HACKNEY CARIBBEAN ELDERLY ORGANISATION

England & Wales · Charity number 1057603

Details

Other names	HCEO
Status	Registered
Legal form	Charitable company
Company number	03218456
Registered	1996-08-15
Register	View on the Charity Commission register

Contact

Address	39 Leswin Road Stoke Newington London N16 7NX
Phone	02079233536
Email	info@hackneycaribbean.co.uk
Website	www.hceo.org.uk

Activities

Objects: THE PROMOTION OF ANY CHARITABLE PURPOSE FOR THE BENEFIT OF ELDERS LIVING IN AND/OR WITH A CLOSE ASSOCIATION WITH THE LONDON BOROUGH OF HACKNEY PARTICULARLY ELDERS OF CARIBBEAN DESCENT ("ELDERS" ARE DEFINED AS INDIVIDUALS WHO HAVE RETIRED DUE TO THEIR AGE, INFIRMITY OR DISABILITY)

Activities: Social care agency for elders, Caribbean in particular resident in Hackney. A diverse and welcoming organisation providing social and cultural support. health and welfare information, lunch service, Advocacy and Outreach, assistance for elders with dementia via Mental Wellbeing program and expenditure advice via the Take care of the Pennies service.

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- **Area of benefit:** LONDON BOROUGH OF HACKNEY
- Hackney

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£309,597	£300,627	-	-
2024-03-31	£293,025	£285,442	-	-
2023-03-31	£267,923	£234,333	-	-
2022-03-31	£255,644	£234,568	-	-
2021-03-31	£264,787	£211,305	-	-

Trustees

Name	Role	Appointed
ANTHONY STEVENS	Chair	2015-06-02
Ann-Marie Burnett-Charles		2023-06-07
Ivor John		2021-09-21
Jennifer Dennis		2023-06-07
Jennifer Haynes-Martin		2021-09-21
Kingsley Obidinma		2023-06-07
Patricia Richardson		2019-03-12
Shreya Ramesh		2023-06-07
Tessa-Lee Jones		2023-06-07
Valney Prescott		2015-06-02

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HACKNEY CARIBBEAN ELDERLY ORGANISATION

England & Wales - Charity number 1057603

Accounts

REGISTERED COMPANY NUMBER: 03218456 (England and Wales)
REGISTERED CHARITY NUMBER: 1057603

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

FOR

HACKNEY CARIBBEAN ELDERLY ORGANISATION
(A COMPANY LIMITED BY GUARANTEE)

Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. 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 1 January 2019).

OBJECTIVES AND ACTIVITIES

Our organisation and charitable purpose

Hackney Caribbean Elderly Organisation (HCEO) is a community organisation that promotes the interests of anyone over the age of 55, primarily but not exclusively, of African and Caribbean descent. Our charitable purpose is for the benefit of elders living in and/or with a close association with the London Borough of Hackney, and we are also recognised as a cultural group that actively seeks to engage with the community and other local organisations.

Mission

To bring local older people together to share life.

Vision

To work together to build stronger, closer and inclusive communities where every day is to be eagerly anticipated by the older person.

Values

Our values are integral to everything we do, which is to ensure that older people have dignity, respect, choice and 'voice'. We provide support in a person centred, sensitive manner, tailoring our service provision to meet the needs of our beneficiaries.

STRATEGIC AIMS

A. To enhance the quality of life and wellbeing of older people, in particular African and Caribbean people, living in the local community

B. To prevent isolation and loneliness and bring communities together

C. To build good relationships with members, their families and carers, and to work in partnerships with links to the wider community

D. To increase the number of individuals registering as members and accessing our services

E. To achieve a secure financial future for HCEO

Public benefit

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance published by the Commission in determining the activities undertaken by the Charity.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

ACHIEVEMENTS AND PERFORMANCE
EXECUTIVE SUMMARY

In the financial year ending 31 March 2025, Hackney Caribbean Elderly Organisation (HCEO) continued to deliver impactful, culturally rooted services to older people-primarily of African and Caribbean heritage-living in or connected to the London Borough of Hackney. Guided by its mission to "bring local older people together to share life," HCEO focused on enhancing wellbeing, reducing isolation, and fostering community connections.

Key Achievements

- Health & Wellbeing: Delivered over 4,000 nutritious meals, hosted 94 physical activity sessions, and facilitated health workshops covering stroke prevention, diabetes, and foot care.
- Dementia Support: Provided 40 structured memory group sessions and launched a successful arts-based dementia project, with transport and volunteer support ensuring accessibility.
- Arts & Culture: Celebrated Caribbean heritage through engagement with The Windrush, fashion shows, storytelling, and outings to cultural venues including the Royal Albert Hall.
- Advocacy & Outreach: Responded to 58 advocacy enquiries, supporting members with welfare, housing, and healthcare-related issues.
- Volunteer Engagement: 103 volunteers contributed 3,321 hours, including youth placements and corporate support working with ELBA (East London Business Alliance) and volunteers from Ustwo.
- Income Generation: Transformed unused space into a "Wellbeing Sanctuary" to offer affordable health and wellbeing services and generate sustainable income.

Strategic Focus

HCEO remains committed to innovation and resilience. Strategic priorities for 2025-2028 include expanding audience reach, enhancing member experience, improving operational efficiency, and ensuring financial sustainability.

Governance and Risk

The Board of Trustees, composed of individuals with lived experience and professional expertise, oversees governance and strategic direction. A comprehensive risk register identifies key challenges such as staff capacity, financial pressures, and safeguarding, with mitigation strategies in place.

Financial Overview

HCEO maintained financial stability through diversified funding from The National Lottery Community Fund, City Bridge Foundation, and others. The organisation's reserves remain within the policy range of 3-6 months of expenditure, ensuring continued operational resilience.

Looking ahead, HCEO will continue to build on its achievements, deepen community ties, and advocate for the needs of older people with compassion and purpose.

"This year's achievements reflect the heart of our mission - to bring older people together in meaningful ways. I am deeply proud of our team, and grateful tour volunteers, funders and funders who make this work possible.Patricia Richardson, Chair, HCEO

1. Health & Wellbeing

- Reducing Isolation and Loneliness

HCEO continues to be recognised as a ward and inclusive environment, fostering regular engagement among older adults. Currently, over 200 individuals are registered for our services reflecting the trust and value placed in our community-based approach.

"For many years now I have been attending the club. They carry us out to different places, and they are encouraging us all the time."
Service user

- Nutritious Meals:
Over 4,125 hot lunches were freshly prepared and served on-site. A vegetarian option was available daily. Additional meals were provided for vulnerable members to take home, ensuring nutritional support beyond the centre.
Members participated in a 6-week vegetarian cooking course delivered by Made in Hackney, promoting healthy eating and culinary skills.

- Physical Activity:
94 exercise and movement sessions were held (twice weekly), with up to 40 attendees on Tuesdays. Yoga classes continued in partnership with Trip Space, supporting flexibility and mental wellbeing.

- Gardening Therapy:
The courtyard garden offered therapeutic engagement and supplied herbs for the kitchen, linking nature with nutrition.

- Health Workshops:
Delivered under the "Commit to Health" programme, workshops, and the annual 'Health Week' in July, which covered stroke prevention, diabetes management, foot care, massage, nail therapy, and healthy eating.

- Blood Pressure Checks:
A student nurse volunteer conducted fortnightly checks for approximately 25 members, with suggestion to visit GPs when needed.

- Foot Clinic:
Monthly sessions with Hoxton Health provided subsidised foot care, especially vital for the 80% of members living with diabetes.

- Health Forum Participation:
Staff engaged in the Clissold Park Neighbourhood Health Forum, strengthening links with local health initiatives.

2. Dementia Support

- Memory Group:
40 structured sessions were held. supporting up to 25 participants. A total of 70 individuals are registered for this service.

- Transport Access:
Community transport with passenger assistant helped reduce barriers to attendance for those with dementia.

- Creative Arts for Dementia:
The "Let's Get Creative" - a 6-month project offered arts-based activities for members and carers. While centre participation was strong, home engagement was limited.

- Therapeutic Practices:
Breathing exercises and gratitude sessions were introduced as calming tools for stress management.

- Inclusive Integration:
More individuals with dementia were integrated into mainstream services, supported by volunteers to ensure safety and inclusion.

3. Arts & Cultural Engagement

- Cultural Celebrations:
Events celebrated Caribbean heritage through food, music, fashion, and storytelling, fostering identity and emotional expression.

- Fashion Show:
Staff and members organised an African Caribbean fashion show for the International Day of Older People, attended by 70 people.

- Windrush Celebrations:
Active involvement in Hackney's and HCEO's Windrush events strengthened intergenerational and cultural ties.

- Art Exhibitions:
Members showcased their work in local exhibitions, promoting creativity and pride.

- Royal Albert Hall Visits:
Two outings were organised, with members expressing deep appreciation for the ongoing invitations.

- Community Partnerships:
Collaborations with Immediate Theatre and the Old Fire Station (celebrating 43 years supporting the community) enriched the cultural programme.

4. Advocacy & Outreach

- Casework Support:
The Advocate officers handled 58 advocacy enquiries plus 20 one-off pieces of work and a total of 38 ongoing cases. Support included form filling, contacting agencies, and navigating systems such as welfare benefits social care & medical assessments and signposting as appropriate.

- Fuel Poverty Reduction:
Building stronger connections and networking with local providers who tackle poverty health and other issues for the elderly. Staff identified members eligible for pension credit and winter fuel allowance, helping reduce inequality.

- Drop-in Advocacy and links to the home
Sessions were held at Holly Street Lunch Club for six months, offering accessible support.

- The Support Worker maintains contact with the older person with dementia and their carer/family by regular calls to the home to check upon absence regular contact with the older person with Dementia and their carer by calls to the home to check upon absences, report on significant changes in behaviour - inactivity, loss of appetite, and mood swings.

- Inclusion and reducing stigma
The Artistic Tutor's unique approach in integrating those with dementia into the main activities ensures inclusion. He uses recycling and upcycling discarded materials for the artwork. He said that:- and reported that:-

"I am most proud of engaging with the different degrees of ability and to make each person feel included, and admire their enthusiasm in creating the pieces for a week-long exhibition for the wider community."
Art tutor

5. Social Inclusion & Community Building

- Seaside Outings:
Trips to Bournemouth and Whitstable were organised using 50-seater coaches. A smaller group visited Hastings as part of the Voyage Youth intergenerational project.

- Annual Holiday Club:
26 members enjoyed a week-long holiday in Torquay, facilitated by staff.

- Centre Environment:
The centre's reputation as a warm, welcoming space grew, encouraging regular attendance and peer support.

- Lunch Club Network celebrations:
HCEO remains an active contributor to the Hackney Lunch Clubs Network, a collaborative initiative of 12 clubs working better together to support older residents. This summer, over 200 attendees came together to celebrate the network's collective impact, highlighting its role in amplifying the voices of older people and promoting inclusion across the community.

"When I am at home by myself, I am thinking too much and it's not good for the brain. I am enjoying being at the lunch club very much".

