

Report of the Trustees and
Audited Financial Statements for the Year Ended 31 March 2023
for

Fulham Good Neighbour Service



I wanted to convey my thanks and gratitude for all the help and support given to me and also, and more importantly, for welcoming me and allowing me to join Fulham Good Neighbours
Beneficiary 2022/23

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The trustees who are also directors of Fulham Good Neighbour Service for the purposes of the *Companies Act 2006*, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of *Accounting and Reporting by Charities: Statement of Recommended Practice* applicable to charities preparing their accounts in accordance with the *Financial Reporting Standard* applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Our history

Founded in 1966, Fulham Good Neighbour Service grew from the *Fulham District Nursing Association* which itself was established as early as October 1919.

Following the First World War, the Mayor of the *Metropolitan Borough of Fulham* established the *Fulham War Memorial Trust Fund*. This funded the construction and ongoing maintenance of a war memorial, located in Vicarage Gardens on Putney Bridge Approach. The remainder of the Fund was invested so to establish the *Fulham District Nursing Association*.

In 1966 the then-named *London Borough of Hammersmith* became responsible for local health care provision. Consequently, *Fulham District Nursing Association* was dissolved. *The Fulham War Memorial Trust Fund* transferred the remaining funds to the newly established Fulham Good Neighbour Service.

In 2006 Fulham Good Neighbour Service moved to Rosaline Hall on Rosaline Road. Built in 1901, Rosaline Hall was initially a mission hall for the *Dawes Road Baptist Chapel*.

In 2019 Fulham Good Neighbour Service received *The Queen's Award for Voluntary Service*, and in 2022 won its first international award from the *International Congress of Healthy City Design*.

In 2023, Fulham Good Neighbour Service was awarded a *London Borough of Hammersmith and Fulham Civic Award* and represented the Borough at the *Local Charity Champions' Reception* at 10 Downing Street.

Vision, Mission, and Values

Vision Statement: *To create an inclusive community where neighbours look out and care for each other.*

Mission Statement: *We enrich the lives of older people and people with disabilities in Fulham by providing practical help and creating opportunities to: Contribute to society; Connect with others; and Live life to the fullest.*

Our Values: *Trustworthiness; Being welcoming & inclusive; and Proactivity & flexibility.*

Our year, 2022/23

The year saw excellent progress against our 2021-24 strategic aims. This included reaching:

- 223 beneficiaries (up from 197 in 2021/22) via our work in the *Home & Garden* supported by 16 volunteers,
- 443 beneficiaries (up from 346) via our work in the *Community and at our Community Centre* supported by 82 volunteers (up from 75, and excluding corporate volunteers, and those under 18 years of age), and
- 151 beneficiaries (up from 141) via our *Digital* support by 16 volunteers (up from 14).

We are pleased to have maintained *Healthy Workplace* accreditation, and to have welcomed Grace, Olivera and Rubab to the team. Lucia left with our well wishes in 2022, following four and a half years' service, for a volunteer management position at a national charity; we have since welcomed her back for volunteering duties at the *Parsons Green Fair*, which successfully returned in 2022 (following Covid) and 2023.

We are now delivering activity at the community centre six days a week, which has included the launch of our *Community Choir*, our successful *Movement is Medicine* series, and the return of *Sunday Afternoon Tea*. We are excited to have *Digital Inclusion drop-in* and *Peer Facilitation Group Training* commencing early in 2023/24.

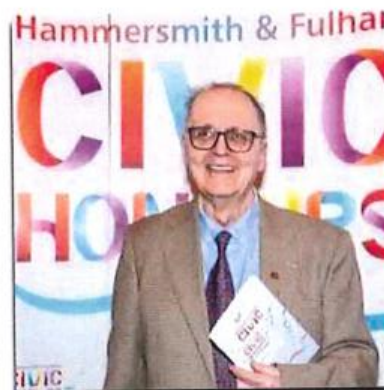
The dedication of volunteers, such as Avril Peyton, Tom Cook, Jean Cairns, and Andy Munday, who lead their own respective *Social Clubs* for Fulham Good Neighbour Service, was recognised by (former) Mayor PJ Murphy who invited ten of our volunteers to his *Mayor's Reception* in September 2022. We were also proud to have volunteers join staff at the *Fulham Business Improvement District Awards* in February 2023.

Following a successful crowd-fundraiser, our community has raised funds for the installation of solar panels at our community centre early in 2023/24. This is projected to save us £500 annually in energy bills, while significantly reducing our carbon footprint too. It sits alongside projects such as our on-site composting of all gardening waste, and electric van use, as part of our ambition to support the Borough to reach *net zero carbon emissions by 2030*.

In 2022 Fulham Good Neighbours Service won our first international award for our partnership with *Imperial College London's Environmental Policy* department and *Nubian Life Resource Centre* for our *Adopt a Garden* project. This followed presentations of the work at the *International Congress of Healthy City Design* and Barcelona's *Urban Transitions Global Summit*. As such learning from the project has been disseminated both cross-sector and internationally, superseding all expectation in terms of level of influence. We were humbled again in November 2022 when our *Reading Group* was attended by a colleague from Stockholm Libraries on a research visit, representing a network of 40 sites.



Collecting our first international award in October 2022



Our volunteer Tom Cook, collecting our Civic Award in March 2023

University College London researchers have also shown interest in our work this year, which has included independent studies: analysing our *Digital Inclusion* project; providing *Systematic Review* of relevant project research; collaboration with the *Institute of Global Prosperity*; and data mapping against the *Index of Multiple Deprivation*.

Over the year, we developed an area of work we term *Capacity Building*. The aim is to provide interesting opportunities for community members and those working in the Borough to develop their skills or knowledge and understanding in particular areas, which are relevant to the work of Fulham Good Neighbours Service. In 2022 this included our 'wellbeing series' of workshops, *Movement is Medicine*, in partnership with *Maskell Biokinetics* and the *Biokinetics Association of the UK*. The project identified age and mobility related health concerns of our beneficiaries and brought community members and professionals together to learn over six months of fortnightly presentations. The project, delivered both at our community centre and online, also developed our referral pathways, increasing social prescription referrals from local professionals. The project was accessed by medical professionals as far afield as Namibia and South Africa as part of their *Continuous Professional Development*.

The year also saw us develop a relationship with *The New Normal* and *Rethink Mental Illness*, resulting in a training partnership for local professionals to develop their *Mental Health Peer Facilitation Group* skills over a ten-week project. Fulham Good Neighbours Service staff and volunteers as well as those from *Nubian Life Resource Centre*, *Richmond Fellowship*, *NHS Primary Care Network*, *Action on Disability* and *Nourish Hub* commenced the training in 2023. Dementia Awareness, Suicide Awareness, Emergency First Aid and Safeguarding training have also seen us build capacity amongst our staff, volunteers, and partners over the year, and we have secured funds for staff to be trained in *Mental Health First Aid* in 2023.

In 2023 Fulham Good Neighbours Service was recognised by a *London Borough of Hammersmith and Fulham Civic Honour: Contributions to building a Kinder, Safer, Stronger Borough*. This led to us representing the Borough at 10 Downing Street's *Local Charity Champion's Reception*.

It was pleasing to have grown our income again this year, and to have secured a third successive surplus in our accounts. Notable successes include entering into a two-year partnership with *City Bridge Trust* worth £100,000, and our best fundraising total to date for the *Parsons Green Fair*.

The research behind our projects

The Index for wellbeing in later life (2017)¹ identified 40 indicators which enhance an individual's sense of wellbeing. Of these, *creative & cultural participation* and *physical activity* were the two most significant factors. Our *Art, Craft, Reading*, and *Chair Based Exercise* projects therefore continue to be core to our work, as well as *Choir* introduced in 2023.

As per the *London Borough of Hammersmith and Fulham's* (LBHF's) *Older People's Commission* (2019), we aim to make Fulham the best place to grow old. The Commission identified concerns held by local older people, which we directly aim to combat. We continue to be committed to providing activity which enables access to services; reduces the impact of poverty and deprivation; and mitigates against loneliness and isolation.

We continue to take affirmative action on disability. As per the local *Disabled People's Commission*², we will ensure that there is '*nothing about disabled people without disabled people*'. This continues to be an area for development, which we are doing in consultation with *Action on Disability*.

