

Charity registration number: 1057968
Company Registration number: 3168660

THE RUTH WINSTON CENTRE
TRUSTEES' REPORT AND FINANCIAL STATEMENTS
31 March 2023

COLLINS
CHARTERED ACCOUNTANTS
WEST MIDLANDS

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THE RUTH WINSTON CENTRE

Company Information

Trustees	M Waller (Chair) J T Golby (Treasurer/ Deputy Chair) J Brewer C S Rash P Reynolds P L Conway E F H Misselke P Fisk
Secretary	M Waller
Company number	3168660
Charity number	1057968
Registered office	Ruth Winston House 190 Green Lanes Palmers Green London N13 5UE
Independent Examiner	Collins The Lodge Castle Bromwich Hall Chester Road Castle Bromwich West Midlands B36 9DE
Bankers	Barclays Bank plc 2-4 Alderman's Hill Palmers Green London N13 4PH Hampshire Trust Bank 55 Bishopsgate London EC2N 3AS Cambridge & Counties Bank Canwood Court New Walk Leicester LE1 6TE United Trust Bank (on behalf of Woolnough Fund) One Ropemaker Street London EC2 9AW

THE RUTH WINSTON CENTRE

Report of the Trustees For the year ended 31 March 2023

The Trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2023.

The Charity was incorporated 6th March 1996 as a Company Limited by Guarantee and does not have a Share Capital. The Memorandum of Articles of Association are as amended by Special Resolution passed on 22nd July 1996, 11th January 2007, 20th January 2014, 23rd October 2019 and 22nd March 2022.

The charity occupy the Premises under the terms of a commercial lease from the London Borough of Enfield for a term of twenty years renewed from 2016.

Objectives of the Charity

To promote healthy ageing, independence, lifelong learning and activities for the inhabitants of The London Borough of Enfield and surrounding area with priority being given to the over 50's.

Governance

Ruth Winston Centre is a registered charity founded in March 1961 and is a company limited by guarantee. Prior to its incorporation it was known as the Southgate Old Peoples Welfare committee having been originally founded in 1961. The memorandum and articles of the Company as amended from time to time and filed at Companies House constitute its governing documentation.

There is a board of Trustees /Directors, currently eight, who meet regularly to administer the charity. Our President is the mayor (for the time) of London Borough of Enfield and Vice President is Willow Winston.

Ruth Winston Centre is the sole Corporate Trustee of a charity, now known as the Woolnough Fund, which has been formally Linked to it by the Charity Commission.

Organisation

At the start of the year under review there was a review of staffing arrangements and the Charity had two fulltime staff- a Centre/Accounts Manager and a temporary semi-permanent Front Office Administrator. Currently the Trustees have decided that, if possible, the Front Office Administrator should be replaced by a permanent Deputy Centre Manager

A number of volunteers make a huge and very valuable contribution in helping the charity in fundraising and the day to day running of the Centre but we have yet, to recruit the same number we had pre covid.

Through Enfield Voluntary Action (EVA) and other established organisation's courses, we have provided our staff, trustees, and volunteers with training in Safeguarding Adults, Volunteers Managing Risk, Moving and Manual Handling, Heart Start Refresher First Aid Training, to operate our defibrillator unit, Understanding Funders, Food and Hygiene and Roles and Responsibilities of a Trustee.

All activities and facilities at the Centre aim to help our members to remain fit, active, engaged, and independent and are open to include everyone from all cultures and ethnic backgrounds being resident in the London Borough of Enfield, and various adjoining areas, with priority for those, who are 50 years of age and over. In order to ensure the same opportunity to access our services by those, who would otherwise suffer from loneliness, isolation, and social or digital exclusion. No one has been refused admission to an activity or facility if he/she could not afford the cost. Recently the objects of the Woolnough Fund, which provide by means of grants to assist those in financial need, are being expanded to enable certain fees which are waived to be subsidised.

We are affiliated to a range of other organisations including Enfield Voluntary Action., Enfield Dementia Network, Enfield Older Peoples Partnership Board and National digital inclusion network.

