

**ANNUAL REPORT AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED  
31ST DECEMBER 2018**

**SUNDAY ASSEMBLY**

(A Company Limited by Guarantee)

**CHARITY REGISTRATION NUMBER 1162995**

**COMPANY REGISTRATION NUMBER 08818905**

Independent Examiners Ltd  
Sovereign Centre  
Poplars  
Yapton Lane  
Walberton  
W. Sussex  
BN18 0AS

**SUNDAY ASSEMBLY  
(A COMPANY LIMITED BY GUARANTEE)**

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**SUNDAY ASSEMBLY**  
**(A COMPANY LIMITED BY GUARANTEE)**

**LEGAL AND ADMINISTRATIVE INFORMATION**

<b>CHARITY NUMBER</b>	1162995
<b>COMPANY REGISTRATION NUMBER</b>	08818905
<b>DATE OF INCORPORATION</b>	18th December 2013
<b>START OF FINANCIAL YEAR</b>	1st January 2018
<b>END OF FINANCIAL YEAR</b>	31st December 2018
<b>DIRECTORS AT 31ST DECEMBER 2018</b>	Ms G. Claus Mr A. Newton Mr M. Leach Ms R. Bynon (Appointed 1st January 2018) Ms J. Booth (Appointed 4th February 2018) Ms S. Morgan (Appointed 5th June 2018) Ms P. Evans (Resigned 4th June 2018)
<b>GOVERNING DOCUMENT</b>	Memorandum & Articles of Association Dated 18th December 2013.

**OBJECTS**

TO PROVIDE OR ASSIST IN THE PROVISION OF FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION OR OTHER LEISURE TIME OCCUPATION FOR THE PUBLIC AT LARGE, WITH THE OBJECT OF IMPROVING THE CONDITION OF LIFE OF ALL WHO USE SUCH FACILITIES, IN PARTICULAR BUT WITHOUT LIMITATION BY PROVIDING FACILITIES FOR PEOPLE TO MEET AND ASSOCIATE ON A SUNDAY, WITHOUT DISTINCTION OF SEX, SEXUAL ORIENTATION, RACE OR OF POLITICAL, RELIGIOUS OR OTHER OPINIONS.

<b>REGISTERED ADDRESS</b>	Conway Hall Red Lion Square London WC1R 4RL
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<b>BANKERS</b>	Co-Operative Bank Plc P.O Box 101 1 Balloon Street Manchester M60 4EP
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<b>INDEPENDENT EXAMINERS</b>	C.B Maizi FMAAT FCIE Independent Examiners Ltd Sovereign Centre Poplars Yapton Lane Walberton West Sussex BN18 0AS
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## INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Sunday Assembly on the accounts for the year ended 31st December 2018 set out on pages 14 to 21.

### Respective responsibilities of trustees and examiner

The Charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the financial statements. The trustees are satisfied that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the governing document or constitution of the Charity for the conducting of an audit. As a consequence, the trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the charity is not subject to audit, and is eligible for independent examination, it is my responsibility to:-

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

### Basis of independent examiner's statement

I conducted my examination in accordance with the General Directions given by the Charity Commissioners for England & Wales in relation to the conducting of an independent examination, referred to above. An independent examination includes a review of the accounting records kept by the Charity and of the accounting systems employed by the Charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning such matters. The purpose of the examination is to establish as far as possible that there have been no breaches of the Charities legislation and that the financial statements comply with the SORP, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the trustees in the course of the examination is not subjected to audit tests or enquiries, and consequently I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtain written assurances from the trustees of all material matters.

### Independent examiner's statement

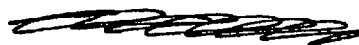
In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees requirements:
  - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
  - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of recommended Practice: Accounting and Reporting by Charities.

have not been met; or

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

C.B Maizi FMAAT FCIE  
Independent Examiners Ltd  
Sovereign Centre  
Yapton Lane  
Walberton  
West Sussex  
BN18 0AS



Date: 27th June 2019

# **SUNDAY ASSEMBLY**

## **(A COMPANY LIMITED BY GUARANTEE)**

### **REPORT OF THE DIRECTORS FOR THE YEAR ENDED 31ST DECEMBER 2018**

#### **2018 - Sunday Assembly Continues To Transition: Open Sourcing Inclusivity**

Sunday Assembly experienced a period of transition in 2018. Building on the work done by trustees and engaged members around the world in 2017 to envision a more stable core for secular congregational model, the charity took the time to research funding sources and public profile while reviewing its history.

The data collected identified that the noble goal of supporting over fifty local chapters internationally was not sustainable at the current funding level. With careful planning, the charity has adopted an open source model where global chapters are no longer directly affiliated, rather they are now defined as being 'inspired by' Sunday Assembly London.

This transition, though complicated, returned the charity to its fundamental origin—as a movement of individuals and organizers who heard about a fantastic idea for secular congregation and were inspired by Sunday Assembly London to build their own community in their town in their own way. The transition will set up a new dynamic between the Sunday Assembly charity and all of the wonderful organizers in the network.

