



TRINITY CENTRE ANNUAL REPORT 2020-2021



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CHAIR'S INTRODUCTION

As we look back on this extraordinary year, where our doors have remained closed for much of the time, we can take pride in the knowledge that Trinity continues to be a strong presence in the lives of local people.

The Covid Pandemic forced us to find alternative ways of supporting our community. Staff and volunteers responded to this challenge in a creative, thoughtful and flexible manner. We have worked closely with other organisations to make sure that families on the breadline got access to food and people who lost their jobs got the help and advice they needed. Newham's infection and mortality rate was amongst the highest in London – our community experienced many losses over the past year, with many families unable to grieve in the way they would have hoped. Almost everyone we know has been touched in some way or another by the loss of a friend, family member or acquaintance. It will take time for our community to recover and we hope Trinity's presence and support will help them in their recovery.

Alongside the support provided for families and individuals, we have also reviewed and implemented major health and safety changes to limit the spread of the virus as well as protecting Centre users from any future outbreaks of viral infection.

I want to thank the staff and volunteers for their hard work over this difficult year, they've performed miracles under extraordinary circumstances.

Sajimon J. Maliekal
Chair of the Board of Trustees





CENTRE DIRECTOR'S REPORT

We have had an extraordinary year, facing challenges caused by the Covid Pandemic, that we – like so many others - were unprepared for.

Like many organisations, we have gone through a process of trial and error to ensure that support can be given to the neediest in our community. By various methods, we were able to have regular contact with people who experienced the death of a loved-one, or who struggled to feed their family, or whose mental health deteriorated as a result of isolation and anxiety.

A community centre, empty of its users, is an anomaly. It has been heart breaking to see our Centre, normally throbbing with activity, with its doors closed. We have had almost a year where activities and contact has been via electronic means and telephone – it has often felt frustrating and difficult but there has also been a sense of achievement in finding alternative methods of contact. We are relieved that this period appears to be coming to an end and we can begin returning to normal.

Limiting the number of activities over this past year, as well as access to the Centre for rental groups, has had a dire effect on our income. We have been heartened by the generosity of many of Trinity's friends who have helped us financially through this difficult period, as well as the small grants that helped sustain us through almost a year of reduced income. Thank you to you all, without this support the challenges would have been insurmountable.

You will notice on the following pages how versatile the groups who use our building have been in maintaining their activities and supporting their members under very difficult circumstances. Together we have managed to help our community through a critical period, a reminder to us all that we are strongest when we join together to solve problems and find solutions.

Paul Chelliah
Centre Director

REVIEW OF TRINITY'S ACTIVITIES

2020 has been an extraordinary year – the Covid Pandemic meant that for most of this year our building was closed. The exceptions were our Day Care Nursery, providing care for vulnerable children or those of front-line staff and, with the exception of the lockdown periods, some of our faith groups who continued to meet. Although we were closed for normal activity, we made a commitment to have staff available, by phone, 7 days a week to respond to the needs of individuals or groups seeking help and support from us.

Like many organisations, we found ways of supporting our community despite the limitations of face-to-face contact. We did this primarily by providing support to vulnerable members of our community, mainly via telephone, zoom and email. We gave informal advice and guidance by signposting individuals to relevant agencies. Where this has been difficult or impractical for the person concerned, we found the information necessary and passed this on and/or helped with accessing support. We are closely involved with food banks and other related agencies to which we have made referrals. During the Covid -19 lockdown we provided an emergency telephone service and email response as and when required. This included a support service run by our Senior Nursery Team, to provide support to parents with young children, children with disabilities and single parents.

When our Centre is functioning normally, we deliver: projects, activities and facilities that provide education (life skills, mother tongue, literature and film), recreation (sports, singing, dancing, exercise, card playing) and support (pensioner groups, adults with learning difficulties, adults with mental health issues). The Centre is also a venue for independent groups to deliver their own activities. Trinity provides a Day Care Nursery for children aged 6mths to 5yrs, as well as school holiday programmes.

During the lockdowns, we supported families with children as well as adults and elders. Support varied from one-off support/advice to more regular weekly support and sometimes several times a week, particularly elders and families with young children or those recently bereaved. We provided, on average, approximately 25 hours a week of support.



