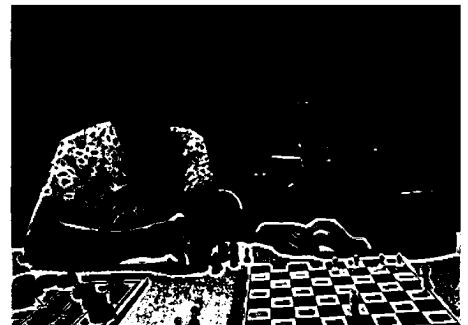
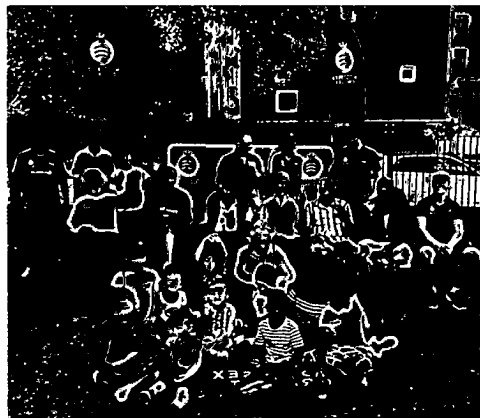


**Regents Park Time Bank**

## **REGENTS PARK TIME BANK**

### **DIRECTORS' AND TRUSTEES' REPORT AND ACCOUNTS**

**FOR THE YEAR ENDED 31ST MARCH 2020**



**Company No: 05309600**  
**Charity No: 1112545**

**WEDNESDAY**



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**25/11/2020**

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**COMPANIES HOUSE**

# **REGENTS PARK TIME BANK**

## **REPORT AND ACCOUNTS**

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**REGENTS PARK TIME BANK**  
**DIRECTORS' AND TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31ST MARCH 2020**

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ended 31st March 2020, which are also prepared to meet the requirements for a directors' report and Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statements of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

## **OUR PURPOSE AND ACTIVITIES**

*The company's principal activity is to develop the capacity and skills of the members of the socially and economically deprived community of West Euston and its surrounds in such a way that they are better able to identify, and help meet, their needs and to participate more fully in society.*

**Our aims** are to operate as a Time Bank as a means:

- To relieve poverty, advance education, reduce unemployment and promote vocational training for the benefit of the socially and economically deprived community of West Euston and surrounding area,
- To develop the capacity and skills of the socially and economically deprived members of the community so that they are better able to identify, and help meet, their needs and participate more fully in society;
- To break the cycle of deprivation through widening the range of life chances available particularly to those in greatest need.
- To encourage volunteers to carry out activities in the community and for the benefit of the wider community; and
- To promote good citizenship.

Our beneficiaries are our members and prospective members who consist of 87 adults enrolled on our community learning and physical exercise programmes and 203 families registered on our school holiday programmes and an under 5s drop-in. The families are mainly of BAMER ethnic origin coming from an extraordinary range of backgrounds with 264 children who live on a large high-rise Council estate in NW1 that constitutes our principal area of benefit. The families we work with come from highly diverse backgrounds - a significant number have refugee status or origin (Somali, Eritrea, Syria, Afghanistan, Kurdish, etc.) and have multiple disadvantages in terms of overcrowding, poor health, low income and special needs.

Many of the refugee children and their parents or guardians have direct experience of trauma or violence at first hand and as a consequence have behavioural issues. Many children find school and homework a struggle and are regarded as low achievers and having low self-esteem. In addition, we run a community sports programme with over

## **Achievements and Performance**

Our main focus is on providing training, support and signposting service to families with young children living on the estate with 1 in 2 children being regarded as being in poverty and who may not be accessing any other similar play schemes or services. A significant proportion of our users have three or more children. As a result, we aim to charge no or nominal fees and deliver services in ways that are highly accessible to our target groups.

Many of the families live in overcrowded conditions with difficult home circumstances so see the time bank as providing a safe creative and supportive learning and fun environment.

A high proportion of our members (over one third) are refugees or of refugee origins with parents having had little formal education with English as a second language.

# REGENTS PARK TIME BANK

## DIRECTORS' AND TRUSTEES' REPORT

### FOR THE YEAR ENDED 31ST MARCH 2020



There were six major strategies to achieve our charitable objectives:

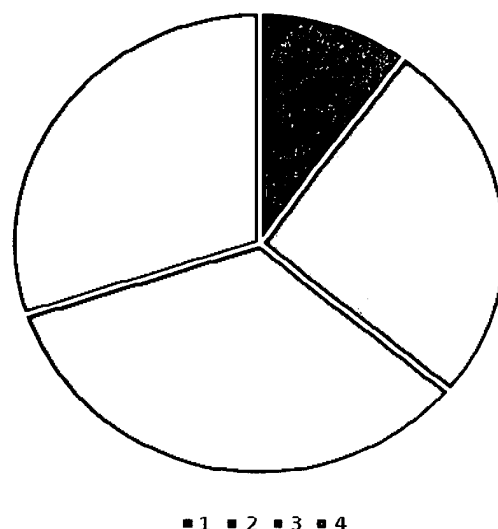
1. Family activities programmes during school holidays
2. Community Adult Learning programmes + the English Club
3. Community Sports & Physical Exercise initiatives for all ages
4. Supporting an under 5's self-help group
5. A range of volunteering & training opportunities
6. Intergenerational initiatives in partnership with the Third Age Project

We continued to provide free, inclusive, accessible and welcoming activities, events and trips for local families mainly of BAMER origin with children under 12 years living on the Regents Park Estate, NW1. It has been a particularly tough and challenging year with a backdrop of financial hardship due to Welfare benefit reforms, disruption due to massive HS2 construction works and an "epidemic" of gang and knife related activities. A horrific gang linked murder of a 16 years old boy on the estate in the middle of the Summer school holidays had an especial impact upon residents with voluntary curfews and a reluctance to allow their children out of their sight and to go out into communal public places (2 local Somali boys were murdered the previous year). Our charity responded in a range of positive ways; providing a free healthy meal to local children whether or not registered on our programme and organizing an expanded intergenerational and family activities and sports programmes in the Cumberland Market Open Space with the help of our partners (adjacent to our base and the largest public space on the estate). We also invited the local safer neighbourhood team to hold drop-in surgeries for local residents that still continue on a monthly basis.

Whilst a majority of our organized activities and trips took place during each school holiday we saw the importance of maintaining support, contact and relationships during term-time. We did this by running weekly women only Zumba classes on Tuesday mornings and supporting a popular weekly Under 5's drop-in self-help group on Thursday mornings. These sessions enabled isolated parents on low income to meet, share and exchange information and advice. In addition, the TB worker regularly attended coffee mornings at Netley Primary School and at the Regents Park Children's Centre to consult with and promote the school holiday programmes and the time banking principles of reciprocal volunteering. An innovative feature were the intergenerational workshops the TB worker delivered at the school. Several accredited training workshops were run during the year (safeguarding, 1<sup>st</sup> Aid, food hygiene etc.) to equip parents to take on volunteering roles within the time bank and help deliver activities during school holidays. We also hosted local young people on work experience and Duke of Edinburgh award schemes and those who needed to build a cv.

Key popular activities over the year included the Family Kitchens where families could receive a free healthy meal if they helped to prepare and serve them! Ice skating, trampolining, multi-sports and Soft Safari at the Sobell Centre, trips off the estate at the very nominal charge of £2 per child and family sports out of doors in Cumberland Market (it was a glorious Summer weather-wise).

**RPTB family sizes**



Regents Park Time Bank – Family sizes				
1 child	2 children	3 children	4+ children	Totals
28	70	93	83	<b>274</b>
10%	26%	34%	30%	100%

# REGENTS PARK TIME BANK

## DIRECTORS' AND TRUSTEES' REPORT

### FOR THE YEAR ENDED 31ST MARCH 2020

#### Has it met your expectations

Moving to a long term secure base in the middle of the estate at Cumberland Market (courtesy of the Third Age Project) has helped tremendously in terms of attracting entirely new families and children with potential to expand our activities in the evenings and weekends in the new building. It is also nice to see our children who having moved on to secondary school want to come to us on work experience and as young volunteers. Arupa and Laura whilst earning volunteering credits organized and put on a Christmas Disco with 33 children and young people attending.

