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“Working in the Community for the Community”

Impact Report: April 2022 – March 2023

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Message from the Chair and Managing Director

Sharon Ali, Chair of Trustees | Michelle Bailey, Managing Director

It gives us great pleasure to introduce E.A.S.E.'s Annual Report for year ending 31st March 2023. E.A.S.E has continued to provide welcoming and valued services, as well as activities to our community for the 22nd year.

It will come as no surprise that over the last year, E.A.S.E have had to respond to the fallout of the cost-of-living crisis and the economic impact on our community, staff and volunteers. We have seen a rise in poor mental health, and more individuals and families than ever before are facing poverty, whilst enduring ongoing cuts to local and national public services. This has (and will continue to) leave us struggling to meet the increasing needs of people who are systematically and socially disadvantaged.

We did have great news in August 2022 that E.A.S.E was successful in obtaining a National Lottery Community Fund grant for our new service, The Refresh Project. This project involves free 1:1 coaching, providing support groups, mental health workshops, and upskilling volunteers in counselling courses. This shines a light on the work that the E.A.S.E team have done in very difficult circumstances.

There have been changes to the E.A.S.E team during the year. We welcomed Anisha (our Refresh Project Coach/Counsellor) and Caroline (our charity Administrator), together with 4 new volunteers.

All of E.A.S.E.'s services have been a lifeline to the community. The events of the last 3 years have highlighted the importance of community cohesion, partnerships, and most importantly, the financial support we receive from, Ealing Council, National Lottery Community Fund, Lloyds Bank Foundation, John Lyons and Heathrow Community Trust.

Over the next year, E.A.S.E remain committed to improving individual, family and community wellbeing to ensure a resilient, united community. We will persist in strengthening partnerships, and focus on continuing to implement our strategic objectives. These consist of ensuring that Equality, Diversity and Inclusion is at the heart of everything we do; using innovation to support organisational delivery; developing services and projects to meet need, and strengthen existing ones; and, last but not least, increasing financial resilience and sustainability.

All our services and projects make a real meaningful difference to the community we support. This would not be possible without the trustees, staff and volunteers' resilience, flexibility, and dedication which they have all shown to E.A.S.E and each other.

We would also like to thank our community who we deliver services to, for recognising EASE as the go-to place if they need support or help.

About us

Formed in 2001, EASE is a local independent charity and our community services and activities have provided high quality support to families and individuals living in Hanwell and further afield.

EASE has always sought to respond to the immediate and underlying issues affecting our community. Problems faced by our community have gained in significance in recent years and have been exacerbated by COVID-19 and the cost-of-living crisis.

EASE has held the Copley Close Children's Centre contract since April 2011 and been a partner (or 'linked site') since 2007.

EASE is also the Locally Trusted Organisation for Hanwell Big Local, a £1m 10-year project to create lasting change in the community. Hanwell Big Local is led by a partnership of local residents.



What we do

Last year we helped more than 964 people including children and young people by providing the following services:

- Free and confidential information and advice
- Free and confidential 1:1 **coaching/counselling** sessions with a qualified professional, for up to 16 weeks
- Offering access to a range of other weekly activities and workshops for adults at Hanwell Community Centre, managed directly by EASE and other partner organisations
- Our warm and welcoming Youth Clubs for young people from 11 years onwards, held weekly during term time at North Hanwell Baptist Church, High Lane Community Centre and Gurnell Community Centre
- Various activities and workshops for children under 5 and their parents/carers held at Hanwell Community Centre and North Hanwell Baptist Church

56% of clients used two or more services

Our services users

- 69% female
- 31% male
- 13% are under 5 years old
- 27% are between 5 to 11 years old
- 10% are between 12 years to 18 years old
- 3% are between 19 years to 25 years old
- 20% are between 26 years to 39 years old
- 20% are between 40 years to 59 years old
- 7% are over the age of 60



Our Vision

A resilient, united community



Our Mission

To improve individual, family and community wellbeing

Our Charitable Objectives

To relieve poverty and advance education, in particular but not exclusively, by the provision of training courses and youth activities to persons who are in conditions of need, hardship, or distress by reason of their social or economic circumstances



Our Values

Our values are about us, our principles and what we stand for. This includes how we hold ourselves accountable to the people and communities we serve. We live our values by:



Putting people first



Acting with integrity



Respecting others



Taking pride in what we do



Striving for excellence

Strategic Vision

Our strategic vision is made up of 4 key themes:



Equality, Diversity and Inclusion (EDI)



Innovation



Development



Sustainability

Theory of Change



Individuals and families
(specifically those living in poverty and in social isolation)

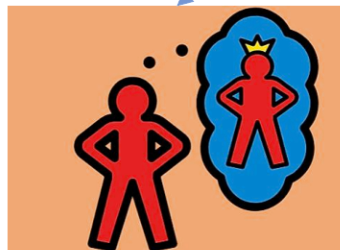
We provide services and projects for individuals and families to:

Increase personal skills and improve life circumstances

Reduce isolation

Increase community cohesion

To Achieve



Improved confidence and self esteem



Improved friendships and networks



Improved work and life skills



Long Term Outcomes
Improve individual, family and community wellbeing



Social Impact
A resilient, united community

Volunteering

During April 2022 and March 2023, we had 7 active volunteers working with EASE and Hanwell Big Local



In February, the Refresh Coach and one of our volunteers attended a Housing 4 Women event to celebrate International Women's Day. We organised talks and activities on the topics of self-esteem, empowerment, as well as offering 1 to 1 sessions. Our volunteer "really enjoyed participating in the self-love project. I was able to use my voice that I thought I had lost. In addition to listening to the brave women's testimonies."

