

REGISTERED CHARITY NUMBER: 1048931

Report of the Trustees and
Financial Statements for the Year Ended 31 March 2023
for
North East London Community Health Care
Charity

360 Accountants Limited
18-19 Albion Street
Hull
East Yorkshire
HU1 3TG

**North East London Community Health Care
Charity**

**Contents of the Financial Statements
for the Year Ended 31 March 2023**

	Page
Reference and Administrative Details	3
Chairman's Report	4
Report of the Trustees	5 to 16
Independent Examiner's Report	17
Statement of Financial Activities	18
Balance Sheet	19
Cash Flow Statement	20
Notes to the Cash Flow Statement	21
Notes to the Financial Statements	22 to 29
Detailed Statement of Financial Activities	30

Reference and Administrative Details for the Year Ended 31 March 2023

TRUSTEE

The North East London Foundation Trust (NELFT) is the sole corporate trustee of the North East London Community Health Care Charity. The corporate trustee's responsibilities are therefore carried out by NELFT Trust Board of Directors. The Board of Directors for this reporting period are listed below:

Jacqui Van Rossum – Acting CEO
Eileen Taylor – Trust Chair (Appointed 01/01/2023)
Sultan Taylor – Vice Chair (Interim Chair until 31/12/2022)
David Bowen – Non-Executive Director
Mark Friend – Non-Executive Director
Susan Lees – Non-Executive Director
Liz Delauney – Non-Executive Director
Colin Lynch – Non-Executive Director
Malcolm Young – Executive Director of Finance
Simon Hart – Executive Director of People and Culture
Wellington Makala – Executive Chief Nursing Officer/ Executive Director of AHP and Psychological Professions
Caroline Alum – Executive Medical Director
Selina Douglas – Executive Director of Partnerships
Brid Johnson – Acting Executive Director of Integrated Care London

PRINCIPAL ADDRESS

NELFT, CEME Centre
West Wing
Marsh Way
Rainham RM13 8GQ

**REGISTERED CHARITY
NUMBER** 1048931

**INDEPENDENT
EXAMINER** 360 Accountants Limited
18-19 Albion Street
Hull HU1 3TG

BANKERS National Westminster Bank
120/122 High Street
Hornchurch RM12 4UL

**INVESTMENT
MANAGERS** Investec Wealth and Investment
2 Gresham Street
London EC2V 7QN

Chair's Report for the Year Ended 31 March 2023

Welcome to our annual report for the financial period 2022-2023. The Health Way Foundation is the working name of the North East London Community Healthcare Charity. We are an NHS charity whose corporate trustee is the Board of North East London Foundation Trust (NELFT). The Health Way Foundation supports NELFT to deliver what NHS funding can't.

Our key achievements in 2022-23 include:

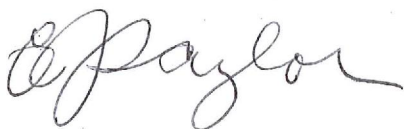
- Securing a major donation from our Friends of Goodmayes as the decision by their charity to close their services at Sunflowers Court at the Goodmayes Hospital site was made in 2021. The charity and NELFT are extremely grateful for the support that the Friends of Goodmayes has given to our inpatient unit, not only supporting NELFT as a charity but also providing a source of food for our staff and service users. The kindness and generosity of the volunteers on site will be remembered and we thank you for your time and effort.
- Implementation of Stage 2 grant in conjunction with Kingsley Hall and the BD Collective in the community across Barking and Dagenham. This project was funded by NHS Charities Together and focuses on supporting community recovery from COVID-19.
- Submission of Stage 3 grant for health and wellbeing initiatives for the staff in the recovery from COVID-19. Supported by NHS Charities Together this grant will be implemented over a two-year period to support our staff across a number of projects.
- Delivering our Circle of Wishes and completing 23 wishes for our services across the course of the year.

We have increased our fundraising efforts over the course of the past twelve months with more events for people to participate in and the support for external fundraising.

The generous donations of our community make this work possible. We would like to thank everyone who has donated gifts or money this year as well as our colleagues who have worked tirelessly to ensure the best patient care is received.

As the Health Way Foundation continues to grow we will continue to work closely with our staff, patients and communities to identify ways we can have an impact as a charity.

If you would like to support the Health Way Foundation, please do get in touch with our charity team. Whether it is through fundraising events, regular direct debit donations or volunteering your time to support the charity with any number of projects that they are undertaking at the present time, your support is what keeps the Health Way Foundation able to provide for patients, users of service and local communities.



Eileen Taylor – Chair of NELFT NHS Foundation Trust

Report of the Trustees for the Year Ended 31 March 2023

The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective January 2019).

Who We Are

The Health Way Foundation is the working name of the North East London Community Healthcare Charity. It is a registered charity (registered number 1048931). We exist to support North East London Foundation Trust (NELFT) for the benefit of the patients of NELFT. By attracting donations, legacies and sponsorship, along with running fundraising activities, the Health Way Foundation can make a real difference for our service users, carers, their families and the staff who look after them.

NELFT provides an extensive range of integrated community and mental health services for people living in the London boroughs of Barking and Dagenham, Havering, Redbridge and Waltham Forest and community health services for people living in the south west Essex areas of Basildon, Brentwood and Thurrock. NELFT provides an Emotional Wellbeing Service for children and young people across the whole of Essex. NELFT are the provider of all age eating disorder services and child and adolescent mental health services across Kent and Medway.