THIS YEAR'S HIGHLIGHTS

PARTNERSHIPS

- Trinity has developed a new partnership with Social Arc, now based at the Centre and providing support and guidance to vulnerable young people.
- We are currently negotiating arrangements with East London NHS Foundation Trust to deliver mental health support at Trinity.
- Trinity refers needy families and individuals to Compost's food bank.
- iCAN Shine Project continues to support vulnerable local people, including the distribution of Christmas hampers to needy families and individuals.
- We work closely with the Newham Clinical Commissioning Group to provide activities and guidance to individuals with long term health issues, in particular those suffering from diabetes, obesity and cardio-vascular disease.
- Subco Trust and Trinity continue to work together to deliver services for the elderly.

FUNDRAISING

- Newham Council initiated a scheme to support local charities with fundraising, delivered by Newham VCS Consultancy Support Service via Aston-Mansfield. Trinity's application for this support was successful and resulted in a grant from Tudor Trust to help with core and capital costs.
- Trinity's Day Care Nursery received a LBN Small Business Grant to help recover from the effects of the Covid lockdowns.
- LBN provided a small grant to support improved health and safety measures in response to the Covid Pandemic.

NUMBER OF USERS

Despite the closure of the Centre for most of 2020, Trinity was able to introduce safety measures that allowed a limited number of groups access to the building, except during lockdown. The following is a breakdown on the number of users for this period:

- 117 people attended Trinity's Projects
- 600 people attended Independent Faith Groups
- 126 people from Independent Activity Groups met at the Centre

In addition, the overall number of people using our building during this period was approximately 825 people who attended the Centre via casual bookings, individual visits, support given to individuals at group meetings, extra support given by telephone by Trinity core staff and Nursery staff, as well as people who received Christmas Food Hampers.

"I'm proud to have been part of Trinity's history and to have worked with truly exceptional and gifted staff. Together, we have helped some of the most disadvantaged in our community end the generational cycle of poverty that has afflicted so many families. Through education, support and guidance extraordinary changes have occurred – it has been a gift to be part of this process".

(Ms Isky Osman, Chief Executive of Trinity Centre, 1994 to 2014)

TRINITY PROJECTS

FAITH TO FAITH PROJECT

This project is funded by the Heritage Lottery Fund and delivered in partnership with Eastside Community Heritage. It celebrates Trinity Centre's forty-five year history of bringing people together through inter-faith dialogue. Many of our services cater to elderly first-generation immigrants whose stories have been left untold. Individually their voices evoke a unique perspective on East London, and spoken together they share the story of how the Trinity Centre reaches across the divides of nationality, race, and religion, to unite people in friendship.

The Faith to Faith Project has trained volunteers and staff in oral history and reminiscence, as well as using archives - not only to collect these memories but to keep on preserving the experiences of our service users after the Project ends. The Trinity Centre holds a large archive of images that illustrate our history, as well as photographs from the nineteenth century that bring the former Trinity Presbyterian Church to life. Over the course of the Project, these photographs will be digitally archived, and our volunteers will create a new collection by taking photographs to accompany the oral histories they record.



STAY WELL, STAY HEALTHY PROJECT

Our Stay Well, Stay Healthy Project responds to the high levels of poor health in Newham. Our project takes a community approach to helping local people understand their health problems, particularly those suffering from long-term health issues such as diabetes, obesity, cardio-vascular disease and mental health issues. This Project helps to reduce hospital admissions by supporting people to manage their symptoms and improve their overall health.

Stay Well, Stay Healthy combines peer and community support with professional back-up to encourage participants to understand their health issues and find effective ways of addressing them. Our programmes provide:

- Chair-based exercises
- Workshops and discussion groups on understanding and managing health issues as well as sharing information on what has worked or not worked for participants.
- Peer support is an important part of this project, helping participants achieve their goals as well as providing a social element that reduces isolation and improves well-being.

As a result of the Covid Pandemic, and due to the vulnerability of the health of participants, the meetings for most of this year were suspended. However, staff and volunteers have been in regular contact with group members to provide support and plans are now being made to re-open the Project as soon as possible.

TRINITY PROJECTS

GOOD LIFE PROJECT

This project supports adults with learning disabilities (ALD), and their families and carers. Our work with ALD began more than 20 years ago when Social Services began closing down their Day Care Centres in preference for care in the community. Our project was a response to requests from families who wanted meaningful activities that enhance the skills of their adult children.

The Project delivers a music and singing programme and chair-based exercises delivered by facilitators experienced in working with ALD and their families. Every year the participants perform a concert to an audience of approximately 150 people, including local residents, carers and representatives from Adult Social Care. The activities are enjoyable and have a loyal following; the Project supports carers, and provides an opportunity for ALD to integrate into the community and for the community to improve its awareness of the abilities of ALD.