"I wanted to volunteer with EASE as I felt it complemented my primary role as Community Centre Assistant. Volunteering has increased my overall confidence. The experience has opened up possibilities for personal development, career advancement and contributing positively to the community. I am really enjoying the journey, especially learning through engaging in tasks alongside my colleagues in the office and supporting their Outreach Programmes."

Volunteer A was an existing user of EASE's services. As a pensioner with a disability and living alone, he attended Information and Support to improve his personal circumstances. During this appointment, he mentioned the need to reduce his feelings of isolation and expressed an interest in wanting to help others. He told us about his strong passion for IT and computers and agreed to sign up as a volunteer for our Job Club (which would not require a high amount of physical ability) and trained in areas to support this service, including putting CVs together and safeguarding clients, with an aim to improving his confidence and self-esteem. He has now been a volunteer with us since 2015 and will be helping out at the Hanwell Big Local's Social Club from April 2023. "It helped me become active and socialised, meet new people and have more friends."

Our Achievements

We achieved great things as an organisation from April 2022 – March 2023:

100% of our Adult Service users felt included and welcome

56% of clients attended more than one of our services

99.5% of clients reported the service/activity they attended made a positive difference to them/their family

73% reported they had learnt a new skill

97% felt more empowered to try new activities and services

Our ESOL clients had a 90% pass rate in their final exams

75% of clients attending The Refresh Project stated that they had gained more problem-solving skills

318 new clients registered with EASE and Hanwell Big Local in the last year

55% came to know about EASE from word of mouth
15% from referrals 30% from promotional material or search enquiries

A total of 87 young people attended Youth Club this year

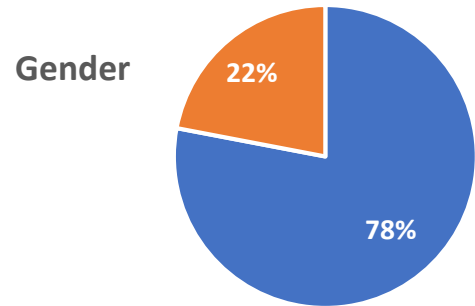
83% attending Youth Club felt they had increased their knowledge of Mental Health and this has improved their health and wellbeing

775 parents/carers and children attended Toddler Group sessions this year

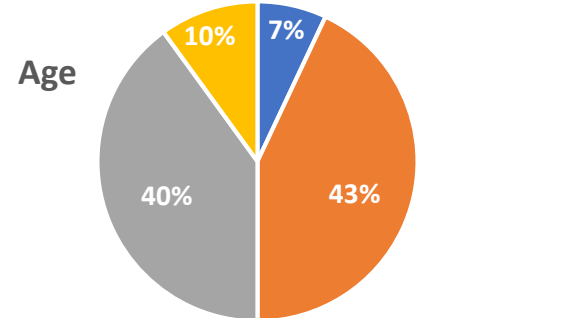
Helped our information and Advice Service users to save income of £125,007.84

Our new leaflet, outlining EASE and Hanwell Big Local's services, was given out to over 2000 residents in the local area.

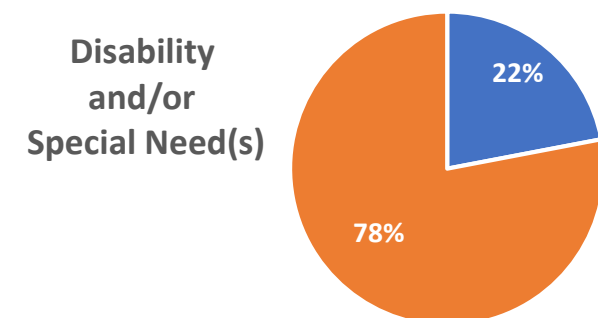
Overview of EASE New Client Registrations: April 2022 – March 2023



