

**REGENTS PARK TIME BANK**  
(Formerly West Euston Time Bank)

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

**FOR THE YEAR ENDED 31ST MARCH 2018**

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



**REGENTS PARK TIME BANK**  
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**REPORT AND ACCOUNTS**

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**DIRECTORS' AND TRUSTEES' REPORT**

**FOR THE YEAR ENDED 31ST MARCH 2018**

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ended 31st March 2018, 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 2015).

**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 103 adults enrolled on our community learning programmes and 191 families registered on our afterschool clubs, 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 236 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.

White / Other	Bangladeshi	Middle East / Arab	Black British	Black African	Somali	Indian Sub Cont	Mixed race	Chinese / Filipino	Other	TOTAL
21	22	17	7	9	8	4	4	2	6	100%

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 350 young people and adults enrolled in a physical activity or sport.

We receive referrals from a range of partners including Social Services, a Children's Centre, two primary schools and the local police team. We also provide an elderly befriending scheme and a popular community café.

**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 their second language.

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**Achievements and Performance**

There were seven major strategies to achieve our charitable objectives:

- Afterschool & Homework Clubs for primary school age children during term-time
- Family activities programmes during school holidays
- Community Adult Learning programmes + the English Club
- Community Sports & Physical Exercise initiatives for all ages
- Supporting an under 5's self-help group
- A range of volunteering & training opportunities
- Intergenerational initiatives in partnership with the Third Age Project



**Afterschool & Homework Clubs for primary school age children during term-time**

Key Need- Local primary school age children needing extra emotional and learning support after school during term-time. Many children have barriers to learning experiencing behavioural problems and lacking socialisation skills with severe overcrowding at home (31% of households are overcrowded) often with difficult home circumstances. Parental support can be limited due to little formal education and lack of self-esteem. There are limited opportunities to socialise with those from different backgrounds with children going to over 7 different primary schools. The area has a very high proportion of social housing compared with the borough average. Deprivation, unemployment and poor health are significant issues within the area. The area has a high proportion of residents from a wide range of Black and Minority Ethnic groups (46.5%).

RPTB ran several weekly after school and homework clubs during term-time to provide safe, creative learning spaces and activities and projects (including cooking healthily and a community allotment food growing project) to strengthen child and parent relationships and make learning enjoyable and fun. Staff and UCL and parent volunteers provide emotional and learning support.

These ran on Wednesdays and Fridays from 4-7 pm during term-time. The clubs moved to the Crypt Centre beneath St Mary Magdalene Church in May 2016. The club was co-ordinated by Shamoli Mostafa with Khadija Tajzai and Lorna Rose as sessional worker. In addition, we had UCL students as well as our own time bank volunteers. The clubs came to an end in March 2018 due to the lack of suitable premises.

51 local children between the ages of 8 – 11 years old from 7 different primary schools registered with the clubs over the year.

There were many new children and families enrolling for the Autumn Term in September 2017.

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Feedback in December 2017 provided from 51 children enrolled with the club found that:

- ✓ 81% stated very good and very good indeed for having learnt something new. 19% stated they were unsure (these children had needed a lot of help and support)
- ✓ ☐ 79% had stated very good and very good indeed for making new friends?
- ✓ ☐ 76% stated very good or very good indeed for feeling better about myself? 20% were unsure and these were new to the club as part of the new September 2017 intake..
- ✓ ☐ 90% said very good and very good indeed for feeling more confident at school? 10% were unsure and these children tended to be going through particularly difficult home situations
- ✓ ☐ 87% said very good and very good indeed for the way I am being taught by the teacher?
- ✓ ☐ 89% said very good and very good indeed. for the help given to me to complete my homework. 11% were unsure these were children needing a lot of extra support and were new.
- ✓ ☐ 94% said very good and very good indeed for the improvements that have occurred as a result of joining the club? 6% stated they were unsure. However, staff had recorded observationally improvements in all these children compared with when they first joined

**Afterschool & Homework Clubs**

**Outcome: Greater self-confidence and self esteem**

A experienced significant progress	41	80%
B started to experience progress	10	20%
C yet to experience progress	0	0%

**Overall Picture**

There was a greater focus on a smaller total number of children over the year that enabled staff and volunteers to give more time and resources (including more one to one and small group support). We are able to provide clear evidence using year-end figures (ie 100% of registered children experienced either significant or some measurable progress) that this approach has been effective and has reduced levels of disruptive behaviour and as a consequence enabled us to do more developmental work with children.

We have also been able to tailor our approach and target resources much more to individual needs. Another change of approach had the aims of encouraging children to come more regularly that had been an issue previously. Giving children a say on what time of snacks they would like and debate the pros and cons of what was healthy helped considerably in more regular attendances. The time banking model of reciprocity with everybody giving as well as receiving became an even more important guiding principle during the year which they embraced enthusiastically through regular sharing and exchanging of skills and knowledge through project work.

Examples including children helping each other on improving their personal scores on a range of games accessed via apps on the ipad, eg Minecraft and mathletics.

The club sessions have evolved quite significantly over the three years of funding having to respond to very wide-ranging individual needs of children coming to enrol and to ensure that we remain child focussed. However, the context and background has largely remained the same and if anything has got worse. Child poverty has gone up significantly particularly with working families with parents on low pay and long hours. Benefit reforms have hit hard especially with larger families who we give priority to at our clubs.

There is a considerable amount of uncertainty with Brexit (a high proportion of our families have refugee status or former status living in temporary accommodation with uncertain status. High Speed Two looms large with 450 homes being demolished (from March 2018) and the estate becoming part of a mega construction site.

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Recently there has been a significant increase in rough sleepers, drug taking in public places and in gang related knife crimes. Some of our children have older siblings caught up in gang related incidents and in drug taking. 50% of local public open spaces has been lost to development as a consequence of High Speed Two and its associated works. The importance of club sessions is that children can escape even if only temporarily from the chaos around them to meet and socialise with their peers in a warm safe creative environment and receive the emotional and learning support they so need.

This is a significant increase from year two (65%). Children were able to become more focused and retain their concentration for longer on the tasks they were asked to complete. Another consequence was that we were able to much more engage with the children and facilitate higher levels of involvement in making decisions about the type and nature of sessional activities and in taking on a range of different jobs and roles within the clubs. Interestingly, it was not necessary to maintain a rewards scheme that was introduced during year two as a means of tackling anti-social behaviour as a result of a more intensive approach and higher levels of involvement.

**A case study**

F is a 10 year old Turkish boy who experienced disruptive behaviour and lack of concentration when he first came. He came from a difficult family background with his father having lost his job and a brother who was seriously ill. He came highly stressed and didn't want to open up and talk about his worries. He found that he was interested and quite good at arts and crafts and in being creative and in taking on little responsibilities for carrying out tasks and jobs that was acknowledged by the other children. With a lot of one to one support he started to open up and express his worries and became proud of his volunteering roles during club sessions. Today he is a much less anxious person with much more confidence and feels more able to cope with the problems at home that unfortunately remain unchanged.