Our Values

We share our values with NELFT as it is important have one core set of values to provide an underlying consistency to how we all work. These values are:

- People first
- Prioritising quality
- Progressive, innovative and continually improving
- Professional and honest
- Promoting what is possible – independence, opportunity and choice.

It is the responsibility of the Corporate Trustee, staff, and volunteers to demonstrate these values in their actions and decisions, and those who apply for grants must ensure that these values are embedded in the application.

Our Vision

Our vision is to be a leading charity in our community, supporting our community to enhance their NHS Trust.

Our Beneficiaries

The Health Way Foundation will focus on enhancing and enriching the lives of NELFT service users and carers as the primary beneficiaries of the charity's work.

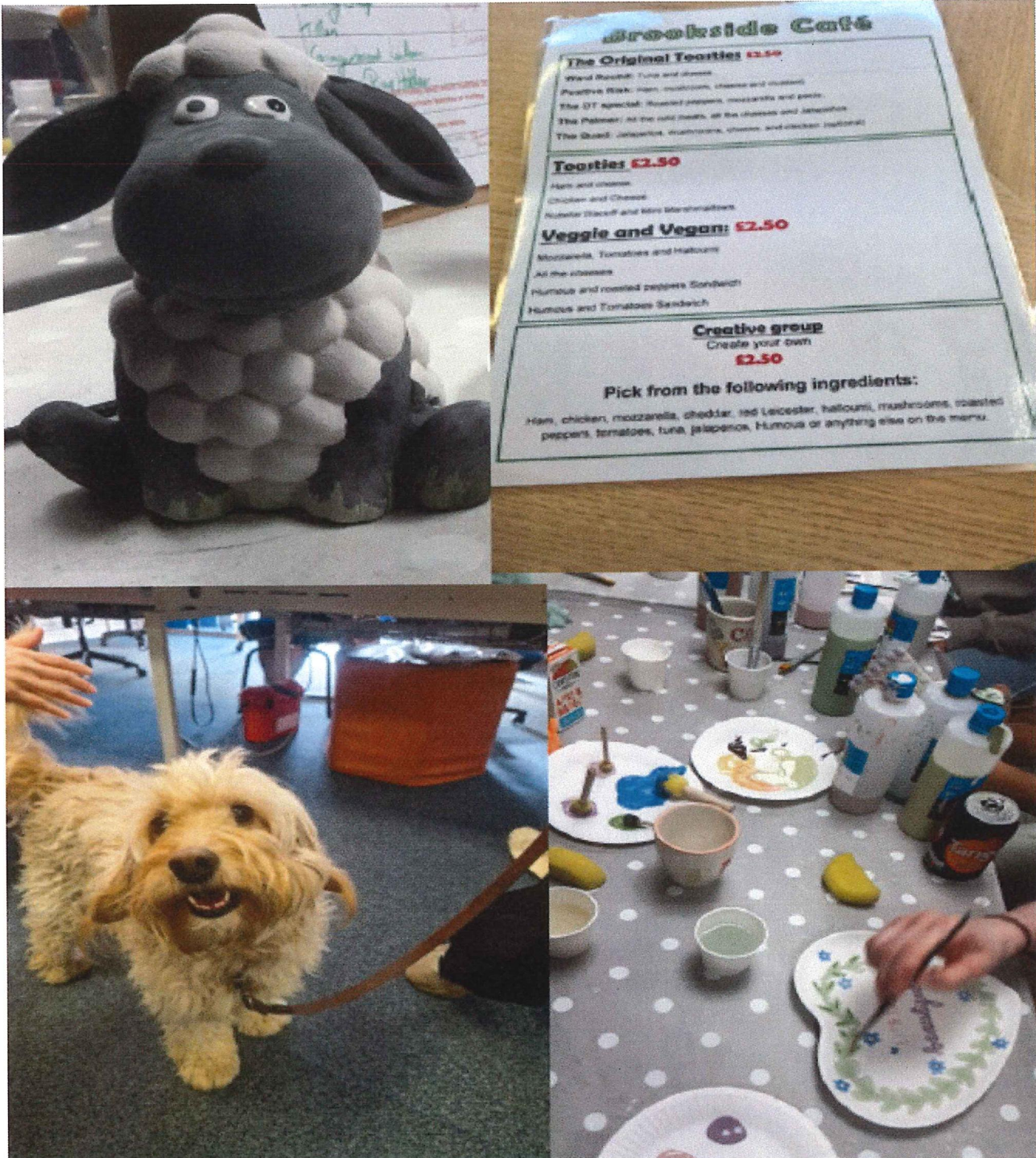
NHS staff may benefit from initiatives and opportunities which charitable funds develop, but only where it can be demonstrated that service user and carers derive benefit (even if indirectly).

The role of the charity is to enrich, enhance, support and innovate in order to enable service users and carers to experience the highest quality of care it is possible to deliver.

Report of the Trustees for the Year Ended 31 March 2023

Our Mission

Our mission is to support NELFT in providing the best care by the best people by improving the patient experience of our service users, carers, staff and communities above and beyond that which is provided by the NHS.



Activities were funded by the Health Way Foundation during school holidays for our inpatient units at both Brookside (London) and KMAH (Kent)

Report of the Trustees for the Year Ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE

The Health Way Foundation focuses on providing benefits to NHS patients through investing in environments, patient activities, staff wellbeing, innovation and non-essential equipment. The charity has continued to see support from grateful service users and families as well as involving the local communities. With this increased support the Health Way Foundation is able to look towards larger projects and supporting further within NELFT than it has been able to in the past. The charity continues to encourage these supporters to remain involved in order to further support what is possible.