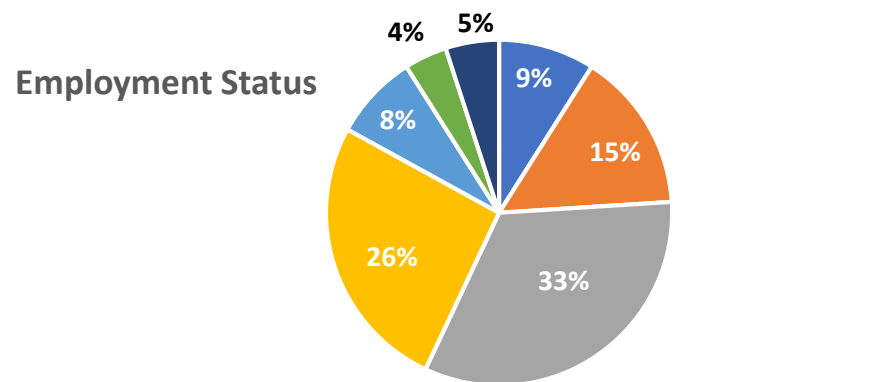
■ Female ■ Male



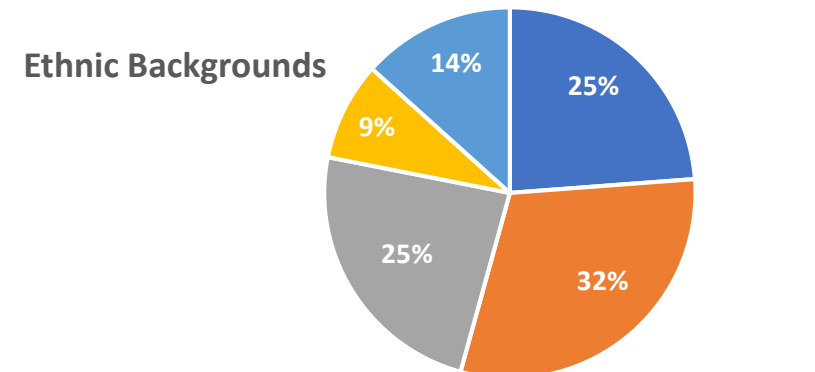
■ 16 - 24 years ■ 25 - 39 years
■ 40 - 59 years ■ 60 and over



■ Yes ■ No



■ Full-Time ■ Part-Time
■ Not Employed ■ Looking After Family
■ Student ■ Retired
■ Maternity Leave



■ Asian/Asian British ■ Black/Black British
■ White ■ Mixed
■ Other

Toddler Group

Overview

- A safe environment for toddlers to explore & socialise
- A range of sensory activities and age-appropriate toys encourage learning and development, through movement and play
- It also offers parents/carers the chance to meet and chat, share parenting techniques and learn new skills

Feedback:

'Staff very friendly and welcoming. Lots of age appropriate toys.'

'Really fantastic group that we feel very lucky to be able to attend - thank you!'

'Kids enjoy everything about this group it helps so much with their learning and development and adults enjoy it too!'

'Very helpful for me and my daughter to interact and socialise with other parents and for her with other children. I totally recommend to other parents to join this service.'



Toddler Group Achievements

93% of parents/carers said that they had seen an improvement in their child/children's listening, sharing and turn taking with the resources provided

100% of parents/carers said that attending Toddler Group had a positive impact on them and their family

Total attendances for the year: 775

- **343 Parents/Carers**
- **432 Children**



Other Regular Children's Centre Sessions

Toddler Arts and Crafts

Story & Rhyme Time

Toddler Sports

Under 25's Parents/Carers - Stay and Play

- These are Universal Services for children under 5, designed to support multiple aspects of child development, such as listening, sharing and turn taking, as well as improvements in fine and gross motor skills.
- 283 parents/carers and 385 children attended these sessions
- 83% saw an improvement in their child socialising with others (Story & Rhyme Time)
- 100% saw an improvement in their child's hand eye co-ordination (Toddler Sports)

Feedback:

'So creative and relaxed for me and my child.'

'Really enjoy this session. Children enjoy making really nice things.'

'We had a good time I am really happy I think this class needs a little bit longer as the time goes quickly.'

On 21st November 2022, EASE held a Family Fun Day, showcasing our services, as well as providing information about Oral Hygiene, Energy Support and First Aid.

34 families joined us for this event.

Here's what some of the attendees said...



Baby Massage Classes

Four weekly classes to help parents/carers learn basic techniques of baby massage.

- 9 parents and babies attended
- 100% stated that the sessions were a good bonding experience with their child
- 72% saw an improvement in their child, that they were more relaxed and sleeping better



Feedback:

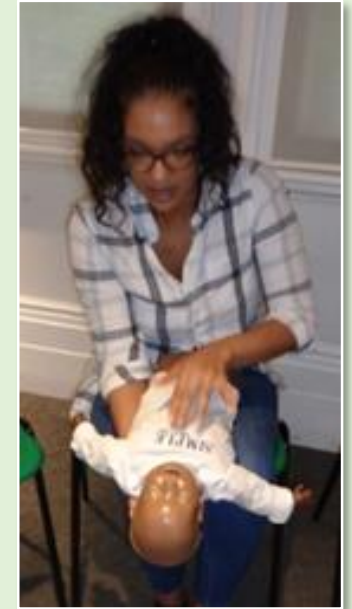
'All the session was very good and helpful for me as I am a first-time mum.'

'Me and my baby enjoyed every session of massage.'