B This has been maintained at the same level as in year two (20%) and largely covers children joining the clubs at the beginning of the new school year in September 2017.

R is an 8 year old Ethiopian boy with a brother diagnosed with autism. Although he hasn't also been diagnosed he does manifest a range of similar behavioural and learning characteristics. After a lot of individual one to one support he has become much more motivated in learning new things and in wanting to build friendships with other children. His ability to learn and his inter personal social skills have started to improve although he finds it a struggle and needs constant reassurances and ongoing support.

C This is the first time that we have achieved a zero figure that is a direct consequence of restricting overall numbers of children registering for clubs that has allowed us to do much more intensive developmental and emotional support work.

**Outcome: Increased Listening and Learning Skills**

A experienced significant progress	39	76%
B started to experience progress	12	24%
C yet to experience progress	0	0%

A small increase from year two (73%). Evidence can be drawn from the various projects that were carried out over the year that were picked by the children and largely organised by themselves under adult supervision. A series of different science experiments proved popular including slime-making that involved mixing a range of ingredients (PPA, colouring additives, washing up liquid etc.) to see what happens and then observing, recording and interpreting the results that often were quite impressive. It also required children to listen carefully to the instructions given as well as working together on shared assignments. Soap boat was also popular that involved exploring ways boats could be propelled through water as a result of chemical reactions, and in understanding friction, surface tension and the viscosity of water. Story-telling remains popular and helps build positive relationships and improve social skills. Story chain is one they particularly like with one child starting a story that is then further developed by everybody in a chain. Every child became engaged in the process though some may need a little encouragement. Listening skills improved as a result of them working on developing stories and themes together.

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**A case study**

T is a 9 year old Bangladeshi girl who has become a wonderful and enthusiastic story teller and has created a model of an opening front door of a traditional house that she uses to start off a story chain. Her self-confidence and abilities to learn have soared as a consequence.

B is a 9 year old Kosovan boy who when he first registered was hyper active and wanted to try everything all at the same time. With one to one work and emotional support he has been able to direct and manage his energy and interests into completing tasks and projects that has considerably improved his listening skills and ability to follow instructions and better understand what is being said.

The children asked to take part in the borough's intergenerational week and wanted to go and meet old people in a local residential care home. They excitedly planned their visit, how they would introduce themselves and entertain the old people. They spent time making little presents for each old person to give on their visit. The experience was uplifting and one neither the children nor the residents will ever forget. S a 8 year old Kosovan girl learnt a new dance that she performed to much applause, whilst Habiba and her sister taught card trick and some magic games. The visit awoke latent skills and energies in the care home residents who started to themselves respond by singing some old songs and in teaching the children to play dominoes and various card games.

There was an increase in the proportion of children who were starting to make some measurable progress over the year (year two 17%). Again these were largely those who had enrolled more recently with a few whose attendances were irregular.

**Outcome: Improved Communication and Inter Personal Skills**

A experienced significant progress	43	84%
B started to experience progress	8	16%
C yet to experience progress	0	0%

84% was the highest achieved during the three years of the project (year two was 80%) possibly due to higher regular attendances as well as providing a greater number of opportunities to develop their communication and inter-personal skills Children worked in putting together a giant jigsaw puzzle with an image from the Horrible Histories series. Children who had taken part in the previous year's Stop Animation project shared their new skills with others showing them how to plan and build stories through the storyboard app. Blin obtained a lot of enjoyment in teaching other children that has enormously improved his communication skills.

The children asked if they could organise an event where they could invite old people to come to them. They decided upon holding a Mad Hatters Tea Party that involved them in making hats, costumes, props, and in organising tea and refreshments. 14 old people turned up to the event and were highly impressed by the hats and costumes particularly a giant hat out of which popped a child dressed as a rabbit! The old people really appreciated being served (very politely) by local children.

J is a Chinese boy in year 4 was able to make a new friendship with T who was in year 6 but went to a different primary school. J although younger is quite clever helped T with her homework that she found a struggle. This had very positive outcomes for J who was an only child who had very few opportunities to socialise with other children. The friendship has brought him out of himself and gave him the confidence and skills to make more new friends.

**A case study**

E is a 9 year old Kosovan boy with a large number of needs who we found was being bullied at school and with a troubled family background. He has a much older brother who had been involved in the civil war and a mother that was unwilling to acknowledge that her younger son needed extra help and attention. We largely provided one to one counselling support and were only able to help him manage his behavioural that was frequently disruptive and anti-social. Nevertheless, we were able to modify his behaviour in some ways and can say that whilst he was attending the clubs he received the counselling and support he desperately needs elsewhere and from his mother and family. In a small and perhaps minor ways we can say he can be regarded as a success story and wish him well in his move to secondary school.

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The art project was triggered by children observing paintings on the walls of the centre that had been produced by older people using it during the day-time when they were at school. The art course became very adventurous and wide ranging with numerous mini projects identified by the children themselves. Painting portraits of each other involved concentration, criticism, and in having to think about proportions, scale, textures and making close observations. Making pop-up books was also popular as was the crazy critters project that involved making fabulous creatures out of recycled springs, wire, lids and bottles. The children liked the fact they were able to use tools such as hand drills. Children put on an exhibition of their work and invited everybody to come and see it and became proud of what they had created and that they were given the opportunity to present and explain their work to other children.

**A case study**

K is a 9 year old Afghan girl who by taking part in the art classes discovered that she had a talent for art and that she really enjoyed it even though previously she thought she wasn't any good. This has immensely boosted her motivation and confidence that has had positive benefits at school and at club activities.

The homework sessions were mainly run on Fridays after school. We had an initial problem when we moved address as we couldn't access the internet to begin with. However, once it was up and running children were able to download and complete their homework from school web sites using our ipads. Very few children have access to the internet at home. There is also serious overcrowding among a majority of our families at home that makes it impossible to complete homework.

**A case study**

O is an 8 year old Moroccan boy who never liked to do his homework and who enrolled with the club during the year. To begin with he continued to avoid doing the tasks given to him from school and needed individual support. He liked the idea of introducing a timer and being given a target time to complete his homework after which he could then take part in the club's other activities. Although homework remains a struggle with the timer he now usually completes work within the agreed time negotiated, enables him to remain focussed in order to complete it and now sees the importance of doing schoolwork. Today, he no longer needs the individual attention and sets up the timer himself without any prompt needed from staff and volunteers.



**Family activities programmes during school holidays**

**School Families Activities Programmes**

Key Need - Local families accessing free organised activities during school holidays. A (free) community café is run by time bank volunteers during school holidays to provide families that qualify for free school meals during term-time with access to nourishing healthy meals. A range of free family activity programmes are run during school holidays with under 5s drop-in provision. Family trips off the estate at nominal charge and free to those with a third or more children.



