



Annual report
and accounts

for the year ended 30 September

2023

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Trustees

Dr Moses Lewis
Mrs Sarah Bard
Mr Salo Heimann
Ms Pearl Weinberger
Mrs Rachel Gruber

Administration address

Mrs Rachel Gruber
9 Watermint Quay
Craven Walk
London N16 6DN

Charity number

1124803

Accountants

C Rosen & Co

Statement from the Chair

Do you believe in the power of children?

At Sonshine Club, it is that belief which underscores our entire program. Recognising the incredible potential in our hundreds of young users, we constantly develop new ways in which they can unleash their capabilities – from healthy lifestyle projects, gardening work, food boxes, and anything else they suggest.

But when we say children, we mean all children. Yes, even those with disabilities. Whatever those disabilities may be, Sonshine Club is there to support, nourish and open doors for every child. Our support also extends to parents of disabled children, giving them the tools and experiences they need to thrive in their unique life circumstances.

This year's Trustee Report reflects on the important, far-reaching impact our activities have had on our users, and of course, on the community at large.

Charitable objectives

- 1) To educate and help children and young people living in Hackney and the surrounding area, by providing and assisting in the provision of facilities for their recreation during out of school hours and school holidays.
- 2) To provide or assist in the provision of facilities in the interests of social welfare for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age infirmity or disability, financial hardship or social circumstances with the object of improving their conditions of life.

Structure, governance and management

The charity is a charitable company established in May 2008 and is governed by its Memorandum and Articles. The charity is run by the board of Trustees, who are required to apply the charity's resources to achieve its charitable objects and to provide strategic leadership for the charity's work.

The four Trustees leading the charity possess wide-ranging skills, knowledge and experience in areas related to the charity's activities. 75% of the Trustees have lived experience of raising a child with disabilities, giving them the tools and sensitivity to support others facing similar struggles.

All Trustees were provided with a full induction into the charity's work prior to their appointment, and they meet regularly to govern and lead the charity.

Achievement and performance

Healthy Living

Our Healthy Living project, fully developed for the first time in this reporting year, was a resounding success. It spanned a range of audiences and activities fitting into our overall goal – we delivered exercise classes, dance classes, gardening sessions and more, to a collection of groups: mainstream children, disabled children, and even for parents. Awareness of healthy living was largely improved and the eager user feedback will shape continued work in this area.

Just for Mums

This year we continued supporting parents of disabled children, understanding the hardships, vulnerabilities and overwhelm that such a life entails. We ran a project called "Just for Mums", inviting hardworking mothers of disabled children to monthly coffee mornings to spend quality time with each other relaxing, networking or even just talking. As per user request, we conducted several interactive workshops with speakers of interest, opening the floor to hot-button discussions around mental health, wellbeing and child development.

Our popular exercise classes for parents furthered the same goal. Mothers and carers delighted in the fast-paced workouts, which allowed for a physical – and emotional! – recharge.

Time-Out

As a kick-off from a Just for Mums event where the suggestion was first raised, Sonshine Club ran a well-received after-school club for children with disabilities. Centrally located, the club offered a comprehensive, stimulating program for children to unwind and develop life skills. Activities included exercise, art therapy, gardening – aside for a nutritious supper being served. Caregivers of the children expressed what a tremendous impact the project made on their life, having that time to themselves without the extra burden of focusing on and taking care of their child.

In a similar vein, we continue to operate our Friendship Circle after-school club and playschemes – whenever local provision for disabled children does not operate (such as on holidays, half-term, religious festivals, etc.), Sonshine Club steps in with a fun-packed tailor-made day program, easing the burden on caregivers.

Monthly Food Box

Feeding off last year's success, we continued to provide monthly food box deliveries, gifting families of disabled children with an extra package of support. Considering the Cost-of-Living crisis and the extra burdens a disability in the family brings, this project

filled a vital need. Recipients were delighted with the essential foodstuff items they received.

We are deeply grateful to our six volunteers who tirelessly and selflessly packed large quantities of boxes for delivery.

Making it Work

In the reporting year, we continued with our successful social enterprise project, making our organisation ever more self-sufficient. Local schools and other organisations with objects similar to ours paid a basic fee for our services, activities and workshops they wished to introduce specially into their setting. This has successfully contributed to Sonshine Club's income, helping us to put all revenue further and continue supporting the community.

Plans for the future

Healthy Lifestyle

Following on the success of our healthy living activities, we are keen to continue providing support in this category. We'd like to expand our groups to be accessing even more local children.

20th Anniversary Celebration

Sonshine Club's 20th birthday is coming up – and we are eager to celebrate! We'll mark this special occasion in the best way we know – with a gardening project reaching 20 schools. Each school will receive a raised garden bed plus special instructors to support teachers on helping their students with gardening skills, giving the project a longer-lasting legacy. We're positive the physical activity and informal setting will allow for healthy relationships, boosted self-esteem and improved healthy eating to come about, and will also teach children about home-grown food options (a vital skill in today's challenging cost-of-living climate).

