken some online course with lovely Cathy. They recommended me to go to Island Advice Centre and now I am working as volunteer in Island House Community Centre. I really enjoy being there."

Funding

- A total of £59,000 new funding was sourced, including £10,000 to continue REFRESH, £12,040 to start SENIORS and £37,400 for SKILLS. This was a success rate of 22% of total amount requested, slightly up from 18% the previous year.
- We were disappointed to miss out on a number of funding bids at the end of the year which meant that we ended £34,562 underfunded. Accordingly, our reserves dropped from £111,202 to £71,393

Staffing

- There were no changes to the staff team of:
 - Paul Rogers (Centre Director)
 - o Amanda Newbury (Office Coordinator)
 - Cathy Weir (Projects Manager)
 - Dymphna Dale (Finance Officer)
 - Annemarie Ibbotson (Cleaner, Caretaker, Projects Worker)

Rentals

Rental income did not increase as expected as we moved away from lockdown. Not only
were ad hoc bookings significantly reduced (due to the cost-of-living crisis) but current and
new user groups struggled also.

Premises

• Having been damaged the previous year, our lift was finally repaired in February and all costs were recovered from the insurers. No other significant work was done to the premises.

Island House Community Centre Trustees Annual Report for the period 1st January to 31st December 2022

SECTION E - FINANCIAL REVIEW

Reserves Policy

• In 2021 the Trustees had reduced the level of additional unrestricted reserves from 6 months core operating expenses to 3 months temporarily due to the situation regarding Community Parents and financial uncertainty. We are working to increase these again as soon as possible.

Principal Sources of Funding

- £12,040 from City Bridge trust for SENIORS
- £12,000 from EQUIP for SKILLS
- £10,000 from One Housing Group (Community Chest) for SKILLS
- £5,000 from Schroder's Family Trust for SKILLS
- £5,000 from Tower Hamlets (Small Grants) for REFRESH
- £2,500 from Canary Wharf Group for REFRESH
- £2,500 from Wakefield & Tetley for REFRESH
- £10,000 from Tower Hamlets (Isle of Dogs Chest) for SKILLS

SECTION F - OTHER OPTIONAL INFORMATION

None

SECTION G - DECLARATION

The Charities Act 2011 require the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the trust and of the surplus of the trust for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the trust will continue in existence.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the trust. They are also responsible for safeguarding the assets of the trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees declare that they have approved the report above.

Signed on behalf of the trustees by

Signature:

Full Name: SARAH SAUVAT

Position: TROSTEE

08-08-23 Date:

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees of Island House Community Centre on the accounts for the year ended 31st December 2022 set out on pages 8 to 16.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required this year under section 144 of the Charities Act 2011 (the Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act, and;
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
- proper accounting records are kept (in accordance with section 130 of the Act); and
- accounts are prepared which agree with the accounting records and comply with the accounting requirements of
- 2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

K Gomes MAAT FCIE Independent Examiners Ltd Unit 2, The Broadfields Business Centre Delling Lane, Bosham W. Sussex PO18 8NF

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

Signed :

Date: 9.8.23

The notes on pages 9 to 15 form part of these financial statements.

ISLAND HOUSE COMMUNITY CENTRE STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST DECEMBER 2022

INCOME AND ENDOWMENTS FROM:	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2022 £	TOTAL 2021 £
Donations and Legacies	4a	2,984	59,041	62,025	81,019
Trading Activities	4b	85,212	0	85,212	73,281
TOTAL INCOME		88,196	59,041	147,237	154,300
EXPENDITURE ON:					
Charitable Activities	5	141,796	39,731	181,527	201,793
TOTAL EXPENDITURE		141,796	39,731	181,527	201,793
NET INCOME/ EXPENDITURE		-53,600	19,310	-34,290	-47,492
Total Funds Brought Forward		77,161	34,042	111,202	154,078
Unrealised Gains/Losses on Revaluation of Investments	3	-5,520	0	-5,520	4,617
Overhead & General Transfers	7	34,562	-34,562	0	0
TOTAL FUNDS CARRIED FORWARD		52,603	18,790	71,393	111,203
IOTAL FUNDS CARRIED FORWARD		52,003	10,790	/ 1,373	111,203

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 10 to 16 form part of these financial statements.

