

Company Number: 1817676
Charity Number: 295857



Limehouse Project
RAISING ASPIRATIONS | CHANGING LIVES

Limehouse Project Ltd
Annual Report and Financial Statements
For the year ended
31 March 2019

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A MESSAGE FROM OUR CHAIR

The Evolution of the Limehouse Family

A new team structure was launched in early 2019 with increased skills, resources and capacity at a management level that will enable the organisation to grow its existing staff capabilities and operate more effectively and efficiently.

Four full-time co-ordinator posts were created to head up our 'Increase Financial Resilience' (Advice), 'Increase Access to Employment' (Training and Employability Support), Volunteer Coordinator, 'Health & Wellbeing and Community Empowerment Service'. These sub-teams were formatted based on our recent Theory of Change Map Tool and in the LHP's Strategic Plan 2016-19.

Services are thriving under the new management structure and our *Child Care Plus* programme supporting disadvantaged women into employment has been recognised for its trail-blazing qualities as winner of the *Women in Housing* award.



The Mayor of Tower Hamlets has also chosen to showcase and help raise funds for the Limehouse Project during his forthcoming year in office.

Our *Little Limehouse* pre-school has grown and continues to provide creative, inter-active and educational services to help working mothers and disadvantaged toddlers make a good start in life. Currently we have 65 children registered with us. While providing much-needed childcare services locally, *Little Limehouse* enables us to offer further work experience placements and employment locally. Our services continue to thrive, thanks to the longstanding efforts of our front-line staff members and the four services coordinators who have been working hard since taking on the challenge to manage the services.

On behalf of all the Board, our advisers, volunteers and partners, we wish to thank all of our team, not least of all our Director, Farida Yesmin, who's passion, knowledge and openness to new ideas has enabled LHP to grow from a small, grass-roots community organisation to a resource serving residents across east London.

Dennis Twomey

Governance and Objectives

OUR TRUSTEES

Dennis Twomey	<i>Chair and Acting Treasurer</i>
Antonia Osborne	<i>Committee Member resigned July 19</i>
Atiya Sheikh	<i>Committee Member</i>
Alisha Azmin	<i>Committee Member</i>
Adina Goga	<i>Committee Member</i>
James Invine	<i>Committee Member</i>
Shepu Miah	<i>Committee Member</i>
Jacqueline Baillie-Nelson	<i>Committee Member</i>

OUR SENIOR MANAGEMENT TEAM

Farida Yesmin	<i>Director</i>
Farad Ahmed	<i>Service Mgr. (till Sept. 2018)</i>
Sophie Padel	<i>Finance Worker</i>

OUR AUDITORS

Harmer Slater
Salatin House
19, Cedar Road, Sutton
Surrey, SM2 5DA

OUR BANKERS

NatWest Bank
Dockland South Quay Branch
54, Marsh Wall, London E14 6LJ

OUR SOLICITORS

Russell Cooke

OUR GOVERNING DOCUMENT

The Limehouse Project (LHP) is a registered charity since 7th January 1987 and has been incorporated as a Company Limited by Guarantee since 18th May 1984. Our Articles of Association details our aims and objectives, management accountability and mechanisms through which Trustees are elected.

AIMS & OBJECTIVES

LHP seeks to identify, highlight and meet the needs of the inhabitants of Tower Hamlets and East London regardless of gender, gender orientation, race, religion, political affiliation or opinions held of aforementioned inhabitants. We work independently and in partnership with organisations including local authorities, Residential Social Landlords, voluntary and community organisations to advance education, relieve poverty and welfare needs, advance good health and provide facilities as required for the promotion of social welfare, recreation, leisure and community development which improve the quality of life for local residents.

A LEGACY OF LISTENING

We are proud of our heritage as a charity emerging from a grass-roots local campaign to address homelessness and a rise in racial attacks.

The LHP delivers a diversity of services for local people whose feedback and insights help identify emerging and unmet need in light of evolving demographic and social trends. This, in turn, informs future strategies to identify further gaps in local services to meet the needs of some of Britain's most disenfranchised residents through innovative, accessible and sustainable services.

While extending our geographic reach into further areas of unmet need in East London, we have built the capacity of staff members largely drawn from amongst local BAME residents who speak local community languages and become positive role models for local residents who are furthest from employment markets.

Our work responds to local issues as they arise. While developing new projects such as those highlighted further in this report to ensure our services remain relevant and effective, we deliver a range of services responding to the changing needs of local people.

Achievements such as our nationally-acclaimed award as the *Best Women in Housing* award for 2018 speak of our bonds of trust with some of Britain's hardest-to-reach residents and professionalism in helping them achieve.

MANAGEMENT STRUCTURE

Governed by a voluntary and elected body of composed of local people with professional expertise who include former teachers, employment advisers, risk and management consultants, local business and financial sector representatives, our Trustees meet bi-monthly to consider strategies and provide guidance on questions of finance, sustainability, human resources and service delivery.

INDUCTIONS OF NEW TRUSTEES

Trustees are sourced through our extensive networks and operate within our constitutional framework and operate within our constitutional framework.

Upon joining, each is issued with an induction pack and invited to attend short training sessions to familiarise themselves with the context in which we work. Annual Planning Days also offer incoming trustees an opportunity to discuss our strategic priorities.

PRINCIPAL FUNDING SOURCES

LHP's work is supported through statutory and private charitable trust grants and Service Level Agreements (SLAs). Current funders and partnerships include:

- London Borough of Tower Hamlets for our leadership of two Local Area Partnership Advice Consortiums delivering social welfare advice;
- Big Lottery for skill development training of local women;
- GP Health Advice Initiative networking advice and health agencies;
- DCLG funded E3 partnership with APASENTH and 5 other agencies.
- Further funding provided by Lloyds Foundation, the Home Office, East End Community Foundation, Scottish Power and Big Energy support our delivery of services and ensuring our future financial sustainability.

FINANCIAL REVIEW

The LHP has been fortunate in being able to develop and sustain new income-generation assets which meet our aims of building local capacity while ensuring our longer-term sustainability.

Our pre-school, launched in 2017, continues to generate income while providing a quality service for local people while we have further developed partnerships voluntary sector and statutory bodies to deliver services in six East London borough.

RESERVES POLICY

As part of an organisational risk assessment process, LHP's Trustees have ensured we meet charitable requirements to hold in reserve 3-6 months' expenditure for staffing and administrative overheads.

Current reserves of £306,067 represent 100% of our targeted holdings to ensure we are able to meet all financial obligations in the event of closure.

RISK MANAGEMENT

Procedures are in place to ensure compliance with health and safety requirements for staff, volunteers, clients and visitors to the centre and LHP Trustees have established an annually-reviewed risk register alongside mitigating procedures. Internal financial control risks and risks to funding are managed through strategic planning ensuring transparency and diversity in funding sources.