¹Age UK and the University of Southampton

² [Nothing about us without us - Disabled People's Commission Report](#)

Our projects

We remain committed to supporting older, disabled, and disadvantaged people living in Fulham. All projects are provided to beneficiaries for FREE. Our present offer includes:

Support in the Home & Garden via:

- [Decorating & DIY](#) – for those that cannot pay, nor do the work themselves
- [Gardening](#) – for those that cannot pay, nor do the work themselves
- [Good Neighbour Scheme](#) - grocery shopping, medication delivery, escorts to appointments, etc

Support in the Community via:

- [Befriending](#) – via telephone, in the home or in the wider community
- [Social Clubs](#) – six days a week at our community centre
 - [Creative & Cultural Social Clubs](#): • Art (x 2 weekly), • Choir, • Craft, • Reading
 - [Exercise Social Clubs](#): • Chair Based Exercise (x 3 weekly), • Movement is Medicine
 - [Food Social Clubs](#): • Lunch, • Silver, • Sunday Tea
- [Capacity Building](#) volunteers, staff, & partners, including: • Emergency First Aid, • Mental Health First Aid, • Dementia Awareness, • Peer Support Facilitation Group training³, • Conference presentations

Digital Support via:

- [Digital Inclusion](#) – supporting those excluded from digital communications, particularly those housebound, including one-to-one volunteer support, device loan & internet connectivity. In 2023/24 we will also launch our new Digital drop-in.
 - [Online Art Group](#) – delivered directly into the homes of beneficiaries, particularly the housebound
 - [Online Chair Based Exercise](#) – as above

³ [SW Londoner](#)

The graph below details the level of support provided by each of our projects in 2022/23⁴. It is important to note that some projects (e.g., *Social Clubs*) are recorded by each attendance, and so could have up to 35 for a single event, whereas other projects (e.g., *Decorating & DIY*) are recorded per job and so may take several days to complete.



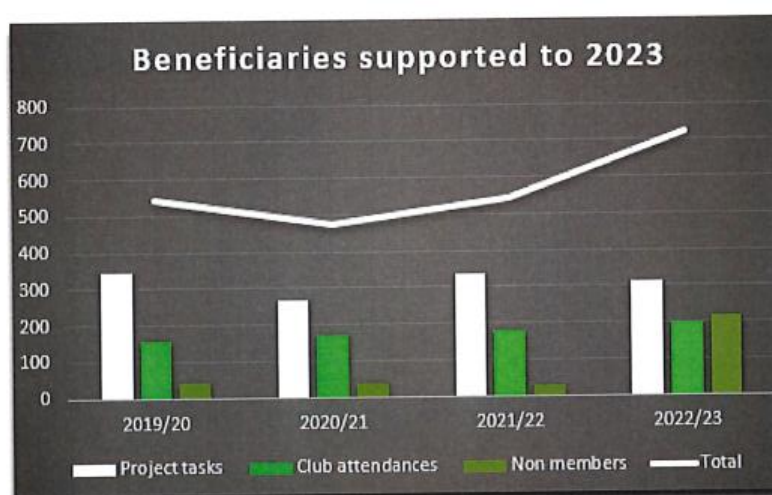
⁴ Please note that the vertical axis indicates the numbers of tasks or attendances that were completed each month, as opposed to the individual beneficiaries that were supported.

Our community

Our beneficiaries: 638 beneficiaries accessed our services between 1st April 2022 and 31st March 2023. While this was significantly up from the 481 beneficiaries that accessed our projects in the previous year, this was in large part due to the greater reach we have generated via our *Capacity Building* strand of work. It therefore captures community members that have attended our trainings, workshops and presentations who would not be eligible for our typical services by way of age or immobility.

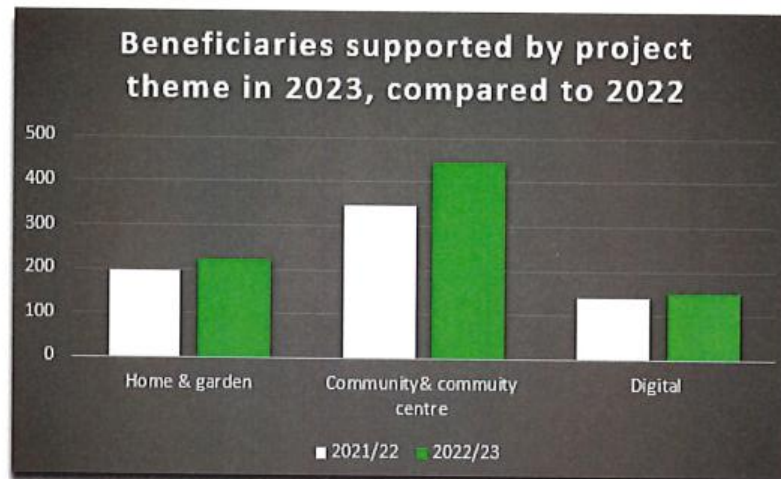


The graph below breaks down beneficiaries supported by 1) projects tasks, largely in their homes and gardens (*Decorating & DIY, Gardening, Good Neighbour Scheme, Befriending, Digital Inclusion*), and 2) club attendances, largely at our community centre or online (*Social Clubs*). The graph also identifies support to non-members, which includes presentation showcases such as *One Size Does Not Fit All⁵* or *Movement is Medicine*, and trainings such as Safeguarding, Emergency First Aid, etc, (*Capacity Building*).



⁵ Presentations by Imperial College London, Cognitive Impairment and Dementia Services, and London Borough of Hammersmith and Fulham themed around ethnic minority health inequalities, and proposed solutions.

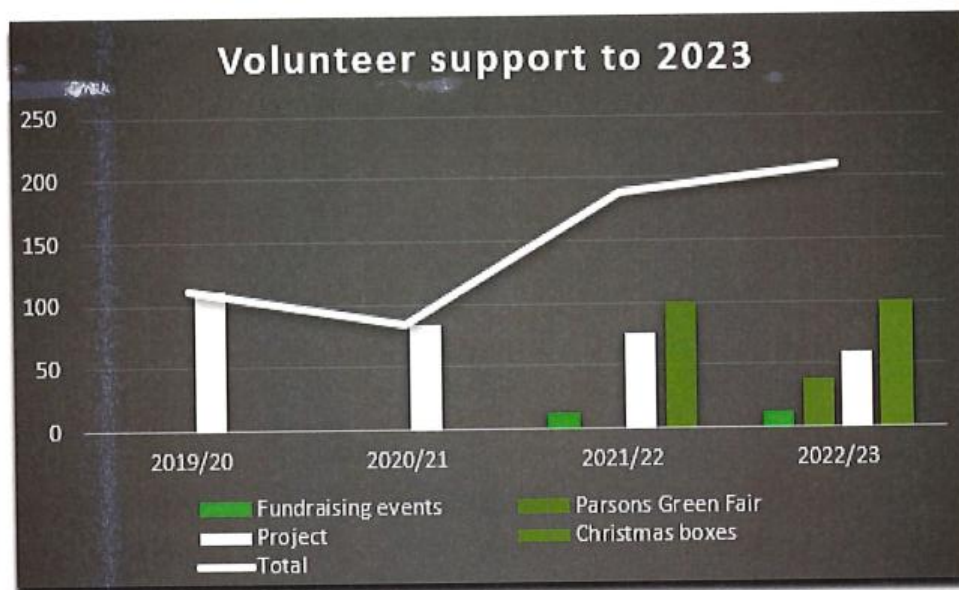
The graph below compares the number of beneficiaries supported by each project theme in 2021/22 and 2022/23. It should be noted that some beneficiaries access support across multiple project themes; for example, a beneficiary may benefit from *Decorating & DIY* support, while also accessing *Digital Inclusion* support.



Thankyou for all the help you've given me over the last few years; thankyou, thankyou for everything; and I do hope to be at the Clubs more this year.

Beneficiary

Our volunteers: We benefitted from the invaluable dedication of 210 volunteers, up from 196 volunteers in 2021/22. This increase to volunteer numbers over the last two years is due to the support of 100 *Research Partnership* staff providing corporate volunteering via their 'Christmas Boxes' for our beneficiaries. A growth in our fundraising events' volunteering has also seen increased volunteer numbers; ten fundraisers competed in *Ride London* in May 2022. The return of the Parsons Green Fair this year, following two successive Covid cancellations also significantly boosted volunteer numbers, particularly those providing one-off support. The graph below provides additional detail as to how volunteers have supported our work. It is worth noting that, in 2019/20 Parsons Green Fair volunteers were included as *Project* volunteers.



Yesterday I took (her) to Islington to see an old friend of hers - she seemed very grateful. She has a blue badge, so all was easy. I am going to see her again next Friday to help her program contacts into her Alexa.

Befriending volunteer

59 of the 210 volunteers support our projects directly and are therefore interviewed, reference and DBS checked, attend induction (photo below from February 2023), and offered regular training opportunities, including *Safeguarding* and *First Aid*. We were proud to have ten volunteers invited to represent Fulham Good Neighbour Service at the *Mayor's Reception* in September 2022.

It is worth noting that while our total active volunteers increased to 2023, the number of volunteers supporting our projects has declined year on year since the pandemic. While disappointing, this is a national trend which has been reported by *National Council for Voluntary Organisations*, and *Charities Aid Foundation* in 2023; the former, in fact, found a 50% national decline over the same time period. The 'cost of living crisis' and the impact of this on free time is considered the main factor in this decline. In recruiting two new staff members in November 2022, Grace and Rubab, to develop Fulham Good Neighbour Service volunteer coordination we are already seeing excellent progress in this area.

After spending several afternoons chatting, we decided to change the scene. We hopped on a bus to Shepherd's Bush to visit the Bush Theatre. We talked about soup recipes and growing taller in space and how roses don't smell anymore.

