



Trustees' Annual Report for the period

		Period start date			Period end date		
		Day 01	Month 12	Year 2017	Day 30	Month 11	Year 2018
From					To		

Section A Reference and administration details

Charity name	OAKDALE HOUSE TRUST
Other names charity is known by	
Registered charity number (if any)	1112162
Charity's principal address	Oakdale House Trust
	233a Dunstable Road
	Luton
Postcode	LU4 8BN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Rashid Nazar	Chair		
2	Saghir Hussain	Treasurer		
3	Kamran Khan	Secretary		
4	Haseeb Akhtar	Youth Rep		
5	Zahier Nazar			
6	Sofia Arif	Ladies Rep		
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20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Trust Deed
How the charity is constituted (eg. trust, association, company)	Trust
Trustee selection methods (eg. appointed by, elected by)	Elected by members

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To promote for the benefit of the inhabitants of Luton and its immediate neighbourhood the provision of facilities for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, financial hardship or social and economic circumstances or for the public at large in the interests of social welfare and with the objects of improving condition of life for the said inhabitants

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Pink Gym (ladies only health and wellbeing services) is doing really well. We are reaching out to the disadvantaged women in the community and meeting their needs of providing culturally appropriate health and wellbeing services. Feedback has been very good from service users.

We also ran a few additional projects alongside our main gym activity:

- a. Muslim Women's Activity Project – We received funding from People's Health Trust as part of the Active Communities grant. This project is running for 2 years for us to facilitate local disadvantaged women in isolation to create a social group and meet regularly. The meetings are helping to overcome the circle of isolation for these women as well as an opportunity to learn new skills and improve their health and wellbeing.
- b. Healthy Aged Project – Facilitating health and fitness sessions for the elderly women to help with movement and mobility and prevent falls.
- c. Social Prescription – Women are referred through their GP's to undertake gym session to improve their health and wellbeing.

Many of these women have developed into leaders themselves and have started volunteering with us or with other local community projects.

We have also continued to support local initiatives and worked on a few projects with some local voluntary groups including Inspire FM.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

All grants and donations made are always immediately restricted funds and used for their specific intended purpose.

Oakdale House Trust relies heavily on the work carried out by it's dedicated volunteers, without which we would not be anywhere near as successful.

Summary of the main achievements of the charity during the year

Pink Gym (ladies only health and wellbeing services) is doing really well. We are reaching out to the disadvantaged women in the community and meeting their needs of providing culturally appropriate health and wellbeing services. Feedback has been very good from service users.

We also ran a few additional projects alongside our main gym activity:

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- c. Social Prescription – Women are referred through their GP's to undertake gym session to improve their health and wellbeing.

Many of these women have developed into leaders themselves and have started volunteering with us or with other local community projects.

We have taken on a new lease for part of the area on the ground floor, which we will convert into a dedicated training and development project for the community.

We have also continued to support local initiatives and worked on a few projects with some local voluntary groups including Inspire FM.

Section E

Financial review

Brief statement of the charity's policy on reserves

Oakdale House Trust has restricted reserves for future project expansion and some unrestricted reserves as a security for unexpected expenses.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

R. Nazar

Full name(s)

Rashid Nazar

Position (eg Secretary, Chair, etc)

Chair

Date

20/09/19

Registered Charity no 1112162

Oakdale House Trust

Accounts for the year ended 30 November 2018

Oakdale House Trust
Accounts for the year ended 30 November 2018

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Oakdale House Trust
Statement of Financial Activities For The Year Ended 30 November 2018

	Note	2018		2017	
		General £	Restricted £	General £	Restricted £
<i>Incoming Resources:</i>					
Gym Membership		41,665		18,466	
Grants and donations (inc fundraising)			27,167		360
Rental income		6,585			
Product and services sales				2,631	
Profit on disposal of assets	7			3,919	
Compensation for lost revenue	7			30,000	
Total Incoming Resources		48,250	27,167	55,016	360
<i>Application of Resources:</i>					
Gym Costs	5	(56,050)	(6,564)	(19,184)	(5,096)
Depreciation of rental property			(4,468)		
Administration Costs		(120)		(120)	
Total Outgoing Resources		(56,170)	(11,032)	(19,304)	(5,096)
Net movement in Resources		(7,920)	16,135	35,712	(4,736)
Total Movement in Funds		(7,920)	16,135	35,712	(4,736)

Statement of Movement in Funds

Total Funds b/f	58,386	77,893	22,674	82,629
Movement during the year (see above)	(7,920)	16,135	35,712	(4,736)
Total Funds c/f	50,466	94,028	58,386	77,893

