
Report of the Trustees and
Financial Statements for the Year Ended 31 March 2024
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**

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for the Year Ended 31 March 2024**

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Reference and Administrative Details for the Year Ended 31 March 2024

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:

Eileen Taylor – Trust Chair
 Susan Lees – Vice-Chair and Non-Executive Director
 Jasbir Sandhu – Non-Executive Director
 Liz Delauney – Non-Executive Director
 Colin Lynch – Non-Executive Director
 Deborah Wheeler – Non-Executive Director
 Dr Zaeem Haq – Non-Executive Director
 Neil Swift – Non-Executive Director
 Sultan Taylor – Non-Executive Director (left January 2024)
 David Bowen – Non-Executive Director (left April 2023)
 Mark Friend – Non-Executive Director (left January 2024)
 Janet Wood – Non-Executive Director (left January 2024)

Paul Calaminus Chief Executive Officer (from August 2023)
 Jacqui Van Rossum, Acting Chief Executive Officer (until August 2023)
 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 – Chief Operating Officer

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



Reference and Administrative Details for the Year Ended 31 March 2024

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 2024

Welcome to our annual report for the financial period 2023-2024. The NELFT NHS CHARITY 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 2023-24 include:

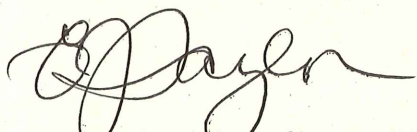
- Continuation of the Stage 2 Community partnership project in conjunction with Kingsley Hall to support vulnerable people within the community of Barking and Dagenham with activities delivered across the borough for an extensive range and reach of support to more than 250 different beneficiaries from a multiplicity of needs relating to mental health. The project has already achieved a higher number of beneficiaries within the first 12 months of the project than what was expected across the full two year period.
- A Development Grant from NHS Charities Together which allowed the charity to use the money to expand the team for a 12 month period and also begin to review the strategy that we will use to look at what the future of the charity is and means to our stakeholders
- The start of our Stage 3: Staff Health and Wellbeing grant which will allow us to support our staff in their workplace and make it a more comfortable and welcoming environment for them, encouraging breaks and wellbeing support.
- Delivering our Circle of Wishes and completing 76 wishes for our services across the course of the year.
- Providing over 400 presents for our inpatients on Christmas Day
- Creation of a sensory room on our male PICU ward which will allow the service users to explore their sensory needs within a controlled environment

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 charity@nelft.nhs.uk. 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.

A handwritten signature in black ink, appearing to read "E. Taylor".

Eileen Taylor – Chair of NELFT NHS Foundation Trust



Report of the Trustees for the Year Ended 31 March 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. 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 NELFT NHS CHARITY 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 staff, patients and communities 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 & Dagenham, Havering, Redbridge and Waltham Forest and community health services for people living in the south west Essex areas of Basildon, Brentwood and Thurrock. We provide an Emotional Wellbeing Mental Health Service for children and young people across the whole of Essex. We 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.



Report of the Trustees for the Year Ended 31 March 2024

Our Beneficiaries

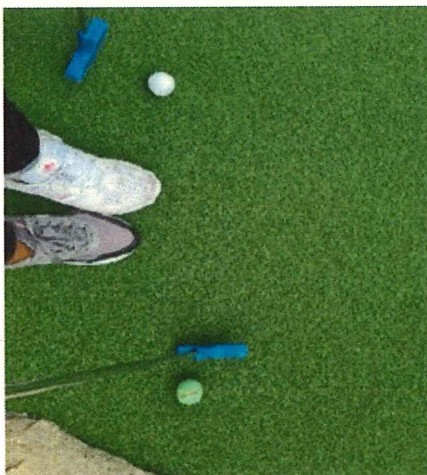
The Health Way Foundation will focus on enhancing and enriching the lives of NELFT staff, patients and communities as the primary beneficiaries of the charity's work.

NHS staff are also able to benefit from the charity's work and the work that is done within the Trust. Improved wellbeing for staff has been a focus this year; happy staff work better and therefore this leads to a better service which in turn improves patient experience. The charity are thrilled to be able to continue with this work into the following year thanks to a grant from NHS Charities Together that will allow for this to continue.

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.

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.



School holiday funding for Brookside. Funding was requested to allow for additional groups and outings for the young people during the holiday periods.

"Playing football with the student nurse was the best day of my stay at Brookside"

"I liked the food from Black History Month day celebration"

"Playing golf was so cool"



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 continue with 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.