Donations to the Health Way Foundation

Almost £65,000 was donated to the Health Way Foundation during the 2022-23 financial period.

After 100 years of service, the Friends of Goodmayes made the difficult decision to close their charity branch down due to a decline in new volunteers and some of the remaining members deciding to complete their capacity with the charity. A final donation was made to the Health Way Foundation for over £61,000 to help fund projects that 'help patients access the best possible care when they need it the most'. The donation will go towards supporting our inpatient unit at Goodmayes which is where the Friends of Goodmayes were based since 1901.

The Health Way Foundation would like to say thank you and acknowledge all the time and effort that these wonderful volunteers have given to the Friends of Goodmayes charity and the support that they have given to the NHS service users and staff throughout the years.

The Health Way Foundation also received donations from the Sikh Welfare Society and from the family of a young service user to go towards supporting the Brookside Adolescent Unit and our fundraising efforts for a sensory garden.

The charity thanks all those who have donated to the charity over the financial period 2022-2023. Your donations help to support the Health Way Foundation to do more and support our NHS services. Thank you to those who are regular monthly supporters and if you are interested in supporting in this way please do get in touch.

NHS Charities Together Grants

The Health Way Foundation has been a member of NHS Charities Together (formally "The Association of NHS Charities") since June 2019. The pandemic led to a widespread appeal from NHS Charities Together to support the NHS when it needed public support the most. This appeal led to over £140m being donated nationwide and these funds have continued to support NHS charity members since 2020. The distribution model set out by NHS Charities Together was three-tiered; the first being the Emergency Appeal which was delivered to NHS charities in 2020/2021. The second two tiers were put forward as grants and during the 2022-23 financial period the Health Way Foundation received funding for the Stage 2: Community Partnership grant.

Report of the Trustees for the Year Ended 31 March 2023

Stage 2 Grant

The Health Way Foundation benefits the staff and patients within multiple NHS Integrated Care Systems (ICS) and has actively been involved in the Stage 2 grant for the East London Integrated Care Partnership. Our application for Stage 2 funding was approved in 2021 and the community project in Barking and Dagenham in conjunction with Kingsley Hall and the BD Collective was operational six months of the 2022/23 period.

The project supports Kingsley Hall along with Community Resources and The Independent Living Agency, two other well-established organisations, to deliver services through this project and also form a triangulation of umbrella support and commissioning of activities that will be delivered by up to 10 smaller groups across the borough for an extensive range and reach of support to more than 250 different beneficiaries from a multiplicity of needs relating to mental health.

Services will include provision of peer support, community advice and activities beyond the commissioned services that the health and care systems will provide to support the patient population. This includes social isolation workshops; befriending / Expanding Support Networks for the most vulnerable; elderly support groups and healthy eating initiatives. The services enabled by this grant will be collaborative across primary, secondary and community care settings, supporting those in the community with mental health impacts of the pandemic and lockdowns.

The application for the project was approved and funding granted in June 2022 and since implementation there have been 279 direct beneficiaries to the project, along with a further six community groups that have benefitted from shared learning. The project will continue into 2024 with further funding from NHS Charities Together and interim report allows for learning along the way as well as understanding how the project has helped our community.

Fundraising by the Charity

The Health Way Foundation continued to raise funds for the charity and promote fundraising activities within the organisation.

The Health Way Foundation Step Challenge, supported by the NELFT Health and Wellbeing team again took place in May to support National Walking Month

- Over £400 was raised to support the Health Way Foundation
- There were 72 participating teams
- Almost 100 million steps were taken collectively during May!

The Health Way Foundation continues to support Your Charity Lottery and this is advertised to staff through the website.

Report of the Trustees for the Year Ended 31 March 2023

Fund Raising Performance

During the year, the total donations and income from fundraising came to £67,000 in comparison to the financial period of 2021/22 at £13,000. In addition to this there was £168,000 given to the Health Way Foundation in grants.

Fundraising activities is benchmarked against peers throughout NHS Charities together and the team monitors the comparative success of campaigns and overall fundraising cost to income ratios. The Health Way Foundation continues to perform within the average range of the national comparison when compared with other mental health and community trusts. By seeking to raise the charity's profile, it is hoped that funds will continue to be raised throughout donations, legacies, and fundraising activities.

Investment Performance

For the year ending 31st March 2023, the portfolio returned -5.0% in gross terms whilst the benchmark returned -5.4%. the FTSE 100 rose by 5.7% and the S & P 500 fell 1.8% during this period. In the first quarter of 2022, the portfolio rose by 1% versus 2.7% for the benchmark.

During the year, the best performing asset classes in absolute terms was UK and European equities rising 2.2 % and 11.1% respectively. Japan also delivered a positive 4.1%. All other asset classes produced negative returns with UK Gilts and Corporate Bonds faring the worse, falling 19.4% and 10.1% respectively. The best performing asset classes in relative terms versus their respective benchmark constituents were UK Corporate Bonds, North America, Japanese and European equities. The worst relative performers were UK Gilts, Asia Ex Japan and Emerging Markets.

At the end of the reporting period, the portfolio was valued at £163,899 and had an income yield of 2.4% producing an estimated income per annum of £3,765. No funds were withdrawn from the portfolio during this period.



Self-Soothe packs were created for KMAH clinical rooms to support young people during therapy sessions



Presents were provided for over 400 inpatients who were on our wards during the Christmas period

Report of the Trustees for the Year Ended 31 March 2023

ENSURING YOUR FUNDS ARE SPENT WISELY

Circle of Wishes

The Circle of Wishes is the way in which staff, patients, family, friends and members of the community can apply for funding to support NELFT services. This application form is available to both staff on the intranet and public on the NELFT website. The form itself is no more than 250 words in order to make it accessible for all.