Befriending volunteer

Intergenerational volunteering opportunities have also added a great deal of value to our projects over the last year, including collaboration with *Rhythm Studio* students, *Thomas's Fulham School*, *Fulham Boys School*, *Bute House*, *Latymer School*, and *The Hurlingham Academy*. Due to complications around collecting data for those under 18 years of age, we have not included them in our numbers.



When I moved to London, I wanted to get to know the culture and people, as well as improve my English. The Digital Inclusion project was perfect for me as an IT professional. Sharing what I know makes me feel very good. During the process my own confidence and knowledge increased significantly as well
Digital Inclusion volunteer

Funders and pro bono support

Our funders: Between 1st April 2022 and 31st March 2023 Fulham Good Neighbour Service benefitted from the generous funding of:
Aging Well via SOBUS – funded our *Social Clubs*
All Saints Church – funded our *Social Clubs*
City Bridge Trust – funded staff salaries
Co-op Community Fund – funded *Food to the Door*
Daisy Trust – funded our *Art Group*
Dr Edwards and Bishop Kings – funded our *Social Clubs*
Marston Properties – funded various projects
Research Partnership – funded our *Social Clubs*
Sisters of the Holy Cross – funded our *Decorating & DIY*, *Digital Inclusion* and *Gardening* projects
Tesco Bags of Help – funded *Social Clubs*
The Greenhall Foundation – funded our *Good Neighbour Scheme*
The Innholders – funded our *Decorating & DIY* project
The London Borough of Hammersmith and Fulham – funded staff salaries, and solar panels
The London Community Foundation – funded our *Good Neighbour Scheme*, *Befriending* and *Food to the Door* project
The National Lottery Community Fund – funded our *Adopt a Garden* project and *Social Clubs*
The Worshipful Company of Grocers – funded our *Decorating & DIY* project

Pro bono support: Fulham Good Neighbour benefitted from generous pro bono support over the year, including from:

Assael Architecture – supported our *Gardening* project and fundraising via their corporate volunteering scheme
City Harvest – provided free food to support our activities at Rosaline Hall
Fulham BID – provided *Emergency First Aid and Defibrillator* training to 24 staff and volunteers
The Hurlingham Club – provided tours and afternoon teas to our beneficiaries during two visits
The Ryslton Pub – provide *gift in kind* catering to our *Sunday Afternoon Tea*
Marston Properties - continue to be the main sponsor of *Parsons Green Fair*
Research Partnership – provided support via their corporate volunteering scheme
Eversheds Sutherland LLP and *TrustLaw* – provided pro-bono legal advice
The Smile Brigade – provided food parcels and toiletries to up to 80 of our beneficiaries up to four times a week at the start of the year
Totality Services - provided pro-bono IT support

Our work in 2022/23: We offered the following projects for the benefit of older and disabled people living in Fulham.

Support in the Home and Garden

Food to the Door: this project was new in 2020/21, in partnership with *The Smile Brigade*, providing an alternative to the *Lunch, Silver* and *Sunday Afternoon Tea Social Clubs* during the pandemic. *The Smile Brigade* provided food parcels and toiletries to housebound beneficiaries, which were delivered in part by Stephen Fay (using the electric van), our *Decorating & DIY* Coordinator.

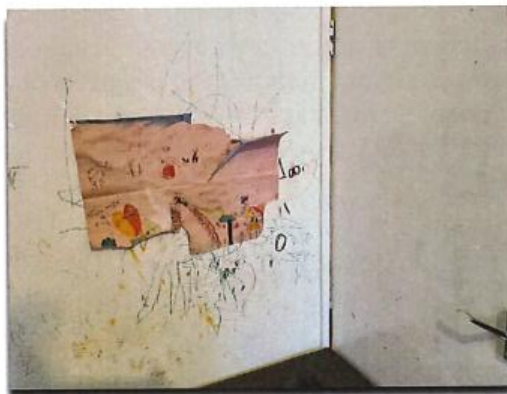
The Smile Brigade devised an exit strategy to scale down delivery across 2021/22, which coincided with the return of our *Lunch, Silver* and *Sunday Afternoon Tea Social Clubs*. We ended the project in May 2022 after a very successful two years.

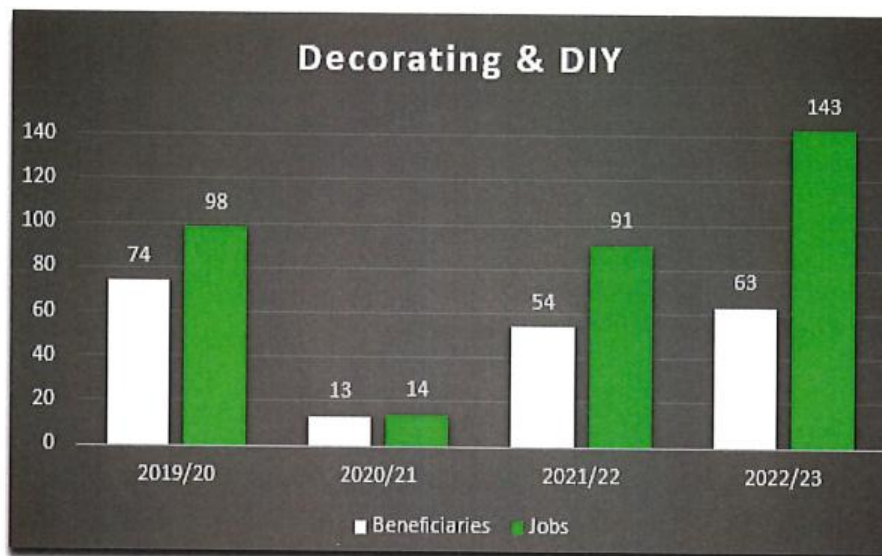
I have to say a very big thank you for all the food you have given to me since I have had my stroke. I so appreciate you, you have been marvellous.

Your (colleague) that comes each Thursday is such a gentleman.

***Food to the Door* beneficiary**

Decorating & DIY: due to Coronavirus restrictions, the project had to be placed on hiatus for almost the entirety of 2020/21. Fluctuations in local virus rates and Omicron restrictions continued to scupper home visits in 2021/22, however Stephen Fay has now successfully returned the project to its full capacity as per graph below. The photographs are typical before and after shots of Stephen's decorating tasks.





We are happy to report (he) was delighted that the wheelchair has been fixed!
Partner organisation

Thank you so much for
 Sending Barney + Steve
 to help with the garden
 today.
 They were amazing!
 I can't thank you enough
 for what you do.
 God Bless you all!

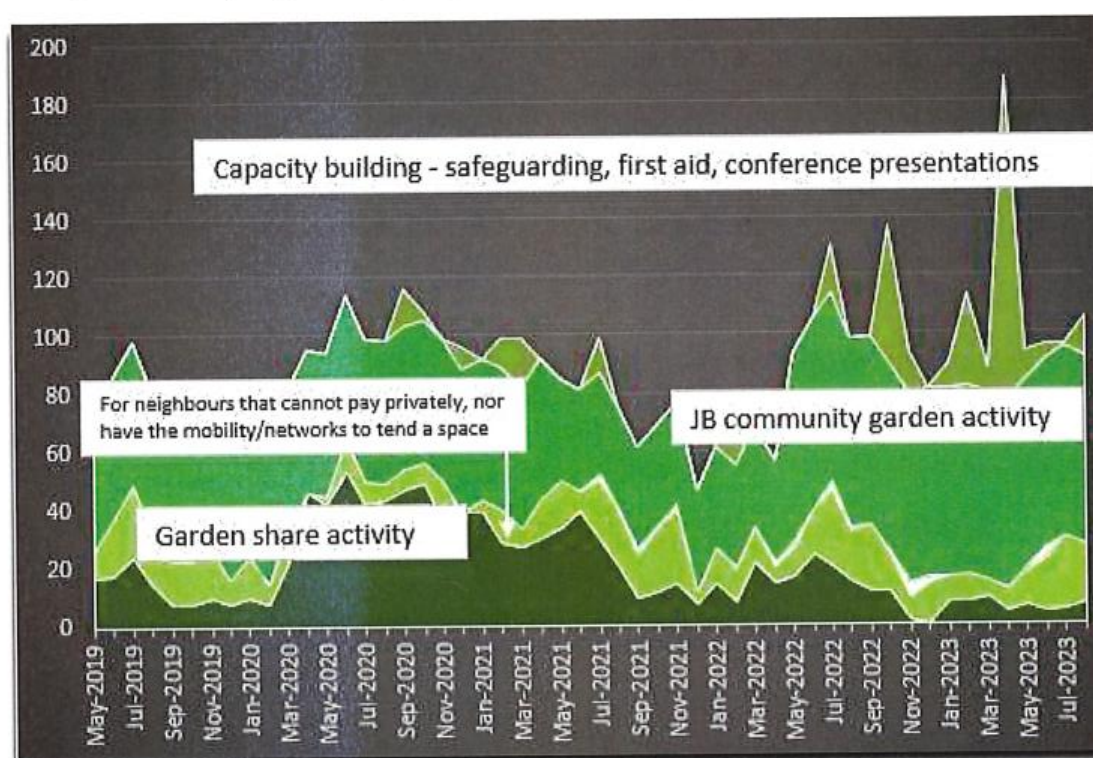
Beneficiary and their daughter

Gardening: our Adopt a Garden project won an international award for our research partnership with Imperial College London's Environmental Policy department and Nubian Life Resource Centre. This followed presentations of the work at the International Congress of Healthy City Design and Barcelona's Urban Transitions Global Summit. The project is now in its fifth year and has been consolidated with our broader Gardening and Gardening Enterprise projects, which are now all led by Barney Valentine. Photographs below are typical before and after shots from the project.