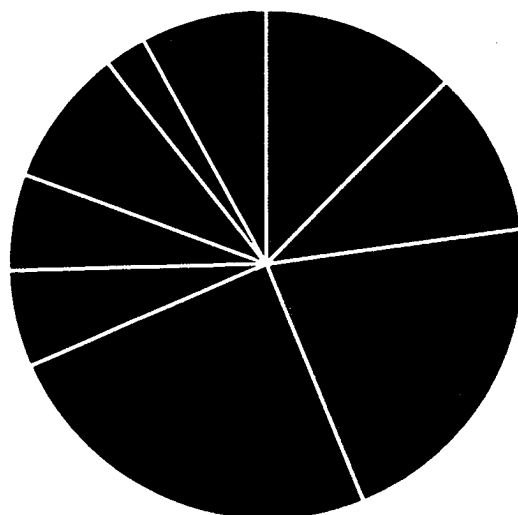
There was a need to recruit, train and support more parent members as key volunteers and hopefully to become trustees to help run the charity. Several did come forward for the first time and helped to deliver sessions and act as volunteer trip leaders. Habiba, Cheryl and Fatema subsequently became trustees at our Annual General Meeting in October 2019.

The six weeks Family Kitchen course run by Public Health over the Summer was amazingly popular and considerably oversubscribed having to set a limit of 16 families with 31 children. The families completed a pre and post questionnaire that evidenced the high impact attendance had on what they ate and received a free Cookery Book at the end.

Clearly a high point for many was our partnership with the Middlesex Cricket Club (MCC) and Greenwich Leisure Ltd (GLL) in delivering free coaching and free healthy food and refreshments every Tuesday afternoon over the Summer. This brought together older residents who with professional coaches taught largely Somalis how to play cricket! It succeeded in bringing people of all ages outside in the park to take part or just to sit and watch. Regarded as a fantastic success story at a very difficult period on the estate.

#### Who took part

**Regents Park Time Bank Ethnicity of registered families 2020**



■ 1 ■ 2 ■ 3 ■ 4 ■ 5 ■ 6 ■ 7 ■ 8 ■ 9

	White	Black African	Somali	Bengali	Middle East	South American	Pakistani Other Asian	African Carib	Mixed Race	TOTALS
Families	14	12	24	28	7	7	10	3	9	114
Percentage	12	11	21	25	6	6	9	3	8	100

## REGENTS PARK TIME BANK

### DIRECTORS' AND TRUSTEES' REPORT

#### FOR THE YEAR ENDED 31ST MARCH 2020

A significant difference this year were the large number of Somali families who registered with the time bank (21%) with many entirely new to the time bank although they lived on the estate. It was hard work in inducting these new members into taking on volunteering roles considerably helped by a small core who quickly understood the benefits. Our largest group at 25% remain Bangladeshis with many have been previously. Other significant ethnic groups were Black African and Middle East both at around 7%. White British families remain small (12%) although higher than in the previous year (5%) and is a concern in regards to overall community cohesion. What is now an essential element in our school holiday programmes is the dedicated baby and toddler play space alongside our other activities overseen by a worker with volunteers. Such a facility we have found enables families with very young children as well as older ones to take part.

We run many of our activities as drop-ins sessions (although registration is still compulsory) in order to make them as accessible as possible to families facing difficulties in planning their lives. This approach does inevitably present challenges in terms of not knowing numbers in advance and at times there is overcrowding and or having to consider turning people away.

#### How has the project benefitted children and young people

The programme has benefitted local children and young people by bringing them together to get to know each other and build positive relationships. As they go to 7 different primary schools and 4 different secondary schools this can create barriers although they can be living as close neighbours.



The programme was particularly important over the year due to a backdrop of high levels of criminal and gang related activity often with local young people as victims and in being pressured into taking part. By creating a safe and secure indoor and outdoor space that was well stewarded and organized we were able to entice local families and young people out of their homes and to take successfully part in activities.

Moreover, we were able to recruit particularly Somalis as new volunteers to help run activities and trips.

The Family Kitchen initiatives ran during each school holiday and particularly the six week course over the Summer run by Fiona from Public Health were overwhelmingly popular despite it involving persuading children to stop going to fast food outlets and start eating healthily. 31 children registered with many more being turned away.

Pre and post evaluations indicated that 30% of children increased the amount of fruit they eat on average a day as well as the impact on the parents with 33% increasing their average intake of vegetables.

#### What the children themselves said

Overall Rating of our holiday programmes given by children taking part found:

Good 33% Very Good 67%

Children's Top Rated Activities

1 Family Kitchen 2 Family Outdoor Sports

Top Rated for Trips 1 London Zoo 2 Broadstairs/Southend

In their Own Words

I enjoyed "doing things together" with other children and families

"We learnt how to make a healthy pizza!"

#### Please tell us about any key achievements

- We were successful in targeting local children and families in high need. Once again we targeted local families with more than 2 children under 12 years of age on the basis of disadvantage and lack of alternatives. 98% of registered families had 2 or more children with 40% have 4 or more.
- 68% of children registered came from refugee backgrounds or status
- 100% of children enrolled were not registered on any other play scheme
- 3 new trustees and many new active volunteers recruited from the new intake during 2019

## REGENTS PARK TIME BANK

### DIRECTORS' AND TRUSTEES' REPORT

#### FOR THE YEAR ENDED 31ST MARCH 2020

##### **Were there any challenges with the project? If so what would you do differently next time**

- There was overcrowding at times
- Difficulty in catering for a wide range of age groups from 0 – 11 years!
- We had to turn away many families wanting to join the Family Kitchen
- We had only 4% of families of White British ethnic origin (previous year it was 5%). The lowest we have ever had. Essentially those who regularly turn up to each drop-in were predominately from a very diverse range of BAMER backgrounds.
- As so few of the families and children knew each other meant the need for staff and volunteers to take on crucial roles of introductions and in creating and maintaining a welcoming atmosphere and proactive approach. Some children and parents manifested difficult and challenging behavior that took considerable patience and time to deal with. However, by the end of the 6 weeks Summer programme children as well as parents had begun to form new supportive friendships and have more positive experiences with each other.

##### **Please detail any partner organisations you worked with on this project**

- Artists from the internationally acclaimed October Gallery have run several popular creative art and painting workshops often using recycled materials with highly colorful and impressive results.
- Global Generation from Kings Cross ran workshops on making seed bombs and creating healthy snacks as well as run a family kitchen.
- Coram's Fields always make our families most welcome at their Play Day Events which is why they are so popular.
- Third Age Project is an energetic and multi-cultural older people's charity committed in bringing the different generations together to build positive experiences and relationships.
- Regents Place, a large nearby commercial complex generously provided extra space, food and funded events such as storytelling and children's shows particularly for the under 5s taking part in the programme.
- Botanic Gardens at Kew. Generously provides free access to its gardens and the new 2 acre children's Play Park for time bank families.
- Middlesex Cricket Club provided free coaching and cricket equipment during August 2019 attracting very many local families and children.
- Camden & Islington Public Health staff have run a 6 week Family Kitchen and several healthy living taster workshops during school holidays with generous donations of food for our community café.
- L B Camden sports and parks departments support and permissions in our use of outdoor gym, play and sports facilities and donated equipment. Greenwich Leisure Ltd (GLL) provided free coaches over the Summer for our family sports programme.
- Cut Moose Theatre Company who ran storytelling events, puppet shoe box theatre and paper manipulation workshops

## OUTCOMES

### **Outcome One To deliver a programme of organized family activities targeting local families with children under 12 years of age at local venues. A total of at least 33 days a year**

We delivered 38 recorded days of organized activities including family trips organized and led by 31 time bank volunteers. This involved recruitment, induction and training including safeguarding, 1<sup>st</sup> aid, food hygiene and Health & safety workshops with certificates being awarded.

#### **February 2019 Half Term**

Papier mache workshops using recycled materials collected by families, model-making, preparing for and putting on an International Languages Day (17 home languages) with traditional music, food, dance and song. A free family kitchen. Trips to ice skating and Soft Safari at the Sobell Centre and to the new Children's Play Park at Kew Gardens. Provision of a baby and toddler activities and space alongside other activities.

#### **Easter 2019**

Modelling with air dried clay modelling, designing and creating your own back pack, a family kitchen and several creative art workshops with the October Gallery. Global Generation ran workshops on making seed bombs, healthy snacks and creating insects for garden pots. There were children's shows, decorating Easter eggs and family sports.