#### **Growing The Evidence Base**

Sunday Assembly is committed to growing the evidence base for our activities. The social benefits of being in a congregational community are already well established. We have begun a deeper exploration around the benefits of the congregational community, when done in a secular and inclusive way. In 2018, that meant working with Sarah Charles, a postgrad researcher, from the Brain, Belief and Behaviour lab in Coventry University. Sarah Charles worked with Sunday Assembly London on a study which measured the effect of attending a Sunday Assembly on people's tolerance to pain. Increased tolerance to pain is the sign that a ritual or event releases hormones which can change how people feel. The results of this report are expected next year, and we look forward to continuing to explore the impact of Sunday Assembly on the lives of individuals.

#### **Change In Staff**

In keeping with the return to its roots, a transition was also made in the staffing levels of the charity. Ruth Moir, Sunday Assembly London's first Community organizer, resigned from her position in May 2017. As an integral part of the community, Ruth took us forward from what was essentially a start-up in London, and really developed the organization. This was evident in the range of activities she designed, the supporters scheme she helped to implement, and the depth of the community that was felt among its members. Ruth showed that it was possible for a secular community to be self-sustaining and to have a member of staff who is caring to their needs. It is hoped that Ruth's example will lead us to find more professionals who will be able to minister to communities in a totally inclusive way. After Ruth's departure, a search for new director started in June, leading to the hiring of Joseph Watson from The National Trust in October 2018.

#### **Sunday Assembly London**

Sunday Assembly London continued to deepen connections and grow its membership, pioneering a new model of secular and inclusive congregational community, which is open to everyone. At the heart of this community is our regular bimonthly gathering. Twice a month between 200 and 400 people come to Conway hall to sing songs, hear inspiring talks, and to benefit from spending time with others.

#### **The Sunday Gathering**

The Sunday gathering is powered by a volunteer band. The attendees are welcomed by a volunteer front-of-house team and, at the end of the service, the hall erupts in conversations over refreshments, courtesy of our volunteer tea and cake team. In 2018, there were more than 20 Sunday Assembly gatherings, with a huge range of themes—each inspired by the Sunday Assembly values of Live Better, Help Often and Wonder More. Dynamic speakers like poets, thinkers, and scientists brought challenging new ideas to each gathering. Beyond the invited experts, every Sunday Assembly features a member of the community sharing their personal story.

In 2018, a new type of Sunday Assembly Gathering was launched called Sunday Assembly Lates. This was an opportunity to explore more mature topics beyond the normal content of the family service on Sunday mornings. The theme of the first one was sexuality and it proved enjoyable by a wide variety of people. As a trial, these events are ticketed to raise income for the charity.

## SUNDAY ASSEMBLY (A COMPANY LIMITED BY GUARANTEE)

### REPORT OF THE DIRECTORS (Continued) FOR THE YEAR ENDED 31ST DECEMBER 2018

#### Community

The gatherings serve as meeting points to foster community within our membership, providing structures upon which friendships and connections can bloom. In between the services, people meet up at all manner of gatherings which they organize themselves within the social calendars built by our volunteer action team leaders.

#### Activity Groups

Our members run many activity groups like walking groups, running clubs, podcast discussions, and even an article club for people who find reading a book regularly a bit too long. Members enjoy game nights, trips to the theatre, and a few have managed camping holidays and visits to other assemblies on the continent and abroad.

#### Volunteering ("Help Often" groups)

The community gathers, not only to help each other and support each other, but to reach out to others in need. By encouraging the value of helping often, we connect our volunteers to other organizations requiring service. Here is some background on the types of organisations we have worked with in 2018:

- Euston Food Bank: Our volunteers went along to the food bank to help sort and pack donations, ready to be given out to low income people in need of food and basic supplies.
- Camberwell Baby Bank: A Salvation Army project that collects donations of baby items (clothes, equipment) to donate to low income people in need of supplies. Our volunteers went along and helped clean toys and equipment, and sort out baby clothes.
- Catford Wildcat Wilderness: Our volunteers went and completed some gardening, clean up, and conservation in this community space.
- Cause Corps - Cause Corps is a micro-volunteering initiative, aiming to lower the barrier to volunteering; Sunday Assembly volunteers attended multiple facilitated micro-volunteering sessions (creating handmade journals for a local homeless shelter, knitting baby beanies to donate to the baby bank & making placemats for a Christmas meal in a local homeless shelter).
- Giving Wall - We ran a giving wall donation drive twice in 2018, where we asked our community to contribute donations to local charities including Help Refugees, Euston Foodbank and Depaul.
- Tower Hamlets Cemetery Park - Our volunteers took part in conservation work and gardening across the grounds of the cemetery.

Breakdown of volunteer hours in Help Often groups::

Event Name	Event Date	No. of Volunteers	Total Event hours	Total Volunteered Hours	Activity Description	Volunteering Category
Euston Food Bank	06/01/2018	18	3	54	Donations	Poverty
Baby Bank	21/02/2018	10	2	20	Donations	Poverty
Catford Wildcat Wilderness	21/04/2017	5	3	15	Gardening	Nature conservation
Cause Corps	08/04/2018	15	3	45	Donations	Homelessness
Giving Wall	31/05/2018	15	1	15	Donations	Poverty
Tower Hamlets Cemetery Park	03/06/2018	7	2.5	17.5	Gardening	Nature conservation
Cause Corps - Beanie Making	21/10/2018	15	3	45	Donations	Poverty
Cause Corps - Placemats for Homeless	18/11/2018	6	2	12	Donations	Homelessness
Giving Wall	20/12/2018	20	4	80	Donations	Refugee / Homelessness
<b>TOTAL</b>		<b>111</b>	<b>23.5</b>	<b>303.5</b>		