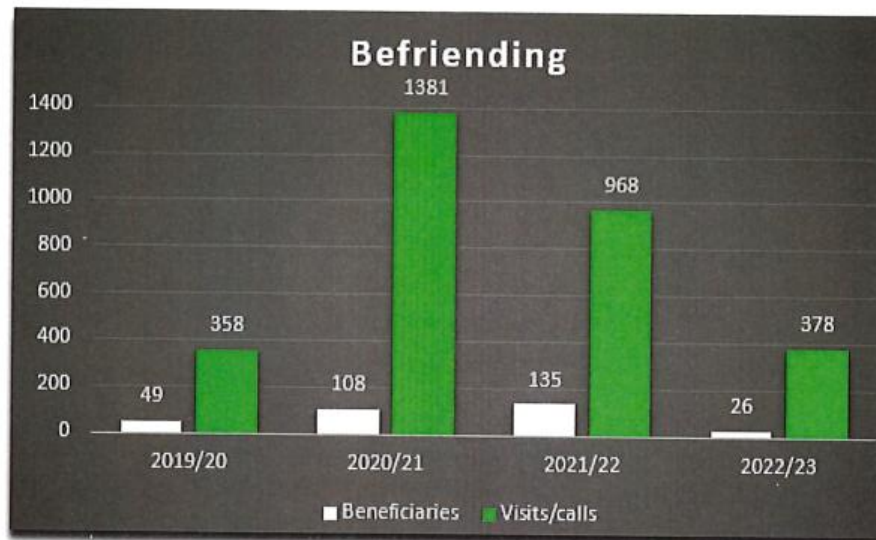
They came yesterday and helped me a lot with perfect weeding of my front garden in the communal area of our Sheltered accommodation residential area for elderly people. It was great!!
Gardening beneficiary

The graph below shows our *Gardening* support over the five years of the *Adopt a Garden* project, inclusive of the community garden activity at our partners, *Nubian Life Resource Centre*, and the *Capacity Building* support that we have provided.



Befriending: the project transitioned largely to telephone support during the pandemic, which was also the case for projects such as *Adopt a Garden*, and *Digital Inclusion*. As such we saw a steep rise in *Telephone Befriending* and an increase to the regularity in which volunteers and beneficiaries were in contact during the pandemic. As in-person *Befriending* returned in 2021/22, we saw an anticipated fall in the number of calls, but an increase to *Befriending* visits. During 2022/23 we saw a continued, but anticipated fall, in *Befriending* levels from their height during the pandemic, since increasing numbers of beneficiaries access our projects in-person

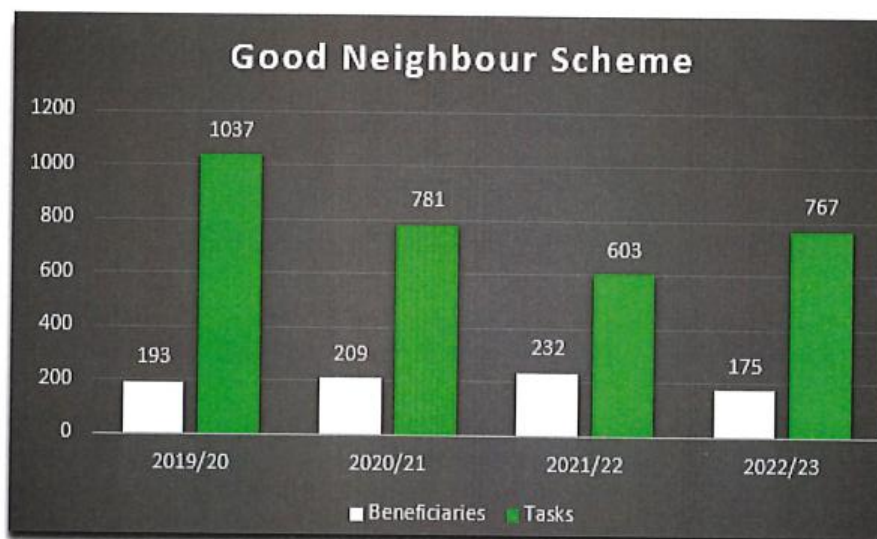
at the community centre. We have restructured our staffing over the last year, so that we can apply more resource to the project and grow the number of beneficiaries supported in 2023/24.



...chatted for 1.5 hours. She's doing okay, feeling a bit better and I think she really appreciated the catch-up. I mentioned the silver lunches and lunch club and she said this would be something of interest to her should she feel well enough. I set-up her Waitrose account on her phone, and she successfully made an order through the app – something she's been desperate to do for weeks!

Befriending volunteer

Good Neighbour Scheme: the project continues to provide practical support to older and disabled community members. This might include grocery shopping, wheelchair pushing, an escort to an appointment, or medication delivery. We restructured our staffing during the year, so to allocate more resource to the project and so are set to increase our delivery in 2023/24.



You all care and it shows! We are all very lucky. It is great to have you all working together

Beneficiary turned Volunteer

Social Clubs: In 2021, it was brilliant to see all *Social Clubs* return to Rosaline Hall following the pandemic, inclusive of the launch of our *Craft Club* and new *Silver Clubs* at *The Rylston* and *Kennedy's*. In 2022/23, these clubs have continued to flourish, and we have since launched our *Community Choir* in partnership with the *Rhythm Studio*. *Rhythm Studio* have also performed at our *Lunch Club* (photo below), alongside a wealth of presentations from partners such as: *H&F Diabetes Group*, *Fulham Historical Society*, *West London NHS Trust*, *Citizens Advice*, *Back on Track*, and *Thrive Tribe*.



Our *Art Social Club* continued fundraising with a third successful year of calendar sales – these are now stocked by three local businesses. Two successful exhibitions (photo below), in partnership with our *Craft Social Club*, across 2022 saw further income generated.

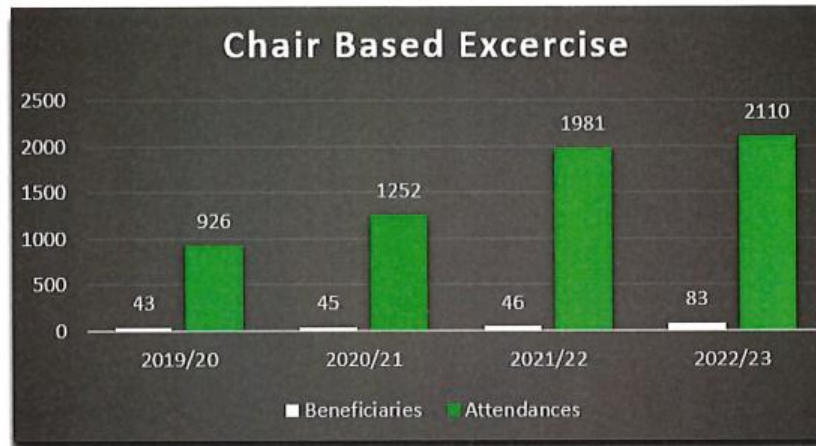


Below is a photograph of our *Lunch Club* at our twice annual *Hurlingham Club* visit in May 2022.



Above, beneficiaries enjoyed Jubilee celebrations in June 2022 at the Ryslton pub with entertainment provided by *Rah Rah Theatre* performers.

As a side-project to our *Chair Based Exercise* sessions, we developed our wellbeing series (in partnership with *Maskell Biokinetics* and the *UK Biokinetics Association*), which we had piloted in 2021/22 with an introduction to *Biokinetics*. This led to the significant increase in beneficiaries supported this year.



Based on the science behind our very popular *Chair Based Exercise* project, our *Movement is Medicine* series was accessible to beneficiaries and professionals alike with view to demystifying many of the age-related health concerns that our beneficiaries face. The inclusion of professionals in such workshops supported the development of referral pathways via social prescription. It also led to Fulham Good Neighbour Service presentations to staff at *Specialist Older Adult Mental Health Services* and *Cognitive Impairment and Dementia Services* in the NHS, and the broader *Providers of Older People's Services* network.

It was indeed an amazing event. Both my colleague and I were pleasantly surprised by the amount of support you offered to our vulnerable clients in the community. We will definitely make full use of these. Keep up the good work.

Cognitive Impairment and Dementia Services' colleague



Above, beneficiaries enjoy playing catch at our *Chair Based Exercise* class.

I'm also enjoying the exercise classes. I'm finding that the activities are helping my joints. I really look forward to them. It's lovely to be receiving this help and support and I just wanted to say how grateful I am and how much it means to me.