**Report of the Trustees
For the year ended 31 March 2023**

Strategy 2021-2026

Our strategy as originally proposed prior to the Covid Pandemic was designed to address a slow decline in membership, which our research indicated was due in part to an ageing demographic amongst our existing members and in part to people, who retired or who were semi-retired, who might have replaced them, having less free time as a result of childminding duties or parttime work. We decided to take positive steps to increase membership and to promote additional classes and activities. Our plans were thrown into disarray by the Covid Pandemic.

When Covid Restrictions were eased we reopened the Centre but initially on a restricted basis. Even when all restrictions were eased and the Centre fully reopened members and volunteers were slow to return. Older members appeared reluctant to mix and others seemed to have adopted a new lifestyle, which did not involve the Centre. Overall, the Pandemic had a dramatic negative effect on the Charity. The Trustees decided that they must set about rejuvenating the Charity and needed to reappraise the services and facilities they were providing. The core aim of providing a better quality of life and increased independence for the over 50s in Enfield and the surrounding areas remained but it was decided that we should attempt to widen our membership to all inhabitants whilst retaining priority for the over 50s. With the consent of the Charity Commission our governing documentation was amended to reflect this change.

It was also decided to attempt to expand our classes and activities and explore the possibility of obtaining funding grants to develop new services, which we would otherwise be unable to afford and that consideration should be given to expanding evening classes. We updated our website to provide clear information about the services we offer and invested in a new computer programme to increase our efficiency and record keeping. A decision was made to promote Digital Inclusion. We are conscious that many older people are digitally excluded and we offer support on various devices and mobile phones. Having applied and then obtained the required Grant we have recently upgraded our computer training room. We also organised quizzes, bazaars, and plant sale and special lunches to raise additional funds.

At the end of the Pandemic our membership had fallen drastically to around only 300 but as a result of efforts made by our staff, the Trustees, and volunteers it has slowly risen. As at the end of the reporting year, 31st March 2023, it was 521 and currently it is now 565, but there is still some way to go before we reach Pre-Pandemic levels. We are also seeking volunteers.

In the meantime we continue to aim to deliver the original Objects of the Charity through services, classes/groups and facilities in a community environment, to include everyone from all cultures and ethnic backgrounds from the local community with the aim of providing the same opportunity to all in our self-contained building, enabling our members to enjoy an active, independent and healthy lifestyle via the provision of a wide range of fitness related classes and talks, computer/IT training classes, handcraft classes, board games, languages, social networking opportunities, membership of clubs and health maintenance and screening services. During the year 2022-2023 we were not able to organise any trips but we did reopen the kitchen to provide hot food which proved popular.

**Report of the Trustees
For the year ended 31 March 2023**

Review of Activities and Facilities

At the end of the reporting year, we had approximately 40 classes/groups and activities during the week plus a number of Clubs and self-run interest Groups. We continue to attempt to expand these to achieve maximum usage of our accommodation and reach as many older people as possible plus a younger working age group, who would be able to benefit from the services, facilities, and companionship we provide in a friendly community setting. We are also offering evening classes.

Income generation during the year

During the reporting year we made a loss of £29,443. However, although we did not receive the Grants available during the Pandemic because we were able to increase our membership and activities, and therefore our income we were able to reduce the loss incurred in the previous year.

Reserves Policy and Risk Management

The Charity has a reserves policy. In recent reviews, Trustees have emphasised their determination that the Charity should be managed in perpetuity for future generations. Assets of the Charity are held to provide funds to support the charity, if and when income diminishes in order to meet the charity's aims and activities. The Trustees again made a conscious decision to maintain a steady level of service to our members, content to spend some of the reserves for outgoings not covered by current income. At 31 March the unrestricted reserves were £257,319.

Trustees' Responsibilities in Relation to the Financial Statements

Company law requires the Trustees to prepare financial statements that give a true and fair view of the state of affairs of the charity at the end of the financial year, and of its surplus or deficit for the financial year. In doing so the Trustees are required to:

- select suitable accounting policies and then apply them consistently,
- make judgments and estimates that are reasonable and prudent; and
- prepare the financial statements on the "going concern" basis unless it is inappropriate to assume the Charity will continue in business.

The Trustees are responsible for maintaining proper accounting records, which disclose with reasonable accuracy at any time, the financial position of the charity and enables them to ensure that the financial statements comply with the Company's Act 1985. The Trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention of fraud and other irregularities.