First Aid for Under 5's

First Aid Awareness Session, covering issues such as choking, seizures, burns and fevers.

- There were 11 attendees
- 91% said they had gained a better understanding of how to deal with a bleed, head injury and what to do if their child swallowed something harmful
- Everyone who attended stated that they felt confident they would be able to perform basic first aid on their child/ren after this session



Feedback:

'Thank you so much I learned so much things from first aid. It was really good course and I feel more confident.'

Let's Get Cooking



We held two healthy eating cooking sessions for parents/carers and their children under 5.

In total, 12 parents and 12 children came along to both these classes.

Everyone who attended said that they had learnt new nutritional information and felt more confident about cooking with their child.



Feedback:

'Absolutely loved it, please do more! We both really enjoyed it.'

Information and Support

Our Family Support Worker provides information, guidance and support with form filling and letter writing, knowing what benefits/help you are entitled to, support in arranging payment plans for debt, issuing Foodbank vouchers, Signposting and Referrals to key services, as well as general information.

➤ **161 Clients seen during the Year 22/23**

Feedback:

'My stress levels have reduced through receiving the support from the service.'

'I am now starting to learn to face my debts rather than hiding behind closed doors.'

'It has been so helpful to me having this support with my housing situation as I have been so worried I will have nowhere to live, but this service has given me lots of support.'

CASE STUDY:

"I live in the local area and I have been using EASE's services on and off for a good few years now. I am a single parent raising my 16-year-old daughter. We are living in temporary accommodation due to the regeneration on my housing estate. When I first started attending Information and Support I needed help with my housing due to debt with my rent and council tax. My situation is starting to improve now as I received help to clear my arrears. This has helped take a big weight off me, as I was very worried I would lose my home. They are now helping me to apply for PIP (Personal Independence Payment) for my daughter, as she has a heart condition and finds it hard to do certain things. I need help to fill in the forms, as I do not understand the questions. EASE also helped me to study ESOL (English for Speakers of Other Languages) 3 days a week to help improve my reading and writing and help me get a job in the future. And the Job Club has helped me with CV's and job applications. I get lots of help, without help I would struggle. This service has supported lots."

We helped our Information & Support Clients maximise their income by:



Average monthly increase:
£10,417.32

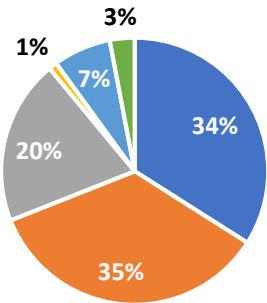


Total for April 2022 to March 2023:
£125,007.84



Foodbank vouchers issued: 954

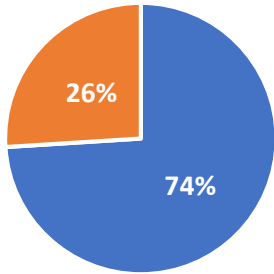
Ethnic Background



- Asian/Asian British
- Black/British
- White
- Mixed
- Other Ethnic Group
- Prefer not to say

Our Information and Support Clients

Gender



- Female
- Male

ESOL (English for Speakers of Other Languages) Courses

- 22 service users with almost half completing the Course and sitting exams
- 90% pass rate
- 82% female
- 7 students have gone on to further studies



First Aid for the Community

- 7 attendees
- 100% said they were confident they would be able to perform basic first aid

Feedback:

'Very informative course - would definitely recommend it to everyone. I feel more confident.'



Home Safety Course



Course designed to help young parents gain increased knowledge about safety issues in the home

- 83% felt more aware of the dangers faced in the home
- 100% said they gained more of an understanding about safety issues in the home

Job Club



Monthly service to support clients looking for employment, or further training.

- 11 attendees
- 73% women
- 27% male
- 75% had a job interview or participated in training since attending Job Club
- 75% formed friendships with people in the community since taking part in Job Club

Uplift Course



A six-week Confidence and Self-Esteem Course for women

- 11 attendees
- 90% said they had learnt to manage self-esteem
- 100% felt they had a better knowledge of how to maintain healthy boundaries, relationships and assertion techniques

Youth Club

Overview

The Youth Club provides young people with a safe environment where they can socialise with their peers and staff. Additionally, it gives them the opportunity to take part in 'I Matter' workshops, that aim to increase their knowledge, to improve their health and wellbeing and help to reduce their participation in risky behaviour. They are also given the opportunity to gain skills to strengthen their personal, social, and formal relationships, as well as to enable them to improve their confidence and optimism for the future.

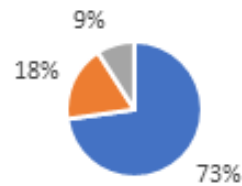
Total attendance for the year: 660

100% of the young people said they feel more optimistic about their future now they have learnt to manage their money with our 'I Matter' money management session.



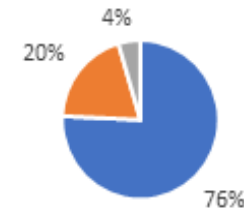
Youth Club Feedback

Since joining the Youth Club do you feel you have learnt skills that will enable you to increase your confidence and optimism for the future?