The funding for these applications are made in accordance with charity law, our constitution, the wishes of applicants and directions of donors. In applying for funding, the charity endeavours to reflect the wishes of patients and staff by supporting their application as much as possible. In accordance with best practice the charity works to ensure that donor's wishes and requests go to the team or service the donor has given for.

In 2022-2023 there were 32 wishes that were requested. Of these the Health Way Foundation managed to successfully grant 23 of these wishes. Only four were declined and three of these were declined due to the request for Christmas gifts becoming one major project rather than different requests for each ward.

During the financial period of 2022/2023, the Health Way Foundation provided funding for

Patient activities

- Support given to both of the NELFT adolescent inpatient units (Brookside and Kent and Medway Adolescent Hospital) during the school holidays by providing funding for the young people to undertake activities both on and off site.
- The inpatient units to give presents for all patients that were on site during the Christmas period.
- Tablets for young people on isolation ward at Kent and Medway Adolescent Hospital (KMAH)
- Creation of self-soothe packs for young people at KMAH. These packs have been placed in clinical rooms in the hospital so that young people who may have difficulties during therapeutic interventions are able to find items within the box that may help to calm them during this time.
- Tai chi class for older adult mental health service users
- Support for the Refugee Psychology service to enable them to assist service users with funding for emergency items

Trust environments

- Furniture for a staff wellbeing room to support the mental health and wellbeing of staff at Broad Street in Barking and Dagenham
- Wall decorations and paint for the library area in Brookside Adolescent Unit which the young people undertook as a school holiday activity

The NELFT Community

- Development and implementation of the Stage 2 Community Partnership grant within the Barking and Dagenham area which, to date, has supported 279 beneficiaries. The application put in to NHS Charities Together stated that the project was aiming to help and support 250 people within the community so this target has been overachieved within 12 months of the project being implemented, with another 12 months ahead of us.

Report of the Trustees for the Year Ended 31 March 2023

To ensure that charity's funds are well spent, applications for funding are put through the Circle of Wishes programme which allows an equal and fair system for all to be able to apply for funding. Once a wish has been completed, a funding summary is sent to the applicants for completion. This summary provides the charity the ability to monitor and evaluate the support in which is being given to NELFT and what the difference being made is.

The information given on the summary allows the charity to understand how the funding given has been spent and how this has improved patient experience and care within NELFT. It monitors to ensure that the funds are not being used where government funding should but also supports with cases where funding through the charity should be business as usual due to the impact it has had on the improvement of patient experience. The summary also informs the future grant making policy as well as providing a basis for assessing performance.

Applications are reviewed by the charity team and the fund holder for approval and review. The Circle of wishes are also reviewed at a monthly charity meeting and any large funding requests, over £10,000, are taken to the Charitable Funds Committee for approval.



Self-Soothe packs were created for KMAH clinical rooms to support young people during therapy sessions

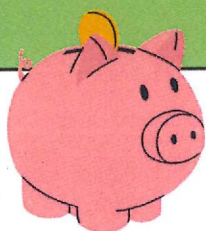


Presents were provided for over 400 inpatients who were on our wards during the Christmas period



Health Way foundation

INVESTMENT IN TRUST



The charity has invested over £200,000 into NELFT, including £168,500 into the third sector to support service users in the community

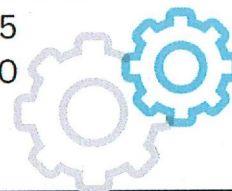
CIRCLE OF WISHES

32 Wishes received
23 wishes granted



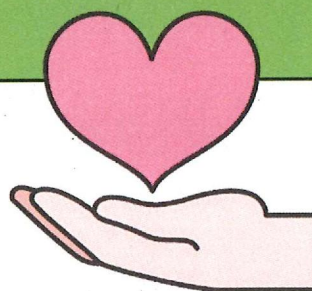
CHARITY TEAM

Fundraisers Completed: 7
Grant Applications Completed: 5
Site Visits: 30



INCOME RECEIVED

The charity received over £230,000 in income including a £60,000 donation from the Friends of Goodmayes



THANK YOU



Your generosity and support help us to achieve our objectives and allow us to continue the work we do with NELFT.

Report of the Trustees of the year ended 31 March 2023

FINANCIAL REVIEW

Principal funding sources

The following figures are taken from the full accounts. If more details are required, please refer to the full accounts. This part of the trustee's annual report comments on key features of those accounts. This section explains how money was raised and spent.

Donations (£64,000): The public continue to support the Health Way Foundation with donations to the Charity to support our mission. The charity thanks those who have kindly donated throughout the year and those who continue to support on a regular basis.

Fundraising (£3,000): Along with our internal fundraising events, including the May Step Challenge to support National Walking month, the charity also received money from Amazon Smile and Our Charity Lottery on a quarterly basis.

NHSCT Grants (£168,000): Funding was received in two stages for the Stage 2 Community Partnership grant. There was a payment of membership fees from NHS CT members for two years which included the 2022 and 2023 financial years.

Other grants (£0): No other grants were received for the financial period 2022/23.

Investment Income (£4,000): The Committee have agreed that any investment income we receive is reinvested with Investec. Investment performance is described in further detail above.