6. Volunteer Engagement and Impact

- 103 volunteers (mostly young people & students) contributed a total of 3,321 hours to HCEO's services. Our regular volunteers continued to provide consistent and invaluable support, particularly to the Dementia Memory Wellbeing Group.

- Recruitment and Community Involvement - We were pleased to welcome several new volunteers from the local community, who played a key role in enhancing our Lunch Club and Arts & Crafts sessions.

- Educational Partnerships and Youth Engagement - Our collaborations with Inspire, New City College, Clapton Girls Academy, and City & Islington College remained strong, offering young people meaningful and real-world experience and Health & Social Care placements. Student volunteers on the Voyage Youth Intergenerational Windrush project spent many hours serving our members, interviewing them to record their stories and experiences for publication and archives. These placements allow the older adults to share wisdom and feel purposeful, while also ensuring young people learn about safeguarding and respectful engagement with elders.

- Acknowledgement of volunteers' support - HCEO's wide range of vital services would not be possible without the dedication and generosity of our amazing team of volunteers.

- We thank ELBA (East London Business Alliance) for connecting HCEO with corporate volunteers and providing training that enhanced our services. In November, we were pleased to host a team from Ustwo who supported our work over a two-week period.

"It was an absolute pleasure for all of us at Ustwo to support HCEO. The team truly enjoyed the opportunity to contribute, and it's wonderful to hear that our involvement made a difference. The warm welcome from your members and the meaningful work your team does made the experience incredibly rewarding for us." Ustwo

7.Income Generation & Innovation

- Wellbeing Sanctuary:
Vacant space was transformed into a health and wellbeing centre offering affordable classes and treatments for older people, their families, and the wider community.

- CRM System:
A new system was introduced to improve monitoring, especially for age-related health conditions.

- Digital Engagement:
Social media reach expanded, enabling home participation via online streaming and improving communications with younger audiences.

FUNDING ACKNOWLEDGEMENT

We would like to thank all of our existing and new funders, organisations and individuals. Without them we couldn't have carried out our operations and look forward to their continued support:

The National Lottery Community Fund
North East London ICB
City Bridge Foundation
The Charity of Sir Richard Whittington [The Mercers Company]
London Borough of Hackney
Culture Team Hackney Council and Hackney CVS

FINANCIAL REVIEW

Financial position

Availability and adequacy of assets of each of the funds

The Trustees are responsible for keeping accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Charities Act 2011.

Reserves Policy

Our Reserves Policy state HCEO's management committee have established that the unrestricted reserves should be between 3-6 months of expenditure. Our current level of unrestricted reserves is within this policy.

Transactions and Financial position

During the year, the charity met its expenditure of £300,627 (2024: £285,442). Through a combination of grants, fees for services provided, donations from individuals and from reserves brought forward from the previous year.

The charity has carried forward reserves of £282,524 (2024: £273,554) of which £34,282 (2024: £71,324) is restricted. The trustees are grateful to the funders and individuals for their continued support.

CHALLENGES AND RISKS

HCEO faces several key challenges and opportunities that require strategic focus to ensure its continued success and sustainability. To translate HCEO vision and objectives into tangible results, the organisation will focus on the following strategic priorities over the next 3 years:

Strategic Priorities:
1. Expand Audience Reach and Engagement
2. Enhance Members Experience
3. Improve Operational Efficiency
4. Ensure Financial Sustainability

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

The directors of the charitable company (the charity) are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees.

The charity is controlled by its governing document, Memorandum & Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006. The Board of Trustees is responsible for the overall governance and strategic direction of the charity. The management of HCEO is the responsibility of the trustees who are elected and co-opted under the terms of the Articles of Association. The Management team includes a Chair, Treasurer and Company Secretary.

Our organisation is led by individuals who have lived experience of supporting people in need and working in the care and voluntary sector. We understand and empathise with the challenges faced by our community and those who access our services and the majority share their cultural heritage.

HCEO has a committed board of trustees with a range of knowledge, skills and experience to guide the strategic direction and management of the charity. The Treasurer is a solicitor with substantial experience as a criminal prosecutor and specialising in wills, probate and elderly client legal issues. Experience of other trustees includes service users, active members in the community taking leadership roles in local Associations and a Manager in the NHS who has personal experience of caring for an elderly parent with dementia.

Process for attracting new trustees
Trustees are recruited according to their knowledge, skills and experience from the members of the charity, from the wider local community and from applicants responding to advertisements via specialist volunteering sites such as Reach. We welcome any interested individuals to join HCEO. Potential trustees are asked to complete a Skills Audit and are offered the opportunity to visit the centre to interact with the service users and to observe the operational services. They are encouraged to meet informally with staff and volunteers and to attend the Management Meetings as an observer. If mutually agreed, trustees are then appointed through invitation and resolution.

Terms of office for trustees
All members of the Management Committee are eligible for re-election each year, up to a maximum of three years, unless the AGM or special general meeting at which the election takes place approves a further term by resolution. The Board regularly review gaps in knowledge and skills to inform trustee recruitment and is focused on ensuring diversity amongst Board members.

All new appointees to the board receive a full induction briefing by the trustees, which includes the history of the organisation, financial information, strategic aims, access to all policies and procedures, information of the trustees' legal responsibility and regular updates from the office on matters pertaining to effective governance and HCEOs ongoing activities. They are encouraged to attend relevant training courses and appraisals.

Staff
8 staff (7 part-time, 1f/t).
The work of the charity is delivered by a team, of dedicated and committed staff supported by core adult volunteers and a turnover of younger volunteers on work placements and social care studies. Where more specialist support is required, we refer the service user or their family to complementary sources of support and advice as we work in close partnership with local charities, the council, GP services and other local providers. Facilitators support the exercise, arts & cultural programme, and passenger assistant supports those with dementia on the transport.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

Our organisation is led by individuals who have lived experience of supporting people in need and working in the care and voluntary sector. We understand and empathise with the challenges faced by our community and those who access our services and the majority share their cultural heritage.

HCEO trustees have the knowledge, skills and experience to guide the strategic direction and management of the charity. They represent the community we serve not only as professionals, but as people with lived experience of supporting the elderly.

Risk management
he trustees have 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.

This risk register summarises key risks identified by the trustees of Hackney Caribbean Elderly Organisation (HCEO) for the year ended 31 March 2025. Each risk is assessed by its likelihood and impact, with mitigation measures outlined to support organisational resilience.

Risk Area	Description	Likelihood	Impact	Mitigation Measures
Staff Capacity	Staff roles are stretched across multiple functions, affecting planning & communication.	High	High	Review staffing structure; prioritise tasks; explore funding for additional staff.
Financial Stability	Competitive fundraising environment and budget pressures.	Medium	High	Diversify income streams; strengthen grant applications; develop income-generating activities.
ExternalPartnerships	Limited proactive engagement with external partners.	Medium	Medium	Develop partnership strategy; assign staff to lead collaborations; improve promotion.
Monitoring &Data Systems	Lack of robust systems for tracking health data and beneficiary outcomes.	Medium	Medium	Pilot CRM/database system; train staff; ensure GDPR compliance.
Publicity &Promotion	Insufficient visibility of HCEO's work may limit opportunities and support.	Medium	Medium	Enhance marketing strategy; improve website and social media presence.
Safeguarding	Risk of harm or neglect to vulnerable service users due to inadequate safeguarding procedures.	Low	High	Maintain up-to-date safeguarding policies; regular staff and volunteer training; clear reporting protocols.
Compliance	Risk of non-compliance with charity law, data protection, and health & safety regulations.	Low	High	Regular policy reviews; trustee oversight; staff training; external audits where needed.

REFERENCE AND ADMINISTRATIVE DETAILS
Registered Company number
03218456 (England and Wales)

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

Registered Charity number
1057603

Registered office
39 Leswin Road
London
N16 7NX

Trustees
The Members of the Board of Trustees of the Charity as at the year ended 31st March 2025 were:

Valney Prescott
Patricia Richardson
Anthony Stevens
Jennifer Haynes-Martin
Ivor John
Jennifer Colleen Dennis
Tessa Lee Jones
Shreya Ramesh
Ann-Marie Burnett-Charles
Kingsley Obidinma

Company Secretary:

Beryl Pusey

All the directors of the company are also trustees of the charity and their responsibilities include all the responsibilities of directors under the Companies Acts and trustees under the Charities Act. The directors are members of the company.

Independent Examiner
Anwer Patel BA(Hons), BFP, FCA
Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Bankers
HSBC
312 Seven Sisters Road
Finsbury Park
London
N4 2AW

Approved by order of the board of trustees on 13/11/2025 and signed on its behalf by:

.....
Trustee / Director: PATRICIA RICHARDSON

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HACKNEY CARIBBEAN ELDERLY ORGANISATION

Independent examiner's report to the trustees of Hackney Caribbean Elderly Organisation ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

A. PATEL

Anwer Patel BA(Hons), BFP, FCA

Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Date: 13/11/2025

HACKNEY CARIBBEAN ELDERLY ORGANISATION

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted fund £	Restricted fund £	**31.3.25 Total funds £**	31.3.24 Total funds £
INCOME FROM					
Donations	2	**31,160**	**233,256**	**264,416**	250,397
Other Charitable activities	3	**39,483**	**-**	**39,483**	38,098
Investment income	4	**5,698**	**-**	**5,698**	4,530
Total		**76,341**	**233,256**	**309,597**	293,025
EXPENDITURE ON					
Costs of Generating Income	5	**24,523**	**38,784**	**63,307**	59,058
Charitable activities	6				
Direct Costs		**868**	**164,307**	**165,175**	147,933
Support Costs		**6,766**	**65,379**	**72,145**	78,451
Total		**32,157**	**268,470**	**300,627**	285,442
NET INCOME/(EXPENDITURE)		**44,184**	**(35,214)**	**8,970**	7,583
Transfers between funds	15	**1,828**	**(1,828)**	**-**	-
Net movement in funds		**46,012**	**(37,042)**	**8,970**	7,583
RECONCILIATION OF FUNDS					
Total funds brought forward		**202,230**	**71,324**	**273,554**	265,971
TOTAL FUNDS CARRIED FORWARD		**248,242**	**34,282**	**282,524**	273,554

The notes form part of these financial statements

HACKNEY CARIBBEAN ELDERLY ORGANISATION

STATEMENT OF FINANCIAL POSITION
31 MARCH 2025

	Notes	31.3.25 £	31.3.24 £
FIXED ASSETS			
Tangible assets	12	**3,116**	4,155
CURRENT ASSETS			
Cash at bank and in hand		**284,808**	273,975
CREDITORS			
Amounts falling due within one year	13	**(5,400)**	(4,576)
NET CURRENT ASSETS		**279,408**	269,399
TOTAL ASSETS LESS CURRENT LIABILITIES		**282,524**	273,554
NET ASSETS		**282,524**	273,554
FUNDS	15		
Unrestricted funds		**248,242**	202,230
Restricted funds		**34,282**	71,324
TOTAL FUNDS		**282,524**	273,554

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

continued...