ASSURING QUALITY SERVICE

LHP ensures staff regularly supervision and training to ensure a good standard of services. Members of our advice team are bilingual in community languages, have a good understanding of clients' needs and have on average four years' experience of listening, advising and undertaking casework. Our services are routinely inspected by external agencies to ensure our work meets established quality assurance requirements; we hold nationally-recognised *Advice Quality Standards* for our advice services, Level 1 *Office of Immigration Services Commissioner (OISC)* certification for casework, are a registered licence holder (*LHP FCA 618791*) with the *Financial Conduct Authority* for our delivery of Debt and Money Advice and have held Matrix quality assurance certification since 2005.

PLANNING FOR FUTURE

LHP has undertaken a substantial structural review over the past 18 months to help consolidate and enhance our capacity to work flexibly and effectively in a rapidly changing charitable service sector.

Our development aims, as identified in our three-year Business Plan, further address strategies including:

Strengthening the LHP as a community hub by increasing the capacity of existing services; exploring demand for further provision and partnership to meet needs identified by existing and new potential service beneficiaries to enhance community capacity and cohesion;

Increasing volunteer engagement with our services;

Adopting a more holistic approach to identifying and addressing underlying client needs;

Providing a holistic employability support service addressing social welfare and personal barriers to achieving for each client coming to our service.

OUR ACHIEVEMENTS IN NUMBERS

£13'339'943 OF ADDITIONAL INCOME RAISED for our clients through our advice services.

6'251 Advice and casework undertaken by our trained, bilingual advisors and volunteers, of which:

3,854 *Were comprised of welfare benefit cases...*

795 *Were comprised of debt cases...*

256 *Were comprised of housing cases...*

218 *Clients were referred directly to our Employment Services...*

221 *Debts were written off completely for clients...*

519 *Were comprised of immigration cases...*

795 Clients were assisted by our Money & Debt projects.

720 Clients were assisted by our Training and Employment service.

58 Completed accredited and vocational Training

360 Clients embarked upon our precursory English language courses.

110+ Clients gained an accredited qualification including ESOL EL1, Child Care L2 and supplementary work-based courses to help enhance employability skills.

INCREASING FINANCIAL RESILIENCE / ADVICE SERVICE

Service Overview: LHP's Advice services support clients with queries, predominantly, about welfare benefits, housing and debt so as to maximise much-needed household incomes so as to improve the health and wellbeing of whole families and communities.

While for some clients, simple support in understanding their scenario and options to address welfare issues, for clients facing court action, at risk of losing the roof over their head or in need of support in ensuring regular nourishing meals, LHP's Advice Service provides a lifeline.



We help clients mitigate against a loss of income and resulting debt issues, support the maximising of their income through the correction errors in allocations and benefit sanction, access to backdated benefit claims and food banks, Hardship, DHP, CTR, CA, HB, RSS and Family funds. We also advice and assist clients in making applications for non-means tested disability benefits including DLA, PIP and AA.

‘As many of our clients are not IT literate, the introduction of online Universal Credit (UC) claims has been challenge!’

OUR SERVICES

LHPs Generalist Advice Service funded by Tower Hamlets Council in the Lap 3&4 and Lap 7 areas which include our office space at St. Anne's Street, Harford Street Multi-Centre, Aberfeldy Centre and at the Financial Health Centre in Massingham Street off Globe Road? Follow up appointments are also offered for complex welfare issues. Enquiries range from welfare benefits issues and housing, money and debt to consumer issues, employment, family welfare and immigration.

A high level of demand for services is reflected in our statistics suggesting that **6251** clients were supported through our front-line advice service!

LHP's Money and Debt Project was funded by the East End Community Foundation to assist clients in addressing debts and taking appropriate action to manage their finances. This grant also provided LHP the time, space and capacity to identify effective approaches to enabling clients to come forward for assistance in resolving a wide spectrum of financial issues, be it in accessing emergency funds, crisis loans, grants, food bank vouchers to strategically managing banking and energy efficiency costs and basic maths needed to effectively manage finances.

180 people were supported under this project!

Even where clients seek assistance and are able to make claims appropriately, some do not have access to the internet or do not know how to log into their UC accounts thereafter. If they do manage to access their portals, many do not know what to do. As a consequence, appointments for interviews and client 'journals' are neglected until sanctions are applied and benefits stopped. Chaotic cycles ensure and while we signpost clients to IT and ESOL classes so clients can begin to acquire relevant skills, the situation is unlikely to improve in the near future.

Elsewhere we are frequently asked for help with tenancy-related problems where client claimants might default on rent payments due to welfare reforms and reductions in housing benefit.

Others, accustomed to rent being paid directly through benefits, are unaware that housing costs are included in their Universal Credit payments and accrue rent arrears leading to eviction proceedings. As a result of the increasing number of clients with housing issues outside of our remit, we have also launched bimonthly pro-bono housing advice sessions run by a local solicitors' firm which helps address increased demand.



Case Study:

Mrs B resides in the Tower Hamlets and has been accessing our service for over 20 years. She has various health conditions including anxiety and depression, dizziness, headaches, gastritis, hypertension, diabetes, lower back pain and acute pain on the left side of her body. Her medical ailments are restricting her mobility and causing her severe problems in caring for herself. Due to her depression Mrs B is very emotional and always very teary. She has been separated from her husband for about 5 years but they are considering getting back together. Mrs B was advised that that due to her limited mobility and medical conditions affecting her ability care for herself, she could be eligible for Personal Independence Payment (PIP). We made an application but she was refused PIP. We then supported her in taking the decision to an appeal and she was awarded an enhanced rate for Personal Care and Mobility instead. AS her husband was going to move in and taking care of her, we advised her that he might claim a Carer Allowance as well.

The THHAL project funded by the CCG enabled us to deliver generalist advice services from five outreach sites in local GP surgeries. Offering advice in a primary care setting helps to raise our profile and enables us to identify isolated residents' who regularly visit their doctors for chronic health conditions and who feel more confident disclosing information in a familiar environment. Their health conditions also often overlap with social issues.

222 outreach sessions and a total of **1199** appointments were delivered over the 2018-19 financial year!

The Tackling Fuel Poverty Project funded by Scottish power, enabled us to deliver advice, raised awareness and empower vulnerable clients with information and strategies to better manage utility bills. LHP delivered **Energy Poverty and Fuel Debt** outreach sessions from ten sites across Tower Hamlets including the offices of local residential social landlords Poplar Harca, Tower Hamlets Homes and charitable organisations such as City Gateway and Toynbee Hall.

389 energy and income maximisation audits were undertaken to ascertain clients' circumstances and strategies for managing their accounts and **237** Tower Hamlets residents received one-to-one advice which predominantly involved support with making complaints, bill corrections, setting up payment plans and applying for grant aid to make such payments.

200 borough residents also attended basic energy skills workshop briefings on reading meters, identifying key information embedded in their bills, changing tariffs, switching energy suppliers and government and energy providers' grants available to help clients climb out of debt.