On behalf of the Trustees:



Mike Waller Chair of Trustees

12 December 2023

Independent Examiner's Report to the Trustees

We report on the accounts for the year ended 31 March 2023 set out on pages six to thirteen.

Respective responsibilities of trustees and examiner

The charity's trustees (who are the directors for the purpose of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 144 (2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

Having satisfied ourselves that the charity is not subject to audit under company law and is eligible for independent examination, it is our responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to our attention.

Basis of the independent examiner's report

Our examination was carried out in accordance with the General Directions given by the Charity Commission. 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. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with our examination, no matter has come to our attention:

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

- to keep accounting records in accordance with Section 386 and 387 of the Companies Act 2006; and

- to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the 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 2015)

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.

Collins

**Collins
Chartered Accountants
The Lodge, Castle Bromwich Hall
Chester Road
Castle Bromwich
West Midlands
B36 9DE**

Date: 12 December 2023

THE RUTH WINSTON CENTRE

Statement of Financial Activities

For the year ended 31 March 2023

	Notes	Restricted Funds (Woolnough Fund) £	Unrestricted funds £	Total 2023 £	2022 £
Income and endowments					
Donations for room hire				25,256	11,633
Activity class fees				41,119	22,905
Membership fees				11,734	8,280
Donations and other income				13,625	26,467
Investment Income				3,559	603
Total			95,293	95,293	69,888
Expenditure					
Direct charitable expenses	2		47,993	47,993	29,522
Management and administration			94,840	94,840	98,275
Total			142,833	142,833	127,797
Net Income/(expenditure)			(47,540)	(47,540)	(57,909)
Movement on bank investments		(3,211)	(3,189)	(6,400)	6,768
Realised income CCLA		2,831	21,666	24,497	22,975
Net Movement in funds		(380)	(29,063)	(29,443)	(28,166)
Reconciliation of funds;					
Total funds brought forward		137,541	286,382	423,923	452,089
Total funds carried forward		137,161	257,319	394,480	423,923

Continuing operations

All income and expenditure has arisen from continuing activities.

THE RUTH WINSTON CENTRE

Balance sheet

As at 31 March 2023

	Notes	2023		2022	
		£	£	£	£
Fixed assets					
Investments	6		256		284
Tangible assets	7		<u>5,960</u>		<u>7,389</u>
			6,216		7,673
Current assets					
Debtors	8	3,266		5,048	
Cash at bank		<u>394,205</u>		<u>422,640</u>	
		397,471		427,688	
Creditors: amounts falling due within	9	<u>9,207</u>		<u>11,438</u>	
Net current assets			388,264		416,250
Net assets			<u>394,480</u>		<u>423,923</u>
Funds					
Unrestricted Funds	10		257,319		286,382
Restricted Funds	10		<u>137,161</u>		<u>137,541</u>
			<u>394,480</u>		<u>423,923</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

Members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The financial statements have been prepared in accordance with the special provisions applicable to companies subject to the small companies regime. The Income and Expenditure account has not been delivered to the Registrar of Companies.

The financial statements were approved by the board on 12 December 2023

On behalf of the board

M Waller


Trustee

Notes to the financial statements

For the year ended 31 March 2023

1 Accounting policies

1.1 Basis of Preparation of Financial Statements

The Financial Statements are prepared under the historical cost convention and include the results of the Charity's operations, which are described in the Trustees' Report

The Financial Statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS102) issued on 16th July 2014 and the Financial Reporting applicable by the United Kingdom and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity has taken advantage of the exemption in Financial Reporting Standard No.1 from the requirement to produce a cash flow statement.

- 1.2** On 29th April 2021, The Charity Commission directed that the charities known as the Woolnough Charity, Southgate and the Ruth Winston Centre ('the linked charities') shall be treated as forming part of the charity known as Ruth Winston Centre ('the reporting charity') for the purposes of Part 4 (registration) and Part 8 (accounting) of the Charities Act 2011. This direction takes effect for the whole of the financial year of the reporting charity in which it is now made.

On 28th April 2021, with the consent of the Charity Commission, the name of the Charity was changed from 'The Woolnough Charity, Southgate' to 'Woolnough Fund'.

In the accounts for the accounting period ended 31st March 2022 there are entries related to restricted funds. The only restricted funds in the accounting period were funds of the Woolnough Fund.