STATEMENT OF FINANCIAL POSITION - continued
31 MARCH 2025

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 13/11/2025 and were signed on its behalf by:

.....
Trustee ANTHONY STEVENS
Director:

.....
Trustee PATRICIA RICHARDSON
Director

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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 in 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those condition is wholly within the control of the charity and is probable that those conditions will be fulfilled in the reporting period.

Expenditure and irrecoverable vat

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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Irrecoverable VAT is charged as cost against the activity for which the expenditure was incurred.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery - 25% on reducing balance

Tangible fixed assets are stated at historical cost less accumulated depreciation and any accumulated impairment losses. Historical cost includes expenditure that is directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

continued...

1. ACCOUNTING POLICIES - continued

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Debtors
Basic financial assets, including trade and other debtors, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Such assets are subsequently carried at amortised cost using the effective interest method, less any impairment.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Creditors
Basic financial liabilities, including trade and other creditors, loans from third parties and loans from related parties, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Such instruments are subsequently carried at amortised cost using the effective interest method, less any impairment.

Going concern
As with many charities, the charity is reliant on continued support from its funders.The company has received additional fundings to enable it to continue to provide its services.

The trustees are confident of continued support from their funders. It is for this reason the accounts have been prepared on a going concern basis.

2. DONATIONS

	31.3.25	31.3.24
	£	£
Members Contribution	**525**	870
Donations	**3,060**	1,661
Grants	**260,831**	247,866
	264,416	250,397

continued...

2. DONATIONS - continued

Grants received, included in the above, are as follows:

	31.3.25	31.3.24
	£	£
LB of Hackney	**26,075**	23,623
City Bridge Foundation	**45,000**	56,500
Xmas Club	**14,528**	9,396
North East London NHS Foundation Trust	**29,701**	29,701
National Lottery Community Fund	**144,027**	70,071
The Charity of Sir Richard Whittington	**-**	35,640
The Co-op Community Fund	**1,500**	1,026
The London Foundation Management Group	**-**	1,500
The London Community Fund	**-**	5,500
Keystone Fund	**-**	9,909
LB Hackney - Arts Engagement for Dementia	**-**	3,000
LB of Hackney - The Windrush 75th Anniversary	**-**	2,000
	260,831	247,866

3. OTHER CHARITABLE ACTIVITIES

	31.3.25	31.3.24
	£	£
Fundraising events	**39,483**	38,098

4. INVESTMENT INCOME

	31.3.25	31.3.24
	£	£
Deposit account interest	**5,698**	4,530

continued...

5. COSTS OF GENERATING INCOME

Raising donations and legacies

	31.3.25	31.3.24
	£	£
Members Holidays Costs	**8,686**	9,604
Xmas Club Costs	**11,445**	7,500
Tutors Costs	**1,680**	-
Lunch Club Costs	**18,978**	20,619
Transport Costs	**6,340**	9,256
Activities	**4,032**	3,755
Art & Craft	**10,666**	6,683
Exercise	**1,480**	1,641
	63,307	59,058

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Direct Costs	**165,175**	-	**165,175**
Support Costs	**1,039**	**71,106**	**72,145**
	166,214	**71,106**	**237,320**

7. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Support Costs	**43,860**	**22,412**	**4,834**	**71,106**

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.25	31.3.24
	£	£
Depreciation - owned assets	**1,039**	1,385
Independent Examiners Fees	**2,500**	2,500

continued...

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

	31.3.25	31.3.24
	£	£
Trustees' expenses	**25**	34

10. KEY MANAGEMENT PERSONNEL

	31.3.25	31.3.24
	£	£
Wages and salaries	**155,347**	139,783
Other pension costs	**6,752**	6,109
	162,099	145,892

The average monthly number of employees during the year was as follows:

	31.3.25	31.3.24
Engaged on charitable activities	**6**	6
Engaged on Management and Administration	**2**	2
	8	8

No employees received emoluments in excess of £60,000.

The Key Management Personnel comprises of the Board of Trustees and the Day Services Manager whose annual gross remuneration was £41,551 in the year. (2024 - £37,502).

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES 31 MARCH 2024

	Unrestricted fund	Restricted fund	Total funds
	£	£	£
INCOME FROM			
Donations	47,089	203,308	250,397
Other Charitable activities	38,098	-	38,098
Investment income	4,530	-	4,530
Total	89,717	203,308	293,025
EXPENDITURE ON			
Costs of Generating Income	13,027	46,031	59,058

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES 31 MARCH 2024 - continued

	Unrestricted fund £	Restricted fund £	Total funds £
Charitable activities			
Direct Costs	3,583	144,350	147,933
Support Costs	10,519	67,932	78,451
Total	27,129	258,313	285,442
NET INCOME/(EXPENDITURE)	62,588	(55,005)	7,583
RECONCILIATION OF FUNDS			
Total funds brought forward	139,642	126,329	265,971
TOTAL FUNDS CARRIED FORWARD	202,230	71,324	273,554

12. TANGIBLE FIXED ASSETS

	Plant and machinery £
COST	
At 1 April 2024 and 31 March 2025	**20,126**
DEPRECIATION	
At 1 April 2024	**15,971**
Charge for year	**1,039**
At 31 March 2025	**17,010**
NET BOOK VALUE	
At 31 March 2025	**3,116**
At 31 March 2024	4,155

continued...

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25	31.3.24
	£	£
Trade creditors	**5,400**	4,576

14. RESTRICTED FUNDS

Analysis of Restricted Funds carried forward as at 31st March 2025

	31.3.2025	31.3.2024
Postcode Society	-	2,442
National Lottery Community Fund	**21,679**	3,100
The Charity of Sir Richard Whittington	-	32,161
XMas Club	**4,769**	3,804
North East London CCG	-	2,643
LB of Hackney - Arts & Dementia	-	3,000
City Bridge Foundation	**7,834**	21,438
Keystone Funds	-	2,736
	34,282	71,324

15. MOVEMENT IN FUNDS

	At 1/4/24	Net movement in funds	Transfers between funds	At 31/3/25
	£	£	£	£
Unrestricted funds				
General fund	**202,230**	**44,184**	**1,828**	**248,242**
Restricted funds				
Restricted	**71,324**	**(35,214)**	**(1,828)**	**34,282**
TOTAL FUNDS	**273,554**	**8,970**	**-**	**282,524**

continued...

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**76,341**	**(32,157)**	**44,184**
Restricted funds			
Restricted	**233,256**	**(268,470)**	**(35,214)**
TOTAL FUNDS	**309,597**	**(300,627)**	**8,970**

Comparatives for movement in funds

	At 1/4/23 £	Net movement in funds £	At 31/3/24 £
Unrestricted funds			
General fund	139,642	62,588	202,230
Restricted funds			
Restricted	126,329	(55,005)	71,324
TOTAL FUNDS	265,971	7,583	273,554

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	89,717	(27,129)	62,588
Restricted funds			
Restricted	203,308	(258,313)	(55,005)
TOTAL FUNDS	293,025	(285,442)	7,583

continued...

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

England & Wales - Charity number 1057603

Accounts



Hackney Caribbean Elderly Organisation

2023 - 2024 Annual Report

Financial statements from 2023 - 2024

Patron

Dolly Mayers

Hackney Caribbean Elderly Organisation



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Company Information

Trustees/Directors	Patricia Richardson Anthony Stevens Valney Prescott Ivor John Jennifer Haynes-Martin Jennifer Colleen Dennis Shreya Ramesh Tessa Lee Jones
Company Secretary	Beryl Pusey
Company Registration No.	3218456
Charity Registration no.	1057603
Registered Office	39 Leswin Rd, Stoke Newington London N16 7NX
Telephone Number	0207 923 3536
Email	info@hackneycaribbean.org.uk
Web	https://hackneycaribbean.org.uk/

Company Information

Staff

Day Services Manager	Beryl Pusey
Finance & Administration Officer	Lullyn Tavares
Project Coordinator	Paulette Smith-Henry
Volunteer Coordinator	Kim Britten
Caribbean Cook	Arlene Jones
Facilitator /Support Worker	Yvonne Williams
Advocacy & Outreach Officer	Eva Edohen
Triage Support Worker	Rachael Peprah

Sessional Workers

Arts & Culture	Donald Waugh Margaret Morris
Passenger Support Assistant	Beverley Daley

We are deeply grateful to our sponsors for their invaluable financial support, which has made our major projects possible. Thanks to the **National Lottery Community Fund** for backing our Ageing-Growing-Engaging project, the Trustees to **The Charity of Sir Richard Whittington** for funding our Good Neighbours project, and the **North East London CCG** for supporting our Dementia & Memory Wellbeing initiative. We also appreciate **City Bridge Foundation's** expansion support for our Advocacy & Dementia work and **Keystone Fund** for strengthening our resilience and operations. Your contributions have provided the stability needed to support older people facing social isolation and health challenges in our community.

Welcome to Hackney Caribbean Elderly Organisation



Pictured: Veronica Lee

'This is the best place ever.Staff are wonderful, you people make me feel loved and wanted.' - Veronica Lee

About HCEO

Our organisation and charitable purpose
Founded in 1985 we are a community-driven organisation dedicated to enriching the lives of older adults. HCEO offers a range of social, cultural and health-focused services that foster engagement, connection, and wellbeing.

Mission
To bring local elderly people together to share life. Together we tackle the challenges of ageing and isolation by creating a nurturing environment for older people to thrive.

Vision
To work together to build stronger and closer inclusive communities where every day is eagerly anticipated by the older person.

Values
HCEO values inclusivity, respect and community spirit. Committed to serving all individuals aged 55 and over, HCEO ensures that its activities and services are accessible and welcoming, regardless of race, gender or sexuality. The organisation champions equality and diversity, fostering an environment where everyone can participate, feel valued and thrive.

Strategic Pillars







Supported by The National Lottery Community Fund

"Gardening, exercising; I look forward to it; make us feel like a happy family" - HCEO member

Introduction from our Chair



This past year at Hackney Caribbean Elderly Organisation (HCEO) has been one of growth and heartfelt community effort. We focused on adapting our services to better meet our members' needs and strengthening our community. Highlights included our cherished annual holiday to the Isle of Wight and two memorable visits to the Royal Albert Hall, where many members experienced this iconic venue for the first time. These moments of connection and celebration are reflected in our increasing membership.

Our Advocacy & Outreach work has been particularly impactful. We have seen significant progress in expanding our support for carers and people living with dementia. The integration of more members with dementia into our Lunch Club has enriched the program, creating a space where social engagement and nurturing care go hand in hand. Additionally, our Memory Group continues to thrive which reflects the dedication of our team and the essential support from our partners such as The North East London CCG, City Bridge Foundation and The National Lottery Community Fund, whose contributions have enabled us to provide comprehensive assistance to both those affected and their carers.

Our volunteer programme has grown significantly this year, with new and varied roles making a meaningful impact on our operations and the community we serve. Volunteers play a vital role in helping us achieve our goal of connecting younger and older members of the community. Their practical support, such as assisting kitchen staff, ensures that our Lunch Club runs smoothly and effectively.