Client Feedback:

"I cannot express in words how much the Limehouse Project has supported me."

"The Money and Debt advisor assisted me with claiming my backdate benefit where other organisations could not assist. I am thankful for help in enabling me to reduce debt and arrange payment plans to my debtors."

"I had very little knowledge on how the benefit system worked; I use to feel extremely anxious having to speaking to benefit team but have overcome these issues with help from Limehouse Project who explained my entitlements and provided me with a better understanding on income maximisation."

Case Study:

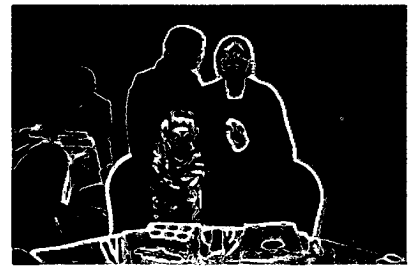
M came to the LHP seeking help to address eviction proceedings setting a court date for rent arrears of over £4,900. He also could no longer afford Council Tax payments. In spite of a good level of education and fluency in English he had experienced a nervous breakdown following marital separation which was affecting his ability to effectively manage his finances. As his health conditions deteriorated, so did his financial standing. He was now extremely anxious and distressed when communicating with his social landlord and local authority, was in a poor state of physical and mental health and, in state of confusion, felt helpless as though there was "no way out" of his situation. We contacted the Housing Benefit office for a reassessment and to make a claim for backdated payments. An assessment was carried out to see if there were any funds available for M to pay towards his outstanding debts. We also asked M for evidence of his medical condition to support the applications. As a direct result of our assistance, a court hearing facilitated by a specialist external agency was adjourned. M was successful with making backdated housing benefit claims on the basis of his medical condition and was awarded £1,564.70 which directly contributed towards reducing his housing arrears debt. LB Tower Hamlets' Housing Benefit team requested further information for a further backdate, which is now in progress; we hope this will be awarded and help further reduce his rent arrears. M was also awarded backdated Council Tax reductions which has enabled him to clear previous debts, maintain current payments and avoiding any further late payments.

ACCESS TO EMPLOYMENT SERVICE

Service Overview: The Limehouse Project's *Access to Employment Service* has worked hard this year to support clients as they navigate person-centred paths to employment. Thanks to opportunities provided to gain vocational qualification, volunteer, build confidence and motivation to achieve their personal and professional aspirations.

We've worked closely this year with local community partners including *Account3*, *Women's Inclusion Team (WIT)* and strategic statutory partners including *Tower Hamlets Homes (THH)*, *Job Centre Plus* and *Work Path*, while forming new working relationship with groups including *Hart Learning Group*, *Kickstart*, *Work Path's Women in Health*, *Best Practice Training* and *Learning Curve*, *Account3*, *ELBA (East London Business Alliance)* and *Community Access Scheme* to extend a wider offer of support to our clients. We also look forward to explore new partnership over the coming years.

In September 2018 we concluded a three-year Big Lottery-funded *Childcare Plus Project* which was recipient to the prestigious national **'2018 Women in housing Award'** for Improving the lives of women and the communities in which they live.



Run in partnership with Tower Hamlets Homes, the programme was also shortlisted for the Tpas/Tenants and Residents Association **'2018 Award for Excellence in Employment Skills & Training'**.

Our work continues to open doors for clients to opportunities which might not otherwise be available to them due to financial and social constraints. We look forward to many further years of supporting clients to explore career prospects and pathways into work.

OUR SERVICES

LHP's Employment and Development team has supported clients through a number of services and provisions over the year which include LHP's:

- **Employability Project**, kindly funded by *Lloyds Foundation*, supports unemployed and in-work clients through job coaching and 'upskilling' activities enabling them to progress towards accessing work
- **Enhanced Vocational Access** match-funded by *L.B. Tower Hamlets / Dept. of Works & Pensions* which helps women from BAME communities access vocational training in Childcare, to become Teaching Assistants and in basic skills English and Maths development
- **ESOL with IT**, funded by *LB Tower Hamlets*, encourages ESOL learners to build communication skill in tandem with digital skills training
- **E3 Project**, a community partnership funded by the *Ministry of Housing, Communities & Local Government*, offers practical English learning supported by online tools and videos
- **Community Cohesion for Migrant Women** programme run in partnership with ELATT which supports women's integration through language, digital skills, citizenship and equalities training
- **First Steps** helps bridge employment gaps through the provision of 'soft' skills training works for Ocean Estate residents to build confidence through 1:1 employability support.

Over **1000** clients have come through our doors in search of employment and training and **720+** have actively engaged with our projects

Over 130 visitors have been referred to in-house and external specialist welfare advice, education and training services

58 learners have completed accredited and vocational training in subjects including Functional Maths, Business Administration and IT, Teaching Support and Early Years Education vocational qualifications

47 learners completed non-accredited training in Personal Development, Customer Service delivered by Westfield Shopping Centre staff and Interview Skills training delivered in partnership with corporate partners Ince, Gordon and Dadds' legal practice

13 clients have taken up Administration, Teaching Assistant and Childcare Support **volunteer placements** in schools and pre-school settings

39 clients have moved into part-time or full-time employment for the first time

Clients systematically receive advice and guidance support to explore their personal and professional needs with our in-house Employment Advisor who helps clients address complex caring, financial and social needs which otherwise impede their progressing into employment.

Client Feedback:

"Thank you and your colleagues for running the '*First Step*' course - parents were delighted with what they learnt. A big thanks to you!" *Head of Harry Gosling School*

"The course made me feel more confident, self-reliant and positive. I now carry out daily tasks such as shopping in an English-speaking environment by myself. The E3 project is also a wonderful place to meet new people. I feel more open now to sharing new ideas and have made new friends." *E3 project learner*

"I especially remember team building and practical tasks we had to complete as part of the course like when we had to build a spaghetti tower. It was challenging and showed us how to plan and work together to achieve our aims." S. Begum S. Begum, ELATT Community Cohesion Project learner

"I joined your personal and professional development course which started with a skills audit and a 'Who am I?' Session. I also played a key role in planning and organizing of LHP's August *Community Fun Day* held in Little Limehouse Nursery grounds." B. Sultana

"I liked the IT, personal and professional development elements of the course!" S. Mitale



"I really enjoyed this opportunity to learn new things, have since completed a *First Aid* course and am doing a BTEC level 1 IT course." S. Begum

"... We really got to look at ourselves and find our motivations when setting personal goals for achievements. I found the session around job searches particularly valuable, learnt a lot about myself and my strengths and enjoyed being part of something." B. Sultana

Case Study: A Client Progresses to Higher Education!