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Easter Holiday Programme (3rd April to 13th April 2017)

**WEEK 1**

- Paper Flowers: Bright blooms made out of tissue paper and gardening wire for colourful displays
- iPad Free Play: Play with apps and opportunity to try out some educational games
- Plant pots: Decorate a pot and plant flowers or veg to take home and watch grow
- Additional activities: Colouring pages, painting, play dough and soft play area
- Family Film: Family friendly showing of Paddington
- Egg-tastic Arts & Crafts: Mini Easter hampers decorated and filled with chocolate eggs, decorating eggs with intricate patterns and egg themed colouring pages.
- Marbling: Dainty designs created on paper using marbling inks swirled in water
- Multi Sports @ Cumberland Market: Variety of sports to try on the pitch
- Sobell Multi Sports Trip: Trampolines, ice skating, basketball, bouncy castles and lots more sporting activities to try
- Multi Sports @ Cumberland Market: Variety of sports to try on the pitch

**WEEK 2**

- Mad Hats: Fantastic hats shaped using recycled newspaper and decorated with paints and colourful paper
- Marbling: Dainty designs created on paper using marbling inks swirled in water
- iPad Free Play: Play with apps and opportunity to try out some educational games
- Intergenerational Boccia & Games: Board games, dominoes, carom and boccia to keep everyone in a competitive mood.
- Children's Show: Nikko visiting as the Mad Hatter with lots of tricks and party games
- Mad Hatters Tea Party: Ice breaker games to get everyone talking and get to know each other followed by bingo and afternoon tea with lot of treats and goody bags



- Multi Sports @ Cumberland Market: Variety of sports to try on the pitch
- Camley Street Trip: Habitat Exploration including a Mini Beast hunt and some pond dipping followed by creating a mini habitat
- Multi Sports @ Cumberland Mrkt: Variety of sports to try on the pitch

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**COMMENTS & FEEDBACK**

First day in week 1 we had lots of under-fives and a few babies! Though activities are always catered with all ages having the afterschool club mats and a few soft toys to hand was a quick way to give those parents with really young ones a space to play. We also decided to add making play dough as it is tactile play that works well with our younger users, though the older children enjoyed it just as much!

Having a variety of adaptable activities alongside the main activity is always important for the different age groups that we always attract.

It was nice to see a lot more parents get hands on with the activities as sometime there is a bit of hesitance and some parent like to just sit and chat. Facilitating parents to get just as involved as the children was a good way to engage them with us and their children.

Ice breaker games at the more social activities worked well with a little bit of facilitation. It got people mingling and with a bit of encouragement those usually hesitant to mix were really coming out of themselves (the prizes were also an incentive!)

- *I'm going to make a bunch because they will last longer than real flowers!*
- *There are so many fun things to do here*
- *I didn't realise I could make play dough at home*
- *Kids love the iPad but it's nice that they do the other activities as well*
- *We've started gardening on our balcony so I'm going to add this to the collection*
- *It's lovely that the children get to try the messy activities here*
- *The hats are amazing and all just from a bit of paper*
- *Carom is a really exciting game*
- *Children are better at Boccia than the adults*
- *The show was so much fun, he is really good*
- *I've never played bingo before*
- *I really liked being the bingo caller*
- *I spoke to lots of people I didn't know today*
- *I was a bit scared of the bugs at first, but it was good to learn about where they live*
- *Pond dipping was my favourite today*

**Family Activities Programme May Half Term (30th May to 2nd June 2017)**

- Multi Sports @ Cumberland Market: Drop in multi sports (football, basketball, tennis) on the pitch with coaches from the Sports development team.
- Sobell trip: Whole Day multi-sports programme for those under 16 years including Trampolines, Ice skating, basketball, bouncy castles and lots more sporting activities to try
- Family Film: SING the world's greatest singing competition, a fantastic fun journey
- Family Picnic & Games @ Regents Park: Picnic and games, Egg & Spoon races, Relays and ball games all finished off with a refreshing fruit salad and other treats brought along by everyone
- Multi Sports @ Cumberland Market: Drop in multi sports with coaches on the pitch
- Creative Crafts: Jungle fever making lots of wild animals. Masks and modelling
- iPad free play: Play with apps and opportunity to try out educational games
- Intergenerational Games: Ice breaker games and bingo for all ages with prizes
- Boxing Boot Camp: Boxing skills taster for competitive fun using various boxing skills

**COMMENTS & FEEDBACK**

- *Ice skating is my favourite, I'm getting better at it (Sobell)*
- *I like having our own cinema (family film)*
- *It's nice for the children to try out traditional games (picnic & games)*
- *There's so much choice (jungle animals)*
- *Different boxing skills (boxing taster)*
- *Record for the most punches thrown in a minute by a Third Ager (boxing taster)*

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**Family Activities Programme Summer 2017**

**Over View of Activities**

Our family activities programme ran from Monday 24th July to Thursday 31st August 2017 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. Just over half (59%) were families with refugee or former refugee status who were new to the area and the UK and it was these families who came most regularly to the organised activities.

A total of 61 families with 104 children under 12 years of age enrolled on the programme who were almost all from a highly diverse range of ethnic and religious backgrounds and origins. 100% of the families enrolled came from the Regents Park Estate with 95% not registered with any other holiday play scheme.

	White	Black African	Somali	Bengali	Middle East	Afghan / Other	Mixed	African Carib	TOTALS
Families	7	9	11	15	11	5	2	2	61
Children	9	13	25	27	17	7	3	3	104
Total	16	22	36	42	28	12	5	5	165

Finding venues to hold activities proved a difficulty with former locations unavailable due to high accommodation charges or redevelopment – the neighbourhood is undergoing dramatic change as a result of major construction such as High Speed 2 and with some public open spaces being lost. Indoor space became valuable as a result of erratic and unpredictable English weather! We are therefore grateful to the following bodies for allowing us access (at no charge) to suitable indoor spaces that enabled us to deliver the programme:

- Regents Place Management Team (British Land) who allowed us use of their covered out-door arena one day a week on Tuesdays and also provided on site management support. Unfortunately, we will be unable to use this lovely space in the future due to demolition and re-development.
- Diorama Arts Centre who kindly at no charge allowed us use of rooms on Monday and Fri-day afternoons for our intergenerational and family activities and who made us very welcome.
- Third Age Project who joined up with us on Monday mornings to enable us to provide children's shows and Arts & Crafts at their Crypt Centre.

Once again and as a result of local consultation we had an emphasis on taking families and children off the estate to explore what London has to offer as well as coach trips to the seaside at Broadstairs and Brighton.