Reserves Policy

The corporate Trustee has a policy of spending wisely and charitable funds entrusted to its care. The policy is that the funds must be spent for the purposes for which they were received and, at the time, most beneficial to the recipients. Funds should not be accumulated, unless for a specific purpose, and should be spent promptly. The target for reserves was to retain the equivalent of at least one year's running costs of the Charity.

The Charitable Fund is comprised of Four funds, the one endowment fund and three unrestricted funds, one for Essex and Kent and one for London locality as well as a general fund. All bids for funds received were signed off by at least one of the fund holders, who were also executive directors, as nominated by the Board.

Report of the Trustees of the year ended 31 March 2023

FUTURE PLANS

To achieve its mission, the charity works with NELFT staff, service, service users and the local community to develop the facilities and environments to treat service users of all ages with mental and physical health conditions. Where it can be shown that service users will benefit, the charity provides support for NHS staff to develop the skills they need.

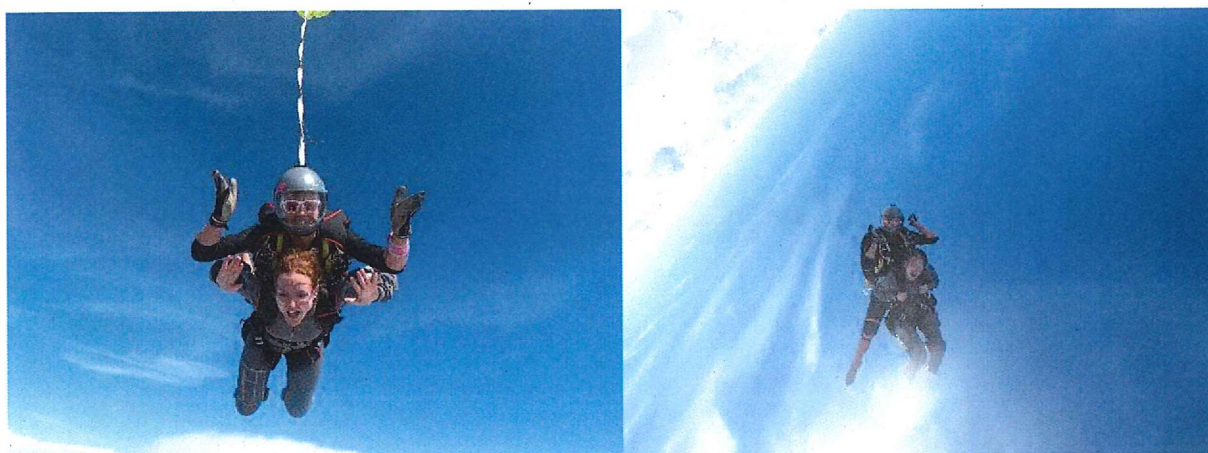
Over the next few years, the intention is to continue to work towards increasing the awareness of the Health Way Foundation, both internally, amongst staff and service users, and externally, amongst local communities. The Health Way Foundation will continue to support NELFT by raising funds to support the charity's objectives and maintain overheads.

The Health Way Foundation strategy is due for review and the charity will work with stakeholders to ensure that there is an understanding from all involved as to the direction that the charity should be heading towards. The team will continue to work day to day to support NELFT to ensure that our service users are having the best patient experience and improvements by funding circle of wish request where appropriate.

The Health Way Foundation plans to continue to build on the increased public support and interest resulting from the pandemic. Supported by management, the charity is developing fundraising and communications plans to help ensure that the charity can continue to give the resources required to support.

The charity's ambitions continue to be to support NELFT to be the best NHS mental health and community trust it can be and to improve the experience of patients and the working lives of staff. In addition to the work being completed to plan for the future of the Health Way Foundation, the charity continues to raise income to fulfil any major appeals including those which help its work with NHS partners to transform the health prospects for patients with mental and physical health conditions in the community.

Your support makes these plans possible so please consider helping us by making a donation to the Health Way Foundation or get in touch to see how best to support at Charity@nelft.nhs.uk.



Lauren Caldwell raised £900 for the Health Way Foundation by skydiving to support our Kent Eating Disorders Services

Report of the Trustees of the year ended 31 March 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is controlled by its governing document, the NELFT deed of trust, and constitutes an unincorporated charity.

North East London Community Health Care Charity (working name Health Way Foundation) was formerly known as BHB Community Trust Charity when associated with BHB Community Health Care NHS Trust. The Trust was dissolved on 31 March 2001, and the services provided by the Trust became the responsibility of the new Trust named in transfer orders issued by the department of Health.

By similar Transfer orders, Redbridge Health Care NHS Trust, and Forest Health Care NHS Trust were also dissolved on 31 March 2001. The Charitable Funds associated with these Trusts were therefore passed on to their successor organisations, of which North East London NHS Foundation Trust was one. Divisions of the available monies was made on the basis of internal records which identified the services which had generated them.

In Accordance with the direction contained within the Transfer Order issued by the Regional Health Authority, the total resources held by the former BHB community trust Charity remain under the administration of North East London NHS Foundation Trust. The interests of each successor organisation are represented with the membership of the Charitable Fund Committee

Recruitment and appointment of new trustees

North East London NHS Foundation Trust is the corporate Trustee of the Charity and there is no appointment of trustees. All new appointments of the Trust Board only act as agents of the Corporate Trustee.

The Charitable Funds Committee

The Trust Board has agreed the terms of reference of a Charitable Funds Committee to provide assurance that the Trust's charitable activities are within the law and regulations set by the Charity Commission and that best practice is followed with regard to the stewardship of all funds held. The committee is authorised by the board to monitor all aspects of charitable activity within the Trust and act on its behalf in fulfilling the legal duties and responsibilities of trustees in managing funds.

