

# IMPACT REPORT

Year ended: 30 April 2023



GLOBE  
COMMUNITY  
PROJECT



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# 01

## Message from our Chair

I decided to volunteer as a trustee for Globe Community Project to share my skills as a Civil Servant with an organisation that serves to improve the quality of life for the most isolated in Tower Hamlets. Since taking over as Chair, I have been able to engage more deeply and learn more about issues facing Globe Community Project's beneficiaries. I give many thanks to the previous Chair, Anne-Marie Irwin, for her dedication to the charity, its beneficiaries, and the board of trustees during her five years of service.

It has been an extremely positive year for Globe Community Project, and I'm delighted to report significant progress and impacts on many fronts.

Our charity exists to benefit local Tower Hamlets residents, and we reached 300 people this year, of whom 228 received in-depth long-term support, showing a 26% increase on last year's reach. To see the difference our work made to people in the borough, check our impact summary on page 8, or take a look at each project to meet some of the people we worked with.

This year the charity focused on improving delivery and reaching more beneficiaries, while working to proactively respond to their needs. Take Back Your Life, a project responding to health inequalities, experimented with hybrid courses that allow people to attend virtually or in-person, which was supportive for participants learning to manage chronic pain and illness. The project organised several group trips as requested by participants, and was selected as a finalist at the Innovation in Mindfulness Awards. The Touching Safe Ground project reached more refugee and migrant women than previous years, as well as many of their infant and school-aged children. Building on the initial pilot last year, the charity ran a regular crèche to support attendance of mothers, while increasing the nature connection and local orientation aspects of the service, holding outdoor sessions in Victoria Park, Bethnal Green Nature Reserve and Spitalfields City Farm. Globe Community Project developed a new Level 2 course

under the Wellbeing for Over 60s project, at the request of participants who wanted to go deeper, explore the wellbeing tools and positive transformation they had already experienced, cover new areas and deepen connections with one another.

Delivering specialist support to three different groups on a modest budget was made possible by building on partnerships with Poplar Harca, St Paul's Way Community Centre, Zaccheus Centre, Bromley By Bow Centre, St Hilda's Community Centre, the Sundial Centre, Mission Practice GP surgery, and Mindfulness in Action. The charity learned from each organisation, and looks forward to continuing these supportive relationships.

Alongside project delivery, Globe Community Project made time for tea, cake and inspiration at our Make It Happen event, where 40 stakeholders gathered at Cranbrook Community Centre to share ideas for the charity, and tell us what inspires them. Globe Community Project then commissioned a local needs assessment to find out what Tower Hamlets needs most, where the gaps are, and how the charity can help.

This year Globe Community Project held our biggest fundraising event ever, joining with local businesses and all our supporters to take the Big Give Christmas Challenge. The charity raised £7,466, with donations from 74 people and support from 7 local businesses; Estateology, Gail Smith Flowers, Face Lace make-up art, financial search tech company Gresham, law firm Rook Irwin Sweeney, Fuckoffee and Look Property.

The board of trustees continued to improve the charity's operations and effectiveness, while ensuring our ethical standards are put into practice. This was the second year as a Living Wage accredited employer, and the board also held a pay and pay policy review. The charity continued to receive pro-bono support from global law firm Dentons, ensuring our HR policies and procedures are compliant, and began preparing our strategy for 2023-2026.



After completing a skills audit of current board members, the charity executed our Expand and Diversify Strategy, completing an energising process with Tower Hamlets Minority Ethnic Trustees programme which led to four new appointments, while welcoming two further trustee appointments via other routes.

After saying goodbye to our Communications Officer Jess Baxter and wishing her well with her Assistant Curator role at Tate Modern, Globe Community Project appointed Tara Pollitt, who re-joins us alongside her work at the London Buddhist Centre. In March the charity said goodbye to Marcy Man Hong Yuen, who provided freelance assistance with our finances for several years. Globe Community Project thanks Marcy for her service. The charity has benefited from fantastic volunteer

support this year, with two regular volunteers supporting fundraising and finances, and four Touching Safe Ground volunteers continuing to support newly-arrived refugee and migrant women.

Whether you are someone who took part in our projects, somebody who helped them to happen through your skills, time, grants or donations, or you just want to know more about what's happening in Tower Hamlets, thank you for your interest in our work.

**Lily Wong Le**  
Chair of the Board of Trustees

# 02

## Our mission

*To transform loneliness into connection among isolated communities in and around Tower Hamlets.*

# 03

## Our aims

To **promote the benefit of local people**, by involving them in a common effort to enhance education, and to provide facilities in the interest of social welfare, recreation and leisure occupations, with the object of improving the quality of life for those in the local area.

To **provide access** to a wide range of **cultural, educational, physical, social and artistic activities that will act as a vehicle and motivator to develop actual and transferable skills for people of all ages from childhood up.**

To **encourage interaction** among people of different ages and **social and ethnic groups** within the community through the medium of arts and other activities and to **encourage the growth of the imagination, self-expression, clear communication and health and wellbeing** of participants.

The broad objects of the charity as stated in our governing document are: "To promote the benefit of the inhabitants of Globe Town, Tower Hamlets and surrounding areas, by associating together with inhabitants and sometimes including the local authorities, voluntary and other organisations, in a common effort to enhance education and to provide facilities in the interests of social welfare, recreation and leisure occupation, with the object of improving the conditions of life for the said inhabitants."

**Take Back Your Life** responds to health inequalities in the borough and high levels of poor physical and mental health among disadvantaged communities.

**Touching Safe Ground** responds to social isolation, disorientation and low wellbeing experienced by newly-arrived women migrants and asylum seekers.

**Wellbeing for Over 60s** is designed to enhance support for the high proportion of older residents in our borough who experience social isolation, poor mental health or low wellbeing.

Our projects are designed to respond to some of the most pressing needs in Tower Hamlets, and provide access to social connection alongside specialist, tailored wellbeing education, providing long term support and new skills to manage and enhance their personal and social wellbeing.

# 04

## Statement of public benefit



**In setting our objectives and planning our activities, our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit.**

# 05 Impact Summary

## Our impact



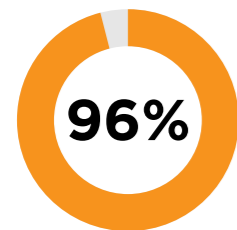
**300**  
people reached



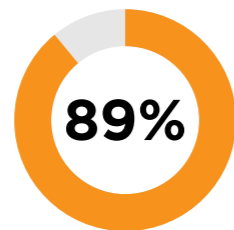
**228**  
received in-depth support of between 6 and 58 support sessions

## Safe space for refugee & migrant women

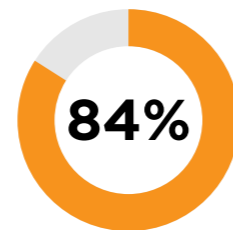
87 refugee and migrant women and children supported



improved their confidence, physical and mental health



felt more resilience and agency

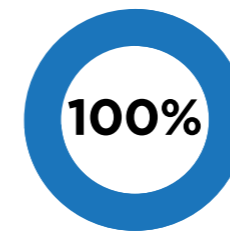


were better oriented, and felt more belonging

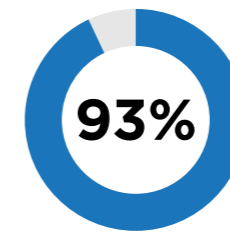
## Relief and practical tools to live well with chronic pain and illness



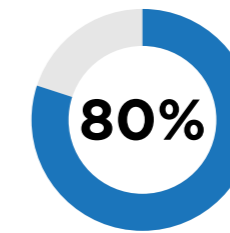
## After our pain management courses this year:



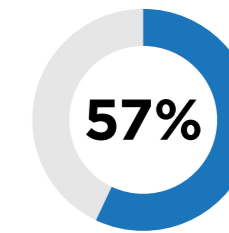
can better manage their pain and illness



have more skills to manage their pain or health condition

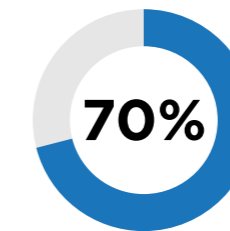


felt less alone



experienced reduced pain interference

## After the Mindfulness Champions programme:

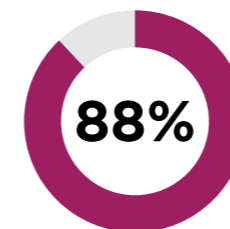


saw increased confidence to share skills with others

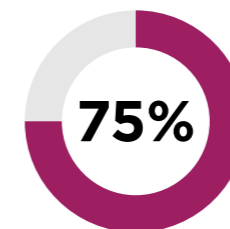
## Bringing joy, friendship and new skills to lonely older people

34 older people at risk of loneliness and isolation supported

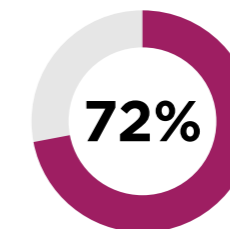
### After Level 1 course:



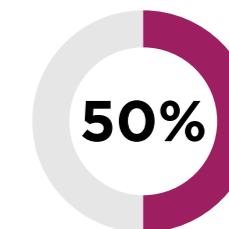
tried new behaviours



felt less isolated and lonely



had better wellbeing, self-esteem and sense of personal control over their lives

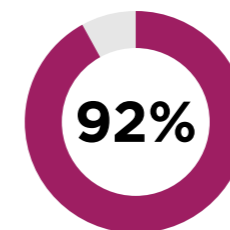


had improved skills and confidence to form bonds with other older people

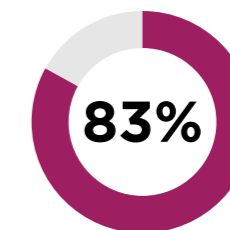
### After Level 2 course:



understood their emotional life better and had practical tools to calm down



felt better able to appreciate the good things in life



felt more able to turn towards death and dying, and discuss it with others

# 06

## Take Back Your Life

### Overview

Take Back Your Life provides pain management courses in the local community, giving participants tools, knowledge and skills to live well with chronic pain and illness. It is inclusive of people with lower incomes and different levels of English language and literacy skills, and offered free of charge.

### Who we helped

107 Tower Hamlets residents suffering from chronic pain and illness. Participants were from diverse backgrounds including Indian, White British, Bangladeshi, African, Caribbean, Pakistani, German, Greek, Italian and Chinese.

### What we delivered

- 3 x 6-week courses
- 52 mixed gender weekly support sessions
- 39 women-only weekly support sessions
- 5 community mindfulness workshops
- Social events including a group lunch, a trip to the opera to see 'It's a Wonderful Life,' and a New Year's Eve meditation workshop

#### Reported benefits include:

- *reduced pain symptoms*
- *increased ability to manage pain*
- *increased sense of calm, relaxation, appreciation of beauty and nature*
- *increased feelings of connection to others in their community*
- *ability to pace activities so they are manageable*

### Successes



Course attendance averaged 86%



Finalist in the Innovations in Mindfulness Award



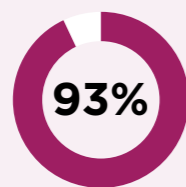
Subject of a 5-minute docu-short by Awake Academy

### Our impact

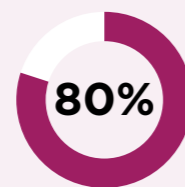
Over four years of operation, this programme has achieved significant results:



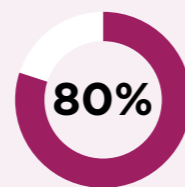
were better able to manage their pain or health condition



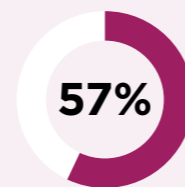
experienced less pain catastrophising



felt less alone



enjoyed their life more



saw a reduction in pain interference

### Case study

A is a single mum of four children, referred by social prescribers at the Bromley By Bow Centre. She suffers from chronic pain due to wear and tear in the spine, severe neck pain, as well as back pain and stiffness. She also has plantar fasciitis, diabetes, cholesterol and blood pressure problems.

“The first session was brilliant... I did enjoy Hayley and Jeanette’s voices. I felt safe with them. I learned from the course that you don’t have to push yourself. I learned how to accept my condition and pain. Because I’m a single parent, I always put myself in the back. At the end of the day I feel rubbish and in pain... then I’m hiding it and taking pain medication, four times a day. This course taught me it’s ok to take a break and put yourself first; I’ve never done any of that. I’ve learnt you don’t always have to be in the fast lane - thinking that dinner has to be ready, the house has to be clean. I’ve always rushed rushed rushed, felt guilty about being bed-bound and felt emotionally weak, because I couldn’t be Mum. The course taught me: No! It’s ok! You can let go, you can take time out, you need to heal yourself. I know the course is only 6 sessions but it taught me a lot. My children say “Mum, you seem a bit happier.” Now whenever I get stressed I go into my bedroom and close the door - I’d never done that before.”

### Funders

London Borough of Tower Hamlets,  
Local Community Fund  
Faith Action Network





Awake Academy filming Take Back Your Life



*This course did what it said on the tin - it gave me my life back. And now I want to put that into action - we need to continue."*

**Mumtaz**

*"Since I've been feeling a bit better about pain I've been able to cycle or rollerskate a bit. Before I just stayed home. Now I know it's there but I want to enjoy these things."*

**Participant**



*"I feel more connected with others. In the Monday group - everyone knows what it's like to have pain and feel a degree of debilitation. We understand each other and there is no judgement."*

**Raphaella**



*"Before I was so depressed. Now I feel really relaxed, my shoulder pain is gone, and in my chest I feel better. It's given me more energy."*

**Kalpana**

*"One thing I used recently is pacing. I hadn't hoovered for a long time and I could see things in the carpet. I only did the corridor and kitchen and thought the rest I will do tomorrow... I left the hoover out to remind me and I did the rest the next day. Pacing is very very good."*