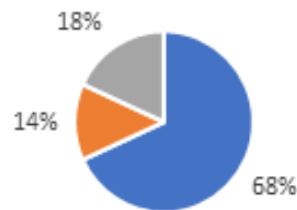
■ Yes ■ Kind of ■ No

Since joining the Youth Club, do you feel you have received support or learnt new skills, that has enabled you to positively strengthen your personal, social and formal relationships?



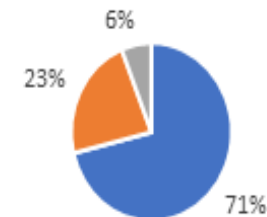
■ Yes ■ Kind of ■ No

Since joining the Youth Club, do you feel you have increased knowledge to help you reduce, participating in risky behaviour?



■ Yes ■ Kind of ■ No

Since joining the Youth Club, do you feel you have increased knowledge to help you improve your health and well-being?



■ Yes ■ Kind of ■ No

'It's nice to have someone to talk to about problems I am having'

'I enjoy coming to the youth club because I can hang out with my friends and take part in different activities'

'My confidence has really grown'

After School Club

Overview

Our After-School Club gives the children a place they can socialise with their friends while having fun and taking part in a variety of activities like cooking, sports, arts and crafts and much more!

Achievements

- 33 Children attended our After-School Club
- Total attendance for the year - 607
- 94% said they enjoy the cooking activities
- 87% said they enjoy the arts & crafts activities



Feedback:

'After school Club is great I really like the arts and crafts'

'I love coming here it is the best club ever'

Holiday Club

Overview

The Holiday Club gives the children a place they can have fun with their peers during the holidays as well as make new friends while taking part in a variety of activities like cooking, arts and crafts, sports activities, local trips and much more.



Feedback:

'Holiday club is the greatest I love it!'

'This is the best club ever'

'I am so sad this is my last ever holiday club I will really miss it, it really has been the best I don't know what I will do in the holidays now'

Achievements

Children attended our Holiday Club: 243
Total attendance for the year: 1397

- 82% said they enjoy the arts & crafts
- 90% said they enjoy the cooking activities
- 68% said they enjoy the team games
- 64% said they enjoy the sports activities



Hanwell Big Local

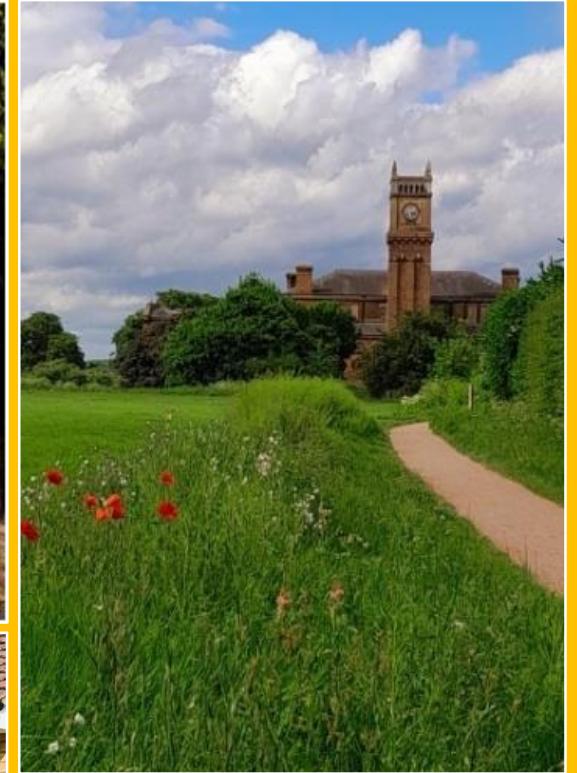
Overview

This is a 10-year (2015 – 2025) community project covering the Cuckoo, Gurnell, High Lane and Copley estates, and surrounding roads. It is led by the HBL Partnership, but belongs to ALL the residents in these areas.

Hanwell Big Local was awarded £1 million by the National Lottery, over a 10-year period, to make a massive, lasting and positive difference to their community.

The Partnership is composed of local residents and representatives from residents' associations and local organisations who together are responsible for guiding the overall direction of Hanwell Big Local and decide which projects to run.

Our Locally Trusted Organisation is EASE (Empowering Action & Social Esteem) Ltd, who are responsible for distributing the funding, delivering, and managing projects.