Chair Based Exercise class Beneficiary

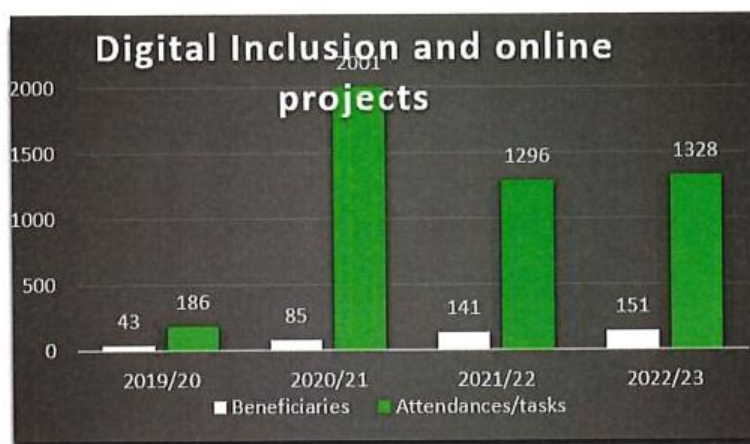


The Parsons Green Fair: The Fair returned on Saturday July 2nd, 2022, after a two-year hiatus (due to the Covid pandemic). The free family festival raised a record-breaking £21,548 (before staff salary allocation), providing a platform to promote our full suite of services and showcasing other local enterprise. *Marston Properties*, our main sponsor, are fundamental to making the *Fair* such a success.



Digital support

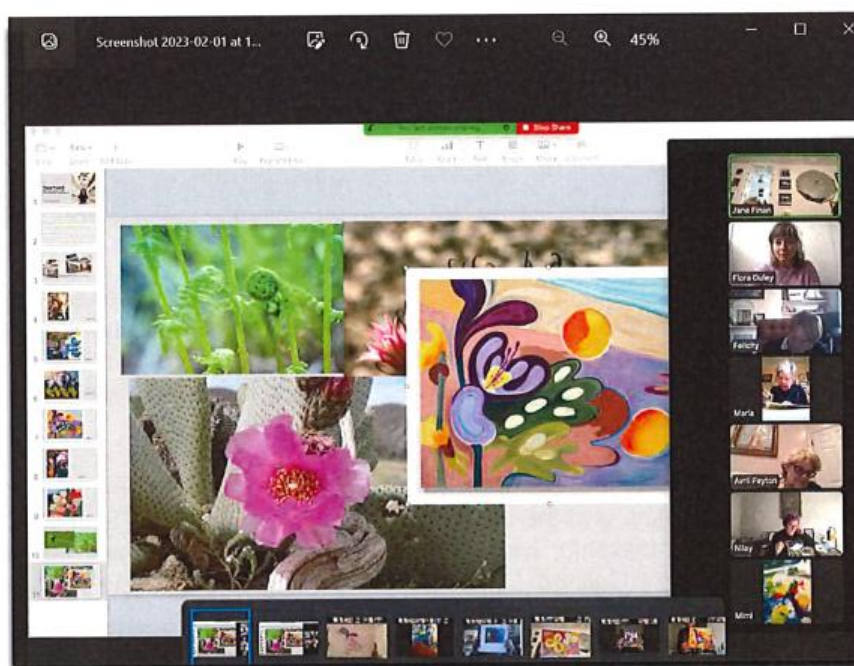
Digital Inclusion: This year we grew the number of beneficiaries supported by the project, and also saw an increase in the number of volunteers supporting the project. We have continued to deliver *Chair Based Exercise* simultaneously at the community centre and online three times weekly, while we have an *Online Art* group which is distinct from the community centre *Art* group. We have secured funds to commence a *Digital Inclusion drop-in* early in 2023/24. This will be a fantastic complement to our one-to-one volunteer support, equipment loan, and data bundle provision.



She is wonderful and is so supportive. I really look forward to her visits and all of the help she gives me, for example teaching me about IT. I also really wanted to say thank you to her for the help and support she gave me on Friday when I had an epilepsy fit during her visit.

Digital Inclusion beneficiary

Online Art: Supported by the *Digital Inclusion* project, the project evolved from the pandemic in 2020. We now deliver both an in-person class, and online class. Below, beneficiaries enjoy sharing their art with one another.



The online art club has been a life saver for me. I found out that I could draw and paint as I had never explored it before. This is not only a painting session; we also have a chance for social interaction, catching up and supporting each other every week.

Online Art Beneficiary

Online Chair Based Exercise: Supported by the *Digital Inclusion* project, the project is now delivered hybrid. Three times a week, beneficiaries can join the class either online, direct into their own home, or in-person at our community centre. This means that those that are housebound or who are accessing from home for other reasons still have the opportunity to exercise as part of a community.

The online exercise class has helped me – without it I could not volunteer and do the Friday Craft Club!

Beneficiary turned Volunteer

The photo below shows Simon Maskell, our class facilitator and professional biokineticist, delivering the class online via a laptop at the same time as delivering the session to the in-house beneficiaries at our community centre.



Capacity Building: This has included our aforementioned 'wellbeing series' of workshops, *Movement is Medicine*, in partnership with *Maskell Biokinetics* and the *Biokinetics Association of the UK*, which reached professionals in Namibia and South Africa. It also included 2022 and 2023 presentations of the *Adopt a Garden* research partnership, as far afield as Barcelona's *Urban Transitions Global Summit*.

A fantastic partnership with *Fulham BID* saw 20+ Fulham Good Neighbour Service volunteers trained in Emergency First Aid, and the use of our defibrillator. Our *One Size Does Not Fit All* presentation series in partnership with *Maskell Biokinetics*, *Cognitive Impairment and Dementia Services*, *Imperial College London* medical students and the *Engagement and Equalities* team at the *NW London Integrated Care System* was also very popular; we presented our *Chair Based Exercise* project to the wider community while showcasing presentations, which highlighted health inequalities amongst minority ethnic communities, and discussed opportunities to tackle this via community engagement with the local *NHS* and third sector.

Below Alaa Saleh of the *Engagement and Equalities* team at the *NW London Integrated Care System*, presents at our community centre as part of the *One Size Does Not Fit All* showcase.



Below *Imperial College London* medical students present their innovative and award-winning series of resources, which support those living with diabetes.



Thanks for availing your charity, for being supportive and resourceful to our vulnerable and frail members of healthy ageing in our Fulham community. Accepting our invite and to share FGN vision and purpose with our new service makes a huge difference.
Specialist Older Adult Mental Health Services' colleague

Our Impact

Our impact is reflected in the results from our beneficiary survey, which is conducted throughout the year. The survey measures our impact versus our vision, mission, and values.



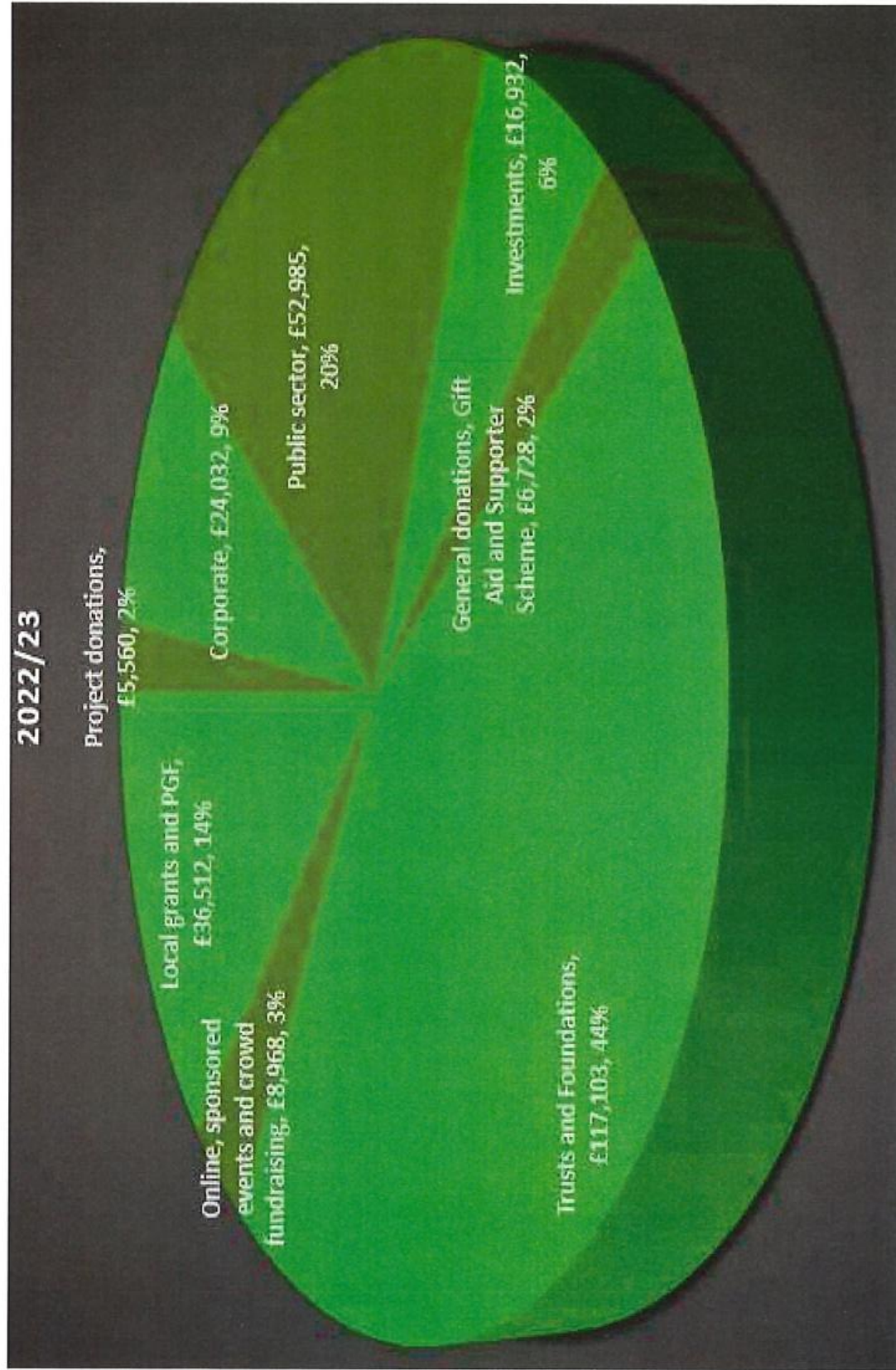
In 2022/23, we partnered with *Imperial College London* and *University College London* on external evaluations of our work, which resulted in our award at the *International Congress of Healthy City Design* and further speaking opportunities at Barcelona's *Urban Transitions Global Summit*. Academic partnership has also included assigning four *University College London* researchers to independent projects, inclusive of data mapping against the *Index of Multiple Deprivation*, *Digital Inclusion* project analysis, *Systematic Review* of relevant project research, and collaboration with the *Institute of Global Prosperity*. We will see results of the latter two studies in 2023/24.