**Maria**

# 07

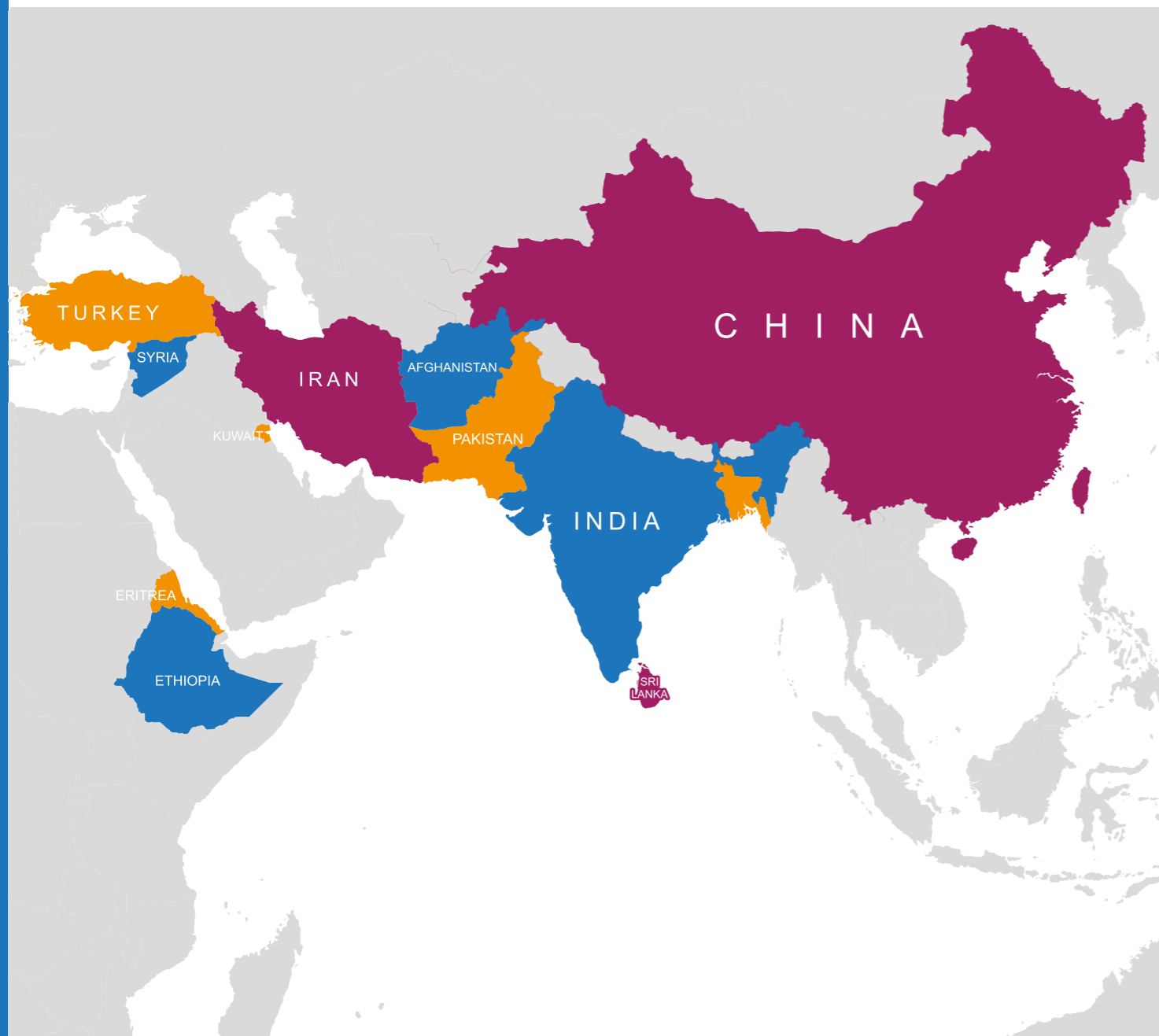
## Touching Safe Ground

### Overview

Touching Safe Ground provides newly-arrived refugee and migrant women who have suffered trauma with wellbeing and English language tools. Our weekly service provides trauma-informed yoga integrated with English language learning, providing a safe space for rest, care, social connection and learning, supported by a creche for mums.

### Who we helped

We supported 65 women, 15 school-aged children and 7 infants. Three quarters of the women were asylum seekers with experience of fleeing war, gender-based violence and/or multiple human rights abuses. About half were single mums, some had been trafficked as sex workers, and others exploited by traffickers on their way to the UK. Most had sustained injuries on the journey.



Gentle bodywork session for participants

### What we delivered

- 40 gentle yoga and English sessions at the Mission Practice GP surgery
- Weekly nursery sessions to support mums to attend
- 6 yoga and nature connection sessions at Spitalfields city farm
- 6 outdoor mindfulness sessions at Victoria Park
- Accompaniment from the hostel to sessions
- Coordinated donations of food, clothing, Christmas cards and gifts

### Case Study

When F joined the group she was suffering severe postnatal depression, spoke very little English, and spent most of her days in bed in the hostel. After she'd attended over 15 sessions, we wanted to find out how she was doing, and asked her some questions.

#### What stresses you out?

"High blood pressure, sudden fear, angry, hot mood, ill, sad." She later added: "children, husband, Home Office."

#### How do you take care of yourself?

"I go to walk to take care my body, I meet with family members, I need to take more care of my mind and hair, I can do this by eating fruits, water, yoga, counselling, walk, resting."

#### How do you feel after class?

"Before yoga today, I feel ok. After yoga I feel great."


### Successes


Outstanding impact data shows this project is having strong impact and meeting its objectives:

**99%** 99% of women report improvements in confidence, physical and mental health

**84%** 84% report increased orientation and belonging

**83%** 83% report improved English

 Took part in East London Business Association's Christmas Toy Appeal for the first time, providing gifts and cards for the children

 Partnered with the local Coop on Cambridge Heath Road to provide more nutrition support for the women

### Funders

Emergence Foundation  
The National Lottery  
Community Fund







Dedicated nursery allows mums to attend

*“Before my resilience was poor, now I have some friends and day-to-day this kind of confidence is going up.”*

**(Name protected)**

*“I’ve had a headache and pain in my body for 12 years and now it’s gone.”*

**(Name protected)**

*“I learnt a lot of things. Especially feelings on others and I am not the only one struggling.”*

**(Name protected)**

*“All the GPs want to refer to the class.”*

**Link worker,**  
Mission Practice GP surgery



Easter egg hunt

# 08 Wellbeing for Over 60s

## Overview

This project supports isolated older people at risk of loneliness with six-week wellbeing courses. Participants explore later life’s benefits and disadvantages, how to manage negative thoughts, and get the chance to socialise, while building skills to develop and maintain connection, including active listening, boosting self-esteem and sharing stories.

## Who we helped



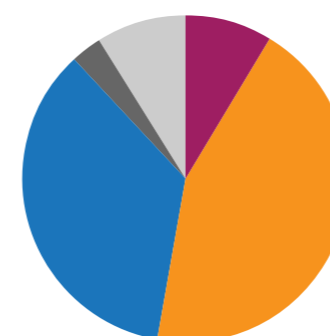
**34**  
older people at risk of loneliness and isolation



**22**  
were ‘new graduates.’

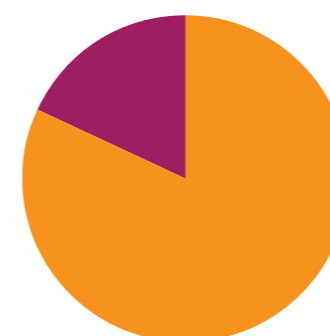
Ages ranged between

**52** and **92**



**Age\*:**

- Late 50s: 3
- Sixties: 15
- Seventies: 12
- Eighties: 0
- Nineties: 1
- Unknown: 3



**Gender\*:**

- Female 27
- Men 7

\*Collected data on 34 people.

Participants faced a combination of factors linked to loneliness including low income, disability, sensory impairment, mobility issues, chronic illness, mild mental illness, bereavement, widowhood, and living alone.

## Case Study

“We are many of us, lonely people – we just want to talk to other people. This course gave me some hope. I was a little bit apprehensive to begin with, because I didn’t actually know what was going to happen. I wanted to improve, I think we all do. I’ve been on my own for a long time, so it was helpful to me being in a group because I’m actually on my own, I have no help, I have no support. So just talking to people, people like me, was beneficial. Overall, it did work. Geoff, 62 years old.”