This year, we are also focusing on expanding our social media presence, particularly on Instagram and YouTube, to better connect with the community and share the incredible work of HCEO with a wider audience.

As we celebrate these achievements, I want to thank our staff, volunteers, funders, partners, and especially our members and their families for creating a space with strong community values. I look forward to the future of HCEO with great optimism and enthusiasm.

Kind Regards,
Patricia Richardson

Achievement and Performance

Strategic Aims and Performance

To enhance the quality of life and wellbeing of older people, in particular African and Caribbean people, living in the local community

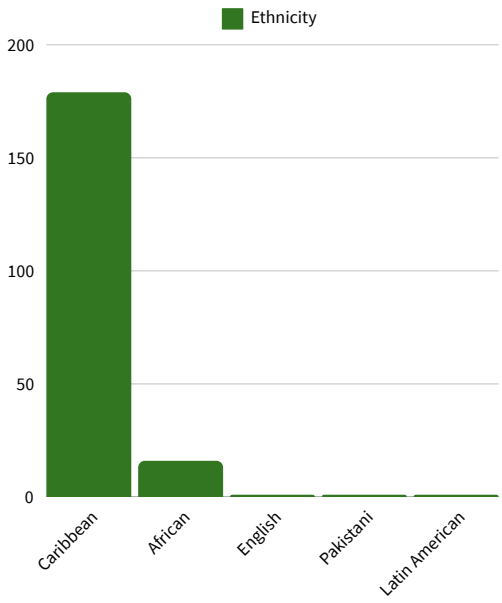
To prevent isolation and loneliness and bring communities together

To build good relationships with members, their families and carers and to work in partnerships with links to the wider community

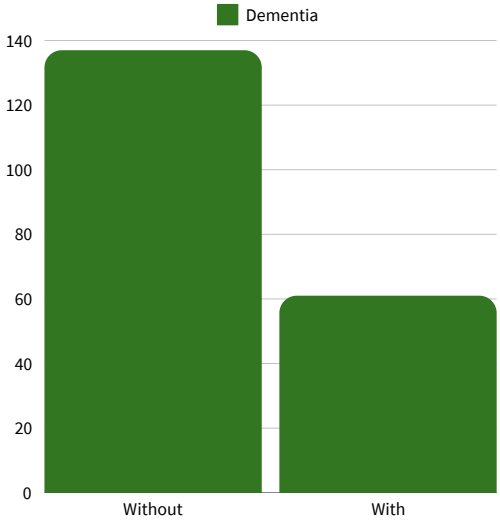
To increase the number of individuals registering as members and accessing our services

To achieve a secure financial future for HCEO

200
Registered HCEO members

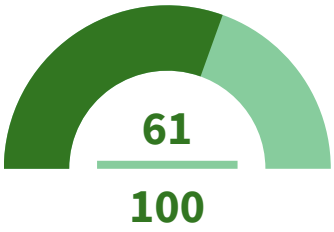


61
Supported with dementia



"The [staff]are very helpful. They bring me things like food, I miss out on when I can't come." - HCEO member

The Situation in the UK and Hackney Borough

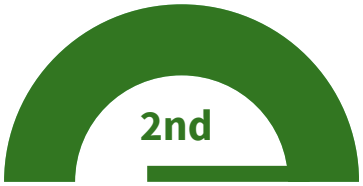


According to the *'Life in the UK 2024 '* Carnegie Study, the UK's collective wellbeing was recorded as **61** out of a possible **100**. This number was concluded from two years of evidence about the four core pillars of wellbeing; **social**, **economic**, **environmental** and **democratic**.

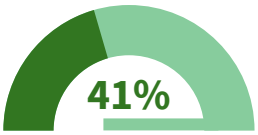
The report found that the below factors had a significant impact on wellbeing score:



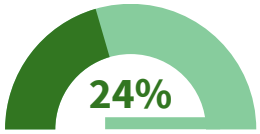
Carnegie UK Trust. (2024). Learning in the UK: Findings and recommendations. Retrieved from https://d1ssu070pg2v9i.cloudfront.net/pex/carnegie_uk_trust/2024/10/25110030/LiUK-2024-FINAL.pdf



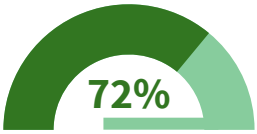
Hackney is the **2nd most deprived** borough in London based on the Hackney Joint Health & Wellbeing Strategy 2022-26. The below statistics indicate some of the prevalence of factors in Hackney resulting in a lower 'collective wellbeing score.'



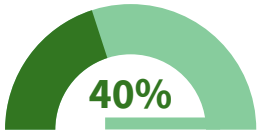
41% of all adults aged 60+ live in low income households



24% of people 18+ have 2 or more long-term health conditions



72% of housing is social or private rental (41% social, 31% private.)



40% of residents come from a non-white background

Health and Wellbeing Strategy (2022-2026): London Borough of Hackney. (2022). Health and wellbeing strategy 2022-2026. Retrieved from https://hackney.moderngov.co.uk/documents/s82708/item%205e%20Health%20and%20Wellbeing%20Strategy%2022-26.pdf
and City & Hackney Public Health. (n.d.). Population infographics. Retrieved November 15, 2024, from https://cityhackneyhealth.org.uk/population-infographics/

Achievement and Performance

The Story of Our Work



What the funding has helped us to do

Our work is about making the most of HCEO's resources so that members, staff, volunteers, families, carers and the community can meet, engage with and support each other. It gives older people a greater sense of purpose and independence, promotes health and wellbeing and provides them with opportunities to learn and be involved in creative activities for a fun, fulfilling and active life in later years. As one member said:

"Without this place, which feels like home, I'd be stuck in my chair. I leave feeling happy, nourished and well. This place is an important part of my life" - HCEO member

2023/24 Highlights

Promoting Healthy Lifestyles

- We participated in the **Womb Cancer Awareness workshop** (North East London Cancer Alliance) in April and **Clissold Park Neighbourhood Health Forum** meeting in June. The main presentation was from the City and Hackney Homerton Healthcare NHS Foundation Trust Diabetes Team on their services and Type 2 Diabetes Education Courses.
- From the 5-8 of June we held another well-attended **Health Week** – with workshops and classes on massage, vegetarian cooking and food and eating healthily/healthy lifestyles.
- **Bowl cancer screenings** were held on the 11 July.
- Staff and volunteers attended **first-aid training** in June.
- **Physical exercise classes** are held on Tuesdays and Thursdays with up to 40 people attending on Tuesdays.
- We collaborated with **Tripspace** to hold **chair-based yoga classes** which are becoming popular with the members.
- We did a presentation at the **Clissold Park Neighbourhood Forum Financial Security and Community Support** to highlight some of HCEO's services and network.

Achievement and Performance

The Story of Our Work

2023/24 Highlights

Arts and Culture

- Our **Windrush Day 75th** anniversary celebrations were a huge success and provided an opportunity to showcase the artwork created by our members at The Old Fire Station.
- The **Creative Arts program** offered a six-week project featuring music and movement, storytelling, arts, creative writing, and more. It enhanced creative thinking, developed skills in music and teamwork, improved communication, fostered a sense of connection, and boosted confidence and self-esteem. The project received highly positive feedback from members.
- Beryl, our Day Services Manager, staffed a stall at the **Hackney Winter Warmer** event at the Volunteer Centre, generating numerous enquiries.
- Our **Christmas party** was a resounding success, with attendance reaching the full capacity of the hall.

Outings

- Back by popular demand, **40 people** including family support attended our Annual Holiday, this year to the **Isle of Wight.**
- We took two trips to the **Royal Albert Hall** for a **'Friendship Matinee'** of classical/operatic music and again for the **Christmas Carols bonanza**. There was great excitement because for most of our members, this was their very first visit to the Royal Albert Hall.

Volunteering

- Strengthened partnerships with local schools and colleges, including **New City College**, **City & Islington Academy**, **Global Banking School**, and the **Inspire programme**.
- Our dedicated volunteers supported various areas, from serving lunches and assisting in the kitchen to helping with **arts & crafts**, **marketing**, and our **dementia wellbeing group**.
- A talented volunteer redesigned our website, giving it a fresh, user-friendly look.

Achievement and Performance

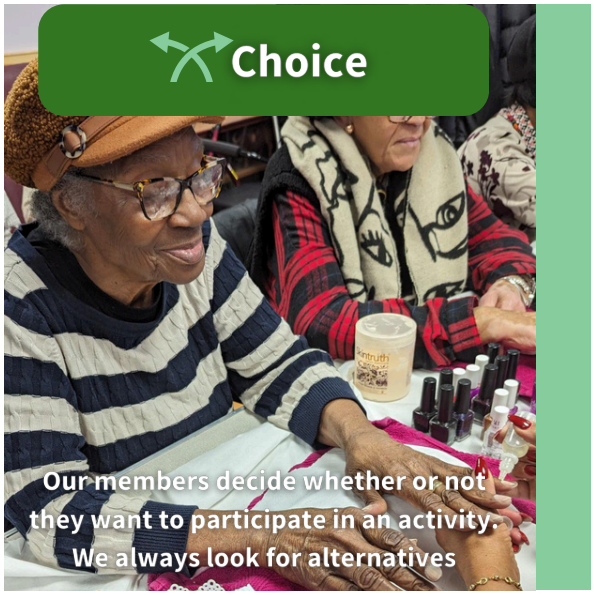
How We Involved People From Our Community In Our Work

Our centre would not be the interactive and vibrant place that it is without the direct participation of our community in decision making at a strategic and operational level. For Hackney Lunch Clubs Network quarterly report, we regularly feedback on 'Attendees involvement in decisions regarding the club and how these have impacted the service'. Our members make decisions on every day activities such as:









Achievement and Performance

How We Involved People From Our Community In Our Work

The staff and trustees reflect the community 90%. We are very popular with the local schools and colleges, hosting a number of young people from diverse backgrounds on short and long term work placements, with a waiting list now in place. These placements are beneficial for intergenerational mixing and it is wonderful to see how the young people treat the members with dignity, empathy and respect, and how the members get pleasure and enjoyment from chatting with the students.

We encourage service members to join our management committee as trustees and although many feel they are at an age when they do not want to take on more responsibility, we are delighted that we continue to have a minimum of two service user members on the committee.

We have regular members' meetings and ask for constructive feedback. In the satisfaction questionnaire a member has reported that, "whenever there are arguments, people make up."



Achievement and Performance

How We Involved People From Our Community In Our Work

We are contacted by many local health services or health charities wanting to do presentations, by PhD students wanting us to be part of their research project or organisations with a specific focus on the African Caribbean community wanting our members to tell their stories. Members are always consulted before we take part in these opportunities.



We are including more people living with dementia in activities outside of the weekly Monday Dementia Memory Wellbeing Session and members were asked about how this was working out. They said, *"it was good for us all to work together and support each other, but carers should be encouraged to stay during the activities if necessary".*

Staff felt that, *"It's a good practice, but this has to be carefully controlled and resourced".* Trustees were generally supportive, but felt that *"We have to be careful not to 'drift' into dementia care and remember the wider perspective of the organisation".*

There was some concern about the dynamics of managing the group activities at different levels, and capacity for individual attention. It was suggested that we *"Set aside one day of the week or a couple days a month for more energetic activities for the younger old."* We are planning a dementia awareness workshop for all members.