The notes on pages 3 and 4 form part of these accounts

Oakdale House Trust
Balance Sheet as at 30 November 2018

	Note	2018 £	2017 £
<u>Fixed Assets</u>	3		
Gym Equipment		18,377	20,386
Freehold Property		218,938	223,406
		237,315	243,792
<u>Current Assets</u>			
Cash at bank and in hand		65,508	110,386
Prepayments		9,000	-
		74,508	110,386
<u>Current liabilities</u>			
Creditors and accruals	7	(52,350)	(52,920)
Net current assets		22,158	57,466
Total assets less current liabilities		259,473	301,258
<u>Long term liabilities</u>			
Loans	6	(114,979)	(164,979)
Net assets		144,494	136,279
<i>Represented by:</i>			
<u>Restricted funds</u>			
Equipment fund (Restricted)	4	94,028	77,893
Total restricted funds		94,028	77,893
General Funds c/f		50,466	58,386
Total Funds		144,494	136,279

Approved by _____

Signed _____

Date _____

The notes on page 3 and 4 form part of these accounts

Oakdale House Trust

Notes to the accounts for the year ended 30 November 2018

1) Accounting policies

The accounts have been prepared using generally accepted accounting principals in the United Kingdom. The accounts have been prepared on a going concern basis on the assumption that the Trust will continue to operate. Accruals accounting has been applied to all material items.

Depreciation is provided against equipment at the rate of 20% of the undepreciated cost at the end of the year. Freehold property is depreciated at the rate of 2% pa from 2018, when it was first brought into use.

2) Description of funds

Donations and grants received are immediately treated as restricted funds.

3) Fixed Assets

	Gym equipment £	Freehold Property £
<u>Cost</u>		
As at 1 December 2017	28,266	223,406
Plus additions	4,555	
As at 30 November 2018	<u>32,821</u>	<u>223,406</u>
<u>Depreciation</u>		
As at 1 December 2017	7,880	-
Charged during the period	6,564	4,468
As at 30 November 2018	<u>14,444</u>	<u>4,468</u>
<u>Net book value</u>		
As at 1 December 2017	<u>20,386</u>	<u>223,406</u>
As at 30 November 2018	<u>18,377</u>	<u>218,938</u>

4) Capital account - Equipment fund (Restricted funds)

	2018	2017
As at 1 December	77,893	82,629
Received during the year	27,167	360
Depreciation	(11,032)	(5,096)
As at 30 November	<u>94,028</u>	<u>77,893</u>

Oakdale House Trust

Notes to the accounts for the year ended 30 November 2018

5) Gym costs

Gym costs consist of:

	2018	2017
	£	£
Utilities	6,670	3,071
Depreciation of equipment*	6,564	5,096
Maintenance	476	139
Rent and rates**	22,208	6,622
Insurance	2,901	-
Telephone	716	603
Volunteer, staff, and instructor costs	15,985	6,737
Supplements, drinks and products	-	240
Legal fees	3,086	-
Other expenses	4,008	1,772
	<hr/>	<hr/>
	62,614	24,280

*Depreciation of equipment is taken from the capital account

** During the year rent of £9,000 was paid to Rashid Nazar, a trustee, under the terms of a commercial lease, dated 7 January 2016.

6) Loans

During the year to 30 November 2008 the trust purchased a freehold property at 7 Cardiff Road for £216,810, including solicitors fees of £810. The purchase was partly funded by a series of unsecured loans from the trustees and members of the Gym. The loans total £164,979 and are interest free. £50,000 was repaid, during the year.

7) Insurance claim

During the year to 30 November 2016 the trust received £155,000 in full and final settlement of an insurance claim, following a fire at the gym. The insurance monies have been accounted for as detailed below:

	£
For lost revenue to 30/11/16	30,000
For lost revenue to 30/11/17	30,000
To replace gym equipment*	40,000
To refurbish the gym**	55,000
	<hr/>
	155,000

* Of the £40,000 received for the gym equipment destroyed in the fire, £13,919 was used to purchase new equipment during 2016 and £14,347 during 2017, and £4,555 in 2018. The balance of £7,179 is being held as a credit to be used in 2019.

Oakdale House Trust
Examiner's Report

I have examined the accounts of the Oakdale Trust on pages 1 to 4. They have been properly prepared in accordance with accruals accounting rules. The accounts give a fair representation of the activities of the trust for the year ended 30 November 2018.



M Georgiou FCCA

30-8-19

Registered Charity no 1112162

Oakdale House Trust

Accounts for the year ended 30 November 2018

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