HEADLINE FIGURES FOR 2023/2024



Report of the Trustees for the Year Ended 31 March 2024

Donations to the Health Way Foundation

Almost £18,000 was donated to the Health Way Foundation during the 2022-23 financial period.

This came in the form of a legacy donation, a kind donation from the Sikh Society and regular donations from supporters on a monthly basis.

The charity thanks all those who have donated to the charity over the financial period 2023-2024. 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 2023-24 financial period the Health Way Foundation received funding for the Stage 2: Community Partnership grant and funding for the Stage 3: COVID Recovery, along with a Development Grant.

Development Grant

The charity received a £30,000 Development Grant in 23/24 that was offered to all member charities, to support us as a membership body, to navigate the changes within the sector that have come from the COVID pandemic and moving forward with the sector as a whole. This grant allowed the charity to employ a part-time member of staff to support the current team and to allow for work to be done on the strategy for the charity, in order to facilitate the growth moving forward into the future.

Stage 2 Community Partnership 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 for six months in the 2023 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 project has continued to thrive and support vulnerable people within the Barking and Dagenham locality. At the halfway point of the project over 400 successful interventions had occurred and a further six community groups have benefitted from the funding. The project has already achieved over and above the targets that were originally set and more successful interventions will continue into the next financial period. The work within the community has been fantastic and has supported our service users to remain in the community and find support within their local area.

The project will complete in July 2024 and final reports will be submitted to NHS Charities Together.

Stage 3 COVID recovery grant

The 2023 Stage 3 grant from NHS Charities Together was to focus on COVID recovery. The project submitted for the grant funding focused on supporting staff and address wellbeing concerns. The COVID-19 pandemic took its toll on many NHS staff, and even now there is still concerns of burnout and demotivation within the sector. It was important to be able to allow for the provision to support our NELFT staff and the decision to use this grant to help within the Trust was taken.

The focus was on improving staff areas as many had been changed during the pandemic into further clinical spaces to allow for safer practices. The charity asked staff to request items via the Circle of Wishes in which would help to improve their break areas and therefore encourage our staff to ensure that their breaks were taken on a daily basis.

At present we have been able to provide furniture and appliances for 37 sites within the Trust with requests still coming through into this financial year. The charity will continue to fund items, where possible, to ensure that staff wellbeing is encouraged and support the motivation of staff in any way that is suitable.



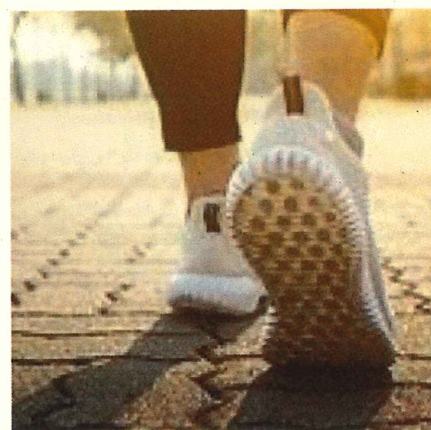
Fundraising by the Charity

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

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

May Step Challenge - over 136m steps!

We take part in the Step Challenge each year, to not only fundraise but also get our Trust colleagues moving. In the 2023 challenge, over 136 million steps were taken. Some use the challenge as a way to connect within their teams and others use outside of work to share moments with loved ones.



We know the health and wellbeing benefits of being active and how a healthy workforce contributes to providing the best care within our communities - we are over the moon with how well it went. We raised over £1800 with 9,000 average steps taken per day.