Membership consists of three non-executive directors, one of whom will act as chair, three executive directors and the Director of Communications, Engagement and Charitable Funds (as the operational lead).

Report of the Trustees of the year ended 31 March 2023

The duties of the Committee on behalf of the Trust, as corporate trustee, will include the following.

- To manage the Charitable Funds within their respective terms and within law, equity regulation, good practice, and audit recommendation
- Contribute to and approve the Charity Strategy and objectives, ensuring consistency with the Trust's overall strategic direct and values.
- To ensure that the risks of the charitable funds are identified and review the risk register on a quarterly basis.
- Oversee the implementation of an infrastructure appropriate to the efficient and effective running of the Charity including resource, marketing materials, database, equipment, banking, insurance, and legal services.
- Review the Charity's income and expenditure ensuring it meets the Charity's objectives and is in line with legislative requirements.
- To encourage and promote the charitable functions of the trust.
- To approve spending plans and authorise expenditure above the delegated limits of individual fund managers, any request over £10,000 are to come to the committee for approval.
- To establish and review investment strategy and monitor the performance of the portfolio.
- To review audit recommendations relating to the funds and ensure that they are implemented in a timely manner.

Attendance at Charitable Funds Committee meetings

Name	Position	Attended
David Bowen	Committee Chair/Non-Executive Director	4/4
Sultan Taylor	Non-Executive Director	4/4
Colin Lynch	Non-Executive Director	4/4
Jacqui Van Rossum	Acting Chief Executive/Executive Director of Integrated Care of London	4/4
Malcolm Young	Executive Director of Finance	4/4
Wellington Makala	Executive Chief Nursing Officer/ Executive Director of AHP and Psychological Professions	4/4

Report of the Trustees of the year ended 31 March 2023

Risk Management

The Corporate Trustee has a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The major risks to which the Charity is exposed have been identified and considered through a risk register. This is regularly reviewed by the Charitable Funds Committee.

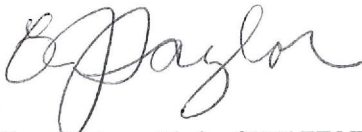
The most significant risks identified have mitigating factors against them in order to reduce the risk to the charity.

Investment losses are high risk so there are procedures in place to review the investment policy and to ensure that both spending and firm financial commitments remain in line with income.

Income and expenditure are monitored in total and is compared with prior year trends as part of the risk management process to avoid unforeseen calls on reserves. The accounts are subject to an independent review.

The Charitable Funds Committee receives a quarterly report on Charitable Funds spend. The Committee Chair provides an update to the Trust Board.

Approved by order of the board of trustees onand signed on its behalf by:



Eileen Taylor – Chair of NELFT NHS Foundation Trust

Independent Examiner's Report to the Trustees of North East London Community Healthcare Charity

Independent examiner's report to the trustees of the North East London Community Health Care Charity

I report to the charity trustees on my examination of the accounts of North East London Community Health Care Charity (the Trust) for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("The Act")

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I can confirm that I am qualified to undertake the examination because I am a registered member of FCA FCCA which is one of the listed bodies.

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. Accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. The accounts do not accord with those records; or
3. The accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirements that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Andrew Mark Steele
FCA FCCA
360 Accountants Limited
18-19 Albion Street
Hull
East Yorkshire
HU1 3TG
Date:

Statement of Financial Activities for the Year Ended 31 March 2023

	Notes	Unrestricted Fund £	Endowment Fund £	31/3/23 Total Funds £	31/3/22 Total Funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		67,000		67,000	13,000
Investment income	2	3,000	1,000	4,000	3,000
Other income		<u>168,000</u>		<u>168,000</u>	<u>38,000</u>
Total		238,000	1,000	239,000	54,000
EXPENDITURE ON					
Raising funds		1,000	1,000	2,000	2,000
Charitable activities					
Costs associated with raising donations and legacies		60,000		60,000	34,000
Other expenditure		206,000		206,000	33,000
Total		<u>267,000</u>	<u>1,000</u>	<u>268,000</u>	<u>69,000</u>
Net Gains (losses) on investments		<u>(9,000)</u>	<u>(3,000)</u>	<u>(12,000)</u>	<u>8,000</u>
NET INCOME (EXPENDITURE)		(38,000)	(3,000)	(41,000)	(7,000)
RECONCILLATION OF FUNDS					
Total funds brought forward		<u>260,000</u>	<u>9,000</u>	<u>269,000</u>	<u>276,000</u>
TOTAL FUNDS CARRIED FORWARD	4	<u>222,000</u>	<u>6,000</u>	<u>228,000</u>	<u>269,000</u>

Balance Sheet for Year Ended 31 March 2023

	Notes	Unrestricted Fund £	Endowment Fund £	31/3/23 Total Funds £	31/3/22 Total Funds £
FIXED ASSETS					
Investment property	5	161,000		161,000	173,000
CURRENT ASSETS					
Debtors	6				3,000
Cash at bank		<u>89,000</u>	<u>6,000</u>	<u>95,000</u>	<u>97,000</u>
Total		89,000	6,000	95,000	100,000
CREDITORS					
Amounts falling due within one year	7	<u>(28,000)</u>		<u>(28,000)</u>	<u>(4,000)</u>
NET CURRENT ASSETS		<u>61,000</u>	<u>6,000</u>	<u>67,000</u>	<u>96,000</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>222,000</u>	<u>6,000</u>	<u>228,000</u>	<u>269,000</u>
NET ASSETS		<u>222,000</u>	<u>6,000</u>	<u>228,000</u>	<u>269,000</u>
FUNDS	8				
Unrestricted funds				222,000	260,000
Endowments funds				<u>6,000</u>	<u>9,000</u>
TOTAL FUNDS				<u>228,000</u>	<u>269,000</u>