Financial Review

The Trustees gratefully acknowledge that the outstanding impact and achievement of the organisation are largely due to the generous support of London Borough of Hackney, along with other anonymous supporters and community donors.

Reserves policy

The Trustees aim to maintain unrestricted funds, which are the free reserves of the Charity at a level of at least three months running costs.

Risk management

The Charity has identified and assessed the major risks to which it is exposed, in particular those of safety and protection of the vulnerable young adults whilst in the Charity's care as well as the finances of the Charity. The Charity is satisfied that systems are in place and routinely assessed including procedures for Child

Protection, Health and Safety, Vulnerable Adults Policy and Financial Management and Controls.

Public benefit

The trustees confirm their compliance with the duty to have due regard to the Public Benefit guidance published by the Charity Commission as well as the Equality Act 2010 when reviewing the Charity's aims and objectives and in planning future activities.

Trustees responsibilities statement

Charity Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the Balance Sheet, date, and of its incoming resources, including income and expenditure for the financial year.

In preparing those financial statements, the trustees should follow best practice and:

- a) Select suitable accounting policies and the apply them consistently.
- b) Make judgements and estimates that are reasonable and prudent.
- c) Follow applicable accounting standards and the Charities SORP 2015, disclosing and explaining any departures in the financial statements.
- d) Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue in operation.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them as Trustees to ensure that the financial statements comply with the Charity Law.

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

Approval

The Trustees' annual report was approved on 25 July 2024 and signed on behalf of the Board of Trustees by:



Mrs Sarah Bard
Trustee

Statement of financial activities for the year ended 30 September 2023



	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Incoming resources					
Activities to further the charity's objects	2	25,881	97,114	122,995	130,667
Interest income		0	0	0	0
Total incoming resources		25,881	97,114	122,995	130,667
Resources expended					
Cost of generating funds		3,060	0	3,060	3,000
Net incoming resources available for charitable application		22,821	97,114	119,935	127,667
Cost of expenditure of the charity's objects	3	17,892	107,376	125,268	120,684
Governance costs	5	2,533	0	2,533	1,000
Total charitable expenditure		20,425	107,376	127,801	121,684
Total resources expended	3	23,485	107,376	130,861	124,684
Net movement in funds		2,396	(10,263)	(7,866)	5,983
Transfer to/(from) reserves		0	0	0	0
Net reserves for the year		2,396	(10,263)	(7,866)	5,983
Total funds brought forward		46,623	11,500	58,123	52,140
Total funds carried forward	11	£ 49,019	£ 1,237	£ 50,257	£ 58,123

Balance sheet at 30 September 2023



	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	8	42	54
		42	54
Current assets			
Cash at bank and in hand		50,356	58,209
		50,356	58,209
Creditors			
Amounts falling due within one year	9	(140)	(140)
Net current assets		50,216	58,069
Total assets less current liabilities		50,258	58,123
Net assets	11	£ 50,258	£ 58,123
Restricted funds	12	1,237	11,500
Unrestricted funds	13	49,019	46,623
Total funds		£ 50,257	£ 58,123

Approved by the trustees on 17 July 2024, and signed on behalf of them all.

S. Bard

Mrs Sarah Bard
Trustee

The notes on pages 8 to 11 form part of these accounts.

1) Principal accounting policies

Basis of accounting

The Accounts have been prepared under the historical cost convention in accordance with the Charities Act (Accounts and Reports) 2011, and the Financial Reporting Standard for Smaller Entities 102, and follow the recommendations in Accounting and Reporting by Charities: Statement of Recommended Practice (effective from April 2015).

Cash flow

The accounts do not include a cash flow statement because the charity as a small reporting entity is exempt from the requirement to prepare such a statement.

Donations and fund accounting

Donations received for the general and main purposes of the charity is included as unrestricted funds in the Statement of Financial Activities when receivable. Donations and grants for activities restricted by the donors are taken to restricted funds if the wishes and conditions of the donor are legally binding on the trustees.

Tangible fixed assets

Depreciation is provided after taking into account of any grants receivable at the following annual rates in order to write off each asset over its estimated useful life:

Fixtures and fittings:	25% on net book value
Durable tools:	25% on net book value
Durable equipment:	25% on net book value

Resources expended

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

The irrecoverable element of VAT is included with the item of expense to which it relates.