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 com-munity membership scheme.
- Kentish Town City Farm who gave us such a memorable day out.
- The Natural History Museum who were wonderfully welcoming and gave us access to many new things and knowledge about the natural world.
- The Sobell Centre for allowing us access and membership of their summer multi-sports programmes at very nominal charges

In addition, we wish to thank the London Borough of Camden active all areas sports development team for providing at no charge qualified coaches who organised a range of community sports activities throughout the summer at Cumberland Market Open Space.

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Once again we ran a popular and engaging Circus Skills programme with Circus Rico over several weeks that offered lots of opportunities for both children and parents (and indeed older siblings) to learn and practice a wide range of skills such as juggling and stilt walking.

Summer Family Programme Attendances						
Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Mon</b>	48 children 24 families 9 third agers	53 children 26 families 6 third agers	38 children 18 families 10 third agers	43 children 24 families 11 third agers	55 children 21 families 7 third agers	33 children 15 families
<b>Tues</b>	63 children 29 families	44 children 25 families	44 children 23 families	51 children 25 families	45 children 28 families	26 children 14 families
<b>Wed</b>	11 children 6 families	14 children 10 families	33 children 16 families	9 children 5 families	35 children 18 families	20 children 13 families



Family Day Trips				
Natural History Museum	26/07/17	11 children	6 families	17
Kew Gardens	02/08/17	14 children	10 families	24
Brighton	09/08/17	33 children	16 families	49
Kentish Town City Farm	16/08/17	9 children	5 families	14
Broadstairs	23/08/17	35 children	18 families	53
Sobell Day Trips				
Multi-Sports	23/08/17	15 children	8 families	23
Multi-Sports	30/08/17	16 children	11 families	26

Special acknowledgement should be given to time bank members who regularly volunteered throughout the summer namely: Habiba Sharafuddin, Sahro Sauda, Marrisona Ganaelas, Fartun Ramla, Tighist Roblin, Lousie Balogun and Sultana Begum.

**Arts and Crafts**

- **Puppet Making:** making individual characters using sock puppets finished off with an impromptu puppet performance where adults and children put on a show.
- **Costume Making:** creating unique pieces using fabrics and old garments. We had superheroes and traditional costumes which could've had their place on a catwalk.
- **Junk Modelling:** recycled model making using all sorts of junk. Rockets, cars, castles and mini home were created.
- **Painting and Colouring:** children's animated characters, animals and patterned pages brought to life with colour. Painting lets parents and children's imagination free.

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**Gardening Club**

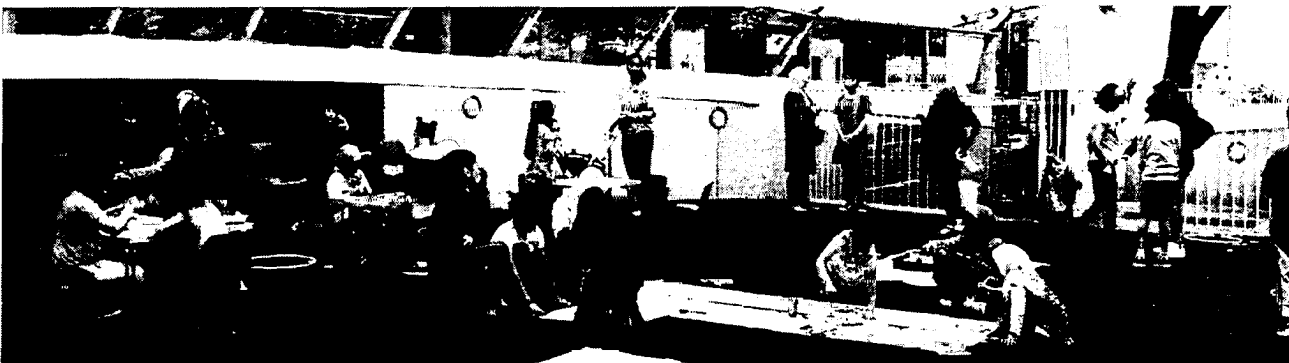
- **Decorating Pots:** making personalised pots with a variety of decorative options for colourful additions to any garden, balcony or window.
- **Potting & Planting:** getting mucky sowing blooms and vegetables to take home and watch grow.
- **Bird Feeders:** ornamental hangings using bird feed to attract flying friends. Filled netting or stuck to cardboard shapes with honey.

**Messy Play**

- **Bubbles:** bubble machine for endless floating amusement
- **Sand:** sand pit for getting stuck into
- **Foam:** shaving foam jazzed up with glitter and food dye for messy play
- **Water play:** water tray with toys and some bubbles
- **Playdough:** made with ingredients found around the house for endless squidgy play
- **Floor Painting:** giant blank canvases to get creative and colourful on

**Children's Shows**

- **Baby Boss Movie:** family friendly showing of the movie for all round entertainment
- **Fantastic Fun with Patches:** great party tricks and games keeping everyone amused with balloon modelling



**IPad Free Play**

Interactive technology for fun and learning, word games, number puzzles and creative apps

**Traditional Games**

Relay races, skipping, hula hoops and giant games for team building games

**Family Boccia and Board Games**

Classic seated ball game alongside board games and dominoes.

**Music & Movement**

Full on dance session following and learning moves that made a lively session.

**Multi Sports @ Cumberland Market**

Football, basketball, tennis and lots more opportunities for everyone to get active and play as part of a team. These were run on Tuesdays and Thursdays from 11.30 am – 1.30 pm and 2.30 – 4.30 pm with sports coaches from Camden Council.

**REGENTS PARK TIME BANK**  
(Formerly West Euston Time Bank)

**DIRECTORS' AND TRUSTEES' REPORT**

**FOR THE YEAR ENDED 31ST MARCH 2018**

**Circus Skills**

A huge variety of circus skills with Rico that got everyone young and old out of their seats. Juggling, unicycles, stunt sticks, diablo were just some of the things on offer.

**Trips**

- **Natural History Museum:** Visit to the Sensational Butterflies where there was a wide variety of butterflies that you could walk amongst. You could also see and learn about the lifecycle of butterflies. Followed by exploration of the main museum, dinosaurs, mammals and insects were all popular on this occasion.
- **Kew Gardens:** Plenty of outdoor fun and specimens to explore in the conservatories
- **Brighton:** Tradition seaside fun, with the sun staying out long enough for families to make the most of it.



- **Kentish Town City Farm:** Great hands on interactive tour of the farm where families got to meet and feed some of the resident animals.
- **Broadstairs:** Sandy beach for building sand castles and bathing with lots of traditional seaside activities.
- **Southbank Beach:** Urban man made beach and the Appearing Rooms water fountain where children had endless fun getting soaked on a hot summer day.
- **Sobell:** Indoor sports activities and soft play for younger children.