Achievement and Performance

Differences We Are Making (Big and Small)



Over 200 are now registered for our services, an increase of 27%, and approximately 150 people, mostly from African and Caribbean ethnicity, have directly benefitted from our projects this year. There has been a steady increase in referrals and we are now operating at 35 people a session on a Tuesday. This figure does not include the support and advice given to families, the daily telephone enquiries or people who just ‘pop-in’ for some lunch or information. By having a strong and experienced staff team, a dedicated group of volunteers and resources to provide all that we do, we support our members to combat loneliness, build or maintain independence, find joy and laughter, gain friendships and remain healthy.

Achievement and Performance

Differences We Are Making (Big and Small)

We asked service users to complete a 'satisfaction questionnaire' and here is some of the feedback from the question on 'differences we are making.'

"Make new friends and have a good time and separation from home, and without this I don't know how I could otherwise."

"I like to get out of the house and meet new people. There is something new and different every day."

"Without the centre I'd be at home alone and very lonely with suicidal thoughts. I'd be hungry because I didn't feel like cooking and lost and alone."

"I like to play dominoes with my friends and get out of the house and it's very therapeutic."



Activities and Partnership Working

Health and Healthy Living

135 lunches served every week

"The [staff]are very helpful. They bring me things like food, I miss out on when I can't come."



25-35 attendees at physical exercise classes

"I've been made more mobile. I came in with pain this morning, and left without it."

"It made my arthritis more manageable."

"The exercise teachers are good."



30 health workshop attendees

We organised several workshops with a health related theme – bowel cancer; stroke prevention; managing arthritis; breathing techniques; gratitude and meditation.

Activities and Partnership Working

Health and Healthy Living

Gardening We are fortunate to have a small courtyard garden area which a local organic gardener maintains, with the support of volunteers, once a week – this provides therapeutic benefits as well as produce which the Cook utilises in the kitchen.



Counselling Workshops **Black Mentors Matters** To encourage members that even in later life they still have a role to play, and experience to offer, in supporting younger people and developing a mentoring relationship with them. Many were surprised, and pleased, that they can support young people in this way.

Health Week The week included a session on vegetarian meals, with tasting sessions and talks on the health benefits; a presentation and session on dementia awareness; exercise and movement classes; nail pampering; holistic massage treatments. The neighbours, friends and family were invited to join members for the week.

Cooking Course Arlene Jones, our Caribbean Cook, and Yvonne Williams, our Nutritional Assistant, attended a course with Culinary Medicine Specialists at the Kingsway College, along with other Lunch Clubs, which increased awareness about nutrition and broadened the menu.

Hackney Neighbourhood Health Forum **Clissold Park Neighbourhood Health Forum:** We are an active member of this forum with staff attending meetings and representing our members. Our members provided the largest response to a survey from the Surgeries in the Clissold Park PCN on Digital Inclusion for residents with long-term medical conditions. The purpose was to gather feedback on the use of the NHS app to improve their access to certain services and their medical information, repeat prescriptions, Drs appointments.

Activities and Partnership Working

Arts and Culture

Arts and Craft

"The arts and crafts sessions focus more on individual creativity as there is an overall theme. Participants develop new skills and abilities, enabling them to apply what they've learned at home. Over 30 members participate in each of these sessions." - Margaret Morris, Arts and Craft tutor. These classes run on Thursdays from 2:00-3:30.



Jazanne Arts

Musical memories performance, sharing stories across the years, which was attended by over thirty-five people.

Poetry Workshop

A Poetry workshop was led by Sonia Cummings, from Thinking Spaces, focusing on writings from a Caribbean perspective. Lively discussion ensued around 'memories' and impact on present living.

Activities and Partnership Working

Arts and Culture

We collaborated with St Peter's Church De Beauvoir, lead by Donald Waugh our Creative Artist, and produced a range of works for a 4-day exhibition – creation day – junk modelling. The exhibition engendered a feeling of pride as the members saw their personal creations on show and it gave their families and other members of HCEO a chance to join them in celebrating their achievements and raises awareness within the local community about what we do.



Creativity On Wednesdays (all day), the tutor focuses on creativity via sustainability, using waste & recycled materials.

"This session centres around team working and a sense of partnership and family as they all focus together on one project each session, working in harmony, building relationships with each other and coming together as a cohesive unit, while learning new artistic & creative skills." - Donald Waugh, Creative Artist

Activities and Partnership Working

Arts and Culture

Royal Albert Hall

We took two trips to the Royal Albert Hall, for 'Friendship Matinee' of classical/operatic music and again for the Christmas Carols bonanza. Approximately 20 people attended each time. There was great excitement because for most of our members, this was their very first visit to the Royal Albert Hall, and extremely enjoyable.



Music & Theatre

Immediate Theatre involves communities and marginalised young people in creative work and engaged about 30 of our members in a 6-week interactive workshop based on their shared childhood experiences. Each week, we observed how they became more sure of themselves and composed letters to family and friends which lead up to a final reading circle to the group.

Heritage Project

Sweet Patootee's heritage project. Our staff members contributed to a melodrama for the film, *'Turning Point,'* a Black heritage and comedy film based around 4 stories from Barbados and Jamaica in the 1920s. Fifteen of our members and staff were 'special guests' at the screening of the film at Mild May Community Centre.

Activities and Partnership Working

Arts and Culture

Annual Holiday

Staff arranged and facilitated up to 40 members, including staff, heading off on holiday to the Isle of Wight. For many this was their first sea crossing in a long time and for some of the members their first time on a ferry. Members saved up to holiday for 4 nights and 5 days with excursions they thoroughly enjoyed. The trip was shared with two other groups, and the staff who attend were there to support the members.



Seaside Outings

We travelled to Brighton and Margate during the summer in 50 seater accessible coaches for members & family. Both days were sunny and enjoyed by all. If our club did not organise these outings, some members would not get the opportunity to get out of London and be by the sea.

ELBA Afternoon

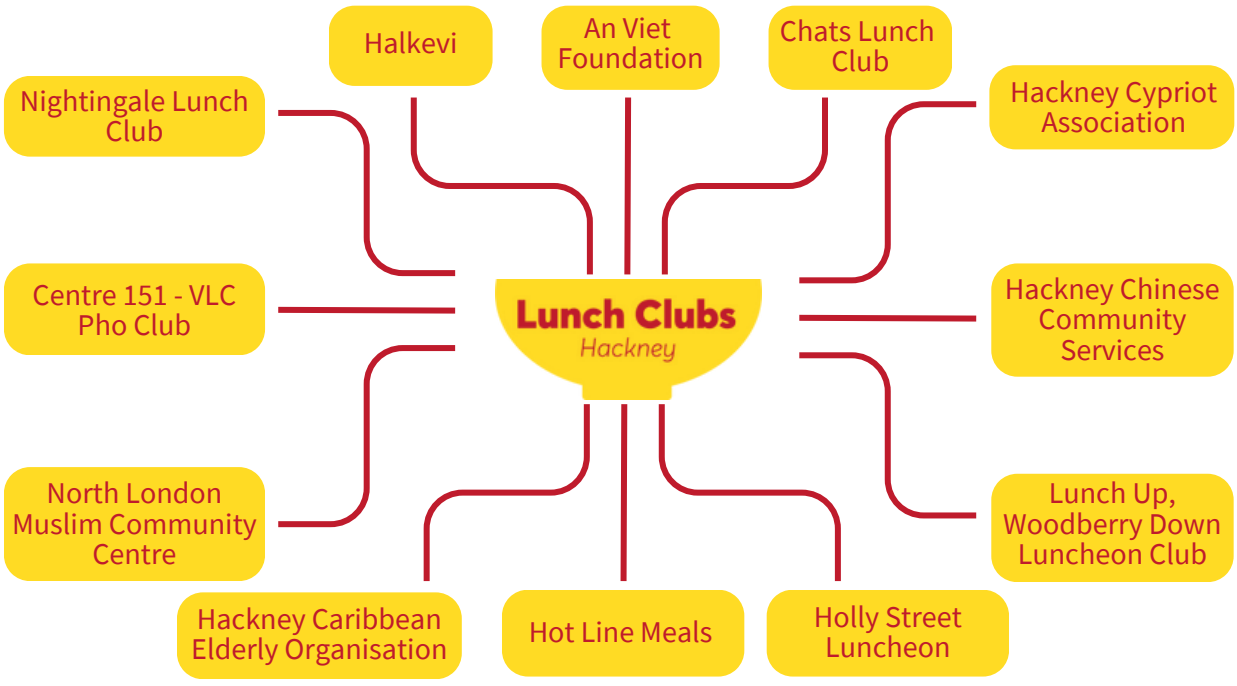
We had an afternoon with our corporate partner ELBA (East London Business Alliance). Afternoon Tea & Bingo hosted by M3 Consulting for 20 members, staff and two volunteers. It was a great opportunity to visit an organisation in the City, so our near neighbours.

Activities and Partnership Working

Physical and Mental Activities

Hackney Lunch Clubs Network

We have done a tremendous amount of development this year, in close partnership with 12 local centres forming Hackney Lunch Clubs Network supported by Rachel King, the Development Coordinator at HCVS. Our centres are the gateway to many important activities and services: lunches, exercise, health awareness, health checks, information, social, art & cultural events, seasonal and cultural celebrations, education, research, advocacy, conversations & story telling, having a cup-of-tea together, bingo & quizzes and valuable intergenerational events. One highlight event was held by TripSpace. The lunch clubs participated in Chair Yoga which helped their balance and mobility.



Hackney CVS put together an Annual Impact Report 2023. This report found that 94% made new friends at lunch club and 59% found that the food at lunch club was more nutritious than their food at home. These findings show that lunch clubs are an integral part of improving health and well being for elderly people.

Activities and Partnership Working

Research

Staff represent the organisation in research workshops or researchers come to gain feedback from our members as a group. We participated in an **Oxford Social Prescribing Network** research evaluation: 'Tailoring cultural offers with and for diverse older users of social prescribing (TOUS)'. The researcher visited our centre for a day, observed the arts activity and spoke to members, staff and tutors.



Activities and Partnership Working

Research

Dementia Research

Collaborating with Dr. Marshall and researchers from Queen Mary University of London, we continue to support the ABATED study through active participation in focus group meetings. Our team has also contributed to their ABATED newsletter, and our dementia Project Coordinator, provided narration for the Raising Awareness videos, which have been widely published and utilized as a valuable training resource.

Video 1: What is dementia?

Video 2: Diagnosing dementia

Video 3: Keeping your brain healthy



982 000 people are living with dementia in the UK with this number expected to rise to **1.4 million** by 2040



Over 3 years is the average wait time for Black or South Asian people before diagnosis.



1 in 4 men will develop dementia



1 in 3 women will develop dementia



Dementia incidence is over 20% higher among Black adults compared to the UK average.



