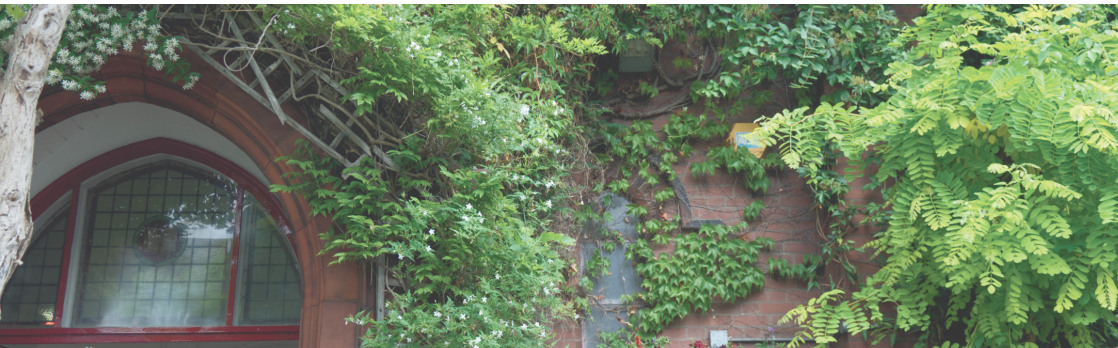


ANNUAL REPORT

APRIL 2022 - MARCH 2023



CONTENTS



-
- 01** CHAIR'S INTRODUCTION
 - 03** CENTRE DIRECTOR'S REPORT
 - 05** STAY WELL, STAY HEALTHY PROJECT
 - 06** TRINITY DAY CARE NURSERY
 - 08** BENHU-KI-MILAN
 - 09** USER GROUPS
 - 10** NEWHAM PATIENT PARTICIPATION GROUP
 - 11** ROMA SUPPORT GROUP
 - 12** OTTHULAIPPU GROUP
 - 13** EKTA PROJECT
 - 15** PUNJABI ELDERS GROUP
 - 16** SAFER NEIGHBOURHOOD TEAM

CONTENTS



-
- 17** TAMIL INFORMATION CENTRE
 - 18** FAITH GROUPS
 - 19** SKILLS ENTERPRISE
 - 20** EASTSIDE COMMUNITY HERITAGE
 - 21** DONORS
 - 22** VOLUNTEERS
 - 23** BOARD OF TRUSTEES/DIRECTORS
 - 24** FINANCES
 - 27** HOW TO FIND US
 - 28** HOW TO HELP US

CHAIR'S INTRODUCTION

I would like to start my introduction by thanking a number of people who make The Trinity Centre the wonderful place it is. Paul Chelliah, the Centre Director, has been tireless in his remarkable labours to keep the Centre supporting vulnerable groups and a variety of communities through the most trying of times. The Right Honourable Sir Stephen Timms has been unstinting in his valuable support, not only using the centre but attending many events. Finally I would like to thank all the staff, volunteers and Trustees who have all worked so hard to help restore the centre to pre-COVID levels



As the whole of society slowly emerged from the COVID crisis it was excellent to see the Centre returning to 'normal' levels of activity. A wide variety of groups, from faith organisations to Skills Enterprise, regularly filled the Centre. A huge thank you to the Tudor Trust as their grant absolutely helped keep the Centre alive.

June saw the celebration of the Queen's Platinum Jubilee and Trinity naturally celebrated with a party.

Later in the year, the Trinity Centre marked its actual 50th birthday, of course with a party. What a remarkable achievement - to be able to serve the community for half a century.

CHAIR'S INTRODUCTION

Our Patron, the local MP, received a richly deserved knighthood and so he is now the Right Honourable Sir Stephen Timms. The Centre was delighted to host a large event to applaud this accolade.

The year also saw the successful end to the Faith-to-Faith project with a marvellous booklet and exhibition. A special thanks to James King and Judith Garfield for their hard work and expertise.

In conclusion, I would like to thank any individual or organisation that has supported the Trinity Centre over the year in any way. Here's to another fifty years.

I warmly commend this Annual Report to you.

Mr. Stephen Bryan Bonnicks
Chair of the Board of Trustees

CENTRE DIRECTOR'S REPORT



This year we celebrate 50 years of Trinity's work in Newham.

We have seen great changes during this time. At each stage, Trinity has adapted to ensure it remains a centre that works hand in hand with its community. This has been achieved through the partnerships we've developed over many years, and the relationships we've established with local people. Nurturing these connections means that Trinity continues to be the place to come to for help of any kind.