**COMMENTS & FEEDBACK**

- Variety of activities over the holiday were a good mix for all ages and parents and carers this year seem to have got really stuck in and involved with the activities.
- It was good to see adults enjoying activities with each other
- Board game took many of the adults back to their childhoods reminded them that playing is fun for everyone
- Simple activities like colouring and painting were really popular with all ages
- Circus skills were very interactive and nobody was left sitting still.
- Music and movement was really oversubscribed by no members so was challenging making it work as an intergeneration activity
- Outdoor venue worked well for a variety of activities as we had a lot of space to work with
- Crypt Centre had varied space to allow allocated areas for different activities
- Overall felt like a very busy summer with venues
- being filled over capacity

**The English Club**

Home Language / Role	No.
Native English speaking volunteers	2
Bi-Lingual volunteers (Chinese & Spanish)	2
Chinese (Cantonese)	10
Sylheti	9
Filipino	3
Spanish (Latin America)	2
Urdu	2
Thai	1
<b>Total Participants</b>	<b>31</b>



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**FOR THE YEAR ENDED 31ST MARCH 2018**

Many of our time bank members have English as their second language many not confident in everyday conversational English we went into partnership with the Third Age Project to pilot conversational clubs in addition to ESOL classes run with the Working Men's College. The pilots provided useful practical experience with participants asked to rate the club in a survey conducted at the end. 78% gave 8 or higher out of 10 for overall satisfaction and 100% said they would recommend the sessions to others they knew. The main benefit stated were increased confidence in going out, meeting new people and in doing new things. 31 people participated in the clubs including 5 English Buddy volunteers (3 bi-lingual; 3 Chinese 1 Spanish and 2 native English speakers. The facilitators were Roopna Hussain & Shahanara Begum supported by Shamoli Begum. There were 6 different spoken home languages among participants. Success was also measured by the number of participants who had joined other classes and those making new friends with those from a different background and culture. The club arranged trips to explore London together including the London Eye which proved highly popular.



**Active All Areas Initiative**

We joined three other community organisations across the borough (Somers Town CA, Queens Crescent CA & Sidings CA together with Camden Council (as the lead partner) in a three year partnership that increased physical activity and sporting activity for all ages in each area. Andy Gilbert was recruited as a part-time community sports activator who we shared with Somers Town and was on secondment to us and co-ordinated a wide range of community sports programmes.

**Key Need –** A high proportion of local residents assessed as being physically inactive. The area has been identified as one of 4 in the borough with the highest number of inactive residents. It is felt that this is likely to be due to a combination of low income and lack of local and appropriate leisure facilities that exist within the area. Local consultation surveys have identified certain barriers preventing residents accessing physical exercise and sport activities and as a result sessions are free, delivered at different venues within the area, some are women only and creche and child care support options are being explored to enable women with young children to attend. Family and multi-sport programmes are run during school holidays in Cumberland Market.

- To empower residents to be more active
- To develop community capacity and skills to sustain activities
- To create a joined-up Camden approach to tackling physical activity in deprived areas

The results as shown below were significant both in terms of statistics and in the achievement of outcomes. The initiative involved the delivery of a very wide range of physical activity sessions, tasters and sports at many different venues both during term-time and throughout the school holidays.



**REGENTS PARK TIME BANK**  
(Formerly West Euston Time Bank)

**DIRECTORS' AND TRUSTEES' REPORT**

**FOR THE YEAR ENDED 31ST MARCH 2018**

**Regents Park Time Bank—Active All Area Wards Statistics—Regents Park  
January 2015 to January 2018**

**Number of unique participants engaged throughout the project**

Unique	0-13		14-25		25-54		55+		PNS		Total	14+
	Total	%	Total	%	Total	%	Total	%	Total	%		
Regent's Park	264	29%	178	20%	257	29%	186	21%	10	1%	895	631

**Total throughput throughout the project**

Throughput	0-13		14-25		25-54		55+		PNS		Total	14+
	Total	%	Total	%	Total	%	Total	%	Total	%		
Regent's Park	1547	16%	2193	22%	2295	23%	3784	39%	192	2%	9819	11285

Activity Levels	Regents Park	
	Total	%
Active	205	18%
Inactive	882	77%
DNS	59	5%

Gender	Regents Park	
	Total	%
Male	322	36%
Female	573	64%

Ethnicity	Regents Park	
	Total	%
White	242	27%
BME	597	67%
PNS	56	6%

We found it difficult initially to engage with the 11-18 age group especially those not engaged in any kind of physical activity. Consultation and research found that many in this age group hung around (Macdonalds) in Camden Town after school. As there were no secondary schools located within the ward we carried out outreach work at South Camden and at Haverstock secondary schools. We discovered there were underutilised resources (sports halls and outdoor pitches) at Haverstock School and with a relatively small amount of funding it was possible to run multi-sports activities for girls and boys on different evenings. We also involved sixth form school students in a leading role thus boosting confidence and work experience thus helping their career development.

Feedback received from the school was excellent with 113 young people between the ages of 11-18 years having regularly taken part in afterschool activities (Multi Sports and Football and Dodge-ball) many being regarded as previously inactive. The initiative was particularly successful with young women that constituted 72% (81) of all those who took part. Overall 38% (43) lived within the Regents Park Ward- our target area.

The school reported:

*"Participants have shown excellent repeat attendance and we feel the health of these students is continually improving.*

*The aim of the project was to target those who were less active, an aim which we have successfully achieved.*

*We have noticed that our students are socialising a lot more with each other both in and out of school. The project has worked really well in relation to our buddying programme".*



**REGENTS PARK TIME BANK**  
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**DIRECTORS' AND TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31ST MARCH 2018**



**Community Sports Programmes**

Mrs R had always wanted to get fit particularly as she was now in her 50s. She also has long term health problems such as shoulder pain and back pain. She joined the Zumba/Box fit classes as it looked enjoyable and fun. Since then she says how much it has helped her feel more active and in less pain. She reports her whole outlook had changed as a result of attending the class. She has recently started bringing over her daughter who lives with her who is overweight and has a mental health issue. They both enjoy the class and it has helped them spend time together bonding but also staying healthy.

Mrs W Mother of 3 and in her late 40s she has been a Time Bank member for many years and has come to all our families activities programme with her children. She joined our Zumba/Box fit Classes in 2015. As a working parent she has always tried to fit in health and fitness in her lifestyle whenever she is free as it helps her with general aches and pains and also keeps her fit. She also finds it very convenient as it's a women's only session and very local to where she lives so she can fit it around her work and children. She also enjoys coming to meet new people and find out about other sessions around the area from other local parents.

We have had over **100** residents a week taking part in community sporting activities such as walking football, boccia, badminton, table tennis, men's fitness walks and Zumba. A majority of participants were defined as previously inactive and new to regular exercise. A success story has been boccia with a borough-wide boccia league established with the first competition taking place on 1st August 2016.