Ms M came with a background in English Literature and a dream of achieving a PGCE to become a teacher. Following in her parents and brother's footsteps, she completed her GCSE with an eye towards enrolling at university but was thrown off track by her mother's untimely death. Looking to get back on track, she heard the Limehouse Project provided free training for Teaching Assistant qualifications, came along to a registration event for the programme, was assessed in a written test, scored well, and was enrolled on our 12-week CACHE Level 2 *Teaching Assistant* and on a concurrent capacity-building course. She successfully completed both courses alongside *Paediatric First Aid*. She said the capacity-building course helped her think about herself and future goals, stating that:

"Education did not boost me like this course did. It motivated me to do something and inspired me a lot. I would cry for no reason in class! It helped me get through a crucial time in my life. It really encouraged me a lot."

Ms M made new friends with whom she continues to chat online and volunteered as a tutor on weekends.

"I won't forget exploring the needs of three types of people and how children's minds work. I learnt that mistakes are not good but do offer an opportunity for positive learning. Before joining I had only seen mistakes as being negative."

With help from one-to-one guidance, she applied for a grant to complete a Level 3 Teaching Assistant qualification and was awarded £1500. She then decided to pursue her dream of completing a PGCE and, to everyone's delight, managed to secure a transfer and increase of funding offered to an award to £4000 towards a £9,125 enrolment fee for London Southbank University. Ms M has now started her PGCE studies. Though she finds the course intensive, she is enjoying her studies while looking at ways to raise the remaining balance for her university tuition fees. She looks forward to be able to complete her studies and one day fulfil her dream of become a teacher like her mother.

HEALTH AND WELLBEING / COMMUNITY EMPOWERMENT SERVICE

Our Services

Sheroes Empowerment and Safeguarding Programme

The Sheroes programme has been developed to indirectly help young women aged 12-18 by informing and empowering their mothers and key female family role models in key areas including child Safeguarding, Online Safety, Extremism and Radicalization,



British and Muslim Values, Stereotyping the Media and Peer Pressure. In order to achieve this, LHP brings together Muslim women from different ethnic community backgrounds through a series of informal events and workshops enabling them to share experiences, insights and information about common similarities as Muslim women in Britain. Funded and supported by the Home Office Prevent Programme, these workshops and events aim to achieve the following –

- To create a positive platform where participants from multiple heritages can come together to understand, identify and respond to the ideological challenges of all forms of terrorism and threats to which they and their families may be subjected;
- By reflecting and an accurate interpretation of Islam we seek to ensure that key family members including young women, mothers and aunties are equipped with the confidence, information and tools to positively debate and share knowledge with young people who might be vulnerable to radicalisation. Information-sharing sessions explore internet safety, online grooming, bullying, peer pressure and a range of issues relevant to safeguarding against extremism and radicalisation.
- Inter-generational events highlight, explore and celebrate British Muslim women's identities, roles and contributions to British society.

92% of attendees for Sheroes workshops and events said they found the sessions extremely useful

Over 360 women came away saying they felt more prepared, more resilient and better equipped to positively address such threats in a family and wider social context.

Service User Feedback:

“I learnt so many useful things today, not only for myself but also for my family. I am very grateful for information I learnt today and will definitely be passing it on to my children, friends and other family members”.

“I have learnt that communicating with our children around the use of social media is so important to prevent the dangers of extremism and radicalisation”.

“Communicating with children is extremely important. These workshops were a good reminder to continue to make time and effort for my children.

Luncheon Club: LHP's Luncheon club runs twice-weekly across two primary sites in Limehouse and has been accessed over 1500 times this year by over 100 residents combining regulars and newcomers. The aim of the Luncheon Club is to reduce social isolation amongst older adults and increase the integration of isolated residents into wider community. This is achieved through tailored activities designed to enhance social contact and the building of friendships. It enables 50+ residents from a range of backgrounds to gather in a safe space and enjoy a healthy, hot meal together, socialize and partake in gentle exercises, games and outings to places of interest London wide. Opportunities are also available for members to engage in volunteering am

Older people attending the Luncheon Club have also been referred to LHPs advice team for information and guidance around a range of welfare issue including health, housing, isolation or poverty-related issues. Many access services such as Fit4Life and courses enhancing participation in social activity as a step towards addressing isolation.



90% of Luncheon Club clients report feeling more socially confident after attending sessions

93% of members report improved understanding of the benefits of healthy eating

17 Luncheon Club Volunteers were referred to join further fitness activities

Over 25% have been signposted to specialist advice, information and/or support for mental health, physical health or housing issues

Service User Feedback -

“Since attending the Luncheon Club I have made lots of new friends and now even involved in organising sessions, reminding other volunteers when it’s their turn to help out, and also just generally encouraging other members of the community to come along”.

“I love the Luncheon Club it’s a good place to meet friends, come together, share stories and just be myself.”

Fit4Life: LHPs women-only Fit4Life programme is delivered in the Limehouse Ward and aims to enhance the physical and mental wellbeing of women and those of BAME heritage in particular. By offering women-only fitness activities including Zumba, Aerobics, Yoga and Walking sessions, we seek to encourage women who might feel uncomfortable undertaking fitness activities, sometimes for the first time in their lives, in a mixed-gender group.

The purpose behind these classes is to -

- Enhance the physical and mental wellbeing of all local women and of BAME women in particular;
- Bridge health inequality gaps by enabling socio-economically excluded local women to participate in group activities;
- Unite women of different ages, generations, beliefs and backgrounds through joint participation in fitness activities;
- Enable each participant to meet their personal health goals.

Designed to benefit those who have never exercised before, are new to, or coming back to exercise regimes, a tracking system taking into account each newcomer’s weight, BMI (Body Mass Index), health conditions and fitness levels, means that our qualified instructors and nutritionists can personally assist with each participant’s progress as they strive to reach their personal health goals. Our combined initiative to facilitate of face-face motivational talks, group swimming and games sessions, help with joining local leisure centres and teaching participants to imbed healthy

lifestyles into their home life is consistently commended by users who say they gain increased confidence in enhancing their health, personal well-being, weight losses, body image and an understanding of family health as a result of our programme.



Case Study:

Mrs Nessa is a proud homemaker and mother of four. She had no interest in participating in fitness programmes until 2017 when her doctor told her she had diabetes and a high cholesterol level. Health professionals advised Mrs Nessa to join a gym, do plenty of walking and follow a strict diet. Limehouse Project's Fitness4Life was recommended to Mrs Nessa by one of her friends who was already a member. After assessing her health and health related issues, we agreed that she should attend two fit4life sessions a week initially and that she might also progress to join GLL's gym and swimming sessions once she had become more physically more active.

Mrs Nessa was consistent in attending exercise sessions, diet plan and regular one-to-one meetings with one of our fitness trainer who is also a trained nutritionist. After three months, she went to see her GP for a check-up and was very pleased to hear that her diabetes and cholesterol were now in check and that there was no further need for medication. She is now committed to continuing with her exercise classes and there's always room for improvement!

Over 80 newcomers have joined 'Fit4Life' this year which means the LHP now delivers this unique weekly fitness programme to over 1,500 women with the support of no less than 35 volunteers.