**SUNDAY ASSEMBLY  
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**REPORT OF THE DIRECTORS (Continued)  
FOR THE YEAR ENDED 31ST DECEMBER 2018**

**Live Better Groups**

Two action team leaders, Joe Hopkins and Kerry Wooten, have focused on designing new "live better" groups. These peer to peer support groups run from six to eight weeks, providing a dedicated space to allow people to deal with issues or to try and complete a goal by supporting each other. Meeting in the evening with a trained facilitator, attendees can spend a few weeks moving further on in their own personal journeys. As an added benefit, the groups tend to bond together closely and often meet up after the conclusion of the programme. The power of offering a group facilitated by a member of the community has helped create huge change.

**What's The Most Significant Change Sunday Assembly Has Made In People's Lives?**

Sunday Assembly is making profound changes in people's lives and Sunday Assemblers see it as an important contribution to secular life. We held some community meetings in 2018 and gathered some feedback from the participants.

**Comments from the Community**

• Music:

People really enjoyed "getting back into music" and "playing with new bands."

• Companionship:

Sunday Assembly offers a place for "meeting new people" and "new partners" and finding a "new home."

• Friends:

"SA was the first place I made proper friends in London and was a happy, safe, hopeful place when I really needed one. It made me feel I wasn't on my own here."

"The number of people I've met and consequently change to friendship group and social life. Friends have always been important to me. [I have friends from when I was 10] SA has added to and enriched this."

**Personal Change**

• Mindset:

"Changed the way I think about fundamental issues = race / diversity / death. Important because it's helped me think about my values / helped me live better."

"Helped me to move away from accepting mediocrity."

• Self Esteem:

"Helped me to be comfortable in my own skin and accept myself for the quirky things I enjoy doing – like air guitar – and not feel so alone in how harsh life can get at times – always maintain hope in humanity."

• Security:

"A larger circle of friends and the security of knowing I have a place to go to on a Sunday where I'll feel uplifted."

• New Goals:

"Divorce amicably." "Move onto a boat." "Meet partner." "Have a baby."

**Mental Health**

• Removal of Stigma:

"I've made lots of friends who are open about mental health problems."

• Self Help:

"Started to do mindfulness meditation after joining live better group. Allowed me to cope with things and be a nicer person."

• Check In:

"A reminder to be in a room with happy people is good for my mental health."

"I feel less alone."

## **SUNDAY ASSEMBLY (A COMPANY LIMITED BY GUARANTEE)**

### **REPORT OF THE DIRECTORS (Continued) FOR THE YEAR ENDED 31ST DECEMBER 2018**

#### **Expanding Friend Base**

- Meeting people with diverse experiences and realising that there are lots of ways to live a happy life whatever society says – particularly that it is not bad to be single.
- Meeting new and [relatively] different people. When I moved away from London SA was one of the things I felt was missing from my life.

#### **Secular / Alternative To Religion**

- "By existing SA is trying out whether secular community is possible, which is important because this needs to be tried out."
- "Gets me out of my comfort blanket – meeting new people, doing and learning new things, putting my head up and looking around. It's important so that life doesn't pass me by without me even realising."
- "Knowing I make a difference and that there's a community who want secular change."
- "Committing to a secular community organisation on a regular basis. Community without a religious underpinning is important."

#### **What People Love About Sunday Assembly**

As part of our focus on our core, we asked people what they thought of the organisation. There was such a huge response to our questions with positive statements about Sunday Assembly London. The feedback was broad, but can be encapsulated in three main sections: the gathering, outcomes for participants, and the community events. Respondents rated the following as highly important.

#### **The Gathering:**

- The band
- Music
- Interesting talks
- Learning new things
- Tea / Coffee
- Enthusiasm of volunteers
- Regularity/Continuity
- Singing
- Speakers
- Poets

#### **Outcomes for Participants**

Contributors spoke about the change it made in their lives:

- Inspirational
- Meaning in a light way
- Uplifting people
- Being accepted
- Inspirational talks
- Ritual
- Positivity
- Energising
- Being "me"

#### **Community / People**

Unsurprisingly, within the community, shared activities and the people came up time and time again:

- Pub
- Article Club
- Clubs
- Connection in London
- People more open than normal
- Greater variety of people you can interact with
- Helping others
- Young people
- Friends being made
- It's hard to meet people in London



**SUNDAY ASSEMBLY  
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**REPORT OF THE DIRECTORS (Continued)  
FOR THE YEAR ENDED 31ST DECEMBER 2018**

**Jenny Gaskell – Manchester Community Organiser Report Contribution**

Jenny Gaskell came into the role of Community Organiser for Manchester in October 2017. After 3 months of engagement and research with the community, she developed a year plan for 2018 in collaboration with the volunteer organising group.

The main areas of immediate change for the community included a volunteer restructure. In 2017 the committee were volunteering in undefined roles, leading to some volunteers over committing /experiencing burnout and others wanting to offer more, but tentative about claiming authority to make decisions.