We have been successful in introducing family and children's sporting activities into our school holiday programmes every school holiday providing a range of different sports such as basketball, tennis, football & cricket two days a week with qualified coaches. In the summer 2016 we were able to pilot a new family athlete-fit course where families competed with each other in a series of different physical activities.

**An under 5's local self-help group**

**57** babies and toddlers were registered with our popular under 5s self-help group called Little Fingers that is supported by the Time Bank and promotes volunteering and self-help within the local community. Ages range from 6 months to 4 years but with 80% under 2 years. A majority came from a wide range of BME ethnic backgrounds including Bangladeshi, Indian Sub-Continent, Kosovans and an increasing number from Syria and the Middle East. All the families registered with Little Fingers live on the Regents Park Estate in social rented high rise accommodation (some are in temporary accommodation or hostels). Attendees come from highly ethnically diverse backgrounds with a majority of BAMER ethnic origin and one third refugee status or origin. 80% are lone parents facing the challenges of bringing up one or more young children under 5 years of age. Offering a welcoming, accessible and non-judgemental service we have found is essential in engaging with such people who are in highest need.

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**FOR THE YEAR ENDED 31ST MARCH 2018**

**Little Fingers Case Study:**

T has lived in the borough for many years, but had only found out about our Time Bank Drop in 2 years ago, she comes in with her 2 and half year old daughter. Terri does not work and has some health issues and has also suffered as a child with her parents and is not very close with them. She is a very quiet but friendly person. She tries her best to interact with her daughter and spend quality time with her at the drop in. She is a very grateful and generous woman and is always offering her help at the drop in. We have also donated toys and clothes to her and it has helped her a lot financially. She was also affected by the HS2 and has recently been rehoused in one of the new built blocks above Netley primary school. We have also referred her to other local drop in and early year's programmes in the local borough. She also has come and taken part in holidays programme. She feels more confident and feels like she has a special role in the drop in by offering her regular help.

**A survey was carried out in March 2018 with 21 registered parents/carers**

- ✓ 64% of those attending the under 5s drop-in sessions stated that they had made a contribution to-wards its running with 27% helping with tidying up 18% preparing snacks, 18% directly running sessions eg singing, storytelling.
- ✓ 91% also attended other drop-in sessions elsewhere that included 82% Regents Park children's centre, 27% St Pancras Community Centre.
- ✓ 100% stated that the drop-in met their particular needs (not catered for elsewhere)

**Benefitted Themselves**

- ✓ 64% Making friends 36% enjoy socialising with other adults 36% feel happy and more confident about myself 9% getting to know people in the community 9% learning about new activities 9% getting ready for school

**Benefit their Baby/Toddler**

- ✓ 73% helped socialise, 45% teach sharing & table manners 27% explore new toys 27% improved well-being 18% my toddler is happy when here 27% get to try lots of different activities
- ✓ 100% stated they had acquired more confidence as a result of attending the drop-in?
- ✓ 91% had made entirely new friends 73% said they were now able to socialise more (outside of the drop-in) 36% said it had encouraged them to seek new opportunities 27% said they were a more confident parent

**One Good Thing About our Drop-In?**

- ✓ 45% stated there were very friendly, caring, happy staff 9% very open free to do what you want 9% enjoy the singing time 9% snack is good health 1 baby area 9% happy children 9% get to meet other mums

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**REGENTS PARK TIME BANK**  
(Formerly West Euston Time Bank)

**DIRECTORS' AND TRUSTEES' REPORT**

**FOR THE YEAR ENDED 31ST MARCH 2018**

**One Good Thing About our Drop-In?**

- ✓ **45%** stated there were very friendly, caring, happy staff **9%** very open free to do what you want **9%** enjoy the singing time **9%** snack is good health **1** baby area **9%** happy children **9%** get to meet other mums

**A Case Study**

V has 3 children 2 under 5, and one primary age. She has struggled to manage with getting out to activities that suit her children as they are very young. When she found out about our families activities during the holidays she came along and registered. From there she found out about our drop in. she now comes on a regular basis, her kids love coming and seeing other kids. She also gets time to socialise with other parents with similar issues on childcare. She also helps at the drop in and is happy to volunteer her time when she can. She has also tried other classes like sewing club and the Zumba class.

**A range of volunteering & training opportunities**

Training and capacity building residents and time bank members has been an important aspect of our work and our new training partnership with Greenlight Healthcare and use of their training room will enable us to expand our training provision. Over the year 31 residents attended one or more accredited training sessions organised by ourselves that included Dementia Friend, Safeguarding Children Awareness, Emergency 1st Aid, Food Hygiene & food preparation, Paediatric 1st aid and basic first aid. In addition, through our community sports initiative residents were able to take up accredited training as volunteer walk leaders, Boccia and badminton organisers

Residents as time bank members have planned, co-produced and delivered a wide range of services and projects that have involved adult members carrying out a total of **6,000** hours of volunteering in 2017.

A majority of our active volunteers were of Back & Minority Ethnic origin, mainly women and were volunteering often for the first time. Key services delivered were a Under 5s drop-in (500 hrs), Governance & training (400 hrs), Befriending (600 hrs), Community Cafe (500 hrs), After School clubs (1000 hrs), community events (1000 hrs) and school holiday programmes (2000 hrs).



**Bridging the Gap**

Third Age Project join forces  
with West Euston Time Bank  
& Esther Randall Court  
Wednesday 18th October 2017



**8 & 88** year olds share exchange skills together!  
Part of Camden's Intergenerational Week 2017



**Intergenerational initiatives in partnership with the Third Age Project**

We carried out many intergenerational projects and events over the year principally with the Third Age Project to bring the different generations together to get to know each other, build mutual trust and respect.

School holiday activities included Boccia & Bingo, Family Bingo, Table Tennis that involved both the young and the old. The afterschool clubs made some impressive props for both Solving the Mystery summer show and the annual Christmas Pantomime 2016 and some of the children were also able to go to see the show.

**REGENTS PARK TIME BANK**  
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**DIRECTORS' AND TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31ST MARCH 2018**

**Grandparents Day Event October 2017**



A wonderful intergenerational day of taster food, storytelling, creative workshops, puppet making and a glorious shadow puppet show involving both old and young residents

**Grandparents Day 2017**

children	34
parents	19
grandparents	18
<b>Total</b>	<b>71</b>

**AGM & Eid Party**

children	27
parents	19
Members	38
<b>Total</b>	<b>84</b>

**Our partnerships and "in kind" support**

We received substantial "in kind" support totalling 650 hours of professional services valued at a minimum of over £13k.

**A New Name**

We have consulted extensively with our members, residents and partners over a name change that will better understand who we are and where we are based. As a result our name will eventually change to the Regents Park Time Bank following formal adoption (65 members to nil) at the Annual General Meeting on 26th October 2016. The name West Euston has never been understood (there is no such area on a map) and was originally conceived by a government civil servant from the Dept. of Environment.