ARD Football Tournament - Raises £600

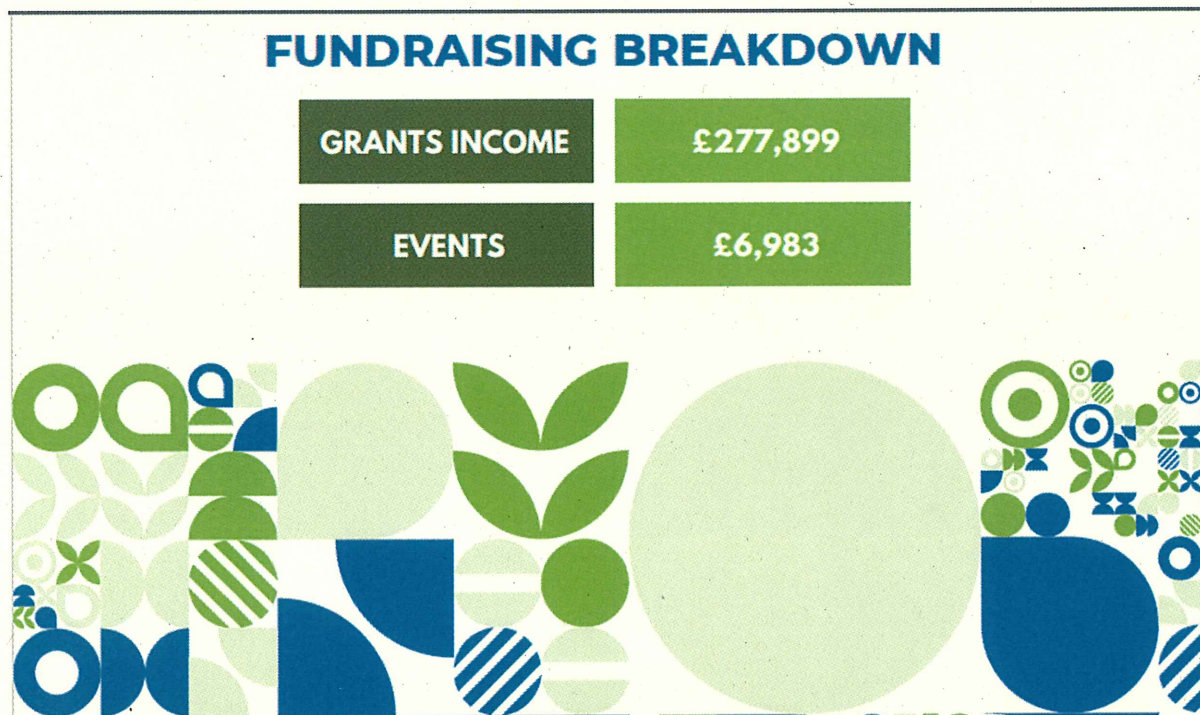
Six teams participated in the ARD Football Tournament and raised £600. The tournament was arranged by a member to staff and support by the Charity. The tournament was a great example of how the Trust and fundraise and improve health and wellbeing simultaneously. Next year the tournament will expand with the intention of bringing more localities on board.



Fund Raising Performance

During the year, the total donations and income from fundraising came to £25,000 in comparison to the financial period of 2022/23 at £67,000. In addition to this there was £278,000 given to the Health Way Foundation in grants.

Fundraising activities are 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.



Report of the Trustees for the Year Ended 31 March 2024

Investment Performance

For the year ending 31 March 2024, the portfolio returned 7.11% in gross terms, whilst the Investec benchmark returned 9.12% and the ARC Sterling Balanced Asset Charities index returned 7.21%.

During the year, the best performing asset classes in absolute terms were Japanese and North American equities rising 23.42% and 21.98% respectively. Europe also delivered a positive 14.59% and UK equities delivered 6.63%. Commercial property also had a strong year delivering a positive 15.44%. The worst relative performers were overseas fixed income, Far East & Australasian equities and Emerging Markets, falling -0.36%, --0.70% and -1.01% respectively.

At the end of the reporting period, the portfolio was valued at £175,668 and had an income yield of 2.49% producing an estimated income per annum of £4,370. No funds were withdrawn from the portfolio during this period.

Melamine mugs requested Older Adults Mental Health Groups, paper cups were not sturdy and posed a risk of burning hands.

"The mugs have been so successful our groups are expanding and we are finding that more people are turning up for a chat and cup of tea with others like them and bonds are forming"



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 100 wishes that were requested. Of these the Health Way Foundation managed to successfully grant 76 of these wishes. There were 19 requests that were declined due to not being within the scope of the charitable objects or they were withdrawn by the requester. The remaining four have been moved into the 2024/2025 financial year and will be reported in the corresponding annual report.