Over 50% of participants reported that they have positively progressed from physical inactivity to regularly attending fitness activities

Over 25% of participants report positive changes in fitness and mental health

VOLUNTEERING / COMMUNITY INVOLVEMENT

As our services continue to thrive and support those most in need with the invaluable time and commitment provided by our wonderful volunteers who not only contribute to improve the lives of our service users, but also the development of our charity, we firstly want to thank the dedicated volunteers working across different Limehouse Projects for their very positive community contributions.

As ever, we welcome the talent, expertise and mutual growth that our 2019 volunteers feed into our services and individuals providing and receiving support from our services.

Our volunteers reflect the demographics of the community we serve and bring with them fresh ideas, understanding and knowledge, enabling an extended reach to serve the community.

Restructuring our Volunteer Service

2019 has been an exciting time for Limehouse Project as we introduce new projects to our services and changes to our management structures so as to continue to meet high demand for services in our bustling charity environment.

Our three-year business strategy, enacted in 2019, seeks to help streamline a more inclusive volunteering strategy to *establish and maintain a nationally-recognised and accredited volunteer programme*. January 2019 saw the appointment of our first dedicated *Volunteer Coordinator, Kay Browne*, to oversee our volunteering service so as to build on our strengths and help actively engage volunteer participants in a meaningful manner so as to make their experiences more mutually fruitful from the very early stages of joining.

The year ahead will continue to provide a great time of change and development as more exciting volunteer roles are created and enhanced for volunteers!

First Steps towards Accrediting our Volunteering Programme

Our first priority is to establish and maintain a nationally-recognized accredited volunteer programme' over the next three years. First steps in this process have included developing a robust volunteering strategy, communication plan, representation processes enabling volunteers to feed into our future developments and a guarantee that volunteers know their achievements do not go unnoticed. All such policies will be reviewed annually.

Clearer processes have already been introduced into our Volunteering Programme as we refresh our application stage role descriptions, interview and induction processes with role specific training and on-going supervision support from our Volunteer Coordinator and wider team.

A number of new volunteers have joined LHP's Advice, Access to Employment and Health & Well-being services this year. While some provide advocacy support for service-users on generalist welfare benefit issues, others are involved in helping to delivering community involvement projects including our Luncheon Clubs which help engage older community members while providing company, activities and warm meals.

Reception and Administrative volunteers have also supported the Limehouse Project's wider team while others selflessly volunteer to help with the preparation of food, drink and activities for wider community events.

Volunteer Journeys

Case Study:

With newfound confidence and skills coupled with the help of *Kay Browne*, our Volunteer Coordinator, Shujia has now embarked on a level 3 NVQ in Information, Advice and Guidance course while continuing to volunteer weekly at Limehouse Project.

"I'm so glad I came to Limehouse Project to volunteer and genuinely feel part of the team. I never saw myself as having the confidence to advise people on complex social issues, but the training process and support from the whole team has helped me surprise myself with the skills I have learnt and really enjoyed. It feels really good to help people in the community." Shujia, Welfare and Generalist Volunteer Adviser, March 2019

Case Study:

Rubna is parent to three young children of schooling age. Having taken time out to raise her children and with limited qualifications or work experience, she was as 'far' from being prepared to engage with local labour markets. Rubna completed a Teaching Assistant course and was aware of the Limehouse Project's volunteering programme. Having felt supported herself in the process of joining our employability services, she wanted to contribute back and felt strongly about the inclusive support provided. Volunteering also offered an opportunity for her to build her skills in the process and she was interested in improving her Administrative skills while getting involved in a range of community projects. Rubna was guided through application processes for becoming a volunteer and informed about the roles of Administrative and Project Assistants. Following an induction and identification of an in-house mentor to whom she could turn for advice, it was a greed she could benefit from improved confidence and ICT skills before moving onto 'hands on' practical experience.

She took well to her training and quickly familiarized herself with her volunteer roles. With support from a wider LHP team, she soon began a placement as a 'front-of-house' Reception volunteer dealing with queries and signposting Limehouse Project processes for first time visitors.

Rubna has since been involved in a variety of advice and community engagement projects enabling her to develop skills to use of CRM systems and engage with service-users using a range of LHP service strands. This, in turn, helped build her skills and confidence.

Rubna obtained part-time? employment after three months of volunteering with our services and credits us with aiding her in this unexpected progression to work.

as a receptionist externally. Rubna credits Limehouse Project for aiding her progression. She continues to volunteer as a Receptionist and says:

"I have really enjoyed my time here at Limehouse Project and gained experience which has helped me progress. I will continue to volunteer with Limehouse Project for as long I can!"

Building Volunteer Capacity

Tanya, a postgraduate Business and Finance student sought much-needed work experience to support her professional progression. Signposted to us by Advice UK, she sought a six-month placement as an overseas student seeking to develop practical and transferable skills in a charity environment.



issues and casework procedures

Tanya was supported with our application process, inducted to LHP's Advice Team and allocated an Advice Mentor to support her training and familiarity with practises in Information, Advice and Guidance. Tanya also shadowed Advice Team members addressing an array of generalist and welfare benefit issues which offered exposure to a range of welfare



Tanya really benefitted personally and professionally in volunteering in an advice role in a fast-paced environment. She credits Limehouse Project when she says:

"I learned so much in my six months here with the Advice Team which has increased my understanding and confidence in addressing welfare issues. I want to thank the Limehouse Project for making me feel part of the team and helping me learn so I can go forward in a productive way!"

TRUSTEES' ANNUAL REPORT

TRUSTEES RESPONSIBILITIES

The Management Committee members (who are trustees for the purpose of the Charity Act 2011 and, also the Directors of the Limehouse Project Limited for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the 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 charity 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 charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

AUDITORS AND SMALL COMPANIES PROVISIONS



DISCLOSURE OF INFORMATION TO AUDITORS

In so far as the trustees are aware at the time of approving the report of the trustees:

- there is no relevant audit information (as defined by section 418 of the Companies Act 2006) of which the charity's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

REAPPOINTMENT OF AUDITORS

The auditor, Harmer Slater Limited, have indicated their willingness to continue in office and in accordance with section 487(2) of the Companies Act 2006 are deemed to be reappointed.

SMALL COMPANIES PROVISIONS

The trustees have taken advantage of the small companies' exemptions provided by sections 414B and 415A of the Companies Act 2006 from the requirement to prepare a strategic report and in preparing the trustees' report on the grounds that the charitable company is entitled to prepare its accounts for the year in accordance with the small companies' regime.

Approved by the trustees on 16 December 2019 and signed on their behalf by:

Dennis Twomey
Chair of Board of Trustees

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF LIMEHOUSE PROJECT LIMITE

Opinion on financial statements

We have audited the financial statements of Limehouse Project Limited for the year ended 31 March 2019 which comprise the Statement of Financial Activities (including income and expenditure account), the Balance Sheet, the Statement of Cash Flows and the related notes 1 to 24. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2019, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"; and
- have been prepared in accordance with the requirements of The Charities Act 2011.