Due to the vulnerability of this group, activities for most of this year were suspended. Staff maintained contact with families and provided support and information, particularly to those experiencing isolation. We hope to re-open this Project by March, 2022.

TRINITY DAY CARE NURSERY

Over this past year many adjustments were made to the Nursery's provision as it sought to fulfil the childcare needs of parents whilst also abiding by the Government's guidelines on services during the Covid Pandemic. vulnerable. Many of our staff were furloughed as a consequence of the low number of children attending the

The Nursery limited its provision to the children of front-line staff and those families and children considered vulnerable. Many of our staff were furloughed as a consequence of the low number of children attending the sessions.

Although the numbers attending the Nursery were low, we maintained contact with parents and carers looking after their children at home. We used zoom to provide activities that could be delivered remotely, we also provided parents and carers with activity sheets appropriate for home use. We spoke regularly by phone and email to parents whose children have special educational needs. In this way, have been able to provide a lifeline for those families struggling with both isolation and the difficulties of special needs. Despite the difficulties, many parents and carers felt well supported by the arrangements we put in place and it has been heartening for us to know that this has helped children to continue to expand their experiences and develop their skills.

We look forward to returning to a more normal service that can offer the flexible programme of care that families need. We continue to offer eligible families the Government's 15hr a week Education Grant for 2 to 3 year olds and 30hr a week Grant for 3 to 4 year olds, to ease the burden of childcare costs as well as supporting children in their achievement levels. We wish to thank Newham Council's Early Years' Team for helping us access a Business Interruption Grant of £5,000 for small organisations. This has been invaluable in maintaining our Nursery through the periods of lockdown and low attendance. I want to thank all the Nursery staff for doing such outstanding work over this past year under extremely difficult conditions.



USER GROUP ACTIVITIES

Trinity takes a pro-active role in seeking out organisations whose work complements our own. We provide subsidised space and work closely alongside groups, introducing them to Centre users who would benefit from support, as well as providing information on local issues and needs. The following groups/projects reflect some of the work delivered during the pandemic period:

ICAN SHINE PROJECT

iCAN Shine established a Befriending Service, to address issues around loneliness and the impact it has on mental health. They approached vulnerable individuals with the offer of a Befriending Buddy, someone who will call them once a week on a regular basis. Trinity hopes that by offering a Befriending Service the impact of the pandemic on mental health can be reduced. The iCAN Shine project also conducted an evaluation of its work to further improve its delivery.

THE PUNJABI ELDER'S GROUP

During normal times, the group meets 5 days a week at the Centre, so the loss of their space over this past year impacted greatly on members whose average age is 80+. Over this past year group members have maintained contact with each other mostly by telephone; fortunately, the majority live with, or close to, their families and so had some support in place. Trinity staff also kept in regular touch by phone to ensure individuals were safe and had access to medication, food and essential services.

"We really appreciate the staff for being patient, helpful, friendly and supportive during this challenging time. The effort and commitment from the staff team helped us through many difficulties".



USER GROUP ACTIVITIES



BEHNU-KI-MILLAN

This is a self-help Asian Women's Group, meeting once a week at Trinity. They provide a forum for lonely, depressed, and isolated women. They make referrals to London Black Women's Project, CYANA, and other organisations who provide support, counselling, befriending and practical advice to members. They also receive referrals from Social Services and community organisations.

In the past 12 months there have been no face-to-face meetings due to the Covid-19 pandemic and the vulnerability of their members, but support has been provided by the Group Leader via telephone to help members cope with difficulties and anxiety experienced during the period of self-isolation. Over the past year the activities and achievements include:

Provision of Food Hampers during Christmas 2020 to Behnu-Ki-Millan members in conjunction with The Trinity Centre and iCan Shine Project.

Newham Food Alliance delivered essential weekly food supplies to some of their members during covid lockdown periods.

Ongoing counselling to group members who suffered family bereavements and were recovering from illness and surgery.

We mourned the loss of Kulbeer Kulsy who succumbed to Covid 19, and Gurdeep Kaur's husband, Jaginder Singh, who as well as being a very loving and committed participant at Trinity Centre was also very supportive of the Group. Our sincere condolences go out to the families of Kulbeer and Gurdeep. Both valued members of Behnu-Ki-Millan.