During the financial period of 2023/2024, 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 the Kent and Medway Adolescent Unit, including for the 136 Suite in order to keep the young people occupied during their time in the Suite.
- Planter boxes, plants and compost for the Long Term Condition Centre at Mayflower Community Hospital which will support wheelchair and prosthetic service users to have horticultural therapy
- Workshop packs for Eating Disorders service users who are moving onto university or college and away from their home environments
- Anti-boredom boxes for rehabilitation units at Meadow Court to support those on the unit, particularly during quiet weekend periods. Boxes included jigsaws, arts and crafts and board games.
- Melamine mugs for Older Adults Mental Health Groups as paper cups were not appropriate for them
- Support for the Refugee Psychology service to enable them to assist service users with funding for emergency items
- Peer support facilitation for Wise Use Study
- Large games set for two paediatric physiotherapy units to allow the children to play games while undertaking physiotherapy and using muscles in different ways than in a normal clinical setting



Trust environments

- Furniture and appliances for 37 staff rooms to help support staff wellbeing room within the Trust

The NELFT Community

- Continuation of the Stage 2 Community Partnership grant within the Barking and Dagenham area which, at the halfway point of the project had supported over 400 beneficiaries which was over twice the number planned for the entire two-year project.

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.

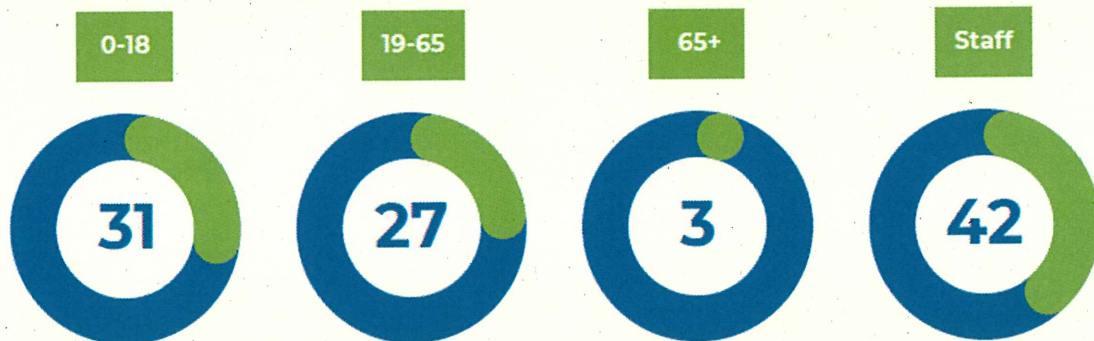
Planter boxes and plants for Mayflower Community Hospital to support horticultural therapy

The new gardening boxes at the site Hospital have been enjoyed by staff and visitors. The children's gardening group is working hard to maintain them and we have had many positive comments about how the new planting has brought a smile to their faces and makes the hospital premises seem more welcoming.



WISHES GRANTED SUMMARY 2023-24

Wishes granted by group



Wishes granted by geography



Report of the Trustees of the year ended 31 March 2024

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 (£18,000): 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 (£7,000): Along with our internal fundraising events, including the May Step Challenge to support National Walking month, the charity also received money from Our Charity Lottery on a quarterly basis.

NHSCT Grants (£278,000): Funding was received for the Development Grant (£30,000), Stage 2 Community Grant (£134,000) and the Stage 3 Recovery Grant (£114,000)

Other grants (£0): No other grants were received for the financial period 2023/24.

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.



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.

With significant changes to leadership over the past 12 months and the development of a new strategy that will focus on the future of the charity after the pandemic. Our intentions over the next 12 months are to raise the profile of the charity both internally and externally, working towards becoming known as the local mental health and community NHS charity. 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 plans to continue to build on public support and interest. 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 requests 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.



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 2024

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 direction 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.

The Charitable Funds Committee is a strategic, oversight, and assurance committee focused on the raising and management of charitable funds. The committee met on four occasions during 2023/24.

	Attended (actual/possible)
Non-Executive Directors	
Sultan Taylor	3 of 3
Dave Bowen	1 of 1
Colin Lynch	4 of 4
Jasbir Sandhu	2 of 2
Zaeem Haq	2 of 2
Neil Swift	1 of 1
Janet Wood	2 of 2
Executive Directors	
Jacqui Van Rossum	1 of 2
Malcolm Young	4 of 4
Wellington Makala	4 of 4
Paul Calaminus	2 of 2



Report of the Trustees of the year ended 31 March 2024

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.

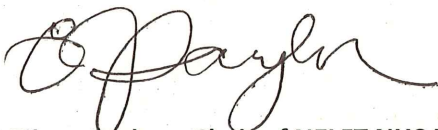
The most significant risks identified have mitigating factors against them in order to reduce the risk to the charity.

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 on 26 November 2024 and signed on its behalf by:

A handwritten signature in black ink, appearing to read "E Taylor".