While support and help is vital, a major part of our work is about helping people acquire the skills to be independent. Trinity's projects, services and activities help those who have lacked this solid and supportive start in life.

CENTRE DIRECTOR'S REPORT

Sadly, many local people are only now beginning to emerge from the effects of the Covid pandemic. Being homebound and isolated has exacerbated the mental health issues within our community. This year, a primary area of our work has been health and well-being, and the importance of creating opportunities for friendships to flourish. Community centres are well placed to foster peer support in managing health issues such as obesity, diabetes and cardio-vascular disease, and we have seen excellent examples of how effective this can be.

As we look back on our 50 year history, we are heartened by the wonderful support we've had from funders who have repeatedly supported our work. Alongside the commitment of staff and volunteers, Trinity's work has remained responsive to the needs of its community, helping to make a difference to the quality of their lives. I want to thank them all for their loyalty and hard work.

Paul Chelliah
Centre Director

Stay Well, Stay Healthy Project

This project takes a community approach to helping to educate local people on how to manage their health problems, with the aim of reducing Newham's high levels of poor health.

Our Stay Well, Stay Healthy project also helps to reduce pressure on the NHS, as local people learn how to better manage their own health and reduce the symptoms of any ongoing conditions.

This year, the West Ham Foundation provided activities including:

- **An ongoing walking sports programme.** This brings together community members to keep fit and socialise with regular group walks
- **150 Community Prescription.** This is a 12-week exercise programme for Newham residents at risk of type 2 diabetes and cardiovascular disease.



The 150 programme ended in March 2023 with a total of 1,600 local people completing the programme across the year. We held a special event at the end of the programme to celebrate the 1,000th completer.

Trinity Day Care Nursery

This has been a good year for the Trinity Day Care Nursery as we continue to provide positive learning experiences for local children, and excellent care.

We have made good progress in terms of intake of the different age groups. This year saw a rise in the registration of 2 year olds, with more toddlers compared to previous years.



Our Nursery staff team have worked brilliantly together. Their focus has been to ensure that our children are better prepared for their next educational experience, as well as prepared for the rest of their lives, by giving them a solid foundation during their early years.

Over this past year we have worked hard to develop our curriculum to reflect the needs of our children. We have adapted the Early Years Strategy to enhance communication and interaction between children, thereby extending and enriching their vocabulary. Our room displays reinforce this learning through play.

TRINITY PROJECTS

Trinity Day Care Nursery

This year was packed with surprises. Our Graduation Ceremony and Sports Day were a big surprise for parents and they loved the entire programme. We had a stage erected in the main hall, trimmed with velvet red rope and a red carpet (many thanks to Jerry for this work). We wanted the event to feel like the Oscar's Award Ceremony, and I think we achieved this! The children were celebrities walking the ramp and having a big stage all to themselves. The biggest attraction during the Graduation Ceremony was the photo booth for parents to take family photos and photos with their child's Key Worker. Children particularly enjoyed the last part of the ceremony, of throwing their hats in the air. We had a wonderful response from parents.



Parents showed lots of enthusiasm and zeal towards their children's learning and development. There has been a lot of participation from parents/carers during celebrations, as well as with the children's home learning.

Now and again, we have to say goodbye to valuable staff members who have moved on to seek different ventures in their life. We wish all the very best to Amanpreet Bhatia (Baby Room Leader) and Rowshan Rahman (Nursery Nurse). We also wish good luck and our best wishes to Mushina Nihar, who started her Maternity Leave.

TRINITY PROJECTS

Benhu-ki-Milan

This self-help Asian women's group meets weekly at Trinity. This group provides a safe space and support including counselling, befriending and practical advice for women in the Asian community.



Thanks to LBN's Get Active Get Healthy programme, this group has continued with its weekly chair-based exercise sessions, designed to encompass all abilities. In addition to working up a sweat and keeping fit, the group also enjoy this opportunity to socialise, catching up on the week's events and enjoying the company of their peers.



This year, members of Benhu-ki-Milan are also enjoying a new keep active session - Bollywood dancing. The group, who are all well over 70 years old, are enjoying learning something new. Along with the chair based exercise sessions, this new activity helps the women stay fit and healthy and have fun doing so!

USER GROUP ACTIVITIES

Alongside our own projects at Trinity, we also seek to support organisations whose work closely aligns with ours.

By providing a subsidised space at our location, and working closely together, we are able to provide services to a wider range of users, offering them specific advice, resources and support that they may not otherwise have been able to access.

Working with other organisations allows us to introduce them to our service users, so that they can reach, and help, more people.