BALANCE SHEET AS AT 31ST DECEMBER 2022

		Notes	Unrestricted Funds £	Restricted Funds £	31-Dec-22 Total £	31-Dec-21 Total £
Fixed Assets						
Investments		3	38,934	0	38,934	44,454
Fixtures & Fitting:	5	2	1,107	0	1,107	1,476
Current Assets						
Debtors		9	4,330	0	4,330	3,184
Cash at bank and	in hand	6	9,852	18,790	28,642	63,588
Total Current As	ssets		14,182	18,790	32,972	66,772
Creditors:	amounts falling due					
	within one year	10	1,620	0	1,620	1,500
NET CURRENT A	ASSETS		12,562	18,790	31,352	65,272
TOTAL ASSETS	less current					
liabilities			52,603	18,790	71,393	111,202
NET ASSETS		8	52,603	18,790	71,393	111,202
General Funds			-5,026	0	-5,026	19,532
Designated Funds	5	7	57,629	0	57,629	57,629
Restricted Funds		7 7	0	18,790	18,790	
Total Funds			52,603	18,790	71,393	111,202

Approved by the Trustees on	08-08-23	and
Signed on their behalf by	Storf	, (Trustee)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2022

1. ACCOUNTING POLICIES

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources:
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with related expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Grants with performance conditions

Where the charity receives grants with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the charity has provided the specified service or output.

Grants receivable without performance conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Tax reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA during the same period as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services has been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity.

Volunteer Help

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Investment Income

This is included in the accounts when receivable.

Investment gains and losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST DECEMBER 2022

Expenditure and liabilities

Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs

Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Support Costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of the resources, e.g. allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Changes in Accounting policies and previous accounts

There has been no change to the accounting policies (variation rules and methods of accounting) since last year, and no changes to the previous accounts.

Assets

Tangible fixed assets (with the exception of the land and buildings) are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation

Depreciation is calculated at a rate to write off the cost at 25% p.a. on a reducing balance over their estimated useful lives, at the end of which period any remaining book value can be written off.

Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end.

Basis of preparation:

The financial statements have been prepared on the historical cost basis of accounting in accordance with the Charities Act 2011 and in accordance with applicable accounting standards. In preparing the financial statements the charity follows best practice as laid down in the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP 2015).

2. TANGIBLE FIXED ASSETS	Fixtures &			
		Equipment	Fittings	Total
		£	£	£
Cost	01-Jan-22	23,443	26,198	49,641
Additions		0	0	0
Cost at	31-Dec-22	23,443	26,198	49,641
Depreciation	01-Jan-22	23,443	24,722	48,165
Charge		0	369	369
Depreciation at	31-Dec-22	23,443	25,091	48,534
Net Book Value	31-Dec-22	0	1,107	1,107
Net Book Value	31-Dec-21	0	1,476	1,476

The annual commitments under non-cancelling operating leases and capital commitments are as follows: 2021- none (2020 - none)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST DECEMBER 2022

3. FIXED ASSET INVESTMENTS

	Unrestricted Funds £	Restricted Funds £	TOTAL 2022 £	TOTAL 2021 £
Market value brought forward	44,454	0	44,454	89,837
Less sale proceeds	0	0	0	-50,000
Unrealised gains/(losses) in investments	-5,520	0	-5,520	4,617
Market value carried forward	38,934	0	38,934	44,454

This investment is held in COIF investment Income Units by Thames North Trust on behalf of Island House.

4. INCOME AND ENDOWMENTS FROM:

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2022 £	TOTAL 2021 £
a) Donations and Legacies					
Grants Trust Income	7	0 2,984	59,041 0	59,041 2,984	78,262 2,757
		2,984	59,041	62,025	81,019
b) Trading Activities					
Lettings and Rent FIT and Export Tariffs Other income		76,801 2,428 5,983	0 0 0	76,801 2,428 5,983	65,688 1,228 6,365
		85,212	0	85,212	73,281

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST DECEMBER 2022

5. EXPENDITURE ON:	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2022 £	TOTAL 2021 £
Charitable Activities					
Staff Costs Staff Salaries Temporary Staff Premises Cost Utilities Facilities and Maintenance Repairs Running Costs Insurance Stationery and Postage Telephone and IT Copier Subscriptions and Books Staff Training and Conferences Project Costs Independent Examination Legal and Professional Fees Other Costs Depreciation	11	104,459 0 6,401 10,944 3,423 3,025 182 6,690 2,412 970 302 0 1,620 1,000 369	27,911 0 0 0 0 0 0 0 0 11,820 0 0	132,369 0 6,401 10,944 3,423 3,025 182 6,690 2,412 970 302 11,820 1,620 1,000 369	158,128 50 5,232 10,155 755 2,963 661 8,080 1,770 652 472 10,593 1,500 290 492 201,793
6. CASH AT BANK AND IN HAND		Unrestricted Fund £	Restricted Fund £	Total 31-Dec-22 £	Total 31-Dec-21 £
Current Account Business Account		10,008 -156	18,790 0	28,798 -156	47,542 16,046
		9,852	18,790	28,642	63,588