Eileen Taylor – Chair of NELFT NHS Foundation Trust



Statement of Financial Activities for the Year Ended 31 March 2024

		Unrestricted	Endowment	31/03/24	31/03/23
		Fund	Fund	Total	Total
	Notes	£	£	Funds	Funds
		£	£	£	£
INCOME AND ENDOWMENTS FROM					
Donations and legacies		25,000		25,000	67,000
Investment income	2	3,000	1,000	4,000	4,000
Other income		278,000		278,000	168,000
Total		<u>306,000</u>	<u>1,000</u>	<u>307,000</u>	<u>239,000</u>
EXPENDITURE ON					
Raising funds		1,000	1,000	2,000	2,000
Charitable activities					
Costs associated with raising donations and legacies		69,000		69,000	60,000
Other expenditure		92,000		92,000	206,000
Total		<u>162,000</u>	<u>1,000</u>	<u>163,000</u>	<u>268,000</u>
Net Gains (losses) on investments		6,000	3,000	9,000	(12,000)
NET INCOME (EXPENDITURE)		<u>150,000</u>	<u>3,000</u>	<u>153,000</u>	<u>(41,000)</u>
RECONCILLATION OF FUNDS					
Total funds brought forward		222,000	6,000	228,000	269,000
TOTAL FUNDS CARRIED FORWARD	4	<u>372,000</u>	<u>9,000</u>	<u>381,000</u>	<u>228,000</u>

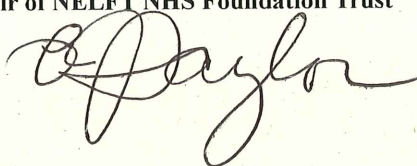
Balance Sheet for Year Ended 31 March 2024

		Unrestricted Fund	Endowment Fund	31/03/24 Total Funds	31/03/23 Total Funds
	Notes	£	£	£	£
FIXED ASSETS					
Investment property	5	173,000		173,000	161,000
CURRENT ASSETS					
Debtors	6	-	-	-	
Cash at bank		229,000	9,000	238,000	95,000
Total		<u>229,000</u>	<u>9,000</u>	<u>238,000</u>	<u>95,000</u>
CREDITORS					
Amounts falling due within one year	7	(30,000)		(30,000)	(28,000)
NET CURRENT ASSETS		<u>199,000</u>	<u>9,000</u>	<u>208,000</u>	<u>67,000</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>372,000</u>	<u>9,000</u>	<u>381,000</u>	<u>228,000</u>
NET ASSETS		<u>372,000</u>	<u>9,000</u>	<u>381,000</u>	<u>228,000</u>
FUNDS	8				
Unrestricted funds				372,000	222,000
Endowments funds				9,000	6,000
TOTAL FUNDS				<u>381,000</u>	<u>228,000</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 26 November 2024 and were signed on its behalf by:

Dr Mohit Venkataram – Deputy Chief Executive Office of NELFT NHS Foundation Trust

Eileen Taylor – Chair of NELFT NHS Foundation Trust



Cash Flow Statement for the Year Ended 31 March 2024

		31/03/24	31/03/23
		£	£
	Notes		
Cash Flows from operating activities			
Cash generated from operations	1	146,000	(2,000)
Net cash provided by operating activities		<u>146,000</u>	<u>(2,000)</u>
Cash flows from investing activities			
Purchase of investment property		(25,000)	(66,000)
Sale of investment property		22,000	66,000
Net cash (used in) provided by investing activities		<u>(3,000)</u>	-
Cash flows from financing activities			
Income attributable to endowment		1,000	1,000
Expenditure attributable to endowment		(1,000)	(1,000)
Net cash provided by/(used in) financing activities		<u>-</u>	<u>-</u>
Change in cash and cash equivalents in the reporting period		<u>143,000</u>	<u>(2,000)</u>
Cash and cash equivalents at the beginning of the reporting period		95,000	97,000
Cash and cash equivalents at the end of the reporting period	2	<u>238,000</u>	<u>95,000</u>

Notes to the Cash Flow Statement for the Year Ended 31 March 2024

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

	31/03/24	31/03/23
	£	£
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	153,000	(41,000)
Adjustments for:		
(Gain)/losses on investments	(9,000)	12,000
Income attributable to endowment	(1,000)	(1,000)
Expenditure attributable to endowment	1,000	1,000
Decrease/(increase) in debtors		3,000
(Decrease)/increase in creditors	2,000	24,000
Net Cash provided by operations	<u>146,000</u>	<u>(2,000)</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 01/04/23	Cash Flow	At 31/03/24
	£	£	£
Net Cash			
Cash at Bank	95,000	143,000	238,000
Total	<u>95,000</u>	<u>143,000</u>	<u>238,000</u>