Felicia and Irene

## What we delivered



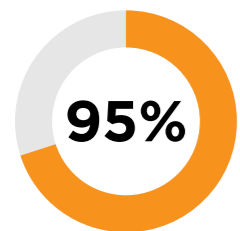
**20**  
sessions



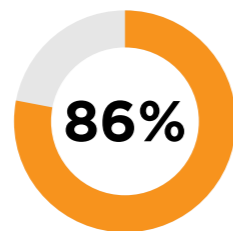
**01**  
feedback and  
co-design session

## Our impact

Of all those taking part so far, we were able to gather pre- and post-intervention data for 28 people. Based on this data:



of participants reported better wellbeing during this 3-year programme.



attended 3 or more of their 6 sessions, despite multiple barriers to attendance



went on to join the alumni programme, supporting new participants

## Successes



Developed and piloted a Level 2 course in response to participant feedback



Included outdoor nature connection activities at participant's request



88% of those accessing Level 2 had tried new behaviours since Level 1



100% of those taking the Level 2 course were keen to take their skills further

## Funders

The Charity of Sir Richard Whittington, The National Lottery Community Fund



*"I feel lighter, not so 'in my head' all the time. More able to cope with how my life actually is. I have learned to make small changes in my life which make it easier."*

**Nicole**

*"I made friendships that are still going... and I'm going out more, communicating more and sticking to things more."*

**Mary**

*"I learned how to change a habit, which I really need to do, and how our thoughts are not always right. To be confident."*

**Sharon**



Growing seeds together

# 09

## How we measure our impact

### To measure our impact we use a combination of methods:

- gathering quantitative data on attendance at activities,
- collecting baseline data on the area of health or wellbeing we're seeking to improve, then checking scores at the end of activities,
- collating case studies which give insights into the lives of those we work with, and how our support is meeting them,
- conducting in-depth interviews with some participants across each project,
- documenting activities with photographs and video, where this is appropriate,
- asking people's informed consent to share their words or any images of them.

We don't calculate data on what academic course providers call 'retention,' as this would be a poor measure of impact or outcomes when working with participants facing multiple barriers to attending sessions. For example, at times a newly-arrived woman seeking asylum may need to care for a child or sick relative, attend health and immigration appointments, or feel too disoriented and overwhelmed to leave her accommodation. But despite missing a session or two, she continues to attend. Isolated older participants often have sensory impairments, disabilities, and health appointments which can hamper attendance. Likewise, those suffering chronic pain and illness often have health appointments as well as physical and mental health issues which act as further barriers.