Our Year 8 (April 2022 to March 2023 Achievements:

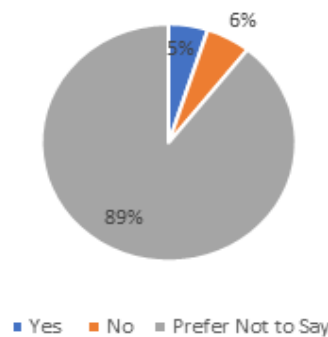
Achievements

- Under Hanwell Arts project, outline planning permission for artworks at Copley Woodland and Bordars Road was submitted and our commissioned artist prepared the designs and technical details.
- Our green-space programme focuses on Copley Woodland. We have completed the initial clearance of brambles, nettles and dead trees, and are developing further planting and landscaping schemes with a local landscaping firm.
- Nearly £3500 worth of small Grants were awarded to the local groups and residents.
- Delivered 2 Certificate in Employability Skills courses in partnership with West London College
- Offered a range of weekly physical and creative activities and workshops for adults
 - Physical activities: Yoga, Pilates, Boxing, Walk & Talk
 - Creative activities: Sewing Course, Cooking Workshop, Bunting Course, Knit & Natter, String Art, Hand sewn Christmas Decoration, Creative Art Decoupage
 - Learning Activity: Certificate in Employability Skills (NCEF Level 1 & 2)

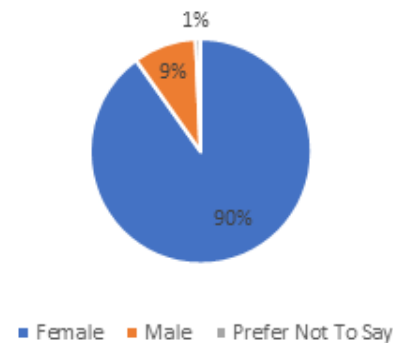
After attending these classes:

- 100% people felt included and welcome
- 88 % felt more connected to the community after the classes
- These classes have made a positive difference to 97% of people's lives
- 85% reported to have learnt a new skill
- 99% people were interested in trying new things after these classes

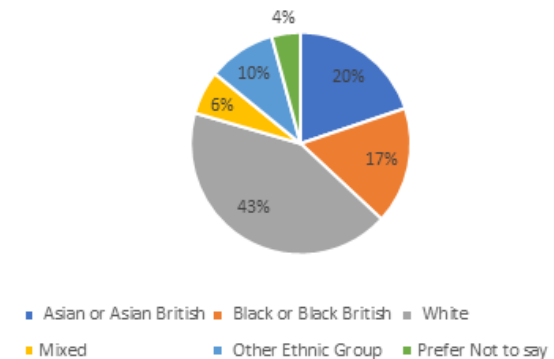
Disability or special need(S)



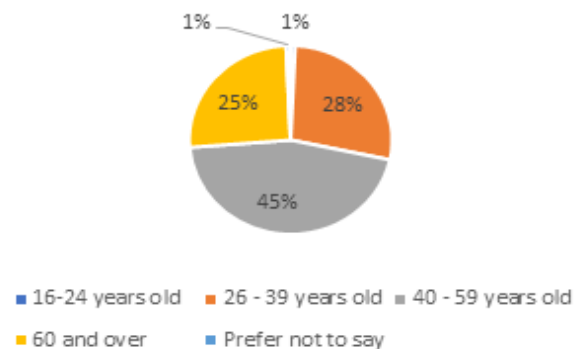
Gender



Ethnic backgrounds

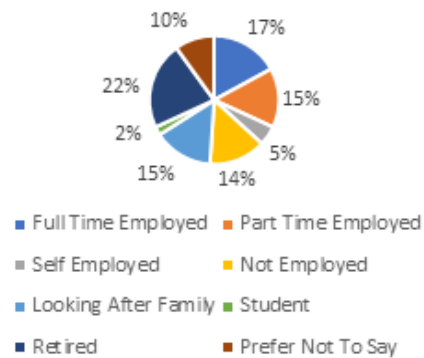


Age



Overview of Hanwell Big Local's Clients

Employment Status



Walk and talk

1 session | 12 Registrations | Total attendances: **12**

'I enjoyed learning more about Hanwell and streets I haven't walked along before.'

'I enjoyed friendly interchange between people on the walk, exchanging stories and information.'



Yoga

Three x 6-week sessions | 32 Registrations | Total attendances: **142**

'I enjoyed learning new skills and meeting new people. Victoria has been amazing. She has a calming effect on me. She is encouraging and supportive. My breathing pattern and mental health have improved'

'I like Yoga because it makes me very positive and very flexible to move and manage my life and make me happy.'

'The teacher was very friendly and welcoming. She went at our pace and didn't rush anyone. It was great to do the yoga classes and I found it worthwhile which makes me want to continue.'





Boxing

Two x 6-week sessions | 25 Registrations

Total attendances: **89**

'I enjoyed improving my general fitness & the chance to get out of the house, as a full-time carer.'

'I like the group interactions - a little variety each week. The trainer was good as well, very engaging.'

'I really enjoy the boxing sessions! It keeps me fit physically and mentally.'



Bunting Course

One x 4-week sessions 12 Registrations

Total attendances **28**

'What I enjoyed the most was how relaxed and easy-going Gilly made the class and therefore very easy to learn new skills.'

'I enjoyed the company of the group and completing my bunting.'

'I am really enjoying to getting to know things and learning a new skill. Great way of getting to know people from different backgrounds.'