1 in 5 women will have provided unpaid care for someone with dementia by the age of 60

Statistics pulled from Inequalities Alzheimer's Research UK. (n.d.). Perceptions and inequalities: Inequalities. Retrieved November 15, 2024, from https://dementiastatistics.org/perceptions-and-inequalities/inequalities/
and Alzheimer's Society. (2023, February 15). Understanding dementia and inequality [Video]. YouTube. https://www.youtube.com/watch?v=JOBilikPnMs

Dementia Advocacy and Outreach

Evidence of Our Impact

Supported by City Bridge Foundation

The Advocacy & Outreach team is supported by City Bridge Foundation and The National Lottery Community Fund. During the year, they had 47 enquiries and have 31 on-going cases covering financial entitlements, social care assessments, housing, complaints, refugee/immigration issues, transport and medical questionnaires. The Advocacy and Outreach Officer has said that:



"Our support to our members and families gives them a greater independence and control in terms of decision making. It gives them a voice. It supports the carers giving them assistance."

Case Study

Support for Dementia Care Through Attendance Allowance

J, an elderly woman in her eighties living with dementia, experienced worsening symptoms, including nocturnal wandering, which necessitated additional nighttime care. Her primary caregiver, J's daughter, sought assistance in securing appropriate support.

An application was made for the Attendance Allowance benefit to address J's increased care needs. An Advocate guided J and her daughter through the comprehensive application process, assisting them in accurately completing the detailed form, which required extensive information about J's physical and mental health, as well as her caregiver's needs.

The application was successful, and J was awarded the higher-rate Attendance Allowance. This additional financial support enabled the family to arrange enhanced nighttime care, ensuring J's safety and well-being during the night.

Dementia Memory and Wellbeing

Evidence of Our Impact

Supported by North East London CCG (NELCCG)

49 have attended **45** memory group sessions with **20** attendees each session.

4 members with higher levels of dementia are supported with the help of their carers.

15 members have been integrated into Lunch Club with the help of their carers.

Our triage support worker, Rachael, maintains contact with dementia members at home by **calling every week**.

Memory group is thriving with a **40% increase** in refferals.



Volunteering Programme



For the 2023-24 period, over 3,700 volunteer hours were completed at the organisation, with more than 70 new and returning volunteers taking on various roles such as, assisting with activities and workshops, aiding in monitoring and reporting, supporting the Lunch Club, organising fundraising events and helping with marketing and communications.

The student volunteer program was highly successful, with 37 students from local schools and colleges participating. The 9 month long placements at New City College were particularly effective, leading to 4 students continuing into the 2024-25 academic year and the college asking HCEO to host 5 more students.

Furthermore, 5 mature students from the Global Banking School, who completed 60-hour placements in 2023, returned in 2024, seamlessly resuming their work due to their familiarity with the tasks and the members.

Looking Ahead



40th Anniversary Year 2025 marks HCEO's 40th Anniversary! Join us for a year of celebration, including a birthday event and exciting activities. Stay tuned for updates on our website and Instagram!

Health and Wellbeing Space We are in the process of transforming the two vacant upstairs rooms of the day centre into a health & wellbeing space to provide quality, affordable classes and treatments to members (older people), their family and friends and to those within the local community. We hope to launch this in early 2025.

Marketing and social media We are on Facebook and Tiktok and have a popular Instagram account which is successfully managed by one of the staff. More effort is needed to keep the web pages up to date, but in September staff and volunteers had training regarding this and two volunteers have been recruited to focus on managing the website updates. In addition, in September a new volunteer joined to build our marketing and comms work and we have seen big results in a short space of time.

Financial Report

Trustees' Financial Report and Annual Statements For the year ended 31 March 2024

Governing Document

The directors of the charitable company (the charity) are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees.

The charity is controlled by its governing document, Memorandum & Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006. The Board of Trustees is responsible for the overall governance and strategic direction of the charity. The management of HCEO is the responsibility of the trustees who are elected and co-opted under the terms of the Articles of Association. The Management team includes a Chair, Treasurer and Company Secretary.

Recruitment and appointment of new trustees

Trustees are recruited according to their knowledge, skills and experience from the members of the charity, from the wider local community and from applicants responding to advertisements via specialist volunteering sites such as Reach. We welcome any interested individuals to join HCEO. Potential trustees are asked to complete a Skills Audit and are offered the opportunity to visit the centre to meet with the service users and to observe the operational services. They are encouraged to have informal meetings with staff and volunteers and to attend the Management Meetings as an observer. If mutually agreed, trustees are then appointed through invitation and resolution.

Terms of office for trustees

All members of the Management Committee are eligible for re-election each year, up to a maximum of three years, unless the AGM or special general meeting at which the election takes place approves a further term by resolution. The Board regularly reviews gaps in knowledge and skills to inform trustee recruitment and is focused on ensuring diversity amongst Board members.

All new appointees to the board receive a full induction briefing by the trustees, which includes the history of the organisation, financial information, strategic aims, access to all policies and procedures, information of the trustees' legal responsibility and regular updates from the office on matters pertaining to effective governance and HCEOs ongoing activities. They are encouraged to attend relevant training courses and appraisals.

Financial Report

Trustees' Financial Report and Annual Statements For the year ended 31 March 2024

Staff

9 staff (8 part-time, 1f/t). The delivery of HCEO services relies on a small team of committed staff and volunteers. Where more specialist support is required, we refer the service user or their family to complementary sources of support and advice as we work in close partnership with local charities, the council, GP services and other local providers. We have continued to support an Arts Coordinator to lead on the arts & cultural programme on a Wednesday.

Availability and adequacy of assets of each of the funds

The Trustees are responsible for keeping accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Charities Act 2011.

Risk management

The trustees have 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.

Challenges and future plans

Capacity is an issue which affects communication and planning. Staff have a job title covering one area, but cut across tasks and roles to ensure that the day to day work is done.

Financial sustainability remains a challenge. It is a competitive fundraising landscape and increasing pressure on budgets stretches the money available.

Working with external partners. To be more proactive in taking the lead and look sufficiently for opportunities to develop the project with external partners. We need to publicise and promote our work sufficiently and in good time, to our advantage.

Monitoring. We are piloting a database and CRM system to manage beneficiary information and health data related to dementia, diabetes, high blood pressure and other age-related conditions

Financial Report

Trustees' Financial Report and Annual Statements For the year ended 31 March 2024

Transactions and Financial position

During the year the charity met its expenditure of expenditure of £285,442 (2023: £234,333) through a combination of grants, fees for services provided, donations from individuals and from reserves brought forward from the previous year. The charity has carried forward reserves of £273,554 (2023: £265,971) of which £71,234 (2023: £126,329) is restricted.

Statement of Financial Position

At 31 March 2024

INCOME FROM	Notes	Unrestricted Funds £	Restricted Funds £	31.3.24 Total Funds £	31.3.23 Total Funds £
Donations	2	47,089	203,308	250,397	243,528
Other Charitable Activities	3	38,098		38,098	23,554
Investment Income	4	4,530		4,530	841
Total		**89,717**	**203,308**	**293,025**	**267,923**

Statement of Financial Position

At 31 March 2024

EXPENDITURE ON	Notes	Unrestricted Funds £	Restricted Funds £	31.3.24 Total Funds £	31.3.23 Total Funds £
Costs of Generating Income	5	13,027	46,031	59,058	36,055
Charitable Activities	6				
Direct Costs	4	3,583	144,350	147,933	143,607
Support Costs		**10,519**	67,932	78,451	54,671
Total		**27,129**	**258,313**	**285,442**	**234,333**
NET INCOME/(EXPENDITURE)		**62,588**	**(55,005)**	**7,583**	**33,590**
RECONCILIATION OF FUNDS		**139,642**	**126,329**	**265,971**	**232,381**
Total Funds Bought Forward					
TOTAL FUNDS CARRIED FORWARD		**202,230**	**71,234**	**273,554**	**265,791**

Statement of Financial Position

At 31 March 2024

	Notes	**31.3.24 £**	**31.3.23 £**
FIXED ASSETS			
Tangible Assets	12	**4,155**	**3,988**
CURRENT ASSETS			
Debtors	13		
Cash at Bank and In Hand		**273,975**	**266, 138**
CREDITORS			
Amounts falling due within one year	13	**(4,576)**	**(4,155)**

Statement of Financial Position

At 31 March 2024

	Notes	31.3.24 £	31.3.23 £
NET CURRENT ASSETS		**269,399**	**261,983**
TOTAL ASSETS LESS CURRENT			
LIABILITIES		**273,554**	**265,971**
NET ASSETS		**273,554**	**232,381**
FUNDS	15		
Unrestricted funds		**202,230**	**139,642**
Restricted funds		**71.324**	**126,329**
TOTAL FUNDS		**273,554**	**265,791**

Acknowledgements

Hackney Caribbean Elderly Organisation would like to thank the following for their support and encouragement throughout the year:

Antony Stevens	AT Telecommunications Ltd
City Bridge Foundation	Dial-A-Ride
Dolly Mayers (Patron)	East London Business Alliance (ELBA)
Ella Calderia	Fabulous Cleans Maintenance & Property Services
Friends of HCEO	Hackney Council for Voluntary Services (HCVS)
HATs Group Ltd	IT4 Business
Keystone Fund	Local Accountancy Project [LAP]
London Borough of Hackney	North East London CCG
Patricia Richardson (Wills & Probate)	Preston & Jacksons Partnership (Auditors)
Social Care 4U	The National Lottery Community Fund
Trustee to the Charity of Sir Richard Whittington	Volunteering Centre Hackney

2023-24 YEAR-END FINANCIAL REPORT



https://hackneycaribbean.org.uk
Registered Offices 39 Leswin Road, Stoke Newington, London N16 7NX
Company Registration No. 3218456 HCEO is a Company limited by Guarantee.
Charity Registration No. 1057603

Hackney Caribbean Elderly Organisation

REGISTERED COMPANY NUMBER: 03218456 (England and Wales)
REGISTERED CHARITY NUMBER: 1057603

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

FOR

HACKNEY CARIBBEAN ELDERLY ORGANISATION
(A COMPANY LIMITED BY GUARANTEE)

Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, 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 1 January 2019).

OBJECTIVES AND ACTIVITIES

Our organisation and charitable purpose

Hackney Caribbean Elderly Organisation (HCEO) is a community organisation that promotes the interests of anyone over the age of 55, primarily but not exclusively, of African and Caribbean descent. Our charitable purpose is for the benefit of elders living in and/or with a close association with the London Borough of Hackney, and we are also recognised as a cultural group that actively seeks to engage with the community and other local organisations.

Mission

To bring local older people together to share life.

Vision

To work together to build stronger, closer and inclusive communities where every day is to be eagerly anticipated by the older person.

Values

Our values are integral to everything we do, which is to ensure that older people have dignity, respect, choice and 'voice'. We provide support in a person centred, sensitive manner, tailoring our service provision to meet the needs of our beneficiaries.