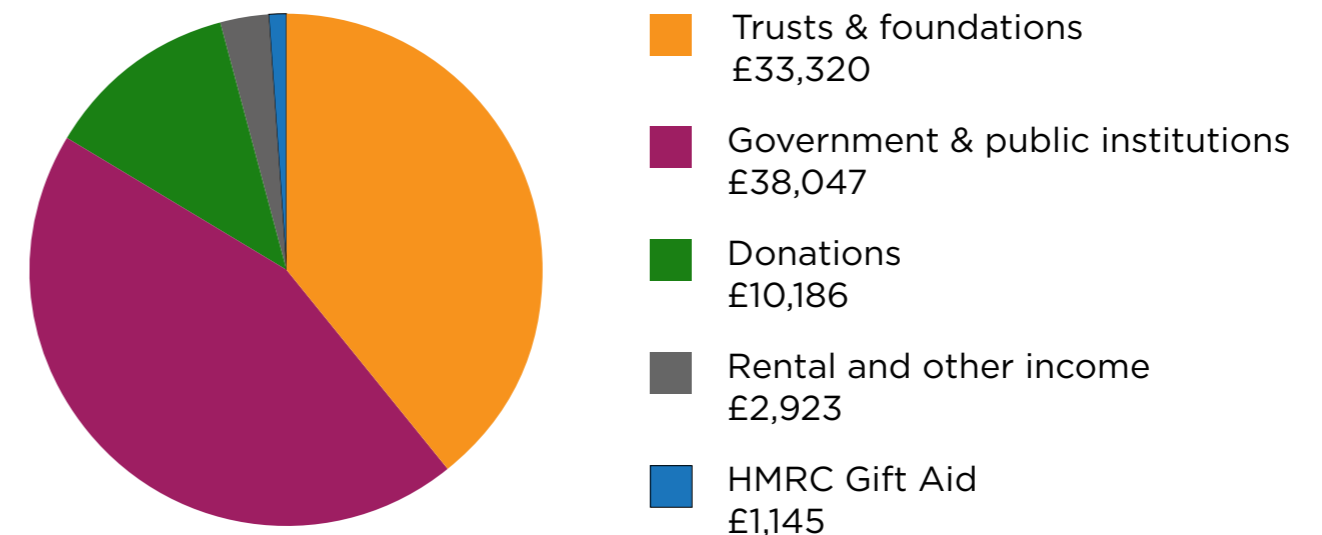


# 10

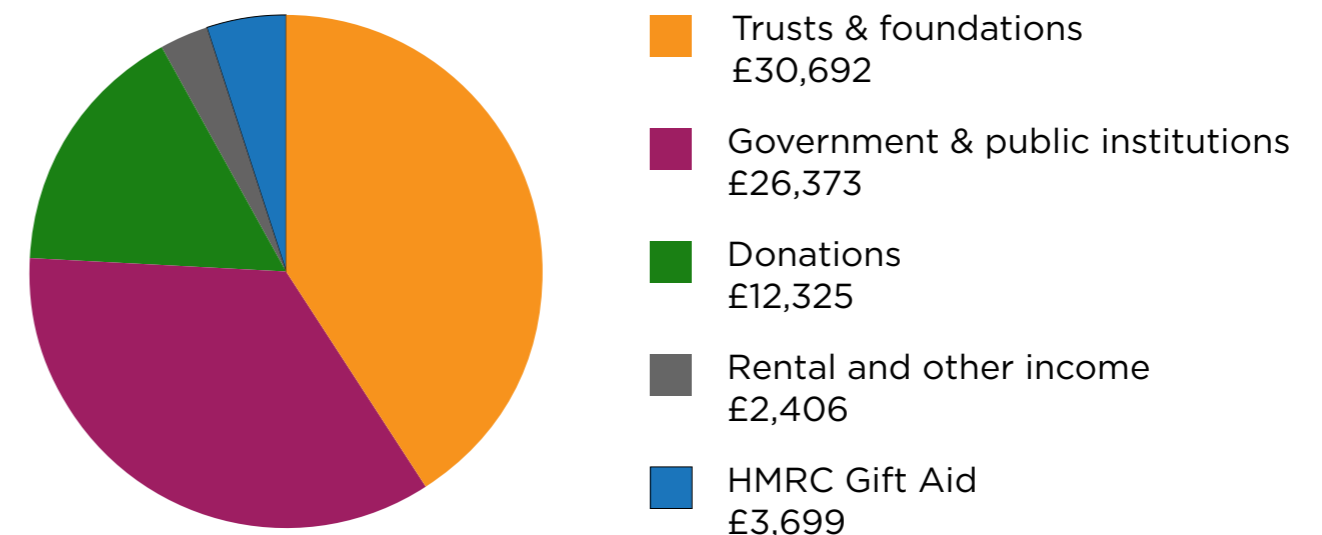
## Your support, and how we used it

### How you gave

2023 Total £85,621

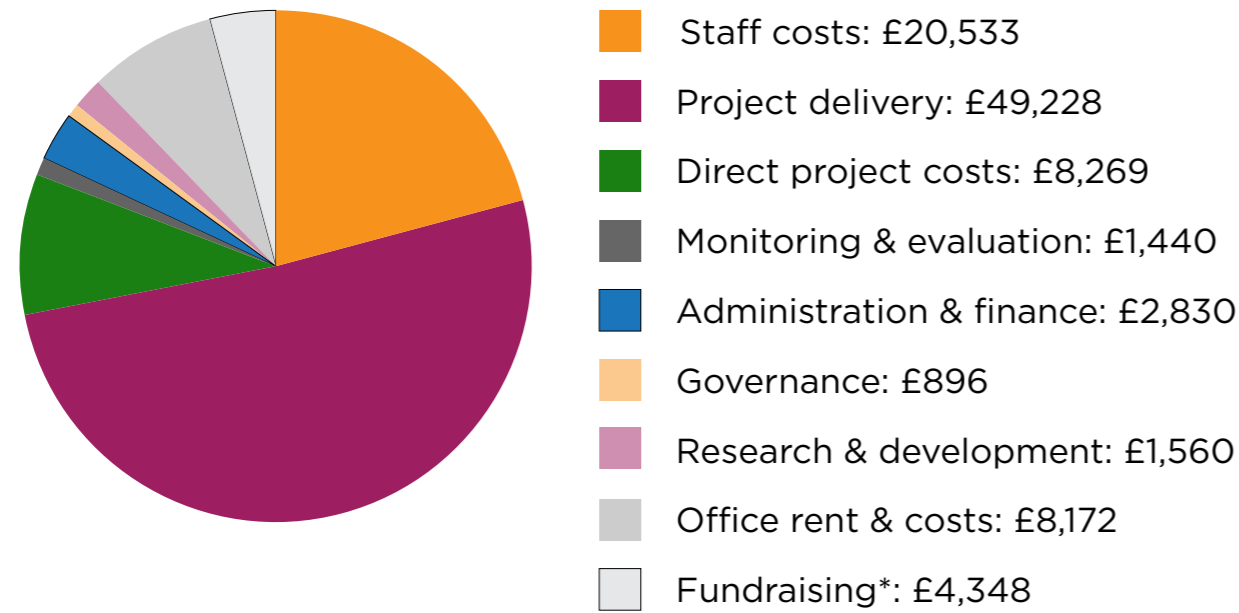


2022 Total £75,459

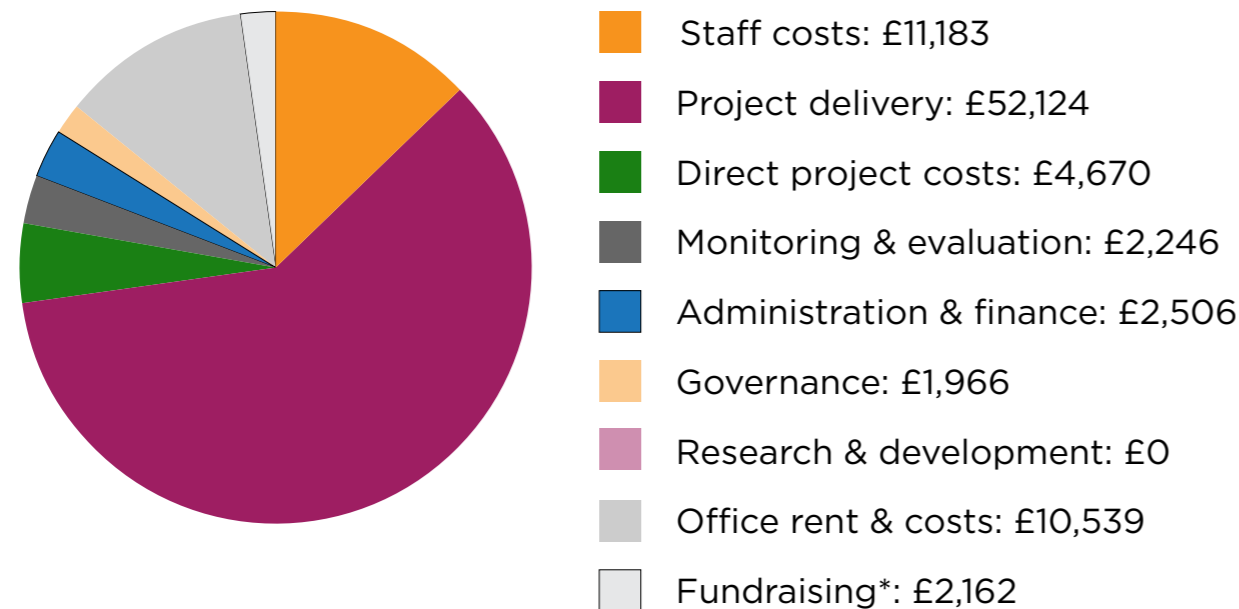


# How we used the money

**2023** Total £97,276



**2022** Total £87,396



\* Fundraising figures are shown differently to those previously reported for YE 2022 as we have refined the way we report our fundraising spend to ensure we reflect staff time spent on fundraising.

# 11 Thank you

For being part of the local community and uniting to create positive change for the people who need it most.

To each of our individual supporters. Your donations not only provide the material support to keep our work going, but they show we are not alone in our vision, and that the desire to see more and more connection, creativity and cohesion inspires you too.

To Anna Chabrelie and Esther Langdon of Dentons law firm, for your expert guidance in ensuring that various aspects of our operations are compliant.

To the trusts, foundations and institutions which have generously supported us this year:

- Emergence Foundation
- Faith Action Network
- London Borough of Tower Hamlets, Local Community Fund
- London Borough of Tower Hamlets, Social Value Benefit scheme
- Merchant Taylor's Foundation
- The Archer Trust
- The Charity of Sir Richard Whittington / The Mercers' Company
- The National Lottery Community Fund
- Wakefield and Tetley Trust



MERCHANT TAYLORS' FOUNDATION



THE MERCERS' COMPANY



To St Margaret's House for being so much more than the building which houses our office. We greatly appreciate all the opportunities for networking, support and friendship.

To our designer Alex Keating for helping us communicate the impact of our work - and make it look beautiful.

# 12

## Financial statements

### Globe Community Project

#### Statement of financial activities (incorporating an income and expenditure account)

For the year ended 30 April 2023

#### Current year

	Note	Unrestricted general fund £	Designated fund £	Restricted funds £	2023 Total £
<b>Income from:</b>					
Donations		11,331	-	-	11,331
Charitable activities					
Grants	2	8,501	-	62,866	71,367
Other trading activities	3	2,923	-	-	2,923
<b>Total income</b>		<b>22,755</b>	<b>-</b>	<b>62,866</b>	<b>85,621</b>
<b>Expenditure on:</b>					
Raising funds	4	4,348	-	-	4,348
Charitable activities	4	21,542	7,603	63,783	92,928
<b>Total expenditure</b>		<b>25,890</b>	<b>7,603</b>	<b>63,783</b>	<b>97,276</b>
<b>Net expenditure for the year</b>	5	<b>(3,135)</b>	<b>(7,603)</b>	<b>(917)</b>	<b>(11,655)</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		6,850	7,603	8,411	22,864
<b>Total funds carried forward</b>	13a	<b>3,715</b>	<b>-</b>	<b>7,494</b>	<b>11,209</b>

#### Prior year

	Note	Unrestricted general fund £	Designated fund £	Restricted funds £	2022 Total £
<b>Income from:</b>					
Donations		16,024	-	-	16,024
Charitable activities					
Grants	2	-	-	57,065	57,065
Other trading activities	3	2,406	-	-	2,406
<b>Total income</b>		<b>18,430</b>	<b>-</b>	<b>57,065</b>	<b>75,495</b>
<b>Expenditure on:</b>					
Raising funds	4	2,162	-	-	2,162
Charitable activities	4	14,369	7,471	63,394	85,234
<b>Total expenditure</b>		<b>16,531</b>	<b>7,471</b>	<b>63,394</b>	<b>87,396</b>
<b>Net income/(expenditure) for the year</b>	5	<b>1,899</b>	<b>(7,471)</b>	<b>(6,329)</b>	<b>(11,901)</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		4,951	15,074	14,740	34,765
<b>Total funds carried forward</b>	13b	<b>6,850</b>	<b>7,603</b>	<b>8,411</b>	<b>22,864</b>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 13 to the financial statements.