Basis for opinion

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

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees (who are also directors of the charitable company for the purpose of the company law) use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the group's or the parent company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF LIMEHOUSE PROJECT LIMITE



Other information

The trustees are responsible for the other information. The other information comprises the information included in the Trustees' Report, other than the financial statements and our auditor's report thereon.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you, if in our opinion:

- the information given in the trustees' reports is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of Trustees

As explained more fully in the Statement of Trustees' Responsibilities (set out on page 24), the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF LIMEHOUSE PROJECT LIMITED

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF LIMEHOUSE PROJECT LIMITE



Use of the audit report

This report is made solely to the charitable company's members, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Harmer Slater Limited. Statutory Auditor
Salatin House, 19 Cedar Road
Sutton, SM2 5DA

Date: 16 December 2019

Harmer Slater Limited is eligible for appointment as auditor of the charity by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006.

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 MARCH 2019

	Notes	Unrestricted Funds £	Restricted Funds £	2019 £	2018 £
Incoming resources					
Income from:					
Donations and grants	3	26,675	136,010	162,685	161,369
Investment income	4	240	-	240	45
<i>Charitable activities</i>					
Advisory, training & development	5	296,357	406,876	703,233	635,713
Total Incoming resources		323,272	542,886	866,158	797,127
Resources expended					
Costs of generating income	6	1,259	2,145	3,404	10,496
Expenditure on charitable activities	7	116,801	706,242	823,043	672,183
Governance costs	8	35,017	-	35,017	36,266
Total resources expended		153,077	708,387	861,464	718,945
Net incoming resources before transfers	9	170,195	(165,501)	4,694	78,182
Transfers					
Gross transfers between funds	19	(165,501)	165,501	-	-
Net movement in funds		4,694	-	4,694	78,182
Reconciliation of funds					
Total funds brought forward		710,766	72,069	782,835	704,653
Total funds carried forward		715,460	72,069	787,529	782,835

All of the above results are derived from continuing activities. All gains and losses in the year are included above.

BALANCE SHEET

AS AT 31 MARCH 2019

(COMPANY REGISTRATION NO: 1817676)



	Notes	2019 £	2018 £
Fixed assets			
Tangible assets	11	794,793	805,319
Current assets			
Debtors	12	145,681	176,534
Cash at bank and in hand	13	320,976	335,513
		<u>466,657</u>	<u>512,047</u>
Creditors: amounts falling due within one year	14	<u>139,201</u>	<u>180,861</u>
Net current assets		<u>327,456</u>	<u>331,186</u>
Total assets less current liabilities		<u>1,122,249</u>	<u>1,136,505</u>
 Creditors: amounts falling due after more than one year			
	15	<u>(334,720)</u>	<u>(353,670)</u>
Net assets		<u>787,529</u>	<u>782,835</u>
 Funds			
Restricted funds	17	72,069	72,069
Designated unrestricted funds	18	409,393	397,138
General unrestricted funds	18	306,067	313,628
Total funds carried forward		<u>787,529</u>	<u>782,835</u>

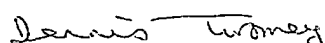
For the financial year ending 31 March 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006. However, an audit was required in accordance with section 144 of the Charities Act 2011.

The trustees, who are regarded directors for the purpose of the Companies Act 2006, acknowledge their responsibility for complying the requirements of the Act with respect to accounting records and for the preparation of the accounts.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

These financial statements were approved and authorised for issue by the Trustees on 16 December 2019 and signed on their behalf by:



Dennis Twomey
Trustee

The notes on pages 33 to 45 form part of the accounts.

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2019

	2019 £	2018 £
Cash flows from operating activities:		
Net income for the year	4,694	78,182
Adjustments for items not affecting the cash flows:		
Depreciation charge	10,526	9,420
Bank interest received	(240)	(45)
	<hr/>	<hr/>
Net operating cash flows before reinvestment in working capital	14,980	87,557
(Increase)\ decrease in debtors	30,853	(108,429)
Increase\ (decrease) in creditors	(41,660)	51,482
	<hr/>	<hr/>
Net cash flows from operating activities	4,173	30,610
	<hr/>	<hr/>
Cash flows from investing activities:		
Purchase of tangible fixed assets	-	(7,273)
Bank interest received	240	45
Net cash used in investing activities	4,413	(7,228)
	<hr/>	<hr/>
Cash flows from financing activities:		
Loans repaid	(18,950)	(17,991)
	<hr/>	<hr/>
Change in cash and cash equivalents in the reporting period	(14,537)	5,391
	<hr/>	<hr/>
Cash and cash equivalents at the beginning of the reporting period	335,513	330,122
	<hr/>	<hr/>
Cash and cash equivalents at the end of the reporting period	320,976	335,513
	<hr/>	<hr/>

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019



1. Accounting policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

a) Going concern

The Charity's ability to continue as a going concern is dependent on its success in raising funds from Government, other public authorities and donations, none of which can be guaranteed. The volume of services that can be provided is directly dependent on funding levels. The trustees remain in regular contact with sponsoring local authorities to secure their ongoing financial support.

In the current economic environment funding is under pressure and will continue to be under pressure for the foreseeable future. However, the trustees feel that adequate funding is in place for at least the next 12 months and in consequence have prepared the charity's financial statements on a going concern basis.

b) Basis of accounting

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 – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities Act 2011 and the Companies Act 2006.

Limehouse Project Limited meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The functional currency of the charity is considered to be pounds sterling (£) because that is the currency of the primary economic environment in which it operates. The financial statements are presented in pounds sterling (£).

c) Incoming resources

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

Incoming resources from donations and grants represent voluntary income, which is credited in the year in which they are received, and grants which provide core funding, or which are of a general nature provided by government and charitable foundations, and are credited in the year to which the grant relates; and investment income, including bank interest, which is credited in the year in which it is received.

Incoming resources from charitable activities represent grants which have conditions attaching to them, such as service agreements with local authorities, and are accounted for when they are receivable.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019

d) Resources expended

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:

- Cost of generating income comprise the publicity and other fund-raising costs incurred by the Charity.
- Resources expended on charitable activities comprise salaries and other resources applied by the charity in undertaking its work to meet its charitable objectives.
- Resources expended on governance costs are the costs of arrangements which relate to the general running of the charity, as opposed to the direct management functions inherent in service delivery and project work, and include such items as external audit, the cost of trustee meetings and other costs associated with constitutional and statutory requirements.

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

e) 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, insurance, licenses, subscriptions, security, HR and accounting services, bank service charges and depreciation costs which support the Charity's projects and activities. These costs have been allocated to expenditure on charitable activities and have been split between restricted and unrestricted funds based on staff time.

f) Tangible Fixed Assets and Depreciation

Tangible fixed assets is stated in the balance sheet at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses. The cost of tangible fixed assets includes directly attributable incremental costs incurred in their acquisition and installation.