USER GROUP ACTIVITIES

Newham Patient Participation Group

The Newham Patient Participation Group (PPG) serves to establish and improve communication between local health services and the wider community. They do this by giving a voice to patients to share their feedback and sharing the challenges that local practices may face in meeting patient needs.

This year the group resumed their regular face-to-face meetings at the Trinity Centre, allowing them to welcome new members.

The group's focus for conversation includes issues around

- access to GP surgeries
- understanding the variation in routes into each practice
- the challenges for gaining GP access, and
- increasing awareness of the issues surgeries face in relation to staffing.



The group are continuing to grow the network and look further into how patient access can be better accommodated across Newham.

USER GROUP ACTIVITIES

Roma Support Group

The Roma Support Group (RSG) is a Roma-led registered charity, which has been offering services to East European Roma refugees and migrants since 1998.

The Roma Mental Health Advocacy Project continues RSG's mental health advocacy work, which the organisation has implemented since 2008, aiming to:

- Improve access to mental health services
- Empower more open discussion about mental health challenges
- Improve mental health professionals understanding of Roma culture and support better communication with Roma service users.



The Roma support group project delivered 12 peer support sessions, offered in both Polish and Romanian, to a total of 64 attendees.

USER GROUP ACTIVITIES

Otthulaippu Group



Tamil community support group, Otthulaippu, provides support and advocacy services for local people in the Tamil community.

Due to mobility challenges of many of this group's members, most of their activities, such as quizzes and group games, have continued via zoom since the pandemic. However, those who are able to, now meet in person at the Trinity Centre every couple of months.

Since the Spring, the group have come together to share food, and enjoy dancing and socialising with each other. They will continue to meet regularly throughout the year.

USER GROUP ACTIVITIES

EKTA Project

Established in 1986, Ekta Project is a voluntary organisation, which provides befriending and support to Asian Elders who are isolated and unable to access local services.

The group meets regularly at the Trinity Centre, offering support to Asian elders who live alone and may be depressed, disabled, mildly confused and unable to self-advocate due to language barriers.



These challenges have been exacerbated by the lockdown periods in previous years, resulting in a loss of confidence for this group.

USER GROUP ACTIVITIES

EKTA Project

EKTA brings this vulnerable group together in volunteer-run care groups and empowers them to take control of their day-to-day lives, by encouraging members to take part in:

- Exercise sessions
- Singing and dancing
- Drama sessions
- Group birthday celebrations

The group also offers peer support as members open up and share with one another.

This year, the EKTA project has organised trips such as group picnics, shopping and seaside trips, and has started to engage with various projects including East Side Heritage Craft, the Heritage Food Project and more.

USER GROUP ACTIVITIES

The Punjabi Elders Group

“ OUR CLUB HAS BECOME OUR FAMILY ”

Most of the members of the Punjabi Elders group are over 80 years old, and although many live with their families, the group provides a much needed opportunity to spend time with their peers, helping to foster positive mental health in their later years.



Since lockdown was lifted in 2022, the group has continued to meet daily at Trinity, and have enjoyed taking part in some of our special activities such as the King's Jubilee party in May 2023.

USER GROUP ACTIVITIES

Safer Neighbourhood Team

The Safer Neighbourhood team meets regularly at Trinity, providing advocacy around issues such as access to food banks, health provision and housing, and address antisocial behaviour.

We help local residents to direct their enquiries around issues that affect them by working with local councillors from various wards, who may be able to address concerns.



USER GROUP ACTIVITIES

Tamil Information Centre

The Tamil Information Centre volunteers include local doctors and other professionals, who give up their time to run a Helpline from Trinity, offering help and support to the local Tamil community.

This support covers a range of issues, including benefits, care for the elderly, childcare, depression and family issues.



USER GROUP ACTIVITIES

Faith Groups



Trinity has been home to a variety of faith groups for 50 years, helping to raise awareness of the importance of interfaith dialogue in promoting tolerance.

Trinity is a secular organisation with no religious affiliation, however, for many in our community, their culture is closely intertwined with their faith. Our centre is home to Buddhists, Christians, Hindus, Muslims and Sikhs, many of whom meet and pray in adjacent rooms, with complete respect and consideration.

As well as offering a safe space to practice their faith, these groups also provide community support and opportunities to socialise.



USER GROUP ACTIVITIES

Skills Enterprise

Established in 2006, the Skills Enterprise group's primary objective is to empower vulnerable and marginalised Newham residents by enhancing their skills and providing the necessary support to seek employment, thus paving a path out of poverty.