STRATEGIC AIMS

A. To enhance the quality of life and wellbeing of older people, in particular African and Caribbean people, living in the local community

B. To prevent isolation and loneliness and bring communities together

C. To build good relationships with members, their families and carers, and to work in partnerships with links to the wider community

D. To increase the number of individuals registering as members and accessing our services

E. To achieve a secure financial future for HCEO

Public benefit

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance published by the Commission in determining the activities undertaken by the Charity.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We had another busy year, making the most of HCEO's resources, as our staff and volunteers have continued to work above and beyond so that members, carers and the community can meet, engage with and support each other; to learn and be involved in creative activities for a fun, fulfilling and active life in later years.

ACHIEVEMENT AND PERFORMANCE

The following is a reflection of what we have achieved and delivered over the last year against our **strategic aims and priority areas:**

A&B. To enhance the quality of life and wellbeing of older people, in particular African and Caribbean people, living in the local community

Progress against priority area: Health/Healthy Living

- **Nutritious Meals:** Over 4,125 lunches were cooked and served on the premise to members. Additional lunches are proved for those with special needs for them to take home. A vegetarian option is served each day.

"The meals are always tasty and substantial."
"The [staff]are very helpful. They bring me things like food, I miss out on when I can't come".

- Collaboration with a local charity Made in Hackney for a vegetarian cookery course. Staff & volunteers participated.

"We enjoyed it; learnt a lot and were surprised at the tastiness of the vegetarian food they cooked for themselves"

- **94 Physical exercise & movement classes: - up to 40 attending on a Tuesday.** Yoga sessions with **TripSpace.** HCEO demonstrates knowledge of this area as we offer a combination of cardio, flexibility, balance and strengthening.

"The exercise teachers are good".
"I've been made more mobile. I came in with pain this morning, and left without it."
"It made my arthritis more manageable"

- **Gardening.** We are fortunate to have a small courtyard garden area. This provides therapeutic benefits as well as produce which the Cook utilities in the kitchen.

"Amazing to have this resource at the centre, which is also a quiet sanctuary." Family member.

Arts & Culture
- 94 sessions held for the year.

- **Thursday afternoon arts & craft classes** which fosters creativity, individualism, dexterity for some tasks. A chance to use existing skills, build new skills and abilities, transferable to the home.

- **Wednesday - Arts & culture.** The tutor focuses on creativity via sustainability, using waste & recycled materials.

- **Outings:** Seaside trips to Margate and Bournemouth - 50-seatercoach. Members & families enjoy time together. Members artwork was exhibited in a 'pop-up' and publicised by BBC Thanet.

- **Annual Holiday to the Isle of Wight.** Staff arranged and facilitated over 50 people on this holiday. For many this was their first holiday sea crossing for a long time.

C. To build good relationships with members, their families and carers, and to work in partnerships with links to the wider community.

- **Hackney Lunch Clubs Network.** We have done a tremendous amount of development this year, in close partnership with 12 local centres forming Hackney Lunch Clubs Network supported by Rachel King, the Development Coordinator at HCVS. Our centres are the gateway to many important activities and services: lunches, exercise, health awareness, health checks, information, social, art & cultural events, seasonal and cultural celebrations, education, research, advocacy, conversations & storytelling, having a cup-of-tea together, bingo & quizzes, and valuable intergenerational events. The Lunch Clubs Network volunteer who collates the monitoring has also reminded us that the "the Lunch Cubs are also a space for sadness, remembering and celebrating the deceased."

- **Collaborations with Creative Arts** provided a 6-week project of music/movement, storytelling, arts, creative writing to enhance creative thinking, develop skills in music, teamwork, communication, feeling connected to others, developing confidence and self-esteem and improving wellbeing.

- **Sweet Patootee's heritage project.** Our staff members contributed to a melodrama for the film Turning Point - a Black heritage and comedy film based around 4 stories from Barbados and Jamaica in the 1920s.

- **Hackney Culture team: Windrush Day 75 years** celebrations were a huge success and an opportunity to see a display of the art-work created by our members, displayed at The Old Fire Station, and an event for over 50 people at our centre.

- **Two trips to the Royal Albert Hall** for 'Friendship Matinee' of classical/operatic music and again for the Christmas Carols bonanza. There was great excitement because for most of our members, this was their very first visit to the Royal Albert Hall, and extremely enjoyable.

Progress against priority: Raising Awareness - education, advocacy

'Commit to Health' theme:

- **Health workshops:-** Womb Cancer Awareness (North East London Cancer Alliance); bowel cancer; stroke prevention; managing arthritis; breathing techniques; gratitude and meditation. Approximately 30 people attended each session.

- **Blood pressure health checks** provided by a volunteer nurse and a student nurse fortnightly. Approximately 25 people are checked each time and the nurse alerts staff to any concerns they might have for signposting to the GP.

- **Health Week:** cooking sessions on vegetarian meals followed up with talks on the health benefits; dementia awareness; exercise and movement classes; nail pampering.

- Clissold Park Neighbourhood Health Forum: We are an active member of this forum with staff representation and hosted meetings for resident engagement. Memorable presentation from the City & Hackney Homerton Healthcare NHS Foundation Trust Diabetes Team on their services and Types 2 Diabetes Education Courses.

Progress against priority area: Advocacy & Outreach

With new funding from the City Bridge Foundation we have expanded our Advocacy & Outreach work to support Dementia. Staff have had 47 enquiries; 31 on-going cases covering: financial entitlements, social care assessments, housing, complaints, refugee/immigration, transport; medical questionnaires, signposting. The Advocacy Officer has said that

"My support to my members and families gives them a greater independence and control in terms of decision making. It gives them a voice. It supports the carers giving them assistance."

Progress against priority area: Dementia and Carers' support

Families & Respite

31% of our attendees are affected by dementia and cognitive impairment. We support them to improve their wellbeing through physical, social and cognitive activities, as well as providing respite to families and carers. We hear from so many family members about what a massive relief it is for them to be able to leave their loved ones in a safe space and where they will enjoy and have fun.

"It's given me some time to do other things". Carer.

"He hadn't been able to sleep, but these days [when at the centre] have made him less restless." (Carer).

Progress against priority area : Volunteering
3,654 volunteering hours carried out by 95 volunteers. We have a very successful volunteer programme involving student volunteers from local schools and colleges on work experience such as: New City College, Islington Academy, Inspire, Clapton Girls Academy, City Academy, Excelsior and Bridge Academy. 5 mature students from Global Banking School had enjoyed their 60-hour work Health & Social Care placements. Core volunteers who help out on a regular basis.

D. To increase the number of individuals registering as members and accessing our services

Club Attendance: 198 : 139 female; 70%; 59 male 30%. 30% increase.

Lives locally: 190

People with dementia and cognitive impairment: Dementia 61 (31%)
We encourage carers to remain if a person needs a higher level of support.
Our centre has friendly disability access and many service users have multiple health and mobility difficulties.

E. To achieve a secure financial future for HECO

Sustainability - areas of focus

We have appointed four new trustees to strengthen our governance. We have made use resources from funders such as The City Bridge Foundation, The National Lottery Community Fund and the Keystone Fund to help us to improve organisational resilience e.g re-defining purpose, becoming financially and operationally fit, looking at systems and processes.

Website, marketing, comms and Social Media. We are on Facebook and Tiktok and have a popular Instagram account which is successfully managed by one of the staff. We are looking into staff and volunteer to focus on managing the website updates and to build our marketing and communications work.

Space rental to raise income

We are in the process of transforming the two vacant upstairs rooms of the day centre to set up a health & wellbeing centre providing quality, affordable classes and treatments to members (older people), their family and friends and to those within the local community.

We would like to thank all of our existing and new funders, organisations and individuals. Without them we couldn't have carried out our operations and look forward to their continued support:

The National Lottery Community Fund
North East London CCG
City Bridge Foundation
The Charity of Sir Richard Whittington [The Mercers Company]
London Borough of Hackney
Culture Team Hackney Council and Hackney CVS
The Keystone Fund
Co-op community Fund

FINANCIAL REVIEW

Financial position

Availability and adequacy of assets of each of the funds

The Trustees are responsible for keeping accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Charities Act 2011.

Reserves Policy

Our Reserves Policy state HCEO's management committee have established that the unrestricted reserves should be between 3-6 months of expenditure. Our current level of unrestricted reserves is within this policy.

Transactions and Financial position

During the year the charity met its expenditure of £285,442 (2023: £234,333) through a combination of grants, fees for services provided, donations from individuals and from reserves brought forward from the previous year. The charity has carried forward reserves of £273,554 (2023: £265,971) of which £71,324 (2023: £126,329] is restricted. The trustees are grateful to the funders and individuals for their continued support.

CHALLENGES AND RISKS

Capacity is an issue which affects communication and planning: Staff have a job title covering one area, but cut across tasks and roles to ensure that the work is done.

To be financially stable in a competitive fundraising landscape and increasing pressure on budgets.

Working with external partners. To be more proactive in taking the lead and look sufficiently for opportunities to develop the project with external partners. We need to publicise and promote our work sufficiently and in good time, to our advantage.

Monitoring. We are piloting a database and CRM system to manage beneficiary information and health data related to dementia, diabetes, high blood pressure, and other age-related conditions

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

The directors of the charitable company (the charity) are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees.

The charity is controlled by its governing document, Memorandum & Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006. The Board of Trustees is responsible for the overall governance and strategic direction of the charity. The management of HCEO is the responsibility of the trustees who are elected and co-opted under the terms of the Articles of Association. The Management team includes a Chair, Treasurer and Company Secretary.

Process for attracting new trustees
Trustees are recruited according to their knowledge, skills and experience from the members of the charity, from the wider local community and from applicants responding to advertisements via specialist volunteering sites such as Reach. We welcome any interested individuals to join HCEO. Potential trustees are asked to complete a Skills Audit and are offered the opportunity to visit the centre to interact with the service users and to observe the operational services. They are encouraged to have informal meetings with staff and volunteers and to attend the Management Meetings as an observer. If mutually agreed, trustees are then appointed through invitation and resolution.

Terms of office for trustees
All members of the Management Committee are eligible for re-election each year, up to a maximum of three years, unless the AGM or special general meeting at which the election takes place approves a further term by resolution. The Board regularly review gaps in knowledge and skills to inform trustee recruitment and is focused on ensuring diversity amongst Board members.
All new appointees to the board receive a full induction briefing by the trustees, which includes the history of the organisation, financial information, strategic aims, access to all policies and procedures, information of the trustees' legal responsibility and regular updates from the office on matters pertaining to effective governance and HCEOs ongoing activities. They are encouraged to attend relevant training courses and appraisals.

Staff
9 staff (8 part-time, 1f/t). The delivery of HCEO services relies on a small team of committed staff and volunteers. Where more specialist support is required, we refer the service user or their family to complement sources of support and advice as we work in close partnership with local charities, the council, GP services and other local providers. We have continued to support an Arts Coordinator to lead on the arts & cultural programme.

Risk management
The trustees have 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.