1.3 Statement of Directors'/Trustees' Responsibilities

Company Law requires the directors/trustees to prepare Financial Statements for each Financial year, which give a true and fair view of the state of affairs and of the surplus or deficit for the period. In preparing these Financial Statements, the directors'/trustees are required to:

- select suitable accounting policies and then apply consistency;
- make judgements that are reasonable and prudent;
- prepare the Financial Statements on an ongoing concern basis.

The directors'/trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at the time the financial position of the Charity. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

THE RUTH WINSTON CENTRE

Notes to the financial statements - (continued)

For the year ended 31 March 2023

1.4 Tangible Fixed Assets for use by the Charity and Depreciation

Tangible fixed assets for use by the Charity are stated at cost less depreciation.

Depreciation is provided at rates calculated to write off the cost of valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis;
Office furniture, computers and equipment- 3 to 10 years straight line basis

1.5 Income

Donations and sundry income are accounted for as received by the Charity. All other income is accounted for on an accruals basis. No permanent endowments have been received in the year.

1.6 Value Added Tax

Value added tax is not recoverable by the Charity and as such included in the relevant costs in the Statement of Financial Activities

1.7 Management and Administration Expenditure

Expenditure on management and administration of the Charity includes all expenditure not directly related to the Charitable activity or fundraising ventures. This includes depreciation, office services and accounting fees.

1.8 The figure stated includes £81,641 (2022 £84,852) being the permanent endowment of the Woolnough Fund

2 Status of the Charity

The Charity is a company limited by guarantee and has no share capital

3 Investment Income

	2023 £	2022 £
Interest received on cash deposits	<u>1,173</u>	<u>603</u>

4 Direct Charitable Expenditure

	Total	Total
Direct Costs	23,768	16,518
Support costs	24,225	13,004
	<u>47,993</u>	<u>29,522</u>

All direct charitable expenditure relates to unrestricted funds

Notes to the financial statements (continued)

For the year ended 31 March 2023

3 Net income/(expenditure)

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

	2023	2022
	£	£
Depreciation - owned assets	2,696	8,546
Independent examination fee	<u>870</u>	<u>870</u>

4 Trustees' remuneration and benefits

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

Trustees' expenses

No trustees were paid any travel expenses in either year

5 Staff costs

	2023	2022
	£	£
Wages and salaries	<u>66,626</u>	<u>66,945</u>

The average monthly number of employees including part-time during the year was as follows:

Administration	<u>2</u>	<u>3</u>
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6 Investments

	2023	2022
	£	£
Ordinary shares in Lloyds bank		
Market value brought forward	284	256
Unrealised profit /loss	<u>(28)</u>	<u>28</u>
	<u>256</u>	<u>284</u>

7 Tangible fixed assets

	Totals
	£
Cost	
At 1 April 2022	62,511
Additions	1,807
Disposals	<u>(810)</u>
At 31 March 2023	<u>63,508</u>
Depreciation	
At 1 April 2022	55,122
Charge for year	2,696
Eliminate on disposals	<u>-</u>
At 31 March 2023	<u>57,818</u>
Net book value	
At 31 March 2023	<u>5,690</u>
At 31 March 2022	<u>7,389</u>

THE RUTH WINSTON CENTRE

Notes to the financial statements (continued)

For the year ended 31 March 2022

8 Debtors: amounts falling due within one year	2023	2022
	£	£
Prepayments	<u>3,266</u>	<u>5,048</u>

9 Creditors: amounts falling due within one year	2023	2022
	£	£
Funds held in trust for all clubs	0	5,097
Accrued fees	9,307	870
Other creditors	0	5,471
	<u>9,307</u>	<u>11,438</u>

10 Movement in funds	At 1.4.22	Net movement in funds	At 31.3.23
Unrestricted funds			
General fund	286,382	(28,130)	258,252
Restricted Funds			
Woolnough Fund	137,541	(380)	137,161
Total funds	<u>423,923</u>	<u>(28,510)</u>	<u>395,413</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	66,385	(94,515)	(28,130)
Restricted Funds			
Woolnough Fund	2,831	(3,211)	(380)
	<u>69,216</u>	<u>(97,726)</u>	<u>(28,510)</u>

Of the resources expended £7,044 is unrealised being the re-valuation of investments.