Skills Enterprise supports local people with their work around four areas:

- **Crisis support** - Offering welfare benefit guidance, advocacy, food bank assessments and referrals, and individual support plans.
- **Skills building** - Training to enhance digital skills and boost confidence. Creative English classes, a range of employability training programs. and one-on-one employability support.
- **Community cohesion** - Providing activities that foster stronger connections within the community, including cultural, health, social and well-being activities. Conducting consultations to better understand the needs of the community.
- **Volunteering** - Supporting local residents in taking up volunteering roles and becoming community and digital champions.



USER GROUP ACTIVITIES

Eastside Community Heritage

Eastside Community Heritage moved to the Trinity Centre in June 2022.

“
We are pleased to be
part of this thriving,
inclusive and
welcoming community
centre
”

- Judith, Group Leader

This group has worked in partnership with the Centre for many years, most recently on our National Lottery Heritage Project 'Faith to Faith', which uncovered many hidden histories from the people who worked hard to ensure that the centre can continue to support the local community.

A BIG THANK YOU TO ALL OF OUR DONORS

A heartfelt Thank You, to all those who continue to support us with your donations, your time and your valuable skills and experience. There are too many of you to list in this report, but know that we are beyond grateful to all of you..



Your donations help us to respond quickly to problems experienced by the poorest and most disadvantaged in our community.

If you would like to support our work with regular donations, you can become a donor through our Friends of Trinity group.

VOLUNTEERS

We would not be able to deliver any of our services without the support of our 23 wonderful volunteers:

Anita Alam, B.Dilakshan, V.J. Bose, J. Merrin, G Sureshkumar, (Thambi),
Suriya Ahmed, Zebe Kazmi, Malcolm, Momta Ahmed, R.Muruganandan,
Navneet Virk, Jimmy Joshua, Lisa Stepanovic, Zanas, R. Sambasivan, R.
Anbalagan, A.Anbarasau, J. Sundararajah, Mrs.T.Manoharan, Rabia Habiba,
Ramesh Verma, Sharmin Begum, and Shazia Yousif.



thank  you

BOARD OF TRUSTEES/DIRECTORS



CHAIR

Mr. Stephen Bryan Bonnick

VICE CHAIR

Ms. Janani Paramsothy

SECRETARY

Mr. Nesaratnam Jeyakumar

TREASURER

Mr. Baldev Raj Goyal

BOARD MEMBERS

Ms.Nadine Enangie Mbappe
Ms.Thilaka Muruga Moorthy

Financial Position

As at 31st March 2023

Trinity Centre Balance Sheet as at 31st March 2023

			2023	2022
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
FIXED ASSETS				
Tangible assets	93,954	469,399	563,353	535,487
CURRENT ASSETS				
Debtors		8,179	8,179	3,517
Cash at bank and in hand	25,626	213,699	231,145	281,892
	<u>26,625</u>	<u>213,699</u>	<u>239,324</u>	<u>285,409</u>
CREDITORS				
Amounts falling due within one year	(16,544)	(50,351)	(66,885)	(58,353)
NET CURRENT ASSETS	<u>9,081</u>	<u>163,358</u>	<u>172,439</u>	<u>227,056</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	<u>103,035</u>	<u>632,657</u>	<u>735,792</u>	<u>762,543</u>
NET ASSETS	<u>90,079</u>	<u>632,657</u>	<u>735,792</u>	<u>762,543</u>
FUNDS				
Unrestricted funds			103,035	90,079
Restricted funds			<u>632,757</u>	<u>672,464</u>
TOTAL FUNDS			<u>735,792</u>	<u>762,543</u>