Depreciation has been charged, so as to write off each asset's cost or valuation, less any residual value over its anticipated useful economic life. The following rates of depreciation have been used:

Office equipment	- 25% reducing balance
CRM Software	- 3 years
Leasehold Property	- over the length of the lease (125 years at purchase)

g) Fund structure

The funds held by the charity fall into the following categories:

Unrestricted general funds

Funds which can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds

Funds earmarked by the trustees out of unrestricted general funds for specific future purposes or projects.

Restricted funds

Funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019 (continued)



h) Debtors

Debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost, less provision for impairment. A provision for the impairment of debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the debt.

i) Cash at bank and in hand

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

j) Creditors

Creditors 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.

k) Leases

Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Payments made under operating leases are charged to the statement of financial activities on a straight-line basis over the period of the lease.

l) Pension

The charity operates a defined contribution scheme providing benefits for employees additional to those from the state. The pension cost charge represents contributions payable by the school to the fund in respect of the year.

m) 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.

2. Taxation

As a charity, Limehouse Project is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019 (continued)

3. Donations and grants

	Unrestricted Funds £	Restricted Funds £	2019 £	2018 £
<i>Training and Development</i>				
Big Lottery – Childcare Plus Project	-	51,676	51,676	113,525
DWP – Developing Potential	26,675	-	26,675	-
Scottish Power Energy People Trust	-	60,000	60,000	-
Lloyds TSB Foundation Trust	-	24,334	24,334	23,694
	<u>26,675</u>	<u>136,010</u>	<u>162,685</u>	<u>137,219</u>
<i>Other</i>				
City Bridge Trust	-	-	-	24,150
	<u>-</u>	<u>-</u>	<u>-</u>	<u>24,150</u>
Total donations and grants	<u>26,675</u>	<u>136,010</u>	<u>162,685</u>	<u>161,369</u>

In 2018 income from donations and grants was all restricted.

4. Investment Income

	Unrestricted Funds £	Restricted Funds £	2019 £	2018 £
Bank interest receivable	240	-	240	45
	<u>240</u>	<u>-</u>	<u>240</u>	<u>45</u>

In 2018 investment income was all unrestricted.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019 (continued)



5. Incoming resources from charitable activities

	Unrestricted Funds £	Restricted Funds £	2019 £	2018 £
<i>Advice</i>				
London Borough of Tower Hamlets:				
- Advice Service Consortium (LAP 3&4)	-	55,000	55,000	55,000
- Advice Service Consortium (LAP 7)	-	60,000	60,000	60,000
PCT – Social Action for Health	43,248	-	43,248	43,248
Big Energy Trust	-	3,000	3,000	4,000
Ocean Regeneration Trust – Money and Debt Advice	-	4,500	4,500	4,975
The Sheroes Programme	-	-	-	81,474
East End Community Foundation	-	20,000	20,000	17,500
	43,248	142,500	185,748	266,197
<i>Training and Development</i>				
London Borough of Tower Hamlets:				
- Skills for training programme	-	10,560	10,560	10,560
- Skills for training programme over- accrued income previous years	-	(1,680)	(1,680)	-
- Luncheon Clubs	-	17,373	17,373	14,040
- Sports and Arts	-	20,880	20,880	20,880
- Sports and Arts over-accrued income previous years		(15,521)	(15,521)	-
- EVA	-	46,283	46,283	46,282
- The Sheroes Programme	-	49,241	49,241	-
Prevent Fund	-	48,000	48,000	-
Elatt	-	18,240	18,240	-
Primary schools' ESOL projects	-	-	-	988
APASENTH e3 Project	-	71,000	71,000	75,050
Power to Change – Nursery project	-	-	-	62,991
Little Limehouse – Self-generated income	60,668	-	60,668	-
Little Limehouse – Nursery project	133,293	-	133,293	82,292
	193,961	264,376	458,337	313,083

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019 (continued)

5. Incoming resources from charitable activities (continued)

	Unrestricted Funds £	Restricted Funds £	2019 £	2018 £
Other income				
Getting on with money	4,385	-	4,385	-
Concordia Rent	8,010	-	8,010	9,792
Miscellaneous	7,126	-	7,126	9,295
Rent Receivable	39,627	-	39,627	37,345
	<u>59,148</u>	<u>-</u>	<u>59,148</u>	<u>56,433</u>

Total income from charitable activities

Advice	43,248	142,500	185,748	266,197
Training & Development	193,961	264,376	458,337	313,083
Other Income	59,148	-	59,148	56,433
	<u>296,357</u>	<u>406,876</u>	<u>703,233</u>	<u>635,713</u>

Income from charitable activities in 2018 was made up of £263,388 in unrestricted funds and £372,325 in restricted funds.

6. Costs of generating income

	Unrestricted Funds £	Restricted Funds £	2019 £	2018 £
Advertising & consulting	1,259	2,145	3,404	10,496
	<u>1,259</u>	<u>2,145</u>	<u>3,404</u>	<u>10,496</u>

Costs of generating income in 2018 were made up of £1,049 from unrestricted funds and £9,447 from restricted funds.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019 (continued)

7. Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	2019 £	2018 £
Direct Costs				
Staff costs	45,514	513,843	559,357	448,587
Other direct costs	-	111,377	111,377	88,360
Premises costs	21,865	32,523	54,388	55,388
Client services	28,669	6,788	35,457	26,761
Volunteers	-	1,518	1,518	1,657
Travel	1,107	1,884	2,991	3,057
Training and recruitment	-	4,857	4,857	-
	<u>97,155</u>	<u>672,790</u>	<u>769,945</u>	<u>623,810</u>
Support costs				
General office	15,752	26,820	42,572	38,953
Depreciation	3,894	6,632	10,526	9,420
	<u>19,646</u>	<u>33,452</u>	<u>53,098</u>	<u>44,419</u>
	<u>116,801</u>	<u>706,242</u>	<u>823,043</u>	<u>672,183</u>

Expenditure on charitable activities in 2018 was made up of £117,370 from unrestricted funds and £554,813 from restricted funds.

8. Governance

	Unrestricted Funds £	Restricted Funds £	2019 £	2018 £
Legal and professional fees	7,757	-	7,757	7,356
Loan interest	22,067	-	22,067	21,197
AGM & Planning Day	-	-	-	-
Audit and accountancy	5,193	-	5,193	7,713
	<u>35,017</u>	<u>-</u>	<u>35,017</u>	<u>36,266</u>

Governance costs in 2018 were all from unrestricted funds.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019 (continued)

9. Net incoming resources

Total resources expended are stated after charging:	2019	2018
	£	£
Operating leases -property	22,548	22,548
Auditors' remuneration – audit fees	2,200	3,150
Auditors' remuneration – non-audit services	2,960	4,563
Depreciation	10,526	9,420
	<u> </u>	<u> </u>

10. Staff costs and numbers

Staff costs were as follows:	2019	2018
	£	£
Salaries and wages	465,106	381,816
Sessional and cover contractors	48,284	31,678
Social security costs	38,610	31,545
Pension costs	7,357	3,548
	<u>559,357</u>	<u>448,587</u>

No employee received emoluments of more than £60,000.