# REGENTS PARK TIME BANK

## DIRECTORS' AND TRUSTEES' REPORT

### FOR THE YEAR ENDED 31ST MARCH 2020

Family Kitchen		Sobell Centre Trip		Global Generation		Making Easter Eggs		Design a Backpack	
children	23	children	22	children	24	children	40	children	41
parents	13	parents	12	parents	10	Parents	19	parents	19
<b>Totals</b>	<b>36</b>	<b>Totals</b>	<b>34</b>	<b>Totals</b>	<b>34</b>	<b>Totals</b>	<b>59</b>	<b>Totals</b>	<b>60</b>



Key volunteers were Zian Ali, Abeda, Sultana, Fatema , Shajna

#### Feedback from parents and children:

##### Family Kitchen:

- The kids loved making healthy snacks in their groups and enjoyed working together with their parent mixing and cutting and following a recipe.
- The food was really nice; they were proud of their own work and will try at home.
- They enjoyed designing the back packs and are going to use them to take to the park and show their friends at school.
- I made 5 key rings some for my cousin.
- Making mask was fun. The clay was messy but fun too.

##### Global generation:

- Learnt something new will try it at home
- Enjoyed cooking pizza
- Children said they enjoyed making pizza
- Bird bombs have inspired them to care for their environment.
- Loved making the wind catchers
- They enjoyed the afternoon with global generation and learnt something new.
- Our kids always have fun when they come here.
- Me and my daughter love coming here thank you for having all these activities.





## REGENTS PARK TIME BANK

### DIRECTORS' AND TRUSTEES' REPORT

#### FOR THE YEAR ENDED 31ST MARCH 2020

##### General staff feedback:

It was quite difficult to manage rooms with different age groups. I think we have to be a little bit firmer and make sure to mention on posters or leaflets that parents have to supervise all children under 5. Older kids are manageable. We also need to mention if there is a workshop or if they are with under 5s parents shouldn't be on their phone. ground rules on large paper would help.



##### May 2019 Half Term

Intergenerational and family games including bingo, fish and chips lunch, sharing and exchanging of board games eg. Chess, snakes & ladders. Arts & Crafts with marbling, T-shirt printing, sock puppet making, making delicious cup cakes. Multi-Sports programme (ice-skating, trampolining, football, soft play) and Soft Safari at the Sobell Centre, return visit to the Children's Play Park at Kew Gardens.

Kew Gardens New play area		Outdoor Games		T Shirt designing Puppet Making		Cup Cakes	
children	15	children	27	children	37	children	27
parents	8	parents	16	parents	17	parents	12
<b>Totals</b>	<b>23</b>	<b>Totals</b>	<b>42</b>	<b>Totals</b>	<b>54</b>	<b>Totals</b>	<b>39</b>

##### Summer 2019

A huge programme of organized activities with Relax Kids, several Children's Shows, Arts & Crafts workshops, Outdoor sports; cricket, rounders, gym, family sports events, a family kitchen and a community café (all free). Trips largely organized and delivered by volunteers and considerably oversubscribed included Ruislip Lido railway, Southend, Broadstairs, London Zoo, Battersea Park & Children's zoo, Kew Gardens Children's play park, Coram's Fields Play Days. 138 children in 48 families registered on to the six week programme, In addition a further 50 participated in our outdoor sports.

##### Overview of Activities

Our family activities programme ran from Thursday 26th July to Friday 30th August 2019 and consisted of a wide range of free or at very nominal cost activities at different local venues and day trips off the estate identified as a result of consultation with local families. Our target groups consisted of families on low income with one or more children under 12 years of age who experience barriers in accessing alternative summer play scheme provision. More than half (61%) were families with refugee or former refugee status many new to the area and the UK and it was these families who came most regularly to the organised activities.

A total of 48 families with 138 children under 12 years of age enrolled on the programme who were from a highly diverse range of ethnic and religious backgrounds and origins. 100% of the families enrolled came from the Regents Park Estate and none of the families were registered with any other holiday play scheme.

## REGENTS PARK TIME BANK

### DIRECTORS' AND TRUSTEES' REPORT

#### FOR THE YEAR ENDED 31ST MARCH 2020

	White	Black African	Somali	Bengali	Middle East	South American	Pakistani Other Asian	African Carib	TOTALS
Families	2	4	22	10	5	3	2	1	48
Children	5	9	75	26	7	6	7	3	138
Total	7	13	97	36	12	9	9	4	184

There were some noticeable differences in our summer activities programme this year:

- 68% (61% in 2018) came from refugee backgrounds or status
- 53% of participants were of Somali ethnic origin 19% were of Bangladeshi origin.
- 4% (7% in 2018) were of White British background.
- 100% were not enrolled on any other play scheme (probably due to closures and prohibitive charges)
- A free community café played a more important function this year, was oversubscribed and only made possible as a result of local business donations.
- The Third Age Project's new premises in Cumberland Market were made available to time bank families that was used alongside the adjacent public open space.
- Major local redevelopment notably the HS2 construction remains a major disruptive affect as local families were in the process of being re-housed due to demolition of their homes.
- 72% of families had 3 or more children under 12 years of age

Mention must be given to the context within which our programme was delivered over the Summer 2019. A horrific murder of a 16 years old young man on the estate in Munster Square witnessed by many residents took place on 12th August. Many residents subsequently did not feel confident in going out particularly to public spaces or in the evening with effectively a curfew being in operation. Families with teenage children did not want them to be out of their sight and this had to be accommodated in how we organised activities and events.



A lot of outreach support work was necessary to persuade local families to take part with other families with children particularly in activities out of doors in local public spaces. A high profile police presence within the area was felt unsettling rather than reassuring to some. We also invited the local safer neighbourhood team into our premises to run drop-in advice surgeries and use our facilities. The Third Age Project opened up its Luncheon Club to local families with children at no charge throughout the Summer period.

Once again we targeted local families with more than 2 children under 12 years of age on the basis of disadvantage and lack of access to alternatives with government benefit reforms and reduction in child benefit having a severe impact. Universal Benefit is being rolled out across the borough and is causing distress as it is paid monthly in arrears and there are long delays in receiving benefit. We are actively supporting a campaign to ask the government to review the scheme and to assess its impact upon vulnerable residents and families such as ours.

# REGENTS PARK TIME BANK

## DIRECTORS' AND TRUSTEES' REPORT

### FOR THE YEAR ENDED 31ST MARCH 2020

Families	No. of families	No. of Children	Percentages
1 child	4	4	2%
2 children	15	32	26%
3 children	16	42	32%
4 + children	13	60	40%
<b>Totals</b>	<b>48</b>	<b>138</b>	<b>100%</b>

As a result of local consultation prior to the school holidays we gave an emphasis on taking families and children off the estate to explore what London has to offer as well as organising coach trips to the seaside at Broadstairs and Southend. We wish to thank the following bodies for helping us make this possible and for making us so very welcome when visiting them:

- The royal botanic gardens at Kew who provide free access and support under their community membership scheme.
- The Sobell Centre for allowing us access and membership of their summer multi-sports programmes at very nominal charges.
- The October Gallery for lending us their artists and staff to put on recycled and highly creative workshops

Family Day Trips				
		families	children	total
Kew Gardens new playground	26 <sup>th</sup> July	11	17	28
Ruislip Lido & Rly	2 <sup>nd</sup> August	15	36	51
Coram's Fields Play Day	7 <sup>th</sup> August			
Southend	9 <sup>th</sup> August	13	40	53
Sobell Centre	16 <sup>th</sup> August	6	15	21
Battersea Park Children's Zoo	16 <sup>th</sup> August	20	34	54
Broadstairs	23 <sup>rd</sup> August	19	33	52
London Zoo	30 <sup>th</sup> August	13	26	39

- Global Generation for preparing and delivering some of our community café sessions and healthy food family workshops.
- L B Camden & Islington Public Health Team for running the oversubscribed family kitchen programme and in contributing towards our community café.
- L B Camden sports development team & Parks Department for their generous help and support especially the use of outdoor gym, play and sports facilities at Cumberland Market Open Spaces
- Coram's Fields who kindly invited us to share their Play Day in their newly refurbished and secure grounds, provided refreshments and put on many popular children's activities eg. trampolining,

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Total
91 children	101 children	98 children	97 children	103 children	96 children	138 children
37 families	41 families	35 families	40 families	44 families	31 families	48 families

# REGENTS PARK TIME BANK

## DIRECTORS' AND TRUSTEES' REPORT

### FOR THE YEAR ENDED 31ST MARCH 2020

#### Time Bank Key Volunteers

As a time bank member every person is expected to help out in some way whatever their status and ability and it is this strong reciprocal self-help ethos that enables the time bank to deliver local activities.