### Globe Community Project

#### Balance sheet

Company no. 04992627

As at 30 April 2023

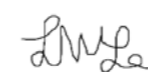
	Note	£	2023 £	£	2022 £
<b>Current assets:</b>					
Debtors	10		2,337		9,213
Cash at bank and in hand			12,575		15,956
			<b>14,912</b>		25,169
<b>Liabilities:</b>					
Creditors: amounts falling due within one year	11		(3,703)		(2,305)
<b>Total net assets</b>			<b>11,209</b>		<b>22,864</b>
<b>The funds of the charity:</b>	13a				
Restricted income funds			7,494		8,411
Unrestricted income funds:					
Designated funds		-		7,603	
General funds		3,715		6,850	
Total unrestricted funds			<b>3,715</b>		14,453
<b>Total charity funds</b>			<b>11,209</b>		<b>22,864</b>

The opinion of the directors is that the company is entitled to the exemptions conferred by Section 477 of the Companies Act 2006 relating to small companies.

The directors acknowledge the following responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

Approved by the trustees on 6 September 2023 and signed on their behalf by



28th July 2022

Lily Wong Le  
Chair

## Globe Community Project

### Notes to the financial statements

#### For the year ended 30 April 2023

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##### 1 Accounting policies

###### a) Statutory information

Globe Community Project is a charitable company limited by guarantee and is incorporated in England.

The registered office address and principal place of business is St Margaret's House, 21 Old Ford Road, London, E2 9PL.

###### b) Basis of preparation

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

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

###### c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

###### d) Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue as a going concern for the next 12 months.

###### e) Income

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

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

## Globe Community Project

### Notes to the financial statements

#### For the year ended 30 April 2023

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##### 1 Accounting policies (continued)

###### f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

###### g) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

###### h) Expenditure 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:

- Costs of raising funds relate to the costs incurred by the charity in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering projects to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

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

###### i) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

###### j) 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.

###### k) 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.

###### l) Pensions

The charity offers a defined contribution scheme to its employees. The costs of contributions are recognised in the year they are payable.

Globe Community Project

Notes to the financial statements

For the year ended 30 April 2023

2 Grants received

	Unrestricted £	Restricted £	2023 Total £	Unrestricted £	Restricted £	2022 Total £
London Borough of Tower Hamlets Local Community Fund (LBTH)	-	28,047	<b>28,047</b>	-	26,373	26,373
Charity of Sir Richard Whittington	-	7,894	<b>7,894</b>	-	13,156	13,156
Wakefield and Tetley Trust	1	3,125	<b>3,126</b>	-	4,577	4,577
Emergence Foundation	-	12,000	<b>12,000</b>	-	12,959	12,959
The Archer Trust	3,500	-	<b>3,500</b>	-	-	-
The Merchant Taylors' Foundation	5,000	-	<b>5,000</b>	-	-	-
Lifeline Community Projects (FaithAction)	-	1,800	<b>1,800</b>	-	-	-
National Lottery Community Fund	-	10,000	<b>10,000</b>	-	-	-
<b>Total income from charitable activities</b>	<b>8,501</b>	<b>62,866</b>	<b>71,367</b>	<b>-</b>	<b>57,065</b>	<b>57,065</b>

3 Income from other trading activities

	Unrestricted £	Restricted £	2023 Total £	Unrestricted £	Restricted £	2022 Total £
Rent received	2,837	-	<b>2,837</b>	2,400	-	2,400
Other income	86	-	<b>86</b>	6	-	6
	<b>2,923</b>	<b>-</b>	<b>2,923</b>	<b>2,406</b>	<b>-</b>	<b>2,406</b>

Globe Community Project

Notes to the financial statements

For the year ended 30 April 2023

4a Analysis of expenditure (current year)

	Raising funds £	Charitable activities £	Governance costs £	Support costs £	2023 Total £	2022 Total £
Staff costs (Note 6)	3,970	12,661	-	7,872	<b>24,503</b>	13,345
Project delivery	-	49,228	-	-	<b>49,228</b>	52,124
Direct project costs	-	8,269	-	-	<b>8,269</b>	4,670
Monitoring and evaluation	-	1,440	-	-	<b>1,440</b>	2,246
Administration and finance	-	-	896	2,830	<b>3,726</b>	4,472
Research and development	-	-	-	1,560	<b>1,560</b>	-
Office rent and costs	-	669	-	7,503	<b>8,172</b>	10,539
Raising funds	378	-	-	-	<b>378</b>	-
	<b>4,348</b>	<b>72,267</b>	<b>896</b>	<b>19,765</b>	<b>97,276</b>	<b>87,396</b>
Support costs	-	19,765	-	(19,765)	-	-
Governance costs	-	896	(896)	-	-	-
<b>Total expenditure 2023</b>	<b>4,348</b>	<b>92,928</b>	<b>-</b>	<b>-</b>	<b>97,276</b>	
Total expenditure 2022	<b>2,162</b>	<b>85,234</b>	<b>-</b>	<b>-</b>		<b>87,396</b>

4b Analysis of expenditure (prior year)

	Raising funds £	Charitable activities £	Governance costs £	Support costs £	2022 Total £
Staff costs (Note 6)	2,162	6,486	-	4,697	<b>13,345</b>
Project delivery	-	52,124	-	-	<b>52,124</b>
Direct project costs	-	4,670	-	-	<b>4,670</b>
Monitoring and evaluation	-	2,246	-	-	<b>2,246</b>
Administration and finance	-	1,267	1,966	1,239	<b>4,472</b>
Office rent and costs	-	2,920	-	7,619	<b>10,539</b>
	<b>2,162</b>	<b>69,713</b>	<b>1,966</b>	<b>13,555</b>	<b>87,396</b>
Support costs	-	13,555	-	(13,555)	-
Governance costs	-	1,966	(1,966)	-	-
<b>Total expenditure 2022</b>	<b>2,162</b>	<b>85,234</b>	<b>-</b>	<b>-</b>	<b>87,396</b>

Globe Community Project

Notes to the financial statements

For the year ended 30 April 2023

5 Net expenditure for the year

This is stated after charging / (crediting):

	2023 £	2022 £
Operating lease rentals payable:		
Property	3,107	2,500
Independent Examiner's Fee		
Independent Examination (including VAT)	780	720
	<u>3,887</u>	<u>3,220</u>

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2023 £	2022 £
Salaries and wages	23,821	12,972
Social security costs	2,006	1,093
Employment allowance	(2,006)	(1,093)
Employer's contribution to defined contribution pension schemes	682	373
	<u>24,503</u>	<u>13,345</u>

No employee earned more than £60,000 during the year (2022: nil).

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £24,503 (2022: £13,345).

The charity trustees were neither paid nor received any other benefits from employment with the charity in the year (2022: £nil). No charity trustee received payment for professional or other services supplied to the charity (2022: £nil).

No trustee received any expenses during this year (2022: £nil)

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 0.6 (2022: 0.4).

8 Related party transactions

There are no related party transactions to disclose for this financial year.

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

Globe Community Project

Notes to the financial statements

For the year ended 30 April 2023

9 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10 Debtors

	2023 £	2022 £
Prepayments	-	4,244
Accrued income	2,337	4,969
	<u>2,337</u>	<u>9,213</u>

11 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	1,048	1,510
Taxation and social security	-	15
Accruals	780	780
Deferred income	1,875	-
	<u>3,703</u>	<u>2,305</u>

Deferred income comprises grants received in advance. £1,875 was deferred in the current year (2022: £nil).