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
2) Incoming funds				
Users' contribution	2,739		2,739	3,014
HMRC Furlough Funding			0	790
Social Enterprise income	23,142		23,142	37,197
Arnold Clark			0	2,500
BC Trust		250	250	0
Cheshire Community Assura			0	4,991
City and Hackney HCVS		0	0	4,995
City of London		4,178	4,178	0
DWF Charitable FOU DWF		0	0	4,950
East End Community Foundation		10,000	10,000	2,021
Edward Gostling			0	5,000
GLA Building Stronger Community		8,991	8,991	0
Hackney Mains			0	9,970
HAF		4,811	4,811	1,910
Hedley FDN BCA			0	3,000
LB Hackney		24,999	24,999	14,599
London Catalyst			0	500
Main Awards For All			0	9,960
Mayor of London-Kitchen Social		2,500	2,500	0
Merchant Taylor		4,391	4,391	0
People's Health Trust		1,008	1,008	3,022
Santa Barbara Trust		1,450	1,450	0
Scott Bader			0	4,000
Shoresh Charitable Trust		1,000	1,000	500
Souter Charitable Trust		2,240	2,240	3,000
Sport Together Fund		4,998	4,998	4,998
The London Community Foundation		10,000	10,000	0
The Stockwell/Stockcliffe			0	250
The Toy Trust		1,800	1,800	0
Together with Sport/Sport England		4,998	4,998	0
Young Hackney		9,500	9,500	9,500
Total incoming funds	£ 25,881	£ 97,114	£ 122,995	£130,667

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
3) Analysis of total resources expended charitable activities				
Cost of activities in furtherance of the charity's objects				
Charitable activity costs	7,492	43,390	50,882	64,060
Evaluation and learning	,000	5,280	5,280	4,000
Insurance	,000	479	479	637
Materials and activity packs	0	8,026	8,026	12,440
Office costs	,000	10,886	10,886	10,386
Refurbishment	10,000	1,281	11,281	0
Residential	,000	4,570	4,570	0
Staff costs	,000	26,919	26,919	20,810
Volunteers	,000	6,070	6,070	5,844
Website	400	475	875	2,507
Total	17,892	107,376	125,268	120,684
Total cost of activities in furtherance of the charity's objects	£ 17,892	£ 107,376	£ 125,268	£ 120,684

4) Cost of generating funds	£ 3,060	£ 3,000
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5) Governance costs

Accountancy	1,100		1,100	1,000
Legal	1,433		1,433	0
	£ 2,533	£ 0	£ 2,533	£ 1,000

6) Taxation

The charity is exempt from taxation on its charitable activities.

	2023	2022
7) The average number of employees during the year, on a full time equivalent basis was:	4	4

No employee was paid above £60,000 per year.

8) Tangible fixed assets

	Fixtures and fittings £	Durable tools £	Durable equipment £	Total £
<i>Cost or valuation</i>				
At 30 September 2022	689	963	543	2,195
Additions	0	0		0
Disposals	0	0	0	0
At 30 September 2023	689	963	543	2,195
<i>Depreciation</i>				
At 30 September 2022	684	920	537	2,141
Charge for the year	1	10	1	12
At 30 September 2023	685	930	538	2,153
<i>Valuation</i>				
30 September 2023	£ 4	£ 33	£ 5	£ 42
30 September 2022	£ 5	£ 43	£ 6	£ 54

9) Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals	140	140
	£ 140	£ 140

10) Creditors: amounts falling due after more than one year

	2023 £	2022 £
Bank loans and overdrafts	0	0
Debt due after more than one year	£ 0	£ 0

11) Net assets of the charity's funds

	Fixed assets £	Current assets £	Long term liabilities £	Fund balances £
Unrestricted funds	0	48,979	0	48,979
Total funds	£ 42	£ 50,216	£ 0	£ 50,258

12) Restricted funds: movements in the year

	Balance at 30 September 2022 £	Income £	Expended £	Transfer to/from reserves £	Balance at 30 September 2023 £
	11,500	97,114	107,376	0	1,237
Total Funds	£ 11,500	£ 97,114	£ 107,376	£ 0	£ 1,237

13) Unrestricted funds: movements in the year

	Balance at 30 September 2022 £	Income £	Expended £	Transfer to/from Reserves £	Balance at 30 September 2023 £
General reserves	46,623	25,881	23,485	0	49,019
Total funds	£ 46,623	£ 25,881	£ 23,485	£ 0	£ 49,019

14) Related party transactions

No trustee nor any person connected with them received any remuneration, or claimed any expense, during the year, from this or any related charity.

There were no related party transactions in the year.

We report on the financial statements of Sonshine Club for the year ended 30 September 2023 which comprise the statement of financial activities, the balance sheet and the related notes. These financial statements have been prepared, under the historical cost convention, and in accordance with the recommendations in Accounting and Reporting by Charities: Statement of Recommended Practice (Issued 2015), and the Financial Reporting Standard for Smaller Entities 102 (effective 2016), and the accounting policies set out therein.

Respective responsibilities of trustees and reporting accountants

As described on page 5, the trustees of the charity are responsible for the preparation of the accounts, and they consider that the audit requirement of section 144 of the Charities Act 2011 (the Act) does not apply. It is our responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under section 144 of the Act, whether particular matters have come to our attention.

Basis of independent examiner's report

Our examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. These procedures provide only the assurance expressed in our opinion. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the view given by the accounts.

Opinion

In our opinion, no matter has come to our attention,

1) which gives us reasonable cause to believe that, in any material respect, the requirements

a) to keep accounting records in accordance with section 130 of the Act; and

b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met; or

2) to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Date 17 July 2024

Independent examiner

C. Rosen & Co