"I have always used Trinity Centre and have taken advice from Paul and other members of staff. This is such a wonderful place in our community and has been a beacon in such darkness we have all been going through. With their help, my friends and I are learning to cope with this new reality and to keep smiling and keep going forward"

USER GROUP ACTIVITIES

OTTHULAIPPU GROUP

Ottulaippu maintained contact with their Tamil community via telephone, skype and zoom. This was delivered by a team of volunteers. They held English Language classes, quiz games, discussions on health and well-being, with the support of members who are retired GP's. They organised chair-based exercises for members at home and also provided help, information and referrals to individuals needing additional support. The most pressing issues for their members were isolation and depression – the activities provided by the group helped reduce this by providing opportunities for social interaction. They had an increase in the number of people accessing the online sessions, including friends of members living as far away as Australia.

TAMIL INFORMATION CENTRE

During the lockdown, zoom was very helpful for the Group Leaders to contact and communicate with their members. Members wanted advice and help in getting through what was a very difficult period for both families and individuals, issues such as being on furlough, benefits, care for the elderly, childcare, depression and family issues were amongst the most pressing concerns. The membership includes doctors and other related professionals, they generously volunteered their time by organising a Tamil Help Line providing help on an individual basis.

"Thanks for the support and guidance from the Trinity centre specially from Paul during this hard time"



USER GROUP ACTIVITIES



LITHUANIAN MOTHER TONGUE SCHOOL

When the lockdowns were lifted the school took every opportunity to offer a face-to-face service and has been successful in maintaining their membership. They have also made effective use of technology to provide services to those unable to get out, including support to parents with young children.

SAFER NEIGHBOURHOOD TEAM

Trinity is a base for meetings although none were held during 2020. We work with local councillors from various wards and direct enquiries from local residents who want to raise issues that affect them locally, we also provide advocacy. Issues over this past year include: anti-social behaviour, health provision, access to food banks, housing.

FAITH GROUPS

For nearly 50 years Trinity has been a home to a variety of faith groups. For many in our community, the difference between culture and faith is a very small one; we support local people to meet with others in their faith group as a way of recognising the importance of interfaith dialogue and promoting tolerance.

Trinity is a secular organisation and has no religious affiliations, but it is a home to Sikhs, Hindus, Muslims, Buddhists and Christians, many of whom meet and pray in rooms and halls very close to each other and do so with complete respect and consideration. The faith groups provide their communities with support and opportunities to socialise.

Over this past year the restrictions on large group meetings have meant that many faith groups were unable to meet. However, a few chose to continue meeting whenever this was possible. We provided the use of our largest halls, restricted numbers and ensured seating reflected the social distancing guidelines. Together with masks and other hygiene precautions, members of these faith groups were able to support each other by meeting safely. Those groups who chose not to bring their congregations together physically, maintained contact via zoom prayer meetings and Group Leaders made regular telephone contact with their vulnerable members.

"My vision was to create harmony among the peoples of various countries who have settled here, so they learn about each one's approach to life by meeting together at a common place".
(Rev. Charles Watson, Warden of Trinity Centre, 1974 to 1994)

USER GROUP ACTIVITIES



DONORS

Fountain of Life Ministries, Goldfinch Technology, Grace Transformation Church, Mrs. Zebe Kazmie, Kenyan Women's Group, London Sri Murugan Temple, Rotary Club Newham, Mr. V.Sukumaran, TMK Tiruvalluvar Tamil School, Verwood Properties

In addition, we would like to say a big thank you to all the people who supported us over this past year with their time, their donations, their experience and skills. There are too many of you to list here, but we are grateful to each and every one of you. Without your help our work would be less effective.

If you would like to support the charitable work of our organisation, become a donor through our Friends of Trinity group. Funds from our Friends of Trinity allow us to respond quickly to problems experienced by the poorest and most disadvantaged in our community.

Please contact Paul Chelliah, Centre Director, for more information and a standing order form (paul@thetrinitycentre.org)



VOLUNTEERS

A. Nekiwala, Bharath Swamy, V.J. Bose, Chellappa, Ezekiel Samuel, J. Merrin, G Sureshkumar, (Thambi), Suriya Ahmed, Zebe Kazmi, Theepan, Malcolm, Mabs Nkumu, V. Kulanthaivelu, N. Jeyakumar, James Koshy, Jimmy Joshua, V.R. Loganathan, Arokia Mouttapa, S. Okoloise, Zanas, Mr. R. Sambasivan, Mr. Anbalagan, Mr. Anbarasau, Mr.Fozier, Pastor David, Mr. Vinay, Mr. K.K. Rajah, Mr. K. Arumugam, J. Sundararajah, Mr. N.K. Swamy, Mr. U. Arumugam, Loretta Tumoniene, Mr. Sampathkumar, Richard Jeevapalan, Rolly Makeni, Sr. Mary, Anthony Paul, Taskin Saleem, Ramesh Verma.