We received a new certificate of incorporation on 18th June 2018 to confirm we had changed our name to the Regents Park Time Bank.

**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.

**FINANCIAL REVIEW**

The Statement of Financial Activities showed net deficit of £22,225 (2017 – deficit £18,698) for the period and reserves stand at £44,153 (2017 - £66,378).

**REGENTS PARK TIME BANK**  
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**DIRECTORS' AND TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31ST MARCH 2018**

**Principal Funding Sources - Our 12 partners**

- Third Age Project- work on intergenerational projects and community events
- Greenlight Healthcare- provision of training and office space
- University College London VSU- recruitment of volunteer teachers for after school/homework clubs
- Mary Ward Centre- provision of crafts and dance teachers
- October Gallery-provision of a free community arts facilitator
- British Land plc financial support for our children's event
- Regents Place- provision of a free covered outdoor arena for family events
- Samuel Lithgow Youth Centre-provision of discounted room hire space
- Old Diorama Arts Centre- provision of free room space
- New Diorama Theatre-provision of free use of theatre venue with free technical support
- London Borough of Camden (Active All Areas initiative) provision of a community sports activator
- London Borough of Camden (Sports Development Team) provision of youth workers

**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 2018 were £44,152 (2017 - £63,412).

**FUTURE PLANS AND DEVELOPMENTS**

In May 2018 the time bank had 294 enrolled adult members with 103 enrolled on an adult education course eg ESOL, Crafts, Dance, Jewellery) and 191 family members or carers who had enrolled 236 children with under 5s drop-in, after school and homework clubs and school holiday activity programmes. During the year the time bank delivered over 1,000 sessional activities.

**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.

**REGENTS PARK TIME BANK**  
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**DIRECTORS' AND TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 31ST MARCH 2018**

**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.

**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**

Rathna Begum	– Appointed Chair as on 26/10/2017
Arefa Tajzai	– Vice Chair
Foyeza Akhtar	– Appointed Trustee as on 26/10/2017
Louise Balogun	– Treasurer
Hatija Feltham	– Appointed Trustee as on 26/10/2017
Dina Shrestha	
Fabiana Ferreira	– Appointed Trustee as on 26/10/2017

**Company Secretary:** Tony Bloor

**Senior Staff:** Tony Bloor – Manager

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

**Independent Examiner:** Bruce F Jones FCA,  
Ramon Lee Ltd, Eagle House, 167 City Road, London EC1V 1AW

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

**REGENTS PARK TIME BANK**  
(Formerly West Euston Time Bank)

**DIRECTORS' AND TRUSTEES' REPORT**

**FOR THE YEAR ENDED 31ST MARCH 2018**

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

The Trustees (who are also directors of Regents Park 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.

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:**



..... RATHNA BEGUM – CHAIR



..... LOUISE BALOGUN – TREASURER

**25<sup>TH</sup> OCTOBER 2018**

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

### REGENTS PARK TIME BANK (Formerly West Euston Time Bank)

This is a report to the Trustees of Regent Park Time Bank on the accounts for the year ended 31st March 2018 which are set on pages 24 to 33.

#### Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

The charity's trustees consider that an audit is not required for this year under Part 16 of the 2006 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 Charities Act, and
- to state whether particular matters have come to my attention

#### Basis of independent examiner's report

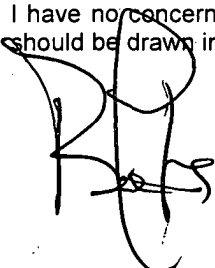
My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any 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 material matters have come to my attention gives me cause to believe that in, any material respect:

- 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.



BRUCE JONES FCA  
RAMON LEE LTD  
CHARTERED ACCOUNTANT

93 TABERNACLE STREET  
LONDON EC2A 4BA

25<sup>TH</sup> OCTOBER 2018



**REGENTS PARK TIME BANK**  
(Formerly West Euston Time Bank)

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31ST MARCH 2018**

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2018 £	Total 2017 £
<b>Income</b>					
Donations	2	14,030	-	14,030	22,840
Income from charitable activities:					
Grants and service level agreements	3	-	51,368	51,368	55,348
Café income		278	-	278	-
<b>Total income</b>		<u>14,308</u>	<u>51,368</u>	<u>65,676</u>	<u>78,188</u>
<b>Expenditure</b>					
Expenditure on charitable activities	4	33,568	54,333	87,901	96,886
<b>Total expenditure</b>		<u>33,568</u>	<u>54,333</u>	<u>87,901</u>	<u>96,886</u>
<b>Net income/( expenditure) and net movement in funds for the year</b>		(19,260)	(2,965)	(22,225)	(18,698)
<i>Reconciliation of funds</i>					
Total funds brought forward		63,413	2,965	66,378	85,076
<b>Total funds carried forward</b>		<u>44,153</u>	<u>-</u>	<u>44,153</u>	<u>66,378</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 32 form part of these accounts.

**REGENTS PARK TIME BANK**  
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**BALANCE SHEET AS AT 31ST MARCH 2018**

	Notes	2018	2017
		£	£
<b>Fixed assets</b>			
Tangible fixed assets	9	1	1
<b>Current Assets</b>			
Debtors	10	379	9,261
Cash at bank and in hand		50,940	64,539
		<u>51,319</u>	<u>73,800</u>
<b>Liabilities</b>			
Creditors falling due within one year	11	7,167	7,423
<b>Net Current Assets</b>		44,152	66,377
<b>Net assets</b>		<u>44,153</u>	<u>66,378</u>
<b>The funds of the charity:</b>			
Unrestricted funds	12	44,153	63,413
Restricted funds	12	-	2,965
<b>Total charity funds</b>		<u>44,153</u>	<u>66,378</u>

For the financial year ended 31<sup>st</sup> March 2018 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 25<sup>th</sup> October 2018 and were signed on its behalf by:

.....  RATHNA BEGUM – CHAIR

.....  LOUISE BALOGUN – TREASURER

**COMPANY NUMBER 05309600**

The notes on pages 26 to 32 form part of these accounts.

**REGENTS PARK TIME BANK**  
(Formerly West Euston Time Bank)

**NOTES TO THE ACCOUNTS**

**FOR THE YEAR ENDED 31ST MARCH 2018**

**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 2015) – (Charity SORP (FRS 102) Revised), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The Charity has opted to early adopt Charity SORP (FRS 102) Revised.

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

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

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 expenditure of £22,225 for the year and free reserves of £44,152. 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**

Income is recognised when the Charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and amount can be measured reliably.