The charity trustees were not paid or received any other benefits from employment with the Charity in the year (2018: £nil) neither were they reimbursed expenses during the year (2018: £nil). No charity trustee received payment for professional or other services supplied to the charity (2018: £nil).

The key management personnel of the Charity comprise the trustees and the director. The total employee benefits of the key management personnel of the Charity were £62,679 (2018: £62,089).

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

	2019	2018
	£	£
Core	3	3
Advice	8	6
Education	11	8
	<u>22</u>	<u>17</u>

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019 (continued)



11. Tangible fixed assets

	Office Equipment £	CRM Software £	Leasehold Property £	Total £
Cost				
At 1 st April 2018 and 31 st March 2019	95,392	26,864	833,720	955,976
Depreciation				
At 1 st April 2018	80,069	26,864	43,724	150,657
Provision for the year	3,831	-	6,695	10,526
At 31 st March 2019	83,900	26,864	50,419	161,183
Net book value at 31 st March 2019	11,492	-	783,301	794,793
Net book value at 31 st March 2018	15,323	-	789,996	805,319

12. Debtors

	2019 £	2018 £
Grants and contracts receivable	113,656	99,334
Prepayments and accrued income	32,025	77,200
	<u>145,681</u>	<u>176,534</u>

13. Cash and cash equivalents

	2019 £	2018 £
Cash at bank	319,664	333,389
Petty cash	1,312	2,124
	<u>320,976</u>	<u>335,513</u>

13. Creditors: amounts falling due within one year

	2019 £	2018 £
Bank loan	39,188	39,188
Trade creditors	53,559	49,638
Taxation and social security	7,920	3,777
Other creditors	9,672	8,159
Accruals and deferred income	28,862	80,099
	<u>139,201</u>	<u>180,861</u>

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019 (continued)

15. Creditors: amounts falling due after more than one year

	2019 £	2018 £
Bank loan	334,720	353,670
Repayable between two and five years	156,752	156,751
Repayable in five years or more	177,968	196,919
	<u>334,720</u>	<u>353,670</u>

The bank loan is secured with a legal charge on all the assets of the Charity.

16. Analysis of net assets between funds

Year ended 31 March 2019

	General Funds £	Designated Funds £	Restricted Funds £	Total Funds £
Tangible fixed assets	11,492	783,301	-	794,793
Current assets	343,040	-	123,617	466,657
Current liabilities	(48,465)	(39,188)	(51,548)	(139,201)
Long term liabilities	-	(334,720)	-	(334,720)
	<u>306,067</u>	<u>409,393</u>	<u>72,069</u>	<u>787,529</u>

Year ended 31 March 2018

	General Funds £	Designated Funds £	Restricted Funds £	Total Funds £
Tangible fixed assets	15,323	789,996	-	805,319
Current assets	346,869	-	165,178	512,047
Current liabilities	(48,564)	(39,188)	(93,109)	(180,861)
Long term liabilities	-	(353,670)	-	(353,670)
	<u>313,628</u>	<u>397,138</u>	<u>72,069</u>	<u>782,835</u>

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019 (continued)



17. Restricted Funds

Year ended 31 March 2019

	At 1 st April 2018 £	Incoming Resources £	Outgoing Resources £	Transfers (note 18) £	At 1 st March 2019 £
Restricted funds	72,069	542,886	(708,387)	165,501	72,069

Year ended 31 March 2018

	At 1 st April 2017 £	Incoming Resources £	Outgoing Resources £	Transfers (note 18) £	At 1 st March 2018 £
Restricted funds	131,635	533,694	(564,260)	(29,000)	72,069

18. Unrestricted Funds

Year ended 31 March 2019

	At 1 st April 2018 £	Incoming Resources £	Outgoing Resources £	Transfers (note 18) £	At 1 st March 2019 £
Designated funds					
Premises	397,138	-	-	12,255	409,393
General funds	313,628	323,272	(153,077)	(177,756)	306,067
Total unrestricted funds	710,766	323,272	(153,077)	(165,501)	715,460

Year ended 31 March 2018

	At 1 st April 2017 £	Incoming Resources £	Outgoing Resources £	Transfers (note 18) £	At 1 st March 2018 £
Designated funds					
Premises	385,842	-	-	11,296	397,138
General funds	187,176	263,433	(154,685)	17,704	313,628
Total unrestricted funds	573,018	263,433	(154,685)	29,000	710,766

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019 (continued)

18. Unrestricted Funds (continued)

Name of unrestricted fund	Description, nature and purpose of the fund
General funds	The 'free reserves' after allowing for designated funds
Designated funds:	
Property	The designated property fund represents the net book value of tangible fixed assets as these funds are tied up are unavailable for general use by the charity.

19. Transfers between funds

Transfers to restricted from unrestricted funds, as shown on the SOFA and in notes 17 and 18, represent the use of unrestricted funds to cover shortfalls in restricted funds on specific projects.

Designated funds show the current use or expected future use of unrestricted funds in the financial statements as decided by the trustees. Transfers are made to reflect changes in these funds.

20. Lease commitments

The charity's total of future minimum payments under non-cancellable operating leases of premises at 31 March 2019 is as follows:

	2019 Total £	2018 Total £
Payable:		
Within one year	20,661	22,548
Later than year and no later than five years	1,250	21,911
	<u>21,911</u>	<u>44,459</u>

21. Trustees and related party transactions

Apart from the Chief Executive Officer, Farida Yesmin, no members of the management committee received any remuneration during the year, nor were any expenses reimbursed to them (2018: nil).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year (2018: £nil).

22. Events after the financial period

There have been no significant events between the year end and the date of approval of these financial statements which would require a change to, or disclosure in, the financial statements.

23. Legal Status

The Charity is a charitable company limited by guarantee and consequently does not have share capital. Each of the members of the Charity is liable to contribute £1 towards the assets of the Charity in the event of liquidation.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019 (continued)



24. Pension scheme

Defined contribution pension scheme

The charitable company contributes to a defined contribution pension scheme for its employees. The pension cost charge for the period represents contributions payable by the charitable company to the respective scheme and amounted to £7,375 (2018: £3,548).

At the year end contributions totalling £2,673 (2018: £nil) were payable to the scheme and are included in other creditors.



Limehouse Project
RAISING ASPIRATIONS | CHANGING LIVES



Limehouse Project HQ

Unit 2

789-791 Commercial Road

St Anne's Street

London E14 7HG

Tel: 020 3069 7458 (DDI)

Little Limehouse Pre-School

Cheadle Hall

Cheadle House

Copenhagen Place

London E14 7EY

Tel: 020 7538 3555

Limehouse Project Outreach

Harford Street Multi Centre

1st Floor

115 Harford Street

London E1 4FG