Certificate in Employability Skills

Two x 10-week sessions | 19 Registrations

Total attendances: **156**

'The most thing I enjoyed about this course is to allowing me to focus on what I would like to achieve. This course was also great motivation to get me to work on my myself and helps me to achieved few goals such as: learn how to write CV, cover letter, application form. Very valuable part was to being able to build up my confidence and realizing how many strength and good skills I already have.'

'I enjoyed learning new things and the teacher he makes sure you understand what he is teaching.'

'The environment and communication were excellent. This course was perfect on building confidence, understand what to do when looking for work, also I have learnt so many new information which will be helpful in the future (at work). It was also fun and didn't feel pressured. having fun as we gain information and knowledge.'

Cooking Workshops

5 workshops | 52 Registrations

Total attendances: **48**

'I just want to thank you for this amazing workshop and all you bring to the community.'

'I enjoyed making food with others and making new things. Also, great that everything was provided!.'

'I enjoyed meeting new people and learning to make different food. Everyone participated and engaged. Really enjoyed the workshop. Learnt the new recipe and can do/try at home too.'



Hand Sewn Christmas Decoration Workshop

1 session | 11 Registrations | Total attendances: 8

'It was very interesting, very calming and made you feel it's like more therapeutic.'

'I enjoyed making something new to me and feeling Christmassy.'

'It was very enjoyable, such a lovely thing to do.'



Creative Art Workshops - Decoupage

One x 4-week sessions | 13 Registrations | Total attendances: 36

'It was relaxed, inclusive and very therapeutic. The facilitator was warm and welcoming and this definitely contributed to the enjoyable class.'

'I loved learning a new skill. Have even tried it at home afterwards. I think I found myself a new hobby!'

'I enjoyed making something creative and that I can use rather throw away. The whole process & learning something new is a fun and supportive setting.'

Pilates

Four x 6-week sessions | 42 Registrations | Total attendances: **137**

'I like the professionalism of the facilitator, the way he adapted the activities to suit everybody.'

'I enjoyed how relaxing and easy going was the class, very calming!'

'The time flew by and I enjoyed so much. Maarten was fantastic and I have loved and learned about Pilates, which I will definitely continue.'

'Maarten was a great teacher. Liked the fact it was local and community based, with local people. Great time, very convenient.'



Knit and Natter

One x 4-week sessions | 9 Registrations | Total attendances: **14**

'I enjoyed connecting with other people. Sharing ideas, seeing other people's work.'

'I enjoyed meeting new people, sharing experience, learning new skills and techniques.'

'The group and the tutor; they're very friendly.'



String Art

4 workshops | 39 Registrations | Total attendances 31

'It was very relaxing and very well explained, Laurie the teacher was very clear and calm and helpful.'

'I learned new skills and met new people. I also enjoyed that I can share that with my daughter and she'll love it.'

'I enjoyed learning something completely new. I found this very relaxing and I was able to forget my problems which have been causing me a lot of stress.'

'Thank you so much for an opportunity to learn something new. I always watch people doing beautiful things with needles but personally I have never done it before. Today I touched the needle for the first time and I love it. Thank you once again.'



Sewing Course

Three x 5-week sessions
38 Registrations | Total attendances 120

'I enjoyed learning new skills and using a sewing machine. The tutor is very good and explains very well. She makes me feel secure and welcome.'

'I really enjoy my class, I get to meet people and I love sewing class.'

'I enjoyed developing skills and meeting new people and recycling old jeans and making something from nothing - saving money as well.'

'It was fulfilling for me as I learnt how to sew and also had a great experience how to use my sewing machine.'



Photography Competition

Local residents participated in the photography competition. There were 3 themes: Hanwell People, Hanwell Place and Hanwell Nature.



Fun Day

We had a fun day which was well attended. The local residents enjoyed a variety of activities including arts & crafts, bouncy castle, interactive workshops and talent competition.