Notes to the Financial Statements for the Year Ended 31 March 2024

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 2024 – 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

	31/03/24	31/03/23
	£	£
Dividends	4,000	4,000

Notes to the Financial Statements for the Year Ended 31 March 2024 - continued

3. TRUSTEES' REMUNERATION AND BENEFITS

There was no trustee remuneration, other benefits or expenses paid for the year ended 31st March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st March 2024 nor for the year ended 31st March 2023.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

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

Notes to the Financial Statements for the Year Ended 31 March 2024 – continued

5. INVESTMENT PROPERTY

	£
FAIR VALUE	
At 1 April 2023	161,000
Additions	25,000
Disposals	(22,000)
Revaluation	9,000
At 31 March 2024	<u>173,000</u>
NET BOOK VALUE	
At 31 March 2024	<u>173,000</u>
At 31 March 2023	<u>161,000</u>
Fair value at 31 March 2024 is represented by:	
Cost	<u>173,000</u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/03/24	31/03/23
	£	£
Trade debtors	-	-
Other debtors	-	-
Total debtors	-	-

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/03/24	31/03/23
	£	£
Trade creditors	29,000	27,000
Other creditors	1,000	1,000
Total creditors	<u>30,000</u>	<u>28,000</u>

Notes to the Financial Statements for the Year Ended 31 March 2024 – continued

8. MOVEMENT IN FUNDS

	At 1/04/23 £	Net Movement in Funds £	At 31/03/24 £
Unrestricted Funds			
General Fund	222,000	150,000	372,000
Endowment funds			
Endowment	6,000	3,000	9,000
TOTAL FUNDS	<u>228,000</u>	<u>153,000</u>	<u>381,000</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	306,000	(162,000)	6,000	150,000
Endowment Funds				
Endowment	1,000	(1,000)	3,000	3,000
TOTAL FUNDS	<u>307,000</u>	<u>(163,000)</u>	<u>9,000</u>	<u>153,000</u>

Notes to the Financial Statements for the Year Ended 31 March 2024 - continued

	At 1/04/22 £	Net Movement in Funds £	At 31/03/23 £
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>

Comparative 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	<u>239,000</u>	<u>(268,000)</u>	<u>(12,000)</u>	<u>(41,000)</u>

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

	At 01/04/22 £	Net Movement in Funds £	At 31/03/24 £
Unrestricted Funds			
General Fund	260,000	112,000	372,000
Endowment funds			
Endowment	9,000	-	9,000
TOTAL FUNDS	<u>269,000</u>	<u>112,000</u>	<u>381,000</u>

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted Funds				
General Fund	544,000	(429,000)	(3,000)	112,000
Endowment Funds				
Endowment	2,000	(2,000)	-	-
TOTAL FUNDS	<u>546,000</u>	<u>(431,000)</u>	<u>(3,000)</u>	<u>112,000</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 2024

	31/03/24	31/03/23
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	25,000	67,000
Investment income		
Dividends	4,000	4,000
Other income		
Other income	278,000	168,000
Total incoming resources	<u>307,000</u>	<u>239,000</u>
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	68,000	59,000
Patient Welfare and Amenities	31,000	12,000
Charities activities	61,000	194,000
Total resources expended	<u>163,000</u>	<u>268,000</u>
Net income/(expenditure) before gains and losses	<u>144,000</u>	<u>(29,000)</u>
Realised recognised gains and losses		
Realised gains/(losses) on fixed asset investments	9,000	(12,000)
Net income expenditure	<u>153,000</u>	<u>(41,000)</u>

Acknowledgements

We consistently provide those additional extras to the NELFT supporting them to provide outstanding care, and improved patient experience.

We are extremely grateful for every single donation that we receive whether this is of time, in memory of a loved one, financial or physical. A huge thank you goes to our supporters, community groups and businesses that have helped to support our work throughout 2023/24.

To continue to find out what we're supporting visit our website, <https://www.nelft.nhs.uk/health-way-foundation-> You can also find us on social media.

Thank you from all of us at the Health Way Foundation and NELFT.

GET INVOLVED YOUR SUPPORT CAN MAKE A DIFFERENCE

In order to support the communities across the areas we provide care now and into the future, our charity is the perfect way for you to support.

We would love for you to be able to support us, so get in touch!