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST DECEMBER 2022

7. FUNDS	Balance	Trai	nsfer betwe	en	Transfer of	Balance
	01-Jan-22	Income	Funds	Expenditure	Overheads	31-Dec-22
	£	£	£	£	£	£
Restricted Funds						
ABLE/ SKILL	6,880	37,000		24,291	-13,863	5,726
Health & Wellbeing	20,874	0	-7,500	4,177	-5,389	3,808
REF	6,288	10,000	2,500	5,074	-5,780	7,934
Senior Health	0	12,040		6,189	-4,530	1,322
	34,042	59,040	-5,000	39,731	-29,562	18,790
Unrestricted Funds						
General Funds Designated Funds	19,531	88,196	5,000	141,796	29,562	493
Building Fund	57,629	0	0	0	0	57,629
	77,160	88,196	5,000	141,796	29,562	58,122
Totals	111,202	147,236	0	181,527	0	76,912

RESTRICTED FUNDS:

Community Parents Project (CPP) - a volunteer training and peer support programme for first time pregnant mums on the Isle of Dogs called "Community Parents".

SKILLS: This is the continuation of ABLE project.

Senior : Offers a portfolio of activities for the over 50s designed to address loneliness and improve mental and physical health.

"Transfer of overheads" - Funders are asked to recognise that a portion of restricted project funds are used to cover costs incurred by Island House itself in delivering the project outputs and to contribute to our central support and core charitable running costs, as detailed in the funding applications. These are shown as "transfers of overheads".

DESIGNATED FUNDS:

Repairs Fund: - A Designated Fund set aside to deal with repairs identified by the quinquennial surveyor's reports, to be added to on an annual basis by an amount identified in the budget, with actual repair costs charged to this fund. This enables property repairs to be averaged out over a number of years.

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST DECEMBER 2022

8. ANALYSIS OF NET ASSETS BY FUND

FUND	Unrestricted Funds	Funds		Total 31-Dec-21
	£	£	£	£
Fixed Assets and Investments	40,041	0	40,041	·
Current Assets Liabilities (amounts falling due within	14,182	18,790	32,972	66,772
one year)	-1,620		-1,620	-1,500
	52,603	18,790	71,393	111,202
9. DEBTORS AND PREPAYMENTS				
	Unrestricted		Total	Total
	Fund £	Fund	31-Dec-22 £	31-Dec-21
Sundry Debtors	± 4,330	£	-	£ 3,183
Sundry Debtors	7,550	U	7,550	3,103
	4,330	0	4,330	3,183
10. CREDITORS ACCRUALS AND DEFERRED INCOME: AMOUNTS	Unrestricted	Restricted	Total	Total
FALLING DUE WITHIN ONE YEAR	Fund	Fund		31-Dec-21
	£	£	£	£
Creditors:				
Independent Exam	1,620	0	1,620	1,500
	1,620	0	1,620	1,500
11. STAFF COSTS AND NUMBERS				
TI STAIT COSTS AND NOTIBERS	31-Dec-22	31-Dec-21		
	£	£		
Gross Wages and Salaries	118,339	127,675		
Employer's National Insurance Costs	10,932	7,235		
Employer Pension Contributions	3,098	2,671		
	132,369	137,581	.	
			•	
Employees who were engaged in the activities:	31-Dec-22	31-Dec-21		

No employees received emoluments in excess of £60,000. Staff are paid through the PAYE system.

TOTAL TOTAL

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NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST DECEMBER 2022

12. TRUSTEES AND OTHER RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them. (2021: None)

13. FREEHOLD PROPERTY

The charity occupies the freehold property at Roserton Street, Isle of Dogs, London, E14 3PG, which is held by Thames North Trust of the United Reformed Church as the custodian trustee. Thames North Trust is a company limited by guarantee, registered in England No. 75432, registered charity no. 1022551. The replacement value of the building for insurance purposes was £1,536,230 at 31st December 2017. The property is not included in the accounts as the Island House Community Centre charity is not the registered proprietor, does not have the right of sale and cannot determine what might happen to any proceeds of sale.