The financial statements were approved by the Board of Trustees and authorised for issue on
and were signed on its behalf by:



Malcolm Young – Executive Director of Finance for NELFT NHS Foundation Trust



Eileen Taylor – Chair of NELFT NHS Foundation Trust

Cash Flow Statement for the Year Ended 31 March 2023

	Notes	31/03/23 £	31/3/22 £
Cash Flows from operating activities			
Cash generated from operations	1	<u>(2,000)</u>	<u>(45,000)</u>
Net cash provided by operating activities		<u>(2,000)</u>	<u>(45,000)</u>
Cash flows from investing activities			
Purchase of investment property		(66,000)	(44,000)
Sale of investment property		<u>66,000</u>	<u>41,000</u>
Net cash (used in) provided by investing activities		-	-
Cash flows from financing activities			
Income attributable to endowment		1,000	1,000
Expenditure attributable to endowment		<u>(1,000)</u>	<u>(1,000)</u>
Net cash provided by/(used in) financing activities		<u>-</u>	<u>-</u>
Change in cash and cash equivalents in the reporting period		(2,000)	(48,000)
Cash and cash equivalents at the beginning of the reporting period		<u>97,000</u>	<u>145,000</u>
Cash and cash equivalents at the end of the reporting period		<u>95,000</u>	<u>97,000</u>

Notes to the Cash Flow Statement for the Year Ended 31 March 2023

1. RECONCILIATION OF NET INCOME (EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31/3/23	31/3/22
	£	£
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	(41,000)	(7,000)
Adjustments for:		
(Gain)/losses on investments	12,000	(7,000)
Income attributable to endowment	(1,000)	(1,000)
Expenditure attributable to endowment	1,000	1,000
Decrease/(increase) in debtors	3,000	22,000
(Decrease)/Increase in creditors	<u>24,000</u>	<u>(53,000)</u>
Net Cash provided by operations	<u>(2,000)</u>	<u>(45,000)</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/22	Cash Flow	At 31/3/23
	£	£	
Net Cash			
Cash at Bank	<u>97,000</u>	<u>(2,000)</u>	<u>95,000</u>
Total	<u>97,000</u>	<u>(2,000)</u>	<u>95,000</u>

1. ACCOUNTING POLICIES

Basics of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, as modified by the revaluation of certain assets.

The charity constitutes a public benefit entity as defined by FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. 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 (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items of fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £000.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented.

Income and endowments

All incoming resources are recognised once the charity has entitlement to the resources, if it is certain that the resources will be received, and the monetary value of incoming resources can be measured with sufficient reliability. Incoming resources from endowment funds are restricted.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity. This is normally upon notification of the interest paid or payable by the bank. Dividends are recognised once the dividend has been declared and notification has been received of the dividend due. This is normally upon notification by our investment advisor of the dividend yield of the investment portfolio.

Expenditure recognition

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Expenditure on raising funds

The costs of generating funds consists of investment management costs.

Costs of charitable activities

Costs of charitable activities include governance costs and an apportionment of support costs.

Notes to the Financial Statements for the Year Ended 31 March 2023 – continued

Fixed assets investments

Investment property is shown at most recent valuation. Any aggregate surplus or deficit arising from changes in fair value is recognised in the Statement of Financial Activities.

Investments are initially recognised at their transaction value and are subsequently measured at their fair value (market value) as at the Balance Sheet date. The Statement of Financial Activities includes the net gains and losses arising on revaluation and disposals throughout the year.

The main form of financial risk faced by the charity is that of volatility in equity markets and investment markets due to wider economic conditions, the attitude of investors to investment risk, and changes in sentiment concerning equities and within particular sectors or sub sectors.

Taxation

The charity is exempt from tax on its charitable activities.

Fund Structure

Restricted funds are funds which are to be used in accordance with specific restriction imposed by the donor. Where the restriction requires the gift to be invested to produce income but the trustee has the power to spend the capital, it is classed as expended endowment.

Unrestricted funds comprise those funds which the trustee is free to use for any purpose in furtherance of the charitable objectives. Unrestricted funds include designated funds, where the donor has made known their non-binding wishes or where the trustee, at its discretion, has created a fund for a specific purpose.

The charity currently has:

One expendable endowment – Brown Bequest and

Three unrestricted funds – Essex and Kent, London and General

Cash and cash equivalents

Previously cash held with Investec for the purchase of shares on the market were shown together with the fixed asset investment on the face of the balance sheet. As these are very liquid funds and can be recalled at any time, they are now included within cash and cash equivalents.

Released gains and losses

All gains and losses are taken to the Statement of Financial Activities as they arise. Realised gains and losses on investments are calculated as the difference between sales proceeds and opening market value (or date of purchase if later). Unrealised gains and losses are calculated as the difference between the market value at the year end and opening market value (or date of purchase if later).