Special acknowledgement should be given to 17 time bank members who acted as the key co-ordinating volunteers over the Summer taking on numerous formal responsibilities as community café organisers, trip leaders, first aiders, welcome and support buddies especially to families under stress:

Minufa Khatun , Fatema Miah, Habiba Elmi Aminata , Hajana Kamara, Yasmin Begum,  
Cheryl Saddington, Hodan Nur, Shireen Akthar, Vida Kamara , Feroza Akhter,  
Louise Balogun, Sultana Begum; Little fingers volunteers included Sahro Omar,  
Hawo Abdi Salah ,Angie Torres, Rossy Sarrin

In addition, many participants were new to the time bank but nevertheless provided a significant contribution of volunteering hours towards organised activities, volunteer led trips and our sports activities. Mention must also be given to volunteers from the Third Age Project for their enthusiasm and commitment who helped steward and deliver the cricket afternoon sessions as well as the many other well-attended weekly family sports events.

#### Family Activities Programme 2019

##### Week One

Thursday 25th July was Open House and enrolment day with lots of taster sessions for children of all ages and volunteer welcome hosts to make new families welcome and explain the principles of time banking and the way the programme is being delivered. 52 children and 27 parents and carers turned up to enrol on that day. There was a free healthy free buffet provided.



In the afternoon we had funfair style games with a range of stalls running different games and activities with separate under 5s drop-in creche and messy play provision. There were Origami and opportunities to carry out chemistry experiments including making volcanoes as well! Stalls also included Pick the Duck, Pie Face, Put the Ball in the Cup, Mystery Hand Pick, Picture Match Bingo, a Memory Game (that also included some local pensioners and grandparents), Colouring,

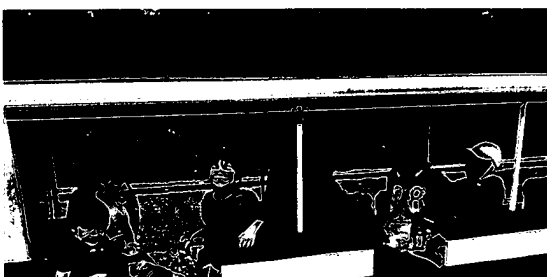
##### Week Two

The week started with several impressive children's shows with Jerome with children's learning magic tricks and making animals with balloons. It was also the start of a Relax Kids course encouraging children to learn relaxation techniques, how to de-stress, anger management and mindfulness. On Thursdays we organised a family sports programme with Verona recruiting local teenagers as volunteer sports assistants.



Workshops on Origami and learning to make Pop-Up Cards and designing your own Tee Shirt or placemats

We went on a trip on the Ruislip Lido narrow gauge railway and had a huge family picnic by the lido. A local estate resident is a volunteer train driver took us around the Lido and behind the scenes in the engine shed.



##### Week Three

There was a trip to Adventure Island and Southend on a lovely sunny day and everybody took buckets and spades and sat on the beach

A wonderful and highly engaging Play Day at Coram's Fields situated within a safe and friendly space.

## REGENTS PARK TIME BANK

### DIRECTORS' AND TRUSTEES' REPORT

#### FOR THE YEAR ENDED 31ST MARCH 2020



##### Week Four

This was the start of our free coaching afternoons provided by the Middlesex Cricket Club who brought along a huge range of cricket equipment and sports items. Free food and refreshments were provided by a local catering company. Residents were recruited as volunteer stewards to help set up and pick up all the litter afterwards. It was truly intergenerational with older residents from the Third Age Project playing with and supporting young people. An amazing success story. One afternoon we invited young people from the Surma Centre to take part. Sessional workshops included making weird creatures and objects using air dry clay and designing and dressing up paper dolls.

##### Week Five

More entertaining and engaging Children's Shows were provided by Kids Entertainment that were a sell out and every child (despite the large numbers of children) was able to take home a little gift. we went several times to the Sobell Centre to take part in their multi-sports programmes.

Further trips to Battersea Park and Children's Zoo and to Broadstairs to see traditional Punch and Judy shows.



##### Week Six

The grand finale to the summer holidays was the End of Hols Show with dance performances and workshops by professional dance teachers and the children having previously rehearsed together put on a splendid Bollywood Show with traditional singing and dancing. The event was opened up to local pensioners and grandparents and many came along. On the last day a group went to London Zoo.

##### Family Kitchen from 25th July 2019 to 29th Aug 2019

Family Kitchen is a cook and eat programme that provides an opportunity for children and their families to learn to cook and eat healthy meals together. Each programme comprises of six 90-minute sessions run weekly for families with children aged 2 to 11 years old.

The aim of the programme is to help families learn to prepare and cook healthy meals together, understand how a balanced diet contributes to health, gain confidence to follow recipes and take the time to eat together as a family.



The key topics covered in the Family Kitchen programme are the Eatwell Guide, menu adaptation, food labelling and budgeting skills.

The families completed a pre and post questionnaire to evaluate the impact the programme had on the families. 16 families attended (17 adults, 16 boys, 15 girls). Out of these families, 10 completed the whole programme and 9 were evaluated at post (9 adults, 12 boys and 8 girls)

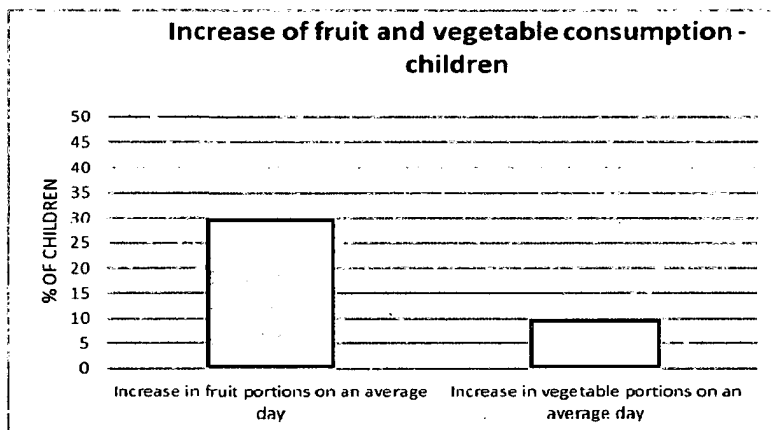
# REGENTS PARK TIME BANK

## DIRECTORS' AND TRUSTEES' REPORT

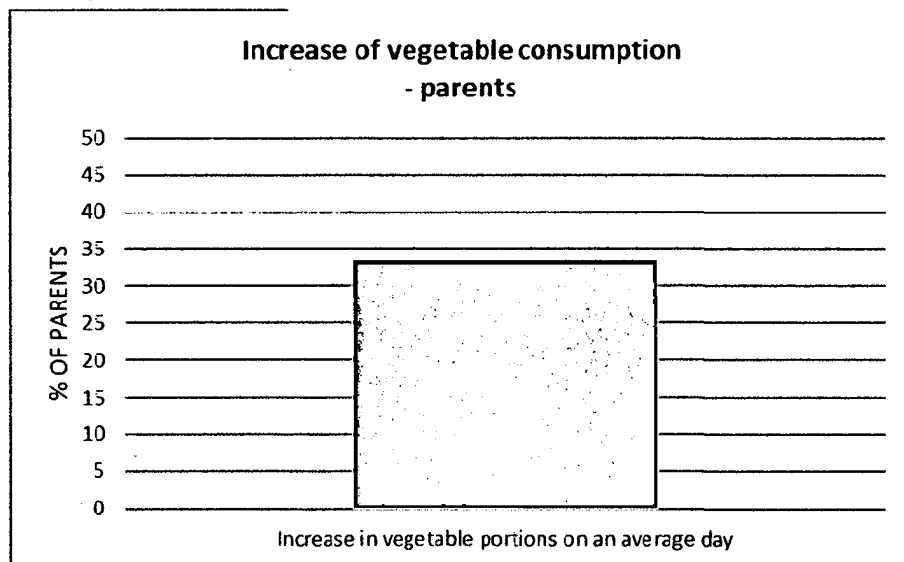
### FOR THE YEAR ENDED 31ST MARCH 2020

#### Healthy Eating Evaluation Results

Impact on families' healthy eating and social interaction at post evaluation:



- Overall, 30% of the children increased their fruit consumption.
- 6 children increased their average daily consumption of fruit.
- 6 children increased the amount of fruit by 1 portion on an average day
- 8 children maintained eating at least 2 portions of fruit on an average day
- Overall, 10% of the children increased their vegetable consumption.
- 2 children increased their average daily consumption of vegetables.
- 6 children maintained eating at least 3 portions of vegetables on an average day



Overall, 33% of parents increased their vegetable consumption.

- 3 parents increased their average daily consumption of vegetables
- 1 parent increased their 3 portions of vegetable to 5 portions on an average day
- 2 parents increased their 2 portion of vegetables to 3 portions.
- Overall, 6 parents reported eating 3 or more portions of vegetables on an average day.
- 7 parents maintained eating 3 or more portions of fruit by the end of the programme.