12a Analysis of net assets between funds (current year)

	General unrestricted £	Designated £	Restricted £	Total funds £
Net current assets	3,715	-	7,494	11,209
<b>Net assets at 30 April 2023</b>	<u>3,715</u>	<u>-</u>	<u>7,494</u>	<u>11,209</u>

12b Analysis of net assets between funds (prior year)

	General unrestricted £	Designated £	Restricted £	Total funds £
Net current assets	6,850	7,603	8,411	22,864
<b>Net assets at 30 April 2022</b>	<u>6,850</u>	<u>7,603</u>	<u>8,411</u>	<u>22,864</u>



Globe Community Project

Notes to the financial statements

For the year ended 30 April 2023

13a Movements in funds (current year)

	At 1 May 2022 £	Income & gains £	Expenditure & losses £	At 30 April 2023 £
<b>Restricted funds:</b>				
Wellbeing for over 60's	4,711	7,894	(12,605)	-
Take Back Your Life	(7,520)	29,847	(20,853)	1,474
Touching Safe Ground	11,220	22,000	(27,200)	6,020
Wakefield and Tetley Trust	-	3,125	(3,125)	-
<b>Total restricted funds</b>	<b>8,411</b>	<b>62,866</b>	<b>(63,783)</b>	<b>7,494</b>
<b>Unrestricted funds:</b>				
<b>Designated funds:</b>				
Core Support Fund	7,603	-	(7,603)	-
<b>General funds</b>	<b>6,850</b>	<b>22,755</b>	<b>(25,890)</b>	<b>3,715</b>
<b>Total unrestricted funds</b>	<b>14,453</b>	<b>22,755</b>	<b>(33,493)</b>	<b>3,715</b>
<b>Total funds</b>	<b>22,864</b>	<b>85,621</b>	<b>(97,276)</b>	<b>11,209</b>

The narrative to explain the purpose of each fund is given at the foot of the note below.

13b Movements in funds (prior year)

	At 1 May 2021 £	Income & gains £	Expenditure & losses £	At 30 April 2022 £
<b>Restricted funds:</b>				
Wellbeing for over 60's	7,571	13,156	(16,016)	4,711
Take Back Your Life	1,223	23,645	(32,388)	(7,520)
Touching Safe Ground	-	12,959	(1,739)	11,220
The Language of Wellbeing	5,946	-	(5,946)	-
Greenways Fete	-	2,728	(2,728)	-
Wakefield and Tetley Trust	-	4,577	(4,577)	-
<b>Total restricted funds</b>	<b>14,740</b>	<b>57,065</b>	<b>(63,394)</b>	<b>8,411</b>
<b>Unrestricted funds:</b>				
<b>Designated funds:</b>				
Core Support Fund	15,074	-	(7,471)	7,603
<b>General funds</b>	<b>4,951</b>	<b>18,430</b>	<b>(16,531)</b>	<b>6,850</b>
<b>Total unrestricted funds</b>	<b>20,025</b>	<b>18,430</b>	<b>(24,002)</b>	<b>14,453</b>
<b>Total funds</b>	<b>34,765</b>	<b>75,495</b>	<b>(87,396)</b>	<b>22,864</b>

Globe Community Project

Notes to the financial statements

For the year ended 30 April 2023

Purposes of restricted funds

Fund name	
Wellbeing for over 60's	Wellbeing courses for older people at risk of loneliness and isolation.
Take Back Your Life	Mindfulness-based support to address chronic pain, illness and related social isolation and inactivity.
Touching Safe Ground	A blended programme of trauma-informed yoga, ESOL and local orientation for refugee and migrant women.
Wakefield and Tetley Trust	Contribution to salaries for programme management costs.

Purposes of designated funds

Core Support Fund	To cover a shortfall in expected income for the financial years 2021/22 and 2022/23
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14 Operating lease commitments payable as a lessee

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods

	2023 £	2022 £
<b>Property:</b>		
Less than one year	1,313	1,250
	<b>1,313</b>	<b>1,250</b>

15 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £5.

# 13

## Financial review

The gross income for the year was £85,621, comprising £62,866 Restricted funds and £22,755 Unrestricted funds.

Unrestricted income rose by 23% this year, comprising £3,633 regular donations, £6,553 raised through the Big Give Christmas Challenge, £1,145 in Gift Aid, £2,924 in rental and other income, a £5,000 grant from Merchant Taylor's Foundation towards general running costs, and a £3,500 grant from The Archer Trust towards general costs. The rise in Unrestricted funding was primarily due to winning core funding from two new donors, whereas fundraising events income fell due to fewer events than last year. We achieved our target of improving income diversity, with 5 active project grants and 3 core grants this year (2022: 4, 1).

Restricted income rose again this year, reflecting an £1,800 grant from Faith Action Network towards the Take Back Your Life project, a £10,000 grant from the National Lottery Community Fund towards the Touching Safe Ground project, and a £5,000 grant from The Wakefield & Tetley Trust for Programme Management costs. This grant played a key role in supporting expanded service delivery, with activities reaching 26% more beneficiaries this year.

Total expenditure was £97,276, including £63,783 Restricted funds, and £33,493 Unrestricted funds.

Spending of Unrestricted funds increased compared with the previous year, while Restricted spending remained stable. The increase in Unrestricted spending reflects the planned spend-down of designated funds, recruitment costs to cover a planned sabbatical, Research and Development costs supporting our 2023-2026 strategy,

increased Training costs investing in corporate fundraising and financial management training, increased fundraising costs as we approached the end of a three-year project cycle, and increased volunteer expenses matching increased volunteer support. High inflation also played a role.

During the year ended 2021, trustees designated £15,074 of Unrestricted funds for essential future spending during the years ending 2022 and 2023. This decision followed the death of a significant former donor, the ongoing challenges and uncertainties posed by the pandemic, and their impact on GCP's ability to hold fundraising events. The remaining £7,603 from the designated fund was spent this year, in accordance with the designation.

We ended the year with total funds of £11,209, comprising £7,494 Restricted funds and £3,715 Unrestricted reserves. The net deficit of £11,655 should be seen in the context of a three-year project cycle beginning 2020. In 2020 we ended the year with a net surplus of £26,805, with delivery to vulnerable groups delayed by the pandemic. The net deficit shown in our 2021, 2022 and present accounts largely reflects planned spend-down of that initial surplus, concluding this year.

While at the time of signing these accounts, the charity has been impacted by the global Covid-19 virus, the global economic impacts of the Russia-Ukraine war and the UK Cost of Living crisis, the trustees have reassessed the charity's ability to continue for at least 12 months from the date the accounts are approved, and conclude that no material uncertainties exist that cast significant doubt on the charity's ability to continue as a going concern.

# 14

## Reserves and risk management

The charity's free reserves, excluding fixed assets (£0) at the year end were **£3,715**, lower than the £7,000 target level initially set for this year. In December 2022, after reviewing the increasingly uncertain operating environment for small charities, associated financial risks and GCP's desire to sustain increased income levels, as well as standard charity practice, the Management Committee decided to set a target range of 3-6 months' operating costs for reserves. The revised target based on income forecasts is £20-40,000, however it may take up to 3-5 years to reach that target.

GCP has a Reserves policy and a Risk Management policy which includes the expectation that the Management Committee will review the year's financial risks at least once a year. The board of trustees aims to ensure that reserves remain at a reasonable proportion of overall turnover, and are able to cover any financial risks that have been identified. Reserves can be accessed, in line with the Reserves policy, in any circumstances in which the expected unrestricted funds fall short of being able to meet essential costs for the year.