Inspired by the London organising model - and via conversation with individuals about passions, skills and capacity - committee members were divided into teams leading on: content, communication, music, production, finance, activities (social/outreach) and welfare. Communication channels were streamlined via Slack and files all synchronised on shared online drive. Feedback suggests the committee are able to enjoy volunteering in the community with less stress and regular volunteer numbers doubled.

Another key issue raised by the community was the need to secure a long term venue. During January-May, SAMcr were gifted free room hire within Manchester Museum for assemblies. In February Manchester Museum wrote a public blog, describing their support for Sunday Assembly as a "natural partnership", with strong reviews for the event and describing hosting SA as an opportunity to learn "how the museum can create the conditions for people to connect with others, be socially active and develop a deep fascination, appreciation and awe for the world around them and the people in it."

The space allowed for after-assembly socialising with post-event free refreshments, a new philosophy club and craft corner - plus the Museum offered a free 'handle the exhibition' experience with artefacts for the community to observe - in relation to the theme of the event. During this time Manchester Art Gallery also approached the group to become part of a large-scale photography exhibition about contemporary community in Manchester by award-winning photographer Martin Parr; the community were featured and invited as VIPs to the major exhibition launch in autumn.

In June, Manchester Museum began a two-year refurbishment process, and SA were due to move into a new permanent home of Aquarius Community Centre - however plans fell through. Instead June-July assemblies were held in unsuitable emergency space in an MMU building and attendance suffered. However in August the community were able to move into new Grade-II listed, two tiered Edwardian theatre, Niamos Centre - a venue in the heart of Hulme run by a radical independent community for the purpose of creating home for community, arts and wellbeing. Finally securing a permanent space, the community again enjoyed a boost in volunteer intake and began working with the venue towards plans for further collaboration in 2019 - including local community development with socially isolated local people and supporting therapy services/ social-prescribing offers within the building.

Finally there was a key area of development in terms of deeply considering the concept of 'welcoming all who welcome all' and creating content which was relevant to the SA mission and represented a wider demographic of voices. Assemblies included universal themes including the Heart (which included a talk from British Heart Foundation and the survivor of a heart transplant who spoke about a second chance of life), writing as a tool for therapy (including a talk from a 16 year old community member with anxiety who used to be selectively mute) and the diverse history of remembrance on the morning of 100 year anniversary of armistice (with a talk from Imperial War Museum North). Additionally more specific identity themed events included Pride (with talks from multi-award winning queer and disabled artist Jackie Hagan and a transgender member of the community), a talk about Perspectives from the 'Blind Woodturner' and a celebration of female leadership - celebrating 100 years of some women's right to vote in the UK.

Independent evaluator Mobilise conducted an interview with volunteers and community attendees at the end of the year and stated: 'Participants felt that attending Sunday Assembly had had a positive effect on their well-being and that of others who attend. This was due in part to the support network that Sunday Assembly attendees develop, "Knowing someone is there if you need some help or need some support and that's what well-being is about, knowing that there is someone there and that you can work things through." Belonging to a community at the Sunday Assembly, or "a tribe" as one participant described it, felt strongly linked to well-being.'

**SUNDAY ASSEMBLY  
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**REPORT OF THE DIRECTORS (Continued)  
FOR THE YEAR ENDED 31ST DECEMBER 2018**



**Sunday Assembly East End (SAEE) – Activities Achievements in 2018**

Sam Weatherald, Community Organiser

2018 was a year of change, opportunity, experimentation and growth for Sunday Assembly East End, at the end of which we were in our strongest and healthiest condition as a community to date.

As of some of our key achievements we:

- Completed a successful move to a new venue in February, community arts Poplar Union, with whom we have since built a fantastic collaborative relationship.
- Delivered 11 adventurous, high quality and well attended assemblies over the year, exploring topics including motherhood, Bengali New Year, intergenerational community, inequality and a particularly well received Remembrance Day special exploring the relationship between war, PTSD, and generational trauma.
- Held two secular baby blessings.
- Continued to experiment with small group activities including 'Get Together' discussion groups, participatory music sessions, and a Book Club which is now firmly established and meets monthly after assemblies.
- Celebrated our 2nd birthday in May with a mini festival of wellbeing activities.
- Brought 5 community members to the SA International Gathering.
- Took part in the 'Healthy Poplar' festival in August.
- Continued to establish relationships with other local partners, eg. Neighbours in Poplar, multi-faith community group run by local hero Sister Cristine Frost, who spoke at our September assembly and with whom we have recently organised a 'Help Often' takeover at their weekly homeless shelter.
- Went through a successful consultative process to establish the SAEE Leadership Team, now meeting monthly and functioning very well.
- Delivered our most ambitious project to date in November, A Mindful Mess (more on this below).

Community Organiser Sam Weatherald was also selected to take part in his capacity as a community leader in the 'Spiritual Ecology Programme' at St Ethelburga's Centre for Reconciliation and Peace, as part of which he delivered a 'Life in the Cemetery' workshop on our relationship with death and nature for the SA / SAEE community at Tower Hamlet's Cemetery. This has now received funding to be developed into a series of monthly gatherings.

**Social Prescribing Project**

Substantial funding was agreed with funders Poplar HARCA (PH) in January 2018 for SAEE to both continue delivering and expanding on its core activities (monthly assemblies and small group activities) and take part in their new 'social prescribing' project as part of the new Well One partnership. The proposal was for SAEE not only to offer healthy local activities for local people to be 'prescribed', but also to recruit volunteers from the SAEE community to train as 'community connectors', helping to join local people up with local opportunities that might benefit them.