Financial review

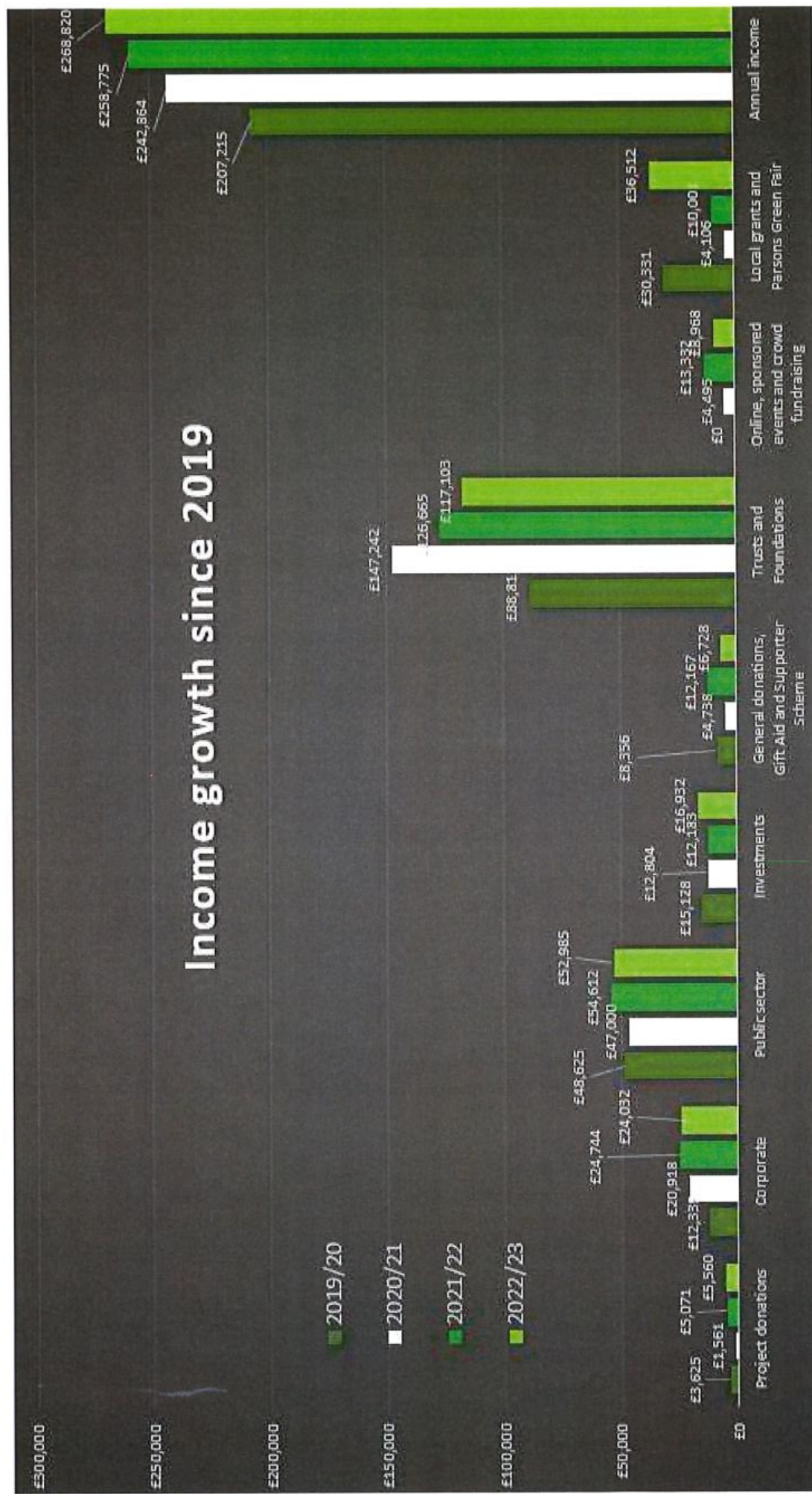
Fulham Good Neighbour Service ran at a surplus for a third consecutive year. We had run at a planned deficit for the preceding four years following Nina Dobosharevich's very generous 2015 legacy. The legacy funds continue to ensure delivery of a wider range of services than prior to their receipt. The remainder of these funds, alongside all additional legacy income, continues to be invested into an Expendable Endowment Fund so to secure the longer-term future of the charity.

We continue to benefit from a diverse range of income streams as detailed in the charts below. Our biggest funder during the year was the *National Lottery Community Fund* followed by the *London Borough of Hammersmith and Fulham*. We also commenced a two-year partnership with *City Bridge Trust* worth £100,000. Growth of other income streams enabled us to spread risks to our income across a wider portfolio of funders. We continue to fundraise and to utilise income gained from investments.

The chart below demonstrates the source of our income for the year.



The chart below demonstrates income growth since 2019, broken down by income source.



Risk and Reserves Policy: To best manage potential risk to Fulham Good Neighbour Service, an Organisational Risk Register identifies potential risks to our Governance, Operations, Finance, and Compliance, alongside measures so to mitigate these risks.

As per our policy, free reserves should provide Fulham Good Neighbour Service with adequate financial stability and the means to meet our charitable objectives for the foreseeable future. As a minimum the trustees aim to maintain free reserves at an equivalent level to one year's operational expenditure with consideration for realistic funding streams.

The trustees believe that risks to the organisation and its property are adequately covered by its insurance and reserves. Our reserves are a mix of designated funds and free reserves. Those funds designated for a specific purpose are retained as such until that purpose is fulfilled. The trustees review the value of free reserves that are required to ensure that they are adequate to fulfil the charity's continuing obligations on a bi-monthly basis.

Fulham Good Neighbour Service is a *Going Concern* for the foreseeable future.

Governance and management

Governing document: Fulham Good Neighbour Service is governed by *Memorandum and Articles of Association* signed on 15th November 2005 (and amended by '*Special Resolution Dated 24th September 2019*'). This provides that:

- With his or her consent, the Mayor of the *London Borough of Hammersmith and Fulham* is to be president of the charity; and
- There should be an elected Trustee Board including Chair, Vice Chair and Treasurer and up to seven other members.

For the purposes of charity law, the Trustee Board is the executive trustee body of Fulham Good Neighbour Service. The trustees and president perform non-executive roles and are regarded as custodian trustees.

Trustees: The board consists of not less than three and no more than ten persons elected by members of the company (Art.30.1). The members of the company are the trustees (Art.4.2). The board can appoint anyone to fill a vacancy in the membership of the board. They hold the office until the next annual general meeting (AGM) (Art.33.1). At each AGM after their election or appointment all trustees shall retire but all are eligible for re-election provided that no trustee may serve for a period of more than seven years without a period of a year out of office (Art.31.1).

The board of trustees meets bi-monthly. At the AGM one third of trustees retire by rotation and are eligible for re-election. The board can also co-opt additional trustees during the year who hold office until the next AGM, when they may be reappointed. The board of trustees elects the Chair and Treasurer. When necessary, trustees are recruited through the media and specialist recruitment agencies.