#### Engagement

This programme was very popular with families, most likely due to the pre-existing positive relationships that had been build up between the members of Regents Park Time Bank and the families engaged in their programmes. Registration for the Family Kitchen sessions was very popular with 16 families signing up to start the programme. 10 families (63%) completed the programme attending 4 or more sessions, 1 family came to 3 sessions, 2 families attended 2 sessions and 3 families only attended the first session. Unfortunately, we were not able to obtain feedback from the families who did not complete the programme as to why they were unable to attend.

## REGENTS PARK TIME BANK

### DIRECTORS' AND TRUSTEES' REPORT

#### FOR THE YEAR ENDED 31ST MARCH 2020

The feedback during the sessions and from the evaluation forms at the end was very positive with several families reporting that their children have started eating new foods.

Two families said:

*"My daughter has started to try different foods and I am able to make healthy foods adding more vegetables"*

*"Cook more often and eating different types of beans like kidney beans and others"*

Parents also made several comments about how they have changed their cooking habits saying they:

*"Get my children involved when I do my cooking"*

*"Use less sugar products in home cooking"*

*"Are eating healthier"*

We also asked the families what they have learnt from the sessions to see if any specific recipes or skill stand out. The majority of families commented saying they learnt how make healthier meals with some saying:

*"We have learnt how to make every day simple foods to eat healthy with no sugar and salt"*

*"Easy step in healthy food cooking"*

Some families enjoyed learning specific recipes or skills and commented:

*"We learnt how to make pizza and everything else"*

*"I learnt how to make Italian salad and many different foods so thank you"*

*"I learnt several different recipes and using scissors to cut herbs"*

*"I am happy because all the food I have had are so nice and tasty so thank you for your help"*



#### Conclusion

It was positive to see that 30% of children increased the amount of fruit they eat on an average day as well as the impact on the parents with 33% increasing their average intake of vegetables.

Many of the children started the programme with a reluctance to try the new foods on offer. However, several parents reported that this behaviour improved as the programme went on and their children were happier to taste the different recipes and even found new foods that they liked. By the end of the programme, the majority of children were happy to have the foods on their plate even if they didn't eat it which is a positive step to reducing fussy eating behaviours.

Parents commented on their enjoyment of "doing things together" with their children and that "they learnt a lot" from the sessions.

Due to the high interest in this programme we unfortunately had to turn families away who wanted to attend. As the programme was such a success with many positive comments from parents who completed, we hope to be able to work with Regents Park Time Bank again in the future to be able to offer the programme to those families who were not about to attend over the summer holidays.

We want to thank Regents Park Time Bank for working with us to run this programme for the families engaged in their service and especially Shahanara, Gabby and Lorna for their support during the sessions.

**REGENTS PARK TIME BANK**  
**DIRECTORS' AND TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31ST MARCH 2020**



**Comments and Feedback**

We had 30 completed feedback forms received.

How would you rate your overall experience of the summer programme 2019?

Very Bad	Bad	Average	Good	Very Good	Total
			33%	67%	100%

What activity did you or your child/children enjoy the most?

	Total
<b>Family Kitchen with Fiona</b> (Thursdays mornings)	18
<b>Relax Kids with Cheryl</b> (Monday afternoons)	16
<b>Family Outdoor Games with Verona</b> (Thursday afternoons)	16
<b>Arts &amp; Crafts workshops</b>	14
<b>End of Summer Hols Party</b> (Thursday 29 <sup>th</sup> August)	14
<b>Children's show</b> (Jerome Monday 29 <sup>th</sup> July)	12
<b>Children show</b> (Claudia Monday 19 <sup>th</sup> August)	10
<b>Cricket Coaching with Middlesex Cricket Club</b> (Tuesday afternoons)	8

**TRIPS:**

Ruislip Lido	8
Southend	8
Children's zoo	8
Sobell Centre	6
Broadstairs	6
Mystery trip	6
Kew Gardens	2

**Rankings for Trips:**

London Zoo	1
Broadstairs	2
Southend	2
Coram's Fields	4
Sobell Centre	4
Kew Gardens	4

Over all the children enjoyed most of the activities, space was an issue as we had to do everything in one room so it was difficult to set up and packing up for different sessions and also lunch in between we didn't have much time so was always rushing around to get ready for the activities. Also it was quite difficult with a lack of equipment and having to cater for all age range between 0-11 having to have smaller chairs and tables and older kids running around.

**October 2019 Half Term**



Puppet-Making and creating a world in a shoe box with Cut Moose theatre company, Arts & Crafts, and storytelling workshops with presentations by the children to others. Dance sessions with a Dance Around the World Event with traditional and modern dances from many countries that families originate from. Families and children put on performances from Kurdistan, Nepal, Bangladesh, Somali, Iran, Syria, Afghanistan, Philippines and India.



**REGENTS PARK TIME BANK**  
**DIRECTORS' AND TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31ST MARCH 2020**

Sobell Centre Family Trip		Shoe box Theatre		Arts & Crafts storytelling		Around the World Dance Show	
children	25	children	16	children	26	children	20
parents	13	parents	10	parents	11	parents	26
<b>Totals</b>	<b>38</b>	<b>Totals</b>	<b>26</b>	<b>Totals</b>	<b>39</b>	<b>Totals</b>	<b>46</b>



**Christmas 2019**

An under 5s Christmas Party was organized with presents by Little Village Several local 15 years old teenagers organised a highly successful Disco Party with 33 young people attending. They managed their own budget, designed and distributed posters and persuaded people to make donations of food and refreshments.



**February 2020**

The centre was very responsive to my needs and I felt very supported as an artist teacher on both days. The children were also very supportive when I explained that there were a lot of us and we needed to help each other in the space. They seemed to love the activities that I brought and being together as a group - I really loved teaching them. I was impressed at the older children supporting the younger children if they needed help and I wasn't there, without me asking them to.

# REGENTS PARK TIME BANK

## DIRECTORS' AND TRUSTEES' REPORT

### FOR THE YEAR ENDED 31ST MARCH 2020

Katherine Smith- Artist

**FEBRUARY HALF TERM FAMILY ACTIVITIES PROGRAMME 2020**

**Monday 17th February 2020**

**October Gallery**

**Creating 3 dimensional Soft Sculptures, Masks & Flags**

with Artist- Katherine Smith

**11am-1 pm**

1.00- 2.00 pm free Community Lunch

There is an Under 5's Play Space so that you can bring your toddlers with you!

**2pm-4pm**

**Hard ships archive**

**Untold Stories—older voices from around the world from the Third Age Project**

Older residents whose age ranges from 60 to 104 years old! Born in many different countries across the world!

**Thursday 20th February 2020**

**October Gallery**

**Creative Arts & Crafts**

1 or 40 years, 1 has personal contemporary art by international artists from across the world

with Artist- Katherine Smith

**11am-1 pm**

1.00- 2.00 pm free International Lunch

**2pm-4pm**

**A GENERATIONS TOGETHER PARTY** with music, song, story-telling through objects & costumes from around the world

There is an Under 5's Play Space so that you can bring your toddlers with you!

**Let's Go Around the World**

An opportunity to celebrate our different origins and cultures as well as what we all have in common.

**Friday 21st February 2020**

**Trampolining Sobell Centre**

fees 10 £m at Cumberland Market £2 per child in advance

**Soft Play for under 6 year olds ( 1 hour Sessions only )**

**ZSL LONDON ZOO**

**Friday 21st February 2020**

£3 per person

Admission to feeding, reserved limited places

**Orchids Festival**

The world festival to feast, celebrating the magnificent biodiversity of Indonesia, the land of 17,000 orchids.

£2 per head

Subject to Time & Availability

Event at Camden Road Overground station at 10 am

Regents Park Time Bank (run by and for people living on the Regents Park Estate)

**Yenisei Cumberland Market** (beneath the Regents Park Practice)

London NW1L 3SH

Phone: 020 7383 4382

**February Half Term Family Activities**

**Monday 17th, Thursday 20th & Friday 21st February 2020**

**Exploring Cultures from around the World**

**Welcome**

Come and share your Traditional Stories & Culture from your Country. Create and make a collage that will be displayed in our community. Working with Artists from the October Gallery!