As agreed with PH, we announced this new and exciting project at our 2nd birthday mini festival in May ('Connect') with a focus on the importance of connection to our collective mental, physical and social wellbeing, and a recruitment drive for the 'community collector' role. However, the training programme and social prescribing software promised by Poplar HARCA was not delivered, and is still to our knowledge in the planning / development stage. As Poplar HARCA did not give any clear indication as to how the staff time allocated to the delayed / cancelled project should be spent, Sam Weatherald, with agreement from the SAEE volunteer team and line manager Ruth Moir, decided to focus his efforts on securing additional funding for planning and delivering A Mindful Mess.

**SUNDAY ASSEMBLY  
(A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE DIRECTORS (Continued)  
FOR THE YEAR ENDED 31ST DECEMBER 2018**

**A Mindful Mess**

A Mindful Mess 2018 was an ambitious three day community arts and wellbeing festival held at Poplar Union from the 9th to the 11th November 2018. It was organised by a partnership led by Sunday Assembly East End, alongside our new venue Poplar Union, and arts collective and initiators of the original 'A Mindful Mess' Antenna, with £3,500 funding secured from Tower Hamlets Council, Poplar HARCA and the Well One partnership, and a total budget (including in kind support) of £10,000.

The festival aimed to explore the mind, promote mental health, and celebrate 'neurodiversity', via a vibrant mix of workshops, music, discussion, performance, film, art, and talks. A magazine was also launched to accompany the event featuring contributions from local people and communities on the theme. An estimated 500 people benefited in some form in the festival, and we also reached out to local organisations including BowHaven, Neighbours in Poplar, Spotlight, and the Bromley By Bow Centre, who all participated in some way. The festival received overwhelmingly positive feedback from participants, attendees and contributors, and there is strong momentum towards the festival happening again in 2019.

Self-monitoring data and feedback was gathered from 158 attendees, and the analysis revealed amongst other things that;

73% self identified as having current or previous experience of mental health challenges.

13% self identified as 'neurodivergent' (eg. dyspraxic / autistic / ADHD / learning difficulties).

78% respondents said they tried something new at the festival

Some written feedback from attendees:

*'A wonderful space and festival, so inclusive. It's the first time I have felt part of my local community since moving to London.'*

*'This was such a rich programme, flowed like hot chocolate. The energy was electric at all times, you could feel everyone feeling comfortable, accepted, inspired and energised.'*

*'The tone of the event was one of real diversity and inclusivity, with a wide range of fantastic offerings from unusual performers and speakers... I hope to see how this event grows and evolves!'*

Sunday Assembly attendees were heavily involved in delivering and contributing to the festival. Bow resident and Sunday Assembly East End volunteer Marie Mcleod, who runs Depression Changes Minds (a peer support group for families affected by mental health challenges) had this to say about her involvement:

*'I had a fantastic time at Mindful Mess. I held a family workshop, playing the film Inside Out, and then talking with the parents about their thoughts, concerns and sharing ideas about how to help children right through to adults recognise their mental wellbeing needs, triggers and symptoms. Parents gained not only from the film, the information I shared but from one another as well, peer to peer support is such a powerful and useful way to learn.'*



New community member and fantastic addition to the SAEE leadership team Emily Wapples had this to say about her participation in the festival:

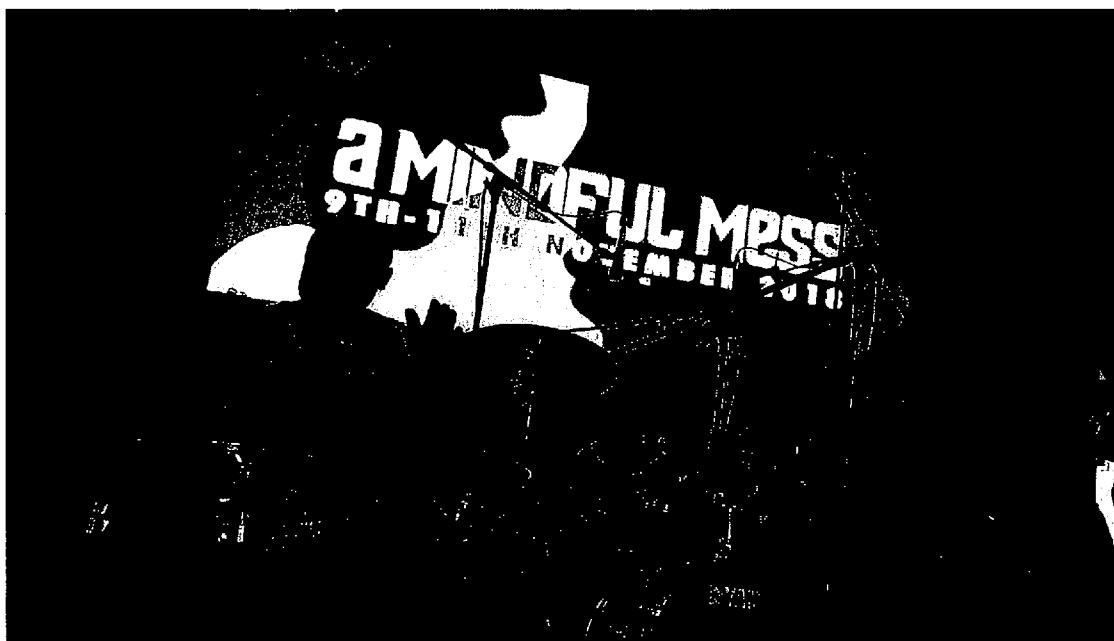
*'I really enjoyed helping out in various roles before, during and after the festival. I have wanted to become more involved in the local community for a while now and this was the perfect opportunity for me. I made so many new connections and volunteering at the festival has really boosted my confidence and sense of belonging in the community.'*