All new trustees go through a recruitment and induction process and are selected with a view to ensuring that the board has an appropriate mix of skills and experience relevant to Fulham Good Neighbour Service strategic and operational requirements. Regular trustee skills audits help to identify any gaps in skills or experience.

On appointment, trustees complete a register of interests, and receive copies of the charity's accounts, *Memorandum & Articles of Association*, and major policies. Trustees are encouraged to take up volunteer roles in the charity's various projects and to participate in external training opportunities. All trustees require a DBS.

There are no specific restrictions placed on the trustees' powers of investment by the constitution.

Management: The charity has a flat management structure and actively promotes increased involvement of employees in the decision-making process. On a day-to-day basis, the charity is managed by a director.

Fulham Good Neighbour Service is an active member of *SOBUS* (community development agency for Hammersmith & Fulham) and sits on the steering group of its *Providers for Older People Services* forum.

Our Staff: Fulham Good Neighbour Service is accredited with the *London Healthy Workplace Scheme* reflecting our dedication to the wellbeing of our staff. We aim to recruit and retain high calibre individuals who not only contribute to the achievement of the charity's aims and objectives but also understand and support the ethos and culture of the organisation.

All staff members undergo training in Adult Safeguarding, Dementia Awareness, First Aid, Health & Safety. Further training is offered depending on the role and interests.

The staff team for 2022/2023 included:

Barney Valentine – part time Gardening Project Co-ordinator. Barney joined us in March 2019.

Grace Fabean – full time Volunteer Co-ordinator for Community projects. Grace joined us in November 2022.

Jacqueline Davies – part time Finance and Parsons Green Fair Administrator. Jac joined us in June 2017.

Jamie Hilton - full time Director. Jamie joined us in April 2020.

Lucia Ciolanel – full time Digital Inclusion and Adopt a Garden Project Co-ordinator. Lucia joined us in April 2018, and left in October 2022.

Monique Newton – part time Fulham Sunday Afternoon Tea Co-ordinator. Monique joined us in February 2018, and left in May 2022.

Rubab Butt – full time Volunteer Co-ordinator for Digital projects. Rubab joined us in November 2022.

Ruth George – part time Social Clubs Co-ordinator. Ruth joined us in February 1992.

Stephen Fay – part time Decorating Project Co-ordinator. Stephen joined us in August 2017.

Pay: Fulham Good Neighbour Service follows the *National Joint Council* (NJC) for Local Government Services pay scales. Rates of pay are uplifted in line with any changes made to the NJC.

Environmental Responsibility: Fulham Good Neighbour Service recognises our environmental obligations. We have taken the following measures over the last year:

Environmentally conscious travel:

- We use an electric van (with our own charging point) for project delivery.
- We promote environmentally friendly commuting with our bike stand and *Cycle to Work* scheme.
- Our *Food to the Door* project was delivered by bike for part of the year.

Environmentally conscious energy consumption and products:

- We use renewable (non-nuclear) electricity and gas, and all our appliances are at least A rated and lights are energy efficient LED lights.
- We successfully *crowd fundraised* to install solar panels at Rosaline Hall, which were installed in May 2023. This will reduce our carbon footprint now and into the future.
- We use environmentally friendly cleaning products and Fairtrade food products.

Environmentally conscious project delivery:

- We have partnered with *The Smile Brigade*, and *City Harvest* to reduce food waste by utilising donated food for activity at Rosaline Hall.
- We work closely with the Climate Change department at London Borough of Hammersmith and Fulham, promoting their *Sustainability Champions* project and *Climate Change Week* in our newsletter and with several talks at our *Lunch Clubs* over 2022/23.
- We compost all garden waste on site using a shredder, reducing the need for black bin bags, and providing a mulch to local gardens.

Statement on Public Benefit: The trustees are confident that Fulham Good Neighbour Service work meets all criteria outlined in *The Charity Commission's* guidance on public benefit.

Reference and administrative details

Registered Company number

05639340 (England and Wales)

Registered Charity number

1113752

Registered office

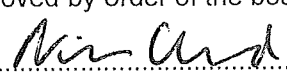
70 Rosaline Road
Fulham
London
SW6 7QT

Trustees

Mr R J E Fryer Chair
Ms S M O'Neill Vice-Chair
Mr N A Outred Honorary Treasurer
Ms L E Payne
Ms K A Payne
Ms A N Sansom
Ms J H Whittle
Ms A Peyton
Ms A D Meakin

Independent Examiner

Nordens Audit Limited
The Retreat
406 Roding Lane South
Woodford Green
Essex
IG8 8EY

Approved by order of the board of trustees on14/11/2023..... and signed on its behalf
by: 

Mr N A Outred - Trustee

Independent examiner's report to the trustees of Fulham Good Neighbour Service ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

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

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

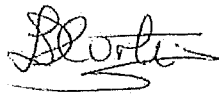
Independent examiner's statement

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

accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
the accounts do not accord with those records; or

the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



Lorraine Curtis ACA BFP FCCA
Nordens Audit Limited
The Retreat
406 Roding Lane South
Woodford Green
Essex
IG8 8EY

Date: 14/11/2023

	Notes	Unrestricted funds £	Restricted fund £	31.3.23 Total funds £	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		14,863	-	14,863	10,332
Investment income	2	16,932	-	16,932	11,373
Other income		<u>36,927</u>	<u>200,099</u>	<u>237,026</u>	<u>233,448</u>
Total		68,722	200,099	268,821	255,153
EXPENDITURE ON					
Charitable activities					
General		65,964	201,575	267,539	234,529
Net gains/(losses) on investments		<u>45,576</u>	<u>-</u>	<u>45,576</u>	<u>(833)</u>
NET INCOME/(EXPENDITURE)		48,334	(1,476)	46,858	19,791
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>1,359,318</u>	<u>62,231</u>	<u>1,421,549</u>	<u>1,401,758</u>
TOTAL FUNDS CARRIED FORWARD		<u>1,407,652</u>	<u>60,755</u>	<u>1,468,407</u>	<u>1,421,549</u>

	Notes	Unrestricted funds £	Restricted fund £	31.3.23 Total funds £	31.3.22 Total funds £
FIXED ASSETS					
Tangible assets	6	866,131	4,430	870,561	876,782
Investments	7	<u>458,130</u>	<u>56,325</u>	<u>514,455</u>	<u>468,879</u>
		1,324,261	60,755	1,385,016	1,345,661
CURRENT ASSETS					
Debtors	8	-	-	-	36,674
Cash at bank and in hand		<u>126,779</u>	<u>-</u>	<u>126,779</u>	<u>79,413</u>
		126,779	-	126,779	116,087
CREDITORS					
Amounts falling due within one year	9	<u>(43,388)</u>	<u>-</u>	<u>(43,388)</u>	<u>(40,199)</u>
NET CURRENT ASSETS		<u>83,391</u>	<u>-</u>	<u>83,391</u>	<u>75,888</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>1,407,652</u>	<u>60,755</u>	<u>1,468,407</u>	<u>1,421,549</u>
NET ASSETS		<u>1,407,652</u>	<u>60,755</u>	<u>1,468,407</u>	<u>1,421,549</u>
FUNDS	10				
Unrestricted funds				1,407,652	1,359,318
Restricted funds				<u>60,755</u>	<u>62,231</u>
TOTAL FUNDS				<u>1,468,407</u>	<u>1,421,549</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

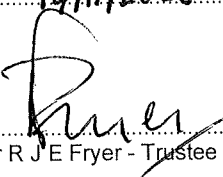
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies' regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 14/11/2023 and were signed on its behalf by:


.....
Mr R J E Fryer - Trustee


.....
Mr N A Outred - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Cash donations, gifts, legacies and collections are treated as income in the year in which they are received. Income from special events and for specific purposes are included in the income and expenditure account in the year the event takes place or the purpose is undertaken.

Income from investments and covenanted income including, where appropriate, imputed tax credits are accounted for on a receivable basis.

Voluntary help is not included in the financial statements.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Fixed assets, other than office premises, are stated at cost less provision for depreciation at 25% per annum on cost.

Freehold property, which represents the Charity's office premises, is stated at cost in accordance with the Statement of Recommended Practice. The freehold property is not depreciated as the revaluation model has been used. Instead, the cost of repairs is charged to the Income and Expenditure Account in the year in which it is occurred.

The trustees intend to retain the property. It was last valued, for an independent revaluation, on 9th May 2019.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Restricted funds

Where a donor has specified a particular purpose for a grant or donation, the income is shown as restricted income in the Statement of Financial Activities. Any such income unexpended at the year-end is shown as a restricted fund in the balance sheet. Where grants are received to fund capital expenditure, the assets acquired, after any depreciation, are shown as an expendable endowment fund.