Our Partners and Funders



JOHN LYON'S
CHARITY



www.ealing.gov.uk



LLOYDS BANK
FOUNDATION

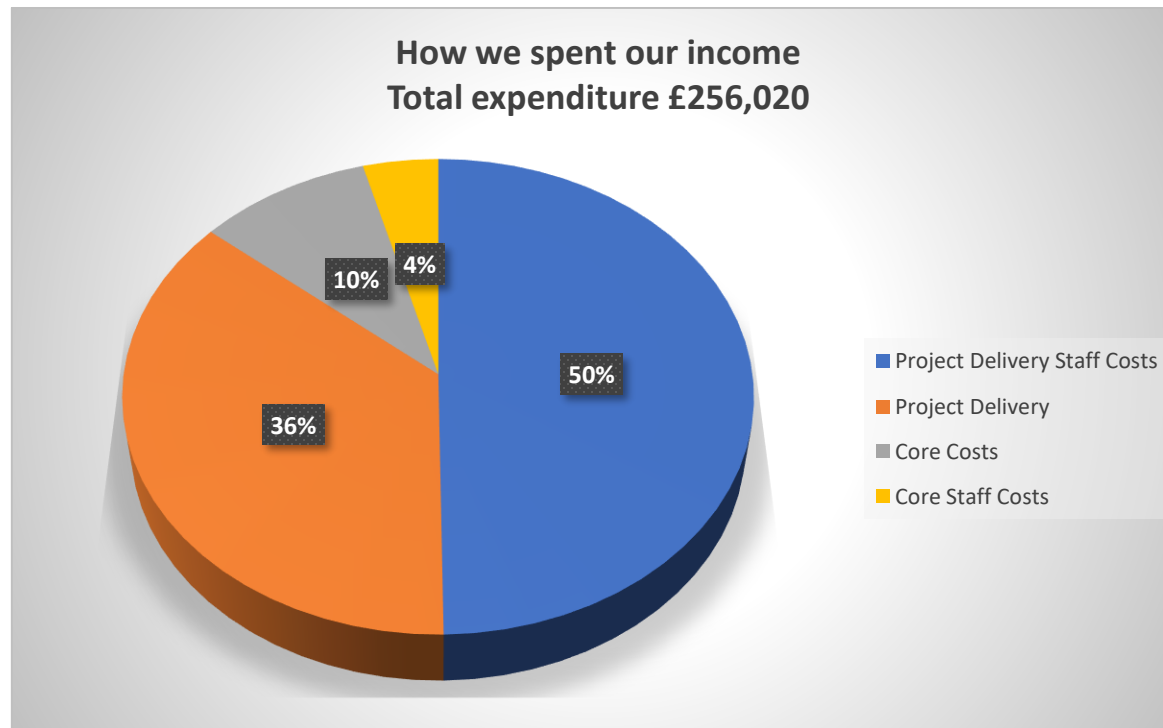
England & Wales



Financial review

In this financial year, EASE has raised an income of £324,422 which was made up of grants, contracts and service delivery, details of which are shown in the Statement of Financial Activities. Expenditure for the same period was £256,020. The balance of funds at the end of the year was £304,614 of which £108,088 is restricted.

At the end of the financial year the unrestricted reserves totaled £196,526 and restricted reserves totaled £108,088. Funds have been designated from unrestricted reserves to the sum of £44,668 to ensure EASE's continued and enhanced need to support wellbeing for the lives of its beneficiaries. This sum is made up of £26,668 for services to support the community and £18,000 to employ a new role to support the Managing Directors delivery of E.A.S.E's strategy. Therefore, this leaves unrestricted reserves of £152,433. The level of free reserves held at 31st March 2022 is in line with the charity's reserves policy.



E.A.S.E.(Empowering Action and Social Esteem) Limited
Company limited by guarantee
Statement of financial activities
for the year ended 31 March 2023

	Notes	2023	2023	2023	2022	2022	2022
	7	Unrestricted £	Restricted £	Total £	Unrestricted £	Restricted £	Total £
Income form:							
Charitable activities (grants and contracts)		34,750	271,546	306,296	28,150	166,898	195,048
Heathrow Community Trust match funding			-	-		5,628	5,628
Service delivery income		14,625	3,501	18,126	163	10,409	10,572
Interest		-	-	-			
		<u>49,375</u>	<u>275,047</u>	<u>324,422</u>	<u>28,313</u>	<u>182,935</u>	<u>211,248</u>
Expenditure on:							
Charitable activities	4	45,116	210,904	256,020	34,650	159,436	194,086
Total		<u>45,116</u>	<u>210,904</u>	<u>256,020</u>	<u>34,650</u>	<u>159,436</u>	<u>194,086</u>
Net Income/(Expenditure)		4,259	64,143	68,402	(6,337)	23,499	17,162
Core contribution costs		28,323	(28,323)	-	17,275	(17,275)	-
LTO costs		1,475		1,475	3,838	(6,828)	(2,990)
Project management costs		5,665	(5,665)	-	6,828		6,828
Balances brought forward 1 April 2022		156,804	77,933	234,737	135,200	78,537	213,737
Balances carried forward 31 March 2023		<u>196,526</u>	<u>108,088</u>	<u>304,614</u>	<u>156,804</u>	<u>77,933</u>	<u>234,737</u>

The statement of financial activities complies with the requirements for an income and expenditure account under the Companies Act 2006.

All the activities referred to above are continuing activities.

All movements in the charity's funds during the year are reflected through the statement of financial activities.

E.A.S.E.(Empowering Action and Social Esteem) Limited
Balance Sheet
as at 31 March 2023

	Notes	2023 £	2022 £
Current assets			
Debtors	2	-	2,813
Cash at bank and in hand		343,747	297,021
		<u>343,747</u>	<u>299,834</u>
Current liabilities	3	(39,133)	(65,097)
Net current assets		<u>304,614</u>	<u>234,737</u>
Net assets		<u>304,614</u>	<u>234,737</u>
Represented by funds			
Unrestricted funds	7	196,526	156,804
Restricted funds	7	108,088	77,933
		<u>304,614</u>	<u>234,737</u>