40 YEARS

Sobell Centre Family Trip		London zoo		October Gallery Day one		October Gallery Day one	
children	21	children	19	children	48	children	49
parents	11	parents	8	parents	23	parents	27
<b>Totals</b>	<b>32</b>	<b>Totals</b>	<b>27</b>	<b>Totals</b>	<b>71</b>	<b>Totals</b>	<b>76</b>



# **REGENTS PARK TIME BANK**

## **DIRECTORS' AND TRUSTEES' REPORT**

### **FOR THE YEAR ENDED 31ST MARCH 2020**

#### **Outcome 2 To enroll 300 individual children under 12 years of age from our target groups each year**

Although 236 were formally registered with the time bank we estimate around 400 individual local children and young people took part in one or more activities and or trips over the year. As the majority of our activities took the form of drop-ins it can be difficult to record everybody's details. This was particularly the case with our outdoor activities and sports in Cumberland Market Open Space

#### **Outcome 3 To deliver 60 separate sessional activities or trips as part of our organized family activities each year co-produced and delivered with time bank volunteers.**

#### **Additional Outcomes**

It was felt important to the success of the school holiday programmes to establish and maintain links with local families and children during term-time. This also enabled us to consult with and forward plan in advance of each school holiday in terms of putting together programmes, recruiting volunteers and in distribution of promotional materials.

Volunteer Induction & Training with workshops being run for residents interested in helping during the school holidays

Little Fingers Drop-In Self-Help Group. We continued to host and provide support to this vital and highly popular baby and toddler drop-in on Thursday mornings where local parents can meet, provide support to each other and be signposted to appropriate services.



Referrals are received from the baby clinic and the Regents Park Children's Centre. The group has influenced our approach with under 5s provision an essential element in each school holiday programme.

Over the year we also provide a weekly woman only Zumba class that enabled us to engage with and consult with parents with school age children during term-time.

The time bank worker regularly attends and hosts coffee mornings for local parents at Netley Primary School and the Children's Centre during school term-time to build and maintain relationships and contact.

#### **Future Plans and Developments**

Mention, of course, must be given to the COVID pandemic and the lockdown that occurred from 23<sup>rd</sup> March 2020 that although ended for most in July is still ongoing at the time of writing (September 2020).

Covid-19 hit our community very hard, particularly those of BAME ethnic origin that constitute a majority of time bank members and 90% of the recipients of the Food Bank we set up with the Third Age Project. The pandemic has put a spotlight on existing stark health and economic inequalities that exist. London was also hardest hit at least initially with the highest proportion of Covid deaths (39%).

It is not unsurprising that the BAME communities have been particularly hit given that they are more likely to be living in overcrowded conditions, in poorer housing and in poorer health.

It has been necessary with so many elderly BAME residents living in extended family networks to support the whole family especially in regards to the Food Bank. It is also reflected in a Digital Divide between households

# REGENTS PARK TIME BANK

## DIRECTORS' AND TRUSTEES' REPORT

### FOR THE YEAR ENDED 31ST MARCH 2020

The world has become a very different place and the initial lockdown characterised by many residents showing COVID-19 virus symptoms and having to self-isolate and be supported via the Food Bank has been followed by the economic consequences of job losses and having to claim Universal Credit particularly as many of our family breadwinners work in the retail and service industries that have been seriously impacted by the pandemic.

Our mission is to continue to promote and practice the principles of time banking:

- to help and support each other through reciprocal volunteering and good citizenship.
- to continue to build individual, family and community resilience so that we may get through this pandemic together and be in a much better place in coping with the consequences and for the next time.



COVID-19 Support  
**SOCIAL DISTANCING**  
**CAN BE HARD. WE CAN HELP.**



We are two local charities  
which support local families & the elderly.

**WE OPERATE A LOCAL FOOD BANK**  
To register phone: 020 7383 4382

We can help if you need help  
with shopping, to run errands or  
just a friendly phone call.

**CONTACT: 020 7383 4922**  
**or info@thirdageproject.org.uk**

(please leave your name and number  
if we are unable to answer straightaway and  
we will get back to you as soon as we can)

Third Age Project & Regents Park Time Bank  
Cumberland Market, London NW1 3RH

<b>Third Age Project/Regents Park Time Bank- Covid-19 emergency response</b>												
<b>Covid-19 Lockdown Period from 23<sup>rd</sup> March 2020 to 12<sup>th</sup> June 2020</b>												
	<b>Week 1 w/b 23/ 03</b>	<b>Week 2 w/b 30/ 03</b>	<b>Week 3 w/b 06/ 04</b>	<b>Week 4 w/b 13/ 04</b>	<b>Week 5 w/b 20/ 04</b>	<b>Week 6 w/b 27/ 04</b>	<b>Week 7 w/b 04/ 05</b>	<b>Week 8 w/b 11/ 05</b>	<b>Week 9 w/b 18/ 05</b>	<b>Week 10 w/b 25/ 05</b>	<b>Week 11 w/b 01/ 06</b>	<b>Week 12 w/b 08/ 06</b>
<b>Phoned</b>	291	235	178	184	180	190	193	189	187	191	192	171
<b>deliveries</b>	9	25	49	41	59	61	50	49	44	38	43	47
<b>Newsletters Online/postal</b>	1	1	2	1	1	2	1	1	1	1	2	1
<b>WhatsApp groups</b>	1	1	3	5	5	5	6	6	9	11	11	11
<b>Agency Referrals</b>	2	2	5	0	9	5	8	11	7	9	5	4
<b>Food Bank elderly</b>	11	19	33	15	17	21	37	42	53	61	77	81
<b>Food Bank families</b>	0	5	7	13	41	59	71	89	92	103	83	88
<b>Food Bank Totals (individuals)</b>	0	20	39	47	135	237	280	321	340	380	394	400
<b>GRAND TOTALS</b>	<b>291</b>	<b>255</b>	<b>217</b>	<b>231</b>	<b>315</b>	<b>427</b>	<b>473</b>	<b>510</b>	<b>567</b>	<b>571</b>	<b>586</b>	<b>571</b>

#### Public benefit statement

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PD2)'. The achievements and activities above demonstrate the public benefit arising through the Charity's activities.

**REGENTS PARK TIME BANK**  
**DIRECTORS' AND TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31ST MARCH 2020**

## **FINANCIAL REVIEW**

The Statement of Financial Activities showed net surplus of £7,381(2019 – deficit £14,070) for the period and reserves stand at £37,464 (2019 - £30,083). The financial position at the year revealed by the Balance Sheet on page 25 shows net current assets or working capital of £37,463 (2019 – £30,082). The net book value of fixed assets held, all of which are used directly for charitable purposes, amounted to £1 (2019 – £1).

### **Principal Funding Sources**

Our principal sources of funding have come from the London Borough of Camden and a range of charitable grant giving foundations.

### **Investment powers and policy**

The Trust Deed authorises the Trustees to make and hold investments using the general funds of the charity. The trustees have the power to invest in any way that they see fit.

### **Reserves policy**

The Directors consider it prudent to maintain an adequate level of unrestricted reserves and have set this at the minimum level of four months expenditure. The reserves held in unrestricted funds, which have not been designated or invested in fixed assets, at 31st March 2020 were £37,463 (2019 - £30,082).

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing Document**

West Euston Time Bank (the word "limited" being omitted by licence from the Department of Trade) is registered as a company limited by guarantee and not having a capital divided by shares.

The company was incorporated on 9<sup>th</sup> December 2004 and commenced its activities immediately. It is a registered charity constituted as a Limited Company under the Memorandum and Articles of Association. The charity registration number is 1112545 and the company registration number is 05309600.

### **Recruitment and Appointment of Trustees**

The Directors of the organisation are also the charity trustees for purposes of charity law. The Board of Trustees have power to appoint additional Trustees as it considers fit to do so.

The Trustees have no beneficial interest in the company other than as members. The Trustees are also the directors of the company. All of the Trustees are members of the company and guarantee to contribute £1.00 in event of winding up. The Board has the power to appoint additional Directors.

### **Trustee Induction and Training**

The Trustees maintain a good working knowledge of charity and company law and best practice by attendance at charity and company courses run by outside providers and by using an advisory service offered by our auditor's. New Trustees are provided with a copy of the Memorandum and Articles, a Trustee job description and information outlining the duties and expectations of a trustee. They are asked to provide information about their background and the name of a character referee.

### **Organisational Structure**

The company is organised so that the trustees meet regularly to manage its affairs. The Trustees are members from a variety of backgrounds with relevant professional experience.

The daily operations are the responsibility of the manager who reports formally on a bi-monthly basis to the Trustees.

### **Related Parties**

The charity does not have relationships with related parties and other charities and organisations with which it co-operates in pursuit of its charitable objectives.