1. ACCOUNTING POLICIES - continued

Fund accounting

Designated funds

Where funds held for general purposes are allocated by the trustees for specific future uses, they are transferred to a designated fund. Expenditure for the purposes specified is deducted from those funds and the unexpended balance is shown as part of unrestricted funds in the balance sheet. If the trustees decide that such funds are no longer needed for the purposes specified, the balance of the fund is transferred to general unrestricted funds.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. INVESTMENT INCOME

	31.3.23	31.3.22
	£	£
M&G investments	<u>16,932</u>	<u>11,373</u>

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.23	31.3.22
	£	£
Independent Examiners fees	600	600
Depreciation - owned assets	<u>6,221</u>	<u>8,034</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.3.23	31.3.22
Full-time	2	2
Part-time	5	5
	<u>7</u>	<u>7</u>

No employees received emoluments in excess of £60,000.

6. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Motor vehicles £	Computer equipment £	Totals £
COST					
At 1 April 2022 and 31 March 2023	850,000	37,387	18,669	15,137	921,193
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
DEPRECIATION					
At 1 April 2022	-	21,917	12,357	10,137	44,411
Charge for year	-	3,867	1,578	776	6,221
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
At 31 March 2023	-	25,784	13,935	10,913	50,632
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
NET BOOK VALUE					
At 31 March 2023	850,000	11,603	4,734	4,224	870,561
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
At 31 March 2022	850,000	15,470	6,312	5,000	876,782
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

7. FIXED ASSET INVESTMENTS

	Listed investments £	Unlisted investments £	Totals £
MARKET VALUE			
At 1 April 2022	218,879	250,000	468,879
Revaluations	45,576	-	45,576
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2023	264,455	250,000	514,455
	<u> </u>	<u> </u>	<u> </u>
NET BOOK VALUE			
At 31 March 2023	264,455	250,000	514,455
	<u> </u>	<u> </u>	<u> </u>
At 31 March 2022	218,879	250,000	468,879
	<u> </u>	<u> </u>	<u> </u>

There were no investment assets outside the UK.

7. **FIXED ASSET INVESTMENTS – continued**

Cost or valuation at 31 March 2023 is represented by:

	Listed investments £	Unlisted investments £	Totals £
Valuation in 2022	218,879	250,000	468,879
Valuation in 2023	<u>45,576</u>	<u>-</u>	<u>45,576</u>
TOTAL FUNDS	<u><u>264,455</u></u>	<u><u>250,000</u></u>	<u><u>514,455</u></u>

8. **DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.23 £	31.3.22 £
Other debtors	<u>-</u>	<u>36,674</u>

9. **CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.23 £	31.3.22 £
Other creditors	3,219	-
Accruals and deferred income	<u>40,169</u>	<u>40,199</u>
	<u><u>43,388</u></u>	<u><u>40,199</u></u>

10. **MOVEMENT IN FUNDS**

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	509,318	48,334	557,652
Property revaluation fund	850,000	-	850,000
	<u>1,359,318</u>	<u>48,334</u>	<u>1,407,652</u>
Restricted funds			
General	62,231	(1,476)	60,755
	<u>62,231</u>	<u>(1,476)</u>	<u>60,755</u>
TOTAL FUNDS	<u><u>1,421,549</u></u>	<u><u>46,858</u></u>	<u><u>1,468,407</u></u>

10. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	68,722	(65,964)	45,576	48,334
Restricted funds				
General	200,099	(201,575)	-	(1,476)
TOTAL FUNDS	<u>268,821</u>	<u>(267,539)</u>	<u>45,576</u>	<u>46,858</u>

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	487,558	21,761	509,318
Property revaluation fund	850,000	-	850,000
Restricted funds			
General	64,200	(1,970)	62,231
TOTAL FUNDS	<u>1,401,758</u>	<u>19,791</u>	<u>1,421,549</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	32,547	(9,954)	(833)	21,760
Restricted funds				
General	222,606	(224,575)	-	(1,969)
TOTAL FUNDS	<u>255,153</u>	<u>(234,529)</u>	<u>(833)</u>	<u>19,791</u>

10. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	487,557	70,095	557,652
Property revaluation fund	850,000	-	850,000
Restricted funds			
General	64,201	(3,446)	60,755
TOTAL FUNDS	<u>1,401,758</u>	<u>66,649</u>	<u>1,468,407</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	323,875	(298,523)	44,743	70,095
Restricted funds				
General	200,099	(203,545)	-	(3,446)
TOTAL FUNDS	<u>523,974</u>	<u>(502,068)</u>	<u>44,743</u>	<u>66,649</u>

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

12. RESTRICTED FUNDS BREAKDOWN

	Brought Forward £	Incoming Resources £	Outgoing Resources £	Carried Forward £
Ageing Well	-	2,000	2,000	-
City Bridge Trust – C19	-	25,000	25,000	-
Co-Op Community Fund	-	2,479	2,479	-
Daisy Trust	-	2,000	2,000	-
DEBK	-	5,000	5,000	-
Florence Cohen Charitable Trust	5,906	-	1,476	4,430
LBHF Small Grant	-	1,710	1,710	-
LBHF Third Sector Grant	-	45,000	45,000	-
LBHF Mental Health Grant	-	4,275	4,275	-
Marston Properties	-	16,000	16,000	-
National Lottery Community Fund – Social Clubs	-	10,000	10,000	-
National Lottery Community Fund Partnership	-	51,103	51,103	-
Other Grants	-	4,032	4,032	-
Sisters of the Holy Cross	-	20,000	20,000	-
Tesco (Groundwork)	-	500	500	-
The Innholders	-	1,000	1,000	-
The Worshipful Company of Grocers	-	5,000	5,000	-
Anonymous	-	5,000	5,000	-
Total	5,906	200,099	201,575	4,430

The carried forward amount represents the van purchased during the year and held in fixed assets. This is being depreciated in accordance with the accounting policies set out on page 25.

INCOME AND ENDOWMENTS	31.3.23 £	31.3.22 £
Donations and legacies		
Donations	2,048	8,400
Gift aid & legacies	2,650	1,932
Waitrose Community Matters	-	1,000
Ageing Well	2,000	-
Supporter's Scheme Donations	2,030	1,835
Vitol Foundation	-	3,545
All Saints Fulham	1,750	-
Gardening Donations	2,500	2,859
Decorating & DIY Donations	1,162	1,053
Sisters of the Holy Cross	20,000	20,000
M&G investments	13,853	11,373
LBHF Third Sector Investment Fund	45,000	45,000
Other Grants	4,032	3,000
Daisy Trust	2,000	6,000
LBHF Mental Health	4,275	2,000
Parson Green Fair	27,762	11
DEBK	5,000	-
Research Partnership	1,022	-
Co-Op Community Fund	2,479	3,567
London Marathon Charitable Trust	-	11,500
National Lottery Community Fund Partnership	51,103	23,165
Digital Inclusion	5	73
Tesco (Groundwork)	500	-
United in Hammersmith & Fulham	-	3,000
Expat Foundation	-	41,000
LBHF – Defibrillator Grant	-	900
LBHF – Small Grant	1,710	-
Charles Hayward Foundation	-	5,000
The Edward Gostling Foundation	-	5,000
The Albert Hunt Trust	-	1,000
Social Clubs	20	186
City Bridge Trust	25,000	-
Food to Door	-	95
GLA – London Community Energy Fund	-	6,712
National Lottery Community Fund – Social clubs	10,000	10,000
Endowment Fund Investment	3,079	810
The Innholders	1,000	-
Gardening Income – FGNS	1,683	710
Sponsored Events & On-Line Donations	8,968	3,115
The Worshipful Company of Grocers	5,000	-
Travis Perkins	-	5,000
Spacehive for Solar Panels	-	10,217
Anonymous Donations	5,000	10,000
Marston Properties	16,000	6,000
Adopt A Garden Donations	30	74
Good Neighbours Scheme Donation	160	21
Total incoming resources	268,821	255,153

	31.3.23 £	31.3.22 £
EXPENDITURE		
Support costs		
Management		
Wages	180,526	162,503
Pensions	14,682	13,529
Rates and water	5,771	4,445
Insurance	1,735	1,420
Postage and stationery	1,538	647
Sundries	134	78
Computer expenses	2,903	893
Staff expenses, training and recruitment	4,361	4,453
Volunteering expenses	763	315
Cleaning	1,499	1,229
Repairs and maintenance	3,413	6,914
Publicity	1,295	1,162
Social clubs	15,558	12,951
Fundraising	573	2,446
Van expenses	1,987	2,177
PGF Supplies	15,039	673
Digital Inclusion (Expenditure)	105	71
Good Neighbours Scheme	(43)	24
AGM & hospitality	342	-
Gardening expenses	699	1,641
Decorating expenses	278	594
Adopt a garden expenses	6,605	7,488
Befriending expenses	-	14
Fixtures and fittings depreciation	4,541	4,622
Motor vehicles depreciation	1,578	2,345
Computer equipment depreciation	854	1,068
	<u>266,736</u>	<u>233,702</u>
Finance		
Bank charges	155	192
Governance costs		
Auditors' remuneration	600	600
Legal fees	48	35
	<u>648</u>	<u>635</u>
Total resources expended	<u>267,539</u>	<u>234,529</u>
Net income before gains and losses	1,282	20,624
Realised recognised gains and losses		
Realised gains/(losses) on fixed asset investments	45,576	(833)
Net income	<u>46,858</u>	<u>19,791</u>