- Income received by way of donations are included in full in the Statement of Financial Activities when received, unless they relate to a specified future period, in which case they are deferred.
- Income from charitable activities received by way of revenue grants and donations are credited to restricted incoming resources on the earlier date of when they are received or when they are receivable, unless they relate to a specified future period, in which case they are deferred.
- Grants and donations of general nature which are not conditional on delivering certain levels of service are included as part of Grants, donations and legacies as shown under note 2 and 3.
- 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.
- Income from activities includes income recognised as earned (as the related goods and services are provided) under contract.

**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.

**REGENTS PARK TIME BANK**  
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**NOTES TO THE ACCOUNTS (Cont/d)**  
**FOR THE YEAR ENDED 31ST MARCH 2018**

**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 5.

**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.

**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 Charity 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.

**REGENTS PARK TIME BANK**  
(Formerly West Euston Time Bank)

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

**FOR THE YEAR ENDED 31ST MARCH 2018**

**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 judgements, 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 2018 £	Total 2017 £
Donated services	13,375	13,375	21,625
British Land	-	-	500
Other donations	655	655	715
	<u>14,030</u>	<u>14,030</u>	<u>22,840</u>

The charity is indebted to various donors for sessions with users provided free of charge. The value placed on these contributions is £13,375 (2017 - £21,625). 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 2017 totalling £22,840 was attributed to unrestricted funds.

**REGENTS PARK TIME BANK**  
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**NOTES TO THE ACCOUNTS (Cont/d)**

**FOR THE YEAR ENDED 31ST MARCH 2018**

**3. INCOME FROM CHARITABLE ACTIVITIES**

	Restricted funds £	Total 2018 £	Total 2017 £
<b>Social and educational activities:</b>			
BBC Children in Need - After School Club	26,684	26,684	35,579
The Hilden Charitable Trust	1,000	1,000	1,000
London Borough of Camden - Active All Areas	23,684	23,684	18,769
	<u>51,368</u>	<u>51,368</u>	<u>55,348</u>

Income from charitable activities in 2017 totalling £55,348 was all attributed to restricted funds.

**4. ANALYSIS OF EXPENDITURE**

	Café £	Social & educational activities £	2018 £	2017 £
Direct project costs	-	35,128	35,128	45,011
Staff costs	-	42,483	42,483	38,179
Staff recruitment and training	-	-	-	817
Publicity and promotion	-	450	450	510
Cafe expenses	865	-	865	1,429
Support costs (Note 5)	75	7,400	7,475	9,560
Governance costs (Note 5)	15	1,485	1,500	1,380
	<u>955</u>	<u>86,946</u>	<u>87,901</u>	<u>96,886</u>

Of the £87,901 expenditure in 2018 (2017- £96,886), £33,568 was charged to unrestricted funds (2017 - £35,245) and £54,333 to restricted funds (2017 - £61,641).

**REGENTS PARK TIME BANK**  
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**NOTES TO THE ACCOUNTS (Cont/d)**

**FOR THE YEAR ENDED 31ST MARCH 2018**

**5. 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 4) 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.

	General support £	Governance function £	2018 £	2017 £
Premises	5,000	-	5,000	6,000
Communication and information technology	1,221	-	1,221	1,457
Insurance	745	-	745	719
Professional fees	463	-	463	405
Depreciation	-	-	-	613
Sundry expenses	46	-	46	366
Independent Examiner's fee	-	1,500	1,500	1,380
	<u>7,475</u>	<u>1,500</u>	<u>8,975</u>	<u>10,940</u>

**6. NET INCOME/(EXPENDITURE) FOR THE YEAR**

This is stated after charging:

	2018 £	2017 £
Independent Examination	1,500	1,380
Depreciation	<u>-</u>	<u>613</u>

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

STAFF COSTS	2018 £	2017 £
Salaries	41,517	37,708
Pension contributions	966	471
	<u>42,483</u>	<u>38,179</u>

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

No Trustee received any remuneration during the year (2017 - £nil). No Trustees received reimbursed expenses during the year (2017 - £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.

**8. STAFF NUMBERS**

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

Direct charitable work	2.0	2.0
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The average monthly number of persons employed by the charity during the year was 4 (2017 - 4).

**REGENTS PARK TIME BANK**  
(Formerly West Euston Time Bank)

**NOTES TO THE ACCOUNTS (Cont/d)**  
**FOR THE YEAR ENDED 31ST MARCH 2018**

**9. FIXED ASSETS**

	2018 £	2017 £
<b>Net book value:</b>		
Computer equipment	1	1
	<u>1</u>	<u>1</u>

**Movements in the period:**

<b>Cost:</b>	Opening Balances £	Additions £	Disposals £	Closing Balances £
Computer equipment	11,529	-	-	11,529
	<u>11,529</u>	<u>-</u>	<u>-</u>	<u>11,529</u>

<b>Depreciation:</b>	Opening Balances £	Charge For Period £	Disposals £	Closing Balances £
Computer equipment	11,528	-	-	11,528
	<u>11,528</u>	<u>-</u>	<u>-</u>	<u>11,528</u>

**10. DEBTORS**

	2018 £	2017 £
Grants receivable	-	8,895
Prepayments	379	366
	<u>379</u>	<u>9,261</u>

**11. LIABILITIES: amounts falling due within one year**

	2018 £	2017 £
Other creditors	397	943
Accruals	6,770	6,480
	<u>7,167</u>	<u>7,423</u>



**REGENTS PARK TIME BANK**  
(Formerly West Euston Time Bank)

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

**FOR THE YEAR ENDED 31ST MARCH 2018**

**12. MOVEMENTS IN FUNDS**

	Balance at 01.04.17 £	Income £	Expenditure £	Balance at 31.03.18 £
<b>Restricted funds:</b>				
BBC Children in Need - After School Club	2,965	26,684	29,649	-
Hilden Charitable Fund	-	1,000	1,000	-
London Borough of Camden - Active All Areas	-	23,684	23,684	-
	<u>2,965</u>	<u>51,368</u>	<u>54,333</u>	<u>-</u>
<b>Unrestricted funds:</b>				
General	63,413	14,308	33,568	44,153
	<u>63,413</u>	<u>14,308</u>	<u>33,568</u>	<u>44,153</u>
<b>Total funds</b>	<u>66,378</u>	<u>65,676</u>	<u>87,901</u>	<u>44,153</u>

**Description, nature and purpose of funds:**

**Restricted Funds:**

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

**BBC Children in Need** – A grant towards the costs of the after school club.

**Hilden Charitable Trust** – A grant towards the costs of the Summer Families Programme.

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

**General funds:**

General fund represents funds available to spend at the discretion of the Trustees.

**13. ANALYSIS OF FUND BALANCES BETWEEN NET ASSETS**

	Unrestricted £	Restricted £	Total £
Fixed assets	1	-	1
Net current assets	44,152	-	44,152
	<u>44,153</u>	<u>-</u>	<u>44,153</u>

**14. SHARE CAPITAL**

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