**REGENTS PARK TIME BANK**  
**DIRECTORS' AND TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31ST MARCH 2020**

**Risk Management**

The Directors and Trustees have identified the major risks to which the charity is exposed and believe that the systems in place are adequate to mitigate those risks.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Company Number:** 05309600

**Charity Number:** 1112545

**Directors/Trustees**

Foyeza Akter	Chair
Louise Balogun	Treasurer
Arefa Tajzai	
Rathna Begum	
Dina Shrestha	
Hatija Feltham	
Ms Fabiana Ferreira	
Ms Fatema Miah	Appointed 18 <sup>th</sup> November 2019
Mrs Habiba Elmi	Appointed 18 <sup>th</sup> November 2019
Mrs Cheryl Saddington	Appointed 18 <sup>th</sup> November 2019

**Company Secretary:** Tony Bloor

**Senior Staff:** Tony Bloor – Manager

**Registered Office:** 62-64 Hampstead Road, London NW1 2NU

**Independent Examiner:** David Terry – Chartered Accountant  
Ramon Lee Ltd, 93 Tabernacle Street, London EC2A 4BA

**Bankers:** Santander Bank Plc, PO Box 10102, 21 Prescott Street, London E1 8TN

**TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS**

The Trustees (who are also directors of West Euston Time Bank for the purposes of company law) are responsible for preparing the Trustees' Annual 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 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 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.

**REGENTS PARK TIME BANK**  
**DIRECTORS' AND TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31ST MARCH 2020**

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

**APPROVED BY THE TRUSTEES AND SIGNED ON ITS BEHALF BY:**

  
..... **FOYEZA AKHTAR – CHAIR**

  
..... **LOUISE BALOGUN – TREASURER**

**29<sup>TH</sup> OCTOBER 2020**

# **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF REGENTS PARK TIME BANK**

I report on the accounts of the company for the year ended 31 March 2020.

## **Respective responsibilities and basis of report**

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act).

## **Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



**DAVID TERRY – CHARTERED ACCOUNTANT  
RAMON LEE LTD  
93 TABERNACLE STREET  
LONDON EC2A 4BA**

**29<sup>TH</sup> OCTOBER 2020**



**REGENTS PARK TIME BANK**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31ST MARCH 2020**

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
<b>Income</b>					
Donations	2	5,840	-	5,840	4,857
Income from charitable activities: Grants and service level agreements	3	-	20,256	20,256	23,800
Other trading income	4	21,168	-	21,168	7,421
<b>Total income</b>		<u>27,008</u>	<u>20,256</u>	<u>47,264</u>	<u>36,078</u>
<b>Expenditure</b>					
Expenditure on charitable activities	5	19,627	20,256	39,883	50,148
<b>Total expenditure</b>		<u>19,627</u>	<u>20,256</u>	<u>39,883</u>	<u>50,148</u>
<b>Net income/( expenditure) and net movement in funds for the year</b>		7,381	-	7,381	(14,070)
<i>Reconciliation of funds</i>					
Total funds brought forward		30,083	-	30,083	44,153
<b>Total funds carried forward</b>		<u>37,464</u>	<u>-</u>	<u>37,464</u>	<u>30,083</u>

The Statement of Financial Activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

**CONTINUING OPERATIONS**

None of the company's activities were acquired or discontinued during the above financial periods.

**TOTAL RECOGNISED GAINS AND LOSSES**

The company has no recognised gains or losses other than the above movement in funds for the above financial period.

The notes on pages 26 to 33 form part of these accounts.

**REGENTS PARK TIME BANK**  
**BALANCE SHEET AS AT 31ST MARCH 2020**

	Notes	2020	2019
		£	£
<b>Fixed assets</b>			
Tangible fixed assets	10	1	1
<b>Current Assets</b>			
Debtors	11	405	395
Cash at bank and in hand		60,538	31,705
		<u>60,943</u>	<u>32,100</u>
<b>Liabilities</b>			
Creditors falling due within one year	12	23,480	2,018
		<u>23,480</u>	<u>2,018</u>
<b>Net Current Assets</b>		37,463	30,082
<b>Net assets</b>		<u>37,464</u>	<u>30,083</u>
<b>The funds of the charity:</b>			
Unrestricted funds	13	37,464	30,083
<b>Total charity funds</b>		<u>37,464</u>	<u>30,083</u>


For the financial year ended 31<sup>st</sup> March 2020 the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The directors acknowledged their responsibilities for ensuring that the company keeps accounting records which comply with Section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial period and of its profit or loss for the financial period in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as is applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime within Part 15 of the Companies Act 2006.

These financial statements were approved by the Board of Directors and Trustees on 29<sup>th</sup> October 2020 and were signed on its behalf by:

 ..... **FOYEZA AKHTAR – CHAIR**

 ..... **LOUISE BALOGUN – TREASURER**

**COMPANY NUMBER 05309600**

The notes on pages 26 to 33 form part of these accounts.

**REGENTS PARK TIME BANK**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31ST MARCH 2020**

**1. ACCOUNTING POLICIES**

**1.1 Basis of preparation of accounts**

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) (effective 1 January 2019), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Regent Park Time Bank meets the definition of a public benefit entity under FRS 102.

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

**1.2 Preparation of accounts on a going concern basis**

The Charity's Financial Statements show net income of £7,381 for the year and free reserves of £37,463. The trustees are of the view that these results have secured the immediate future of the Charity for the next 12 to 18 months and on this basis the Charity is a going concern.

**1.3 Income recognition**

All income is included in the consolidated SOFA when the charity is legally entitled to it, receipt is probable and the amount can be measured with sufficient reliability.

**Grant income**

Grants are credited to the SOFA when the charity is entitled to the funds. Income is only deferred where there are time constraints imposed by the donor or if the funding is performance related.

Where entitlement to grants receivable is dependent upon fulfilment of conditions within the charity's control, the income is recognised when there is sufficient evidence that conditions will be met.

Grants supporting the core activities of the charity and with no specific restrictions placed upon their use are included within donations and legacies. Grants that have specific restrictions placed upon their use are included within income from charitable activities.

Capital grants for the purchase of fixed assets are credited to restricted incoming resources on the earlier date of when they are received or receivable. Depreciation on the related fixed assets is charged against the restricted fund.

**Donations and legacies**

Donations are recognised in the period in which they are received. Legacy income is recognised when the charity's entitlement is judged to be probable and where the amount can be reliably measured.

**Contract income**

Income from charitable activities include income recognised as earned (as the related goods and services are provided) under contract.

**Room hire and service charge income**

Room hire and service charge income are credited to income in the year in which they are receivable.

**Investment income**

Investment income is included when receivable.

# REGENTS PARK TIME BANK

## NOTES TO THE ACCOUNTS (Cont/d)

### FOR THE YEAR ENDED 31ST MARCH 2020

#### 1.4 Volunteers and donated services, facilities and goods

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Charity is not recognised in the main body of the financial accounts but detail is contained in the Trustees report.

On receipt, donated professional services, donated facilities and goods are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

#### 1.5 Expenditure recognition and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is classified under the following activity headings:

- (a) Expenditure on charitable activities includes the costs directly associated providing social activities and classes, to further the purposes of the Charity and their associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

#### 1.6 Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, payroll and governance costs which support the Charity's programmes and activities. These costs have been allocated to charitable activities. The bases on which support costs have been allocated are set out in note 6.

#### 1.7 Funds structure

The general fund comprises those monies, which may be used toward meeting the charitable objectives of the company at the discretion of the Management Board.

The restricted funds are monies raised for, and their use restricted to, a specific purpose or donations subject to donor imposed conditions.

#### 1.8 Tangible Fixed Assets And Depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Computer equipment                      -    33.33% on cost

#### 1.9 Debtors

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

#### 1.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short term cash deposits.

# REGENTS PARK TIME BANK

## NOTES TO THE ACCOUNTS (Cont/d)

### FOR THE YEAR ENDED 31ST MARCH 2020

#### 1.11 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. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

#### 1.12 Financial instruments

The Trust only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

#### 1.13 Taxation

The Charity is a registered charity and, therefore, is not liable for Income Tax or Corporation Tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

#### 1.14 Judgement and key sources of estimation uncertainty

In the application of the company's accounting policies, the charity is required to make judgments, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

#### 1.15 Cash flow statement

The charitable company qualifies as a small company and advantage has been taken of the exemption provided by SORP (FRS 102) as amended by Bulletin 1, not to prepare a cash flow statement.

## 2. DONATIONS

	Unrestricted funds £	Total 2020 £	Total 2019 £
Donated services	5,840	5,840	4,660
Other donations	-	-	197
	<u>5,840</u>	<u>5,840</u>	<u>4,857</u>

The charity is indebted to various donors for sessions with users provided free of charge. The value placed on these contributions is £5,840 (2019 - £4,660). The income equivalent has been recognised within the income as donations, and an equivalent charge included within expenditure under other direct project costs.