**SUNDAY ASSEMBLY  
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**REPORT OF THE DIRECTORS (Continued)  
FOR THE YEAR ENDED 31ST DECEMBER 2018**

**Looking Ahead**

In 2019 we intend to build on the successes and momentum of 2018, hopefully with renewed funding from Poplar HARCA (if necessary we will explore other options). We also hope to establish a stronger self-funding base via a crowd-funder and launching a regular giving programme. We are also already in talks with Poplar Union about repeating A Mindful Mess in November, and plan to further develop links with other partner organisations, especially Neighbours in Poplar, with discussions afoot to organise a cabaret for their elderly community. In the longer term we are considering, in consultation with Sunday Assembly HQ, the possibility of becoming an affiliated assembly, with independent status. We will be celebrating our 3<sup>rd</sup> birthday in May, which feels like an opportunity to celebrate how far we've come as a community and establish more sustainable foundations.



**SUNDAY ASSEMBLY  
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**REPORT OF THE DIRECTORS (Continued)  
FOR THE YEAR ENDED 31ST DECEMBER 2018**

**Statement of Directors' Responsibilities:**

The Charities Act and the Companies Act require the Board of 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 end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to :-

- a) select suitable accounting policies and then apply them consistently;
- b) make judgements and estimates that are reasonable and prudent;
- c) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;
- d) state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.

The Directors are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. 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 Directors are also responsible for the contents of the Directors' report, and the responsibility of the independent examiner in relation to the Directors' report is limited to examining the report and ensuring that on the face of the report there are no inconsistencies with the figures disclosed in the financial statements.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

I approve the attached statement of financial activities and balance sheet for the year ended 31st December 2018 and confirm that I have made available all information necessary for its preparation.

Approved by the Directors on the 19 JUNE 2019

Signed on their behalf by Director Suzan

Print Name: SARAH MORRIS

**SUNDAY ASSEMBLY**  
**(A COMPANY LIMITED BY GUARANTEE)**

**STATEMENTS OF FINANCIAL ACTIVITY**  
**FOR THE YEAR ENDED 31ST DECEMBER 2018**

**(Incorporating Income & Expenditure Account)**

	Notes	Unrestricted Funds £	Restricted Funds £	<b>TOTAL 2018 £</b>	<b>TOTAL 2017 £</b>
<b>INCOMING RESOURCES</b>					
<b>Incoming Resources from Generated Funds</b>					
Donations, Legacies & Similar Income	<b>3a</b>	112,424	-	112,424	157,806
Activities for Generating Funds	<b>3b</b>	8,113	-	8,113	27,285
Investment Income	<b>3c</b>	-	-	-	-
Charitable Activities	<b>3d</b>	-	-	-	27,726
Other Incoming Resources	<b>3e</b>	1,951	-	1,951	2,059
<b>TOTAL INCOMING RESOURCES</b>		<b>122,488</b>	<b>-</b>	<b>122,488</b>	<b>214,876</b>
<b>RESOURCES EXPENDED</b>					
<b>Cost of Generated Funds</b>					
Costs of Generating Funds	<b>4a</b>	5,617	-	5,617	1,130
Costs of Charitable Activities	<b>4b</b>	95,362	-	95,362	176,356
Governance Costs	<b>4c</b>	25,991	-	25,991	26,358
<b>TOTAL RESOURCES USED</b>		<b>126,970</b>	<b>-</b>	<b>126,970</b>	<b>203,844</b>
<b>NET INCOMING/(OUTGOING) RESOURCES</b>		<b>(4,482)</b>	<b>-</b>	<b>(4,482)</b>	<b>11,032</b>
Total Funds Brought Forward		13,506	-	13,506	2,474
Historic Liabilities	<b>12</b>	8,000	-	8,000	-
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>17,024</b>	<b>-</b>	<b>17,024</b>	<b>13,506</b>

Movements on all reserves and all recognised gains and losses are shown above. All the charity's operations are classed as continuing.

The notes on pages 16 to 21 form part of these financial statements.