# 15

## Governance and management

### Constitution

Globe Community Project is a company limited by guarantee and was formed on 11 December 2003. It is governed by a memorandum and articles of association as amended by special resolution dated 17 June 2004, 3 July 2015, 18 September 2019 and 12 January 2021. The liability of the members in the event of the company being wound up is limited to a sum not exceeding £5.

Charity number: 1104770  
Company number: 04992627

### Directors and trustees

The directors of the charitable company (“the charity”) are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees. The management committee is responsible for the day-to-day running of the Globe Community Project (GCP), and meets every three months. The trustees are all members of the management committee. There may also be members of this committee who are not trustees, who have time and/or particular skills to offer and are interested in supporting the work of the charity. These members may be co-opted onto the committee during the year and then stand for re-appointment at the AGM.

### Trustees

Anna-Paulina Norbury (appointed March 2023)  
Arslan Hussain (appointed September 2022)  
Francis Addai, Treasurer (appointed September 2022)  
Julian Haxby, Company Secretary  
Kate Hayler  
Lily Le Wong (appointed November 2022)  
Parmjit Kaur Singh (appointed September 2022)

Ripon Shamsul Ray (appointed March 2023)  
Robert Tame  
Anne-Marie Irwin, Chair (resigned March 2023)  
Ruzina Begum (resigned July 2022)  
Sugati /Alison Ticher (resigned July 2022)

### Registered Office

St Margaret’s House, 21 Old Ford Road,  
London, E2 9PL

### Phone

07419 586150

### Bankers

The Co-operative Bank  
PO Box 250 Delf House  
Southway  
Skelmersdale  
WN8 6WT

### Independent Examiner

Wendy Smith ACCA  
SBC House  
Restmor Way  
Wallington  
SM6 7AH

### Investment powers

Under its Memorandum and Articles of Association, the charity has the power to make any investments, which the trustees see fit.

### Trustees’ responsibilities in relation to the financial statements

The trustees (who are also the directors for the purposes of company law) are responsible for preparing the Trustees report and the financial statements in accordance with the applicable law and UK Accounting Standards.

Company law requires the trustees to prepare financial accounts for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. 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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume the charity will continue in business.

The trustees are responsible for maintaining proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. The

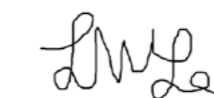
trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (Charities SORP (FRS102)), and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

### Independent Examination

In line with Charity Commission requirements, an independent examination of our accounts has been commissioned. The report of the Independent Examiner is on page XX. GCP is exempt from audit as our gross income falls below £1,000,000.

### Signed on behalf of the board of trustees



**Lily Le Wong**  
Chair  
Globe Community Project

6th September, 2023

# 16

## Report of the Independent Examiner

### Independent examiner's report to the trustees of Globe Community Project.

I report to the trustees on my examination of the financial statements of Globe Community Project for the year ended 30 April 2023 which are set out on pages 24 to 33.

This report is made solely to the trustees as a body, in accordance with the Charities Act 2011. My examination has been undertaken so that I might state to the trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Trust and the trustees as a body, for my examination, for this report, or for the opinions I have formed.

### Responsibilities and basis of report

As the trustees of the charitable company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act') and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### Independent examiner's statement

If the charity's gross income exceeds £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Certified Chartered Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with my examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the methods and principles of the "Accounting and Reporting by Charities: the 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 (FRS102) (effective 1 January 2015)".

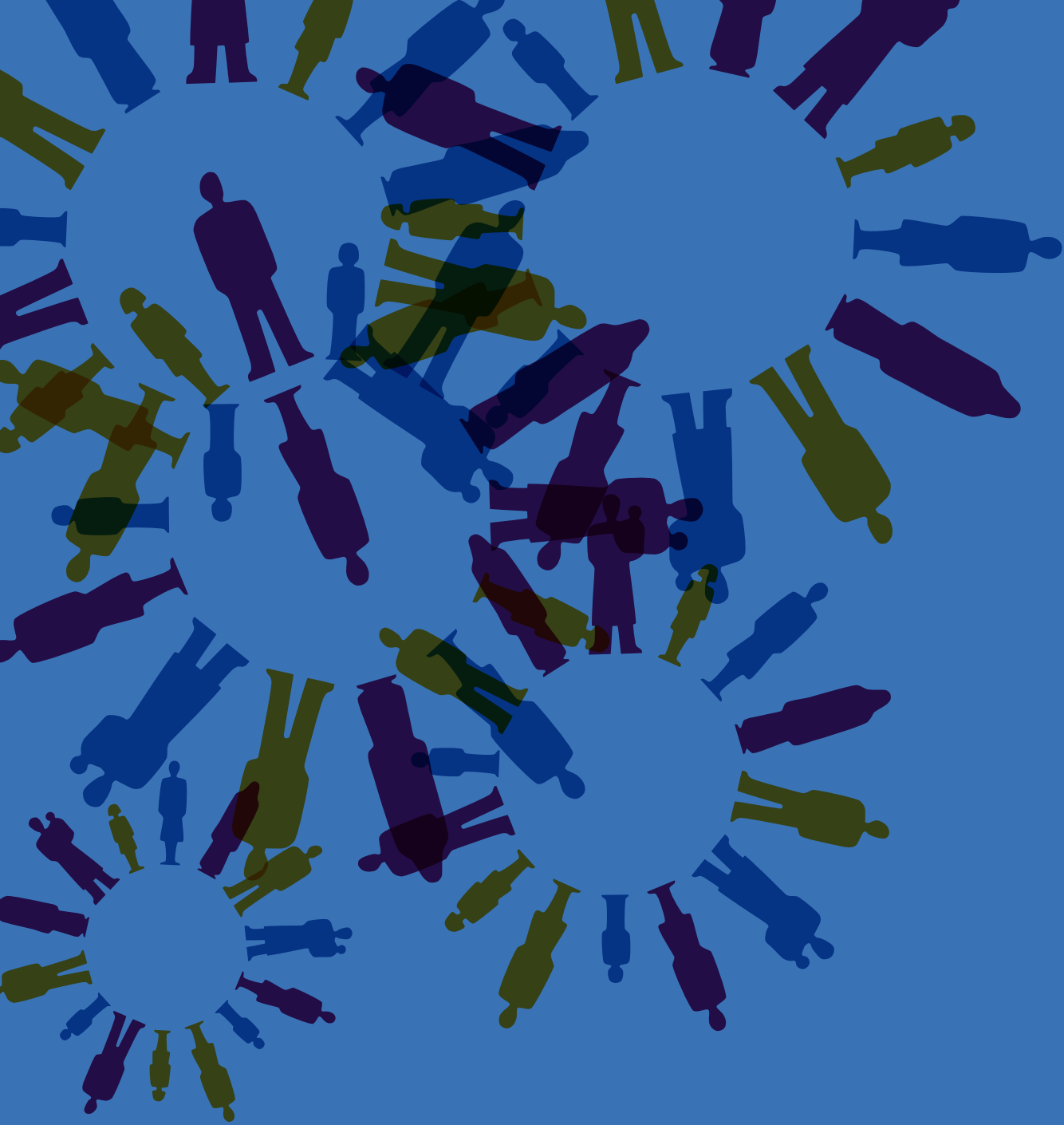
I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



**Wendy Smith FCCA**  
Independent Examiner  
Date: 6 September 2023





Globe Community Project  
Company number: 04992627  
Charity reg: 1104770



GLOBE  
COMMUNITY  
PROJECT