BOARD OF DIRECTORS/TRUSTEES



CHAIR

Mr.Sajimon Jose Maliekal

SECRETARY

Mr.Nesaratnam Jeyakumar (resigned 25.3.21)

Mr.Stephen Bonnick

TREASURER

Ms.Ena Gustave (resigned 25.3.21)

Mr Baldev Raj Goyal

Mrs.Thavamany Manoharan (resigned 27.10.20)

Rev.Robert Ryan (resigned 1.2.22)

Ms Nadine Enangie Mbappe (appointed 29.7.21)

Ms Thilaka Muruga Moorthy (appointed 25.3.21)

Ms Janani Paramsothy (appointed 29.7.21)

FINANCES

Statement of Financial Activities				
FOR THE YEAR ENDED 31 MARCH 2021				
			31.3.21	31.3.20
	Unrestricted	Restricted	Total	Total
	funds	fund	funds	funds
	£	£	£	£
INCOME AND ENDOWMENTS FROM				
Donations and legacies	8,038	515	8,553	22,975
Other trading activities	32,546	123,732	156,278	606,325
Investment income	105	-	105	346
Other income	194,684	125,091	319,775	-
Total	235,373	249,338	484,711	629,646
EXPENDITURE ON				
Charitable activities				
Project Salary Wages		4,008	4,008	17,963
Nursery Salary Wages		228,982	228,982	396,781
Project Expenses				13,727
Nursery Expenses		13,598	13,598	74,737

Administration Staff Salary	159,608		159,608	70,307
Building Maintenance & Running Cost	58,642		58,642	15,444
Centre Overhead Expenditure	16,665		16,665	14,655
Finance Charges	32		32	
Total	234,947	246,588	481,535	603,614
NET INCOME	426	2,750	3,176	26,032
RECONCILIATION OF FUNDS				
Total funds brought forward	40,517	625,697	666,214	640,182
TOTAL FUNDS CARRIED FORWARD	40,943	628,447	669,390	666,214

Statement of Financial Position				
31 MARCH 2021				
			31.3.21	31.3.20
	Unrestricted	Restricted	Total	Total
	funds	fund	funds	funds
	£	£	£	£
FIXED ASSETS				
Tangible assets	26,105	469,398	495,503	473,031
CURRENT ASSETS				
Debtors	877	1,548	2,425	10,044
Cash at bank and in hand	25,522	206,910	232,432	238,578
	26,399	208,458	234,857	248,622
CREDITORS				
Amounts falling due within one year	11,561	49,409	60,970	55,439
NET CURRENT ASSETS	14,838	159,049	173,887	193,183
TOTAL ASSETS LESS CURRENT LIABILITIES				
	40,943	628,447	669,390	666,214
NET ASSETS	40,943	628,447	669,390	666,214
FUNDS				
Unrestricted funds			40,943	40,517
Restricted funds			628,447	625,697
TOTAL FUNDS			669,390	666,214





HOW TO FIND US

TUBE

From East Ham (District Line) turn right out of the station and take the second turning on the right. Approximately 5 minutes' walk.

RAILWAY

From Manor Park Railway Station cross over onto the opposite side of the road and take the 101 or 104 bus to East Ham Tube Station. Approximately 10 minute bus ride. Alternatively, a 20-30 minute walk from the Railway Station, cross onto the opposite side of road and walk straight up High Street North until you come to East Avenue on the left hand side.

BUS

101, 104, 238, 300, 376, 147.

HOW TO HELP US

BECOME A FRIEND OF TRINITY CENTRE TODAY

EVERY YEAR Trinity helps thousands of people, both young and old, who experience poverty and hardship. We help them through our education, recreation and support services to gain the confidence, skills and qualifications to support themselves. We need your ongoing support to continue to help make a difference in their lives.

Just £5 a month for a year will help make a lasting difference. Each week, we host activities for children, we teach adults to read and write and we enable elders in the community to retain their independence, meet and be together.

Regular gifts are very important to Trinity Centre as they allow us to plan ahead, ensuring that our work can continue in the future. By setting up a regular gift by Standing Order today, we will be able to help some of London's poorest people turn their lives around.





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