**SUNDAY ASSEMBLY**  
**(A COMPANY LIMITED BY GUARANTEE)**

**BALANCE SHEET**  
**AS AT 31ST DECEMBER 2018**

	Note	Unrestricted Funds £	Restricted Funds £	31-Dec-18 Total £	31-Dec-17 Total £
<b>Fixed Assets</b>					
Tangible Assets	2	-	-	-	-
<b>Current Assets</b>					
Debtors & Prepayments	7	1,673	-	1,673	14,634
Cash at Bank and In Hand	6	44,846	-	44,846	40,281
<b>Total Current Assets</b>		<b>46,519</b>	-	<b>46,519</b>	<b>54,915</b>
<b>Creditors: due within one year</b>	8	27,875	-	27,875	33,409
<b>NET CURRENT ASSETS</b>		<b>18,644</b>	-	<b>18,644</b>	<b>21,506</b>
<b>Creditors: due in more than one year</b>	9	-	-	-	8,000
<b>TOTAL ASSETS less current liabilities</b>		<b>18,644</b>	-	<b>18,644</b>	<b>13,506</b>
<b>NET ASSETS</b>		<b>18,644</b>	-	<b>18,644</b>	<b>13,506</b>
<b>Funds of the Charity</b>					
General Funds		18,644	-	18,644	13,506
Restricted Funds	5	-	-	-	-
		<b>18,644</b>	-	<b>18,644</b>	<b>13,506</b>

**Directors' Responsibilities:**

The directors are satisfied that for the year ended on 31st December 2018 the charitable company was entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that no member or members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act. However, in accordance with section 145 of the Charities Act 2011, the accounts have been examined by an Independent Examiner whose report appears on page 4.

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

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The directors acknowledge their responsibility for ensuring that the company keeps proper accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and if its profit and loss for the 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 accounts, so far as applicable to the company.

Approved by the Directors on the 19 JUNE 2019

Signed on their behalf by Director 

Print Name: SARAH MORCAN

**SUNDAY ASSEMBLY  
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)  
FOR THE YEAR ENDED 31ST DECEMBER 2018**

**1. ACCOUNTING POLICIES**

**Basis of Preparation & Assessment of Going Concern**

**Basis of Preparation**

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. 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 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

**Assessment of Going Concern**

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

**Cash Flow Statement**

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

**Incoming Resources**

**Recognition of Incoming Resources**

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

**Incoming Resources with Related Expenditure**

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

**Grants and Donations**

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

**Tax Reclaims on Donations and Gifts**

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

**Contractual Income and Performance Related Grants**

This is only included in the SOFA once the related goods or services has been delivered.

**Gifts in Kind**

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

**Donated Services and Facilities**

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

**Volunteer Help**

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

**Investment Income**

This is included in the accounts when receivable.



**SUNDAY ASSEMBLY**  
**(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31ST DECEMBER 2018**

**1. ACCOUNTING POLICIES (Continued)**

***Investment Gains and Losses***

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

***Expenditure and Liabilities***

***Liability Recognition***

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

***Governance Costs***

Include costs of the preparation and examination of statutory accounts, the costs of the trustees' meetings and cost of any legal advice to trustees on governance or constitutional matters.

***Grants with Performance Conditions***

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

***Grants Payable without Performance Conditions***

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

***Fixed Assets***

Tangible fixed assets for use by the charity, these are capitalised if they can be used for more than one year, and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

***Investments***

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

There has been no change to the accounting policies (valuation rules and methods of accounting) since last year.

***Depreciation Expense***

Depreciation is calculated at a rate to write off the cost of tangible fixed assets on a Reducing Balance over their estimated useful lives. The rates applied per annum are as follows:

General Equipment	25%
Motor Vehicle	25%

**2. TANGIBLE FIXED ASSETS**

		Land & Buildings £	General Equipment £	Motor Vehicles £	2018 Total £
Cost	01-Jan-17	-	-	-	-
Additions		-	-	-	-
Cost at	31-Dec-17	-	-	-	-
Depreciation	01-Jan-17	-	-	-	-
Charge		-	-	-	-
Depreciation at	31-Dec-17	-	-	-	-
Net Book Value	31-Dec-17	-	-	-	-
Net Book Value	31-Dec-17	-	-	-	-

The annual commitments under non-cancelling operating leases, capital commitments, contingent liabilities are as follows:  
31st December 2018 : None  
31st December 2017 : None

**SUNDAY ASSEMBLY**  
**(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31ST DECEMBER 2018**

**3. INCOMING RESOURCES**

Note	Unrestricted Funds £	Restricted Funds £	TOTAL 2018 £	TOTAL 2017 £
<b>a) Donations, Legacies &amp; Similar Income</b>				
Gifts & Donations	43,287	-	43,287	107,914
Gift Aid Tax Recoverable	5,077	-	5,077	14,424
Grants Received	64,060	-	64,060	35,469
	<b>112,424</b>	<b>-</b>	<b>112,424</b>	<b>157,806</b>
<b>b) Activities for Generating Funds</b>				
Activities & Events	7,154	-	7,154	26,436
Product Sales	959	-	959	849
	<b>8,113</b>	<b>-</b>	<b>8,113</b>	<b>27,285</b>
<b>c) Investment Income</b>				
Bank Interest	-	-	-	-
	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>d) Charitable Activities</b>				
Yule Rock	-	-	-	27,726
	<b>-</b>	<b>-</b>	<b>-</b>	<b>27,726</b>
<b>e) Other Incoming Resources</b>				
Sundry Income	1,951	-	1,951	2,059
	<b>1,951</b>	<b>-</b>	<b>1,951</b>	<b>2,059</b>