Donations income in 2019 totalling £4,857 was attributed to unrestricted funds.

# **REGENTS PARK TIME BANK**

## **NOTES TO THE ACCOUNTS (Cont/d)**

### **FOR THE YEAR ENDED 31ST MARCH 2020**

#### **3. INCOME FROM CHARITABLE ACTIVITIES**

	<b>Restricted funds £</b>	<b>Total 2020 £</b>	<b>Total 2019 £</b>
<b>Social and educational activities:</b>			
Camden giving	1,256	1,256	-
The Hilden Charitable Trust	1,000	1,000	1,000
London Borough of Camden	-	-	4,550
John Lyons Charity	18,000	18,000	18,000
Regents Place	-	-	250
	<u>20,256</u>	<u>20,256</u>	<u>23,800</u>

Income from charitable activities in 2019 totalling £23,800 was all attributed to restricted funds.

#### **4. OTHER TRADING INCOME**

	<b>Unrestricted funds £</b>	<b>Total 2020 £</b>	<b>Total 2019 £</b>
Third Age Project - Seconded staff	21,168	21,168	7,421
	<u>21,168</u>	<u>21,168</u>	<u>7,421</u>

#### **5. ANALYSIS OF EXPENDITURE**

	<b>Café £</b>	<b>Social &amp; educational activities £</b>	<b>Total 2020 £</b>	<b>Total 2019 £</b>
Direct project costs	-	11,483	11,483	16,686
Staff costs	-	20,497	20,497	23,282
Cafe expenses	708	-	708	1,331
Support costs (Note 6)	192	5,503	5,695	7,319
Governance costs (Note 6)	49	1,451	1,500	1,530
	<u>949</u>	<u>38,934</u>	<u>39,883</u>	<u>50,148</u>

Of the £39,883 expenditure in 2020 (2019 - £50,148), £19,627 was charged to unrestricted funds (2019 - £26,348) and £20,256 to restricted funds (2019 - £23,800).

# **REGENTS PARK TIME BANK**

## **NOTES TO THE ACCOUNTS (Cont/d)**

### **FOR THE YEAR ENDED 31ST MARCH 2020**

#### **6. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS**

The Charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Governance costs and other support costs are apportioned separately between charity's activities undertaken (see note 5) in the year. All the general support and governance costs have been apportioned to the various charitable activities on the basis of proportion of direct costs allocated to each activity.

	<b>General support £</b>	<b>Governance function £</b>	<b>Total 2020 £</b>	<b>Total 2019 £</b>
Premises	4,000	-	4,000	5,000
Insurance	799	-	799	774
Professional fees	307	-	307	281
Communication and information technology	563	-	563	1,115
Sundry expenses	26	-	26	149
Independent Examiner's fee	-	1,500	1,500	1,530
	<u>5,695</u>	<u>1,500</u>	<u>7,195</u>	<u>8,849</u>

#### **7. NET INCOME/(EXPENDITURE) FOR THE YEAR**

This is stated after charging:

	<b>2020 £</b>	<b>2019 £</b>
Independent Examination	<u>1,500</u>	<u>1,530</u>

#### **8. ANALYSIS OF STAFF COSTS, TRUSTEES REMUNERATION AND EXPENSES, AND COST OF KEY MANAGEMENT PERSONNEL**

<b>STAFF COSTS</b>	<b>2020 £</b>	<b>2019 £</b>
Salaries	20,196	20,057
Pension contributions	300	456
Statutory redundancy	-	2,769
	<u>20,496</u>	<u>23,282</u>

No employee received remuneration in excess of £60,000 during the year.

No Trustee received any remuneration during the year (2019 - £nil). No Trustees received reimbursed expenses during the year (2019 - £nil).

The key management personnel of the charity comprise of the company secretary, T Bloor. He was not employed or paid fees by the Charity.

# REGENTS PARK TIME BANK

## NOTES TO THE ACCOUNTS (Cont/d)

### FOR THE YEAR ENDED 31ST MARCH 2020

#### 9. STAFF NUMBERS

The average number of employees, calculated as full time equivalents, during the year was:

Direct charitable work	1.0	1.0
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The average monthly number of persons employed by the charity during the year was 2 (2019 – 3).

#### 10. FIXED ASSETS

			2020 £	2019 £
<b>Net book value:</b>				
Computer equipment			1	1
			<u>1</u>	<u>1</u>
<b>Movements in the period:</b>				
<b>Cost:</b>	<b>Opening Balances £</b>	<b>Additions £</b>	<b>Disposals £</b>	<b>Closing Balances £</b>
Computer equipment	11,529	-	-	11,529
	<u>11,529</u>	<u>-</u>	<u>-</u>	<u>11,529</u>
<b>Depreciation:</b>	<b>Opening Balances £</b>	<b>Charge For Period £</b>	<b>Disposals £</b>	<b>Closing Balances £</b>
Computer equipment	11,528	-	-	11,528
	<u>11,528</u>	<u>-</u>	<u>-</u>	<u>11,528</u>

#### 11. DEBTORS

	2020 £	2019 £
Prepayments	405	395
	<u>405</u>	<u>395</u>

#### 12. LIABILITIES: amounts falling due within one year

	2020 £	2019 £
Other creditors	-	488
Deferred Income (note 15)	21,950	-
Accruals	1,530	1,530
	<u>23,480</u>	<u>2,018</u>



# REGENTS PARK TIME BANK

## NOTES TO THE ACCOUNTS (Cont/d)

### FOR THE YEAR ENDED 31ST MARCH 2020

#### 13. MOVEMENTS IN FUNDS

	Balance at 01.04.19 £	Income £	Expenditure £	Balance at 31.03.20 £
<b>Restricted funds:</b>				
Hilden Charitable Fund	-	1,000	1,000	-
John Lyons Charity	-	18,000	18,000	-
Camden giving	-	1,256	1,256	-
	<u>-</u>	<u>20,256</u>	<u>20,256</u>	<u>-</u>
<b>Unrestricted funds:</b>				
General	30,083	27,008	19,627	37,464
	<u>30,083</u>	<u>27,008</u>	<u>19,627</u>	<u>37,464</u>
Total funds	<u>30,083</u>	<u>47,264</u>	<u>39,883</u>	<u>37,464</u>

#### Movement in funds – previous year

	Balance at 01.04.18 £	Income £	Expenditure £	Balance at 31.03.19 £
<b>Restricted funds:</b>				
Hilden Charitable Fund	-	1,000	1,000	-
London Borough of Camden	-	4,550	4,550	-
John Lyons Charity	-	18,000	18,000	-
Regents Place	-	250	250	-
	<u>-</u>	<u>23,800</u>	<u>23,800</u>	<u>-</u>
<b>Unrestricted funds:</b>				
General	44,153	12,278	26,348	30,083
	<u>44,153</u>	<u>12,278</u>	<u>26,348</u>	<u>30,083</u>
Total funds	<u>44,153</u>	<u>36,078</u>	<u>50,148</u>	<u>30,083</u>

The funding for individual projects included in restricted funds is detailed below:

**Hilden Charitable Trust** – A grant towards the costs of the Summer Play Scheme.

**John Lyons Charity** – A grant towards the costs of the Family Activity Programmes over the school holidays.

**Camden giving** – A grant towards communities together, cohesion fund

**L B Camden** – A grant towards Active All Areas project aiming at creating a culture of sports activity in inner city communities in Camden.

**Regent Place** – A grant towards the Little Fingers project.

# REGENTS PARK TIME BANK

## NOTES TO THE ACCOUNTS (Cont/d)

### FOR THE YEAR ENDED 31ST MARCH 2020

#### 14. ANALYSIS OF FUND BALANCES BETWEEN NET ASSETS

	Unrestricted £	Restricted £	Total £
Fixed assets	1	-	1
Net current assets	37,463	-	37,463
	<u>37,464</u>	<u>-</u>	<u>37,464</u>

#### Analysis of fund balances between net assets – previous year

	Unrestricted £	Restricted £	Total £
Fixed assets	1	-	1
Net current assets	30,082	-	30,082
	<u>30,083</u>	<u>-</u>	<u>30,083</u>

#### 15. DEFERRED INCOME

	2020 £	2019 £
Balance as at 1st April	-	-
Amount released to income in the year	-	-
Amount deferred in the year	21,950	-
Balance as at 31st March	<u>21,950</u>	<u>-</u>

Deferred income represents income received in advance for 2020/21:  
 Regents Place Community Fund - £3,950 towards school holiday programme  
 John Lyon's Charity - £18,000 towards core costs and holiday programme

#### 16. SHARE CAPITAL

The company is limited by guarantee and does not have a share capital divided by shares.