2. INVESTMENT INCOME

	31/3/23	31/3/22
	£	£
Dividends	4,000	3,000

Notes to the Financial Statements for the Year Ended 31 March 2023 - continued

3. TRUSTEES' REMUNERATION AND BENEFITS

There was no trustee remuneration, other benefits or expenses paid for the year ended 31st March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st March 2023 nor for the year ended 31st March 2022.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted Funds £	Endowment Funds £	Total Funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	13,000		13,000
Investment income	2,000	1,000	3,000
Other income	<u>38,000</u>		<u>38,000</u>
Total	53,000	1,000	54,000
EXPENDITURE ON			
Raising funds	1,000	1,000	2,000
Charitable activities			
Costs associated with raising donations and legacies	34,000		34,000
Other expenditure	<u>33,000</u>		<u>33,000</u>
Total	68,000	1,000	69,000
Net gains/(losses) on investments	<u>5,000</u>	<u>3,000</u>	<u>8,000</u>
NET INCOME/(EXPENDITURE)	(10,000)	3,000	(7,000)
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>270,000</u>	<u>6,000</u>	<u>276,000</u>
TOTAL FUNDS CARRIED FORWARD	<u>260,000</u>	<u>9,000</u>	<u>269,000</u>

Notes to the Financial Statements for the Year Ended 31 March 2023 – continued

5. INVESTMENT PROPERTY

	£
FAIR VALUE	
At 1 April 2022	173,000
Additions	66,000
Disposals	(66,000)
Revaluation	<u>(12,000)</u>
At 31 March 2023	<u>161,000</u>
NET BOOK VALUE	
At 31 March 2023	<u>161,000</u>
At 31 March 2022	<u>173,000</u>
Fair value at 31 March 2023 is represented by:	
Cost	<u>161,000</u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/3/23	31/3/22
	£	£
Trade debtors	-	3,000
Other debtors	-	
Total debtors	-	3,000

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/3/23	31/3/22
	£	£
Trade creditors	27,000	3,000
Other creditors	<u>1,000</u>	1,000
Total creditors	<u>28,000</u>	4,000

Notes to the Financial Statements for the Year Ended 31 March 2023 – continued

8. MOVEMENT IN FUNDS

	At 1/4/22 £	Net Movement in Funds £	At 31/3/23 £
Unrestricted Funds			
General Fund	260,000	(38,000)	222,000
Endowment funds			
Endowment	9,000	(3,000)	6,000
TOTAL FUNDS	<u>269,000</u>	<u>(41,000)</u>	<u>228,000</u>

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted Funds				
General Fund	238,000	(267,000)	(9,000)	(38,000)
Endowment Funds				
Endowment	1,000	(1,000)	(3,000)	(3,000)
TOTAL FUNDS	239,000	(268,000)	(12,000)	(41,000)

Notes to the Financial Statements for the Year Ended 31 March 2023 - continued

	At 1/4/21 £	Net Movement in Funds £	At 31/3/22 £
Unrestricted Funds			
General Fund	270,000	(10,000)	260,000
Endowment funds			
Endowment	6,000	3,000	9,000
TOTAL FUNDS	<u>276,000</u>	<u>(7,000)</u>	<u>269,000</u>

Comparative net movement in funds, included in the above are as follows

	Incoming resources £	Resources expended £	Gains and losses £	Movement in fund £
Unrestricted Funds				
General Fund	53,000	(68,000)	5,000	(10,000)
Endowment Funds				
Endowment	1,000	(1,000)	3,000	3,000
TOTAL FUNDS	<u>54,000</u>	<u>(69,000)</u>	<u>8,000</u>	<u>(7,000)</u>

A current year 12 months and prior year 12 months combined position is as follows

	At 1/4/21 £	Net Movement in Funds £	At 31/3/23 £
Unrestricted Funds			
General Fund	270,000	(48,000)	222,000
Endowment funds			
Endowment	6,000		6,000
TOTAL FUNDS	<u>276,000</u>	<u>(48,000)</u>	<u>228,000</u>

Notes to the Financial Statements for the Year Ended 31 March 2023 – continued

	Incoming resources £	Resources expended £	Gains and losses £	Movement in fund £
Unrestricted Funds				
General Fund	291,000	(335,000)	(4,000)	(48,000)
Endowment Funds				
Endowment	2,000	(2,000)	-	-
TOTAL FUNDS	<u>293,000</u>	<u>(337,000)</u>	<u>(4,000)</u>	<u>(48,000)</u>

9. RELATED PARTY DISCLOSURES

North East London Foundation Trust (NELFT) is the Corporate Trustee of the Charity. The Charity has provided funding to the NHS Foundation Trust for approved expenditure made on behalf of the charity. Neither the Corporate Trustee nor any member of the Trust Board has received honoraria, emoluments or expenses in the year and the Trustee has not purchased trustee indemnity insurance. The board members of the corporate trustee are agents of the NHS body in its capacity as trustee and not charity trustees themselves and must rely on the protections which apply by virtue of their role as board members of the NHS body.

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	31/3/23 £	31/2/22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	67,000	13,000
Investment income		
Dividends	4,000	3,000
Other income		
Other income	<u>168,000</u>	<u>38,000</u>
Total incoming resources	239,000	54,000
EXPENDITURE		
Raising donations and legacies		
Investment management costs	2,000	2,000
Charitable activities		
Independent examiner's fee	1,000	1,000
Support Costs		
Other		
Admin Support	59,000	33,000
Patient Welfare and Amenities	12,000	11,000
Charities activities	194,000	22,000
Total resources expended	<u>268,000</u>	<u>69,000</u>
Net income/(expenditure) before gains and losses	(29,000)	(15,000)
Realised recognised gains and losses		
Realised gains/(losses) on fixed asset investments	<u>(12,000)</u>	<u>8,000</u>
Net income expenditure	<u>(41,000)</u>	<u>(7,000)</u>