**SUNDAY ASSEMBLY**  
**(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31ST DECEMBER 2018**

**4. RESOURCES EXPENDED**

	<b>Note</b>	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>TOTAL 2018 £</b>	<b>TOTAL 2017 £</b>
<b>a) Costs for Generating Funds</b>					
Product Purchases		5,617	-	5,617	1,130
		<b>5,617</b>	<b>-</b>	<b>5,617</b>	<b>1,130</b>
<b>b) Cost of Charitable Activities</b>					
Activities & Events		6,321	-	6,321	1,098
Advertising & Publicity		4,242	-	4,242	12,031
Catering Costs		2,829	-	2,829	2,993
Choir Expenses		1,700	-	1,700	356
Equipment Costs		4,817	-	4,817	7,220
Gifts & Donations		338	-	338	-
Insurance Costs		437	-	437	416
Meeting Expenses		359	-	359	449
Printing, Postage & Stationery		7	-	7	119
Rent & Rates		21,175	-	21,175	23,854
Salaries & Wages	<b>10</b>	48,542	-	48,542	99,478
Sundry Expenses		2,868	-	2,868	5,953
Training Costs		143	-	143	-
Travel & Subsistence		1,584	-	1,584	5,980
Yule Rock		-	-	-	16,409
		<b>95,362</b>	<b>-</b>	<b>95,362</b>	<b>176,356</b>
<b>c) Governance Costs</b>					
Bank Charges & Interest		1,262	-	1,262	768
Legal & Professional Fees		23,109	-	23,109	24,090
Independent Examiners Fees		1,620	-	1,620	1,500
		<b>25,991</b>	<b>-</b>	<b>25,991</b>	<b>26,358</b>

**SUNDAY ASSEMBLY**  
**(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31ST DECEMBER 2018**

**5. RESTRICTED FUNDS**

The Charity held no Restricted Funds during this or the previous financial period.

**6. CASH AT BANK AND IN HAND**

	<b>31-Dec-18</b> <b>£</b>	<b>31-Dec-17</b> <b>£</b>
Cash at Bank and in Hand	44,846	40,281
	<u><b>44,846</b></u>	<u><b>40,281</b></u>

**7. DEBTORS AND PREPAYMENTS**

	<b>31-Dec-18</b> <b>£</b>	<b>31-Dec-17</b> <b>£</b>
Sundry Debtors	1,673	14,634
	<u><b>1,673</b></u>	<u><b>14,634</b></u>

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

	<b>31-Dec-18</b> <b>£</b>	<b>31-Dec-17</b> <b>£</b>
Independent Examiners Fee	1,620	1,500
Sundry Creditors	27,875	31,909
	<u><b>29,495</b></u>	<u><b>33,409</b></u>

**9. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR**

	<b>31-Dec-18</b> <b>£</b>	<b>31-Dec-17</b> <b>£</b>
Loans	-	8,000
	<u><b>-</b></u>	<u><b>8,000</b></u>

**SUNDAY ASSEMBLY**  
**(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**FOR THE YEAR ENDED 31ST DECEMBER 2018**

**10. STAFF COSTS AND NUMBERS**

	<b>2018</b>	<b>2017</b>
	<b>£</b>	<b>£</b>
Gross Wages and Salaries	48,542	92,704
Employer's National Insurance Costs	311	5,724
Pension Contributions	2,424	1,050
	<u><b>51,277</b></u>	<u><b>99,478</b></u>

Employees who were engaged in each of the following activities:

	<b>2018</b>	<b>2017</b>
	<b>TOTAL</b>	<b>TOTAL</b>
Activities in furtherance of organisation's objects	5	5
	<u><b>5</b></u>	<u><b>5</b></u>

The Charity operates a PAYE scheme to pay all employed members of staff and no employees received emoluments of over £60,000. (2017:None)

**11. RECONCILIATION OF MOVEMENT ON CAPITAL AND RESERVES**

The Company is Limited by Guarantee (0888905) and is a Charity registered with the Charity Commission (1162995) and does not have a Share capital and has no income subject to Corporation Tax.

	<b>Note</b>	<b>2018</b>	<b>2017</b>
		<b>£</b>	<b>£</b>
Profit / Deficit for the financial year		(4,482)	11,032
Other Recognised Gains		-	-
		<u><b>(4,482)</b></u>	<u><b>11,032</b></u>
Balance Brought Forward		13,506	2,474
Historic Liabilities	<b>12</b>	8,000	-
Closing Funds at 31st December 2018		<u><b>17,024</b></u>	<u><b>13,506</b></u>

**12. HISTORIC LIABILITIES**

During the financial year the Directors of Sunday Assembly have agreed to write off historic liabilities totalling of £8,000 to reflect a true and fair view of the Charity's closing position at the 31st December 2018 .

**13. PAYMENTS TO DIRECTORS AND RELATED PARTIES**

No payments were made to directors or any persons connected with them during this financial period. No other material transaction took place between the charity and a trustee or any person connected with them.

**14. RISK ASSESSMENT**

The directors actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The directors have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

**15. RESERVES POLICY**

The directors have considered the level of reserves they wish to retain, appropriate to the charity's needs. This is based on the charity's size and the level of financial commitments held. The directors aim to ensure the charity will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The directors will endeavour not to set aside funds unnecessarily.

**16. PUBLIC BENEFIT**

The charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the charity has achieved this are provided in the Directors' report. The Directors confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the charity should undertake.