Financial Activities

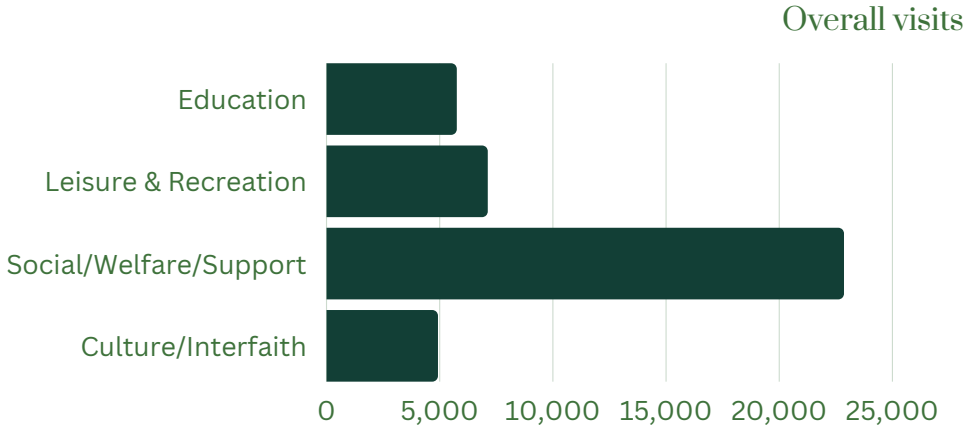
As at 31st March 2023

Trinity Centre

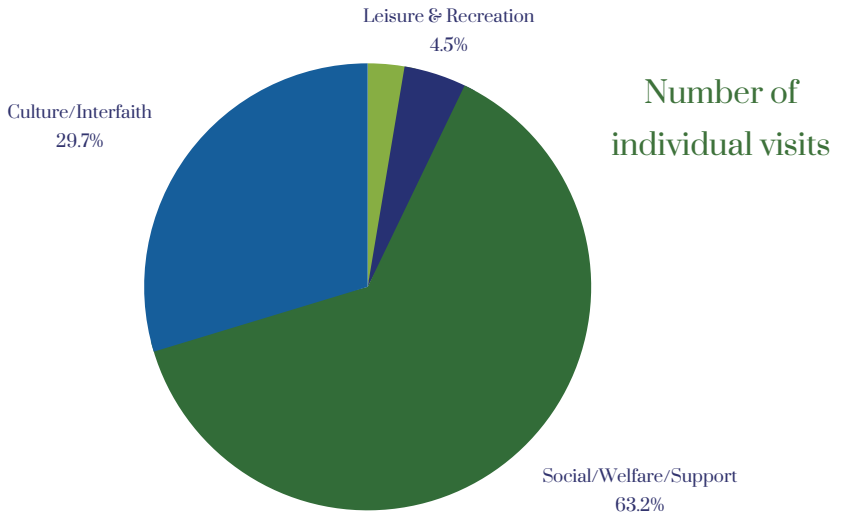
for the year ended 31st March 2023

			2023	2022
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
INCOME AND ENDOWMENTS				
Donations and legacies	2,673	37,804	40,477	14,483
Charitable activities				
Unrestricted Fund	10,990	-	10,990	31,176
Other trading activities	136,122	282,694	481,816	350,490
Investment income	882	-	882	23
Other income	145,000	-	145,000	206,905
Total	295,667	320,498	679,165	603,077
EXPENDITURE				
Raising funds	3,279	-	3,279	
Charitable activities				
Restricted fund	-	(1,634)	(1,634)	-
Unrestricted Fund	1,604	-	1,604	-
Project Salaries	-	5,525	5,525	6,174
Nursery Salaries	-	310,344	310,344	255,133
Project Expenses	9,086	23,191	32,277	669
Nursery Expenses	29	22,780	22,809	17,546
Administrative Staff Salary	174,883	-	174,883	167,508
Building Maintenance & Running Costs	-	-	-	42,421
Centre Overhead Expenditure	93,829	-	93,829	11,591
Finance Charges	-	-	-	6,682
Total	282,710	360,206	642,916	509,924
NET INCOME(EXPENDITURE)	12,957	(39,708)	(26,751)	93,153
RECONCILIATION OF FUNDS				
Total funds brought forward	90,079	672,464	762,543	669,390
TOTAL FUNDS CARRIED FORWARD	103,036	673,756	735,792	762,543

Activities Breakdown



We had a total of 40,565 visits across the year. Of these, 15,510 were individual visits. The majority of these were people using our social/welfare support services.



HOW TO FIND US

TUBE

From East Ham (District Line), turn right out of the station and take the second turning on the right. It's 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. It's approximately 10 minutes by bus.

If you prefer to walk, it's 20-30 minutes from the 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

Every year, Trinity helps thousands of people experiencing poverty and hardship. Through our education, recreation and support services, we help them to gain the confidence, skills and qualifications they need to support themselves. To continue this help to make a difference in their lives, we need your ongoing support.

Just £5 a month for a year will make a lasting difference. With your support, we host weekly activities for children, teach adults to read and write and other essential life skills, and we enable elders in the community to retain their independence, by giving them a place to come together, develop and maintain friendships.

When you sign up to be a friend offering this regular gift, this allows us to plan ahead, ensuring that our work can continue to benefit our community. By setting up a Standing Order today, your generosity will allow us to help some of London's poorest people to turn their lives around.

Please contact Centre Director, Paul Chelliah, by phone, or email paul@thetrinitycentre.org for more information.



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