REFERENCE AND ADMINISTRATIVE DETAILS
Registered Company number
03218456 (England and Wales)

Registered Charity number
1057603

Registered office
39 Leswin Road
London
N16 7NX

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

Trustees
The Members of the Board of Trustees of the Charity as at the year ended 31st March 2024 were:

Valney Prescott
Patricia Richardson
Anthony Stevens
Jennifer Haynes-Martin
Ivor John
Jennifer Colleen Dennis - Appointed on 7th June 23
Tessa Lee Jones - Appointed on 7th June 23
Shreya Ramesh - Appointed on 7th June 23
Inez Cuffy - Resigned on 7th June 23

Company Secretary:

Beryl Pusey

All the directors of the company are also trustees of the charity and their responsibilities include all the responsibilities of directors under the Companies Acts and trustees under the Charities Act. The directors are members of the company.

Independent Examiner
Anwer Patel BA(Hons), BFP, FCA
Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Bankers
HSBC
312 Seven Sisters Road
Finsbury Park
London
N4 2AW

Approved by order of the board of trustees on ....15th November 24.... and signed on its behalf by:



.....
Trustee / PATRICIA RICHARDSON

Director:

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HACKNEY CARIBBEAN ELDERLY ORGANISATION

Independent examiner's report to the trustees of Hackney Caribbean Elderly Organisation ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

A PATEL

Anwer Patel BA(Hons), BFP, FCA

Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Date: 18/11/2024

HACKNEY CARIBBEAN ELDERLY ORGANISATION

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted fund £	Restricted fund £	**31.3.24 Total funds £**	31.3.23 Total funds £
INCOME FROM					
Donations	2	**47,089**	**203,308**	**250,397**	243,528
Other Charitable activities	3	**38,098**	**-**	**38,098**	23,554
Investment income	4	**4,530**	**-**	**4,530**	841
Total		**89,717**	**203,308**	**293,025**	267,923
EXPENDITURE ON					
Costs of Generating Income	5	**13,027**	**46,031**	**59,058**	36,055
Charitable activities	6				
Direct Costs		**3,583**	**144,350**	**147,933**	143,607
Support Costs		**10,519**	**67,932**	**78,451**	54,671
Total		**27,129**	**258,313**	**285,442**	234,333
NET INCOME/(EXPENDITURE)		**62,588**	**(55,005)**	**7,583**	33,590
RECONCILIATION OF FUNDS					
Total funds brought forward		**139,642**	**126,329**	**265,971**	232,381
TOTAL FUNDS CARRIED FORWARD		**202,230**	**71,324**	**273,554**	265,971

The notes form part of these financial statements

HACKNEY CARIBBEAN ELDERLY ORGANISATION

STATEMENT OF FINANCIAL POSITION
31 MARCH 2024

	Notes	31.3.24 £	31.3.23 £
FIXED ASSETS			
Tangible assets	12	**4,155**	3,988
CURRENT ASSETS			
Cash at bank and in hand		**273,975**	266,138
CREDITORS			
Amounts falling due within one year	13	**(4,576)**	(4,155)
NET CURRENT ASSETS		**269,399**	261,983
TOTAL ASSETS LESS CURRENT LIABILITIES		**273,554**	265,971
NET ASSETS		**273,554**	265,971
FUNDS	15		
Unrestricted funds		**202,230**	139,642
Restricted funds		**71,324**	126,329
TOTAL FUNDS		**273,554**	265,971

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

continued...

STATEMENT OF FINANCIAL POSITION - continued
31 MARCH 2024

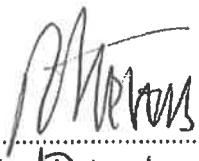
These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 15th November 24 and were signed on its behalf by:



.....

Trustee Director: PATRICIA RICHARDSON



.....

Trustee Director: ANTHONY STEVENS

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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 in 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those condition is wholly within the control of the charity and is probable that those conditions will be fulfilled in the reporting period.

Expenditure and irrecoverable vat
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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Irrecoverable VAT is charged as cost against the activity for which the expenditure was incurred.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery - 25% on reducing balance

Tangible fixed assets are stated at historical cost less accumulated depreciation and any accumulated impairment losses. Historical cost includes expenditure that is directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

continued...

1. ACCOUNTING POLICIES - continued

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Debtors
Basic financial assets, including trade and other debtors, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Such assets are subsequently carried at amortised cost using the effective interest method, less any impairment.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Creditors
Basic financial liabilities, including trade and other creditors, loans from third parties and loans from related parties, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Such instruments are subsequently carried at amortised cost using the effective interest method, less any impairment.

Going concern
As with many charities, the charity is reliant on continued support from its funders.The company has received additional fundings to enable it to continue to provide its services.

The trustees are confident of continued support from their funders. It is for this reason the accounts have been prepared on a going concern basis.

2. DONATIONS

	31.3.24	31.3.23
	£	£
Members Contribution	**870**	633
Donations	**1,661**	9,677
Grants	**247,866**	233,218
	250,397	243,528

continued...

2. DONATIONS - continued

Grants received, included in the above, are as follows:

	31.3.24	31.3.23
	£	£
LB of Hackney	**23,623**	38,543
City Bridge Foundation	**56,500**	-
Xmas Club	**9,396**	6,640
London Catalyst	**-**	500
North East London NHS Foundation Trust	**29,701**	29,701
National Lottery Community Fund	**70,071**	79,834
The Charity of Sir Richard Whittington	**35,640**	33,000
Postcode Society Trust	**-**	25,000
The Edward Gostling Foundation	**-**	10,000
Charles S French Charitable Trust	**-**	3,000
Grocers' Hall Charity	**-**	2,500
The Merchant Taylors' Foundation	**-**	4,000
The Ubele Initiative-Majonzi Fund	**-**	500
The Co-op Community Fund	**1,026**	-
The London Foundation Management Group	**1,500**	-
The London Community Fund	**5,500**	-
Keystone Fund	**9,909**	-
LB Hackney - Arts Engagement for Dementia	**3,000**	-
LB of Hackney - The Windrush 75th Anniversary	**2,000**	-
	247,866	233,218

3. OTHER CHARITABLE ACTIVITIES

	31.3.24	31.3.23
	£	£
Fundraising events	**38,098**	23,554

4. INVESTMENT INCOME

	31.3.24	31.3.23
	£	£
Deposit account interest	**4,530**	841

continued...

5. COSTS OF GENERATING INCOME

Raising donations and legacies

	31.3.24	31.3.23
	£	£
Members Holidays Costs	**9,604**	-
Xmas Club Costs	**7,500**	5,371
Lunch Club Costs	**20,619**	13,090
Transport Costs	**9,256**	5,092
Activities	**3,755**	4,425
Art & Craft	**6,683**	6,677
Exercise	**1,641**	1,400
	59,058	36,055

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Direct Costs	**147,933**	-	**147,933**
Support Costs	**1,385**	**77,066**	**78,451**
	149,318	**77,066**	**226,384**

7. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Support Costs	**52,509**	**20,928**	**3,629**	**77,066**

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.24	31.3.23
	£	£
Depreciation - owned assets	**1,385**	1,329
Independent Examiners Fees	**2,500**	2,500

continued...

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

	31.3.24	31.3.23
	£	£
Trustees' expenses	**34**	-

10. KEY MANAGEMENT PERSONNEL

	31.3.24	31.3.23
	£	£
Wages and salaries	**139,783**	131,153
Other pension costs	**6,109**	6,327
	145,892	137,480

The average monthly number of employees during the year was as follows:

	31.3.24	31.3.23
Engaged on charitable activities	**7**	9
Engaged on Management and Administration	**2**	1
	9	10

No employees received emoluments in excess of £60,000.

The Key Management Personnel comprises of the Board of Trustees and the Day Services Manager whose annual gross remuneration was £37,502 in the year. (2023 - £32,484).

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES 31 MARCH 2023

	Unrestricted fund	Restricted fund	Total funds
	£	£	£
INCOME FROM			
Donations	38,323	205,205	243,528
Other Charitable activities	23,554	-	23,554
Investment income	841	-	841
Total	62,718	205,205	267,923
EXPENDITURE ON			
Costs of Generating Income	12,022	24,033	36,055

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES 31 MARCH 2023 - continued

	Unrestricted fund £	Restricted fund £	Total funds £
Charitable activities			
Direct Costs	10,074	133,533	143,607
Support Costs	(4,422)	59,093	54,671
Total	17,674	216,659	234,333
NET INCOME/(EXPENDITURE)	45,044	(11,454)	33,590
RECONCILIATION OF FUNDS			
Total funds brought forward	94,598	137,783	232,381
TOTAL FUNDS CARRIED FORWARD	139,642	126,329	265,971

12. TANGIBLE FIXED ASSETS

	Plant and machinery £
COST	
At 1 April 2023	**18,574**
Additions	**1,552**
At 31 March 2024	**20,126**
DEPRECIATION	
At 1 April 2023	**14,586**
Charge for year	**1,385**
At 31 March 2024	**15,971**
NET BOOK VALUE	
At 31 March 2024	**4,155**
At 31 March 2023	3,988

continued...

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Trade creditors	**4,576**	4,155

14. RESTRICTED FUNDS

Analysis of Restricted Funds carried forward as at 31st March 2024

	31.3.2024	31.3.2023
LB of Hackney -VCS ARTS	**-**	5,879
Postcode Society	**2,442**	22,549
East London NHS Foundation - BME Dementia Outreach	**-**	4,325
National Lottery Community Fund	**3,100**	46,454
The Charity of Sir Richard Whittington	**32,161**	30,003
XMas Club	**3,804**	2,013
Edward Gostling	**-**	8,418
North East London CCG	**2,643**	6,688
LB of Hackney - Arts & Dementia	**3,000**	-
City Bridge Trust	**21,438**	-
Keystone Funds	**2,736**	-
	71,324	126,329

15. MOVEMENT IN FUNDS

	At 1/4/23	Net movement in funds	At 31/3/24
	£	£	£
Unrestricted funds			
General fund	**139,642**	**62,588**	**202,230**
Restricted funds			
Restricted	**126,329**	**(55,005)**	**71,324**
TOTAL FUNDS	**265,971**	**7,583**	**273,554**

continued...

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**89,717**	**(27,129)**	**62,588**
Restricted funds			
Restricted	**203,308**	**(258,313)**	**(55,005)**
TOTAL FUNDS	**293,025**	**(285,442)**	**7,583**

Comparatives for movement in funds

	At 1/4/22 £	Net movement in funds £	At 31/3/23 £
Unrestricted funds			
General fund	94,598	45,044	139,642
Restricted funds			
Restricted	137,783	(11,454)	126,329
TOTAL FUNDS	232,381	33,590	265,971

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	62,718	(17,674)	45,044
Restricted funds			
Restricted	205,205	(216,659)	(11,454)
TOTAL FUNDS	267,923	(234,333)	33,590

continued...

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

REGISTERED COMPANY NUMBER: 03218456 (England and Wales)
REGISTERED CHARITY NUMBER: 1057603

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

FOR

HACKNEY CARIBBEAN ELDERLY ORGANISATION
(A COMPANY LIMITED BY GUARANTEE)

Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, 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 1 January 2019).

OBJECTIVES AND ACTIVITIES

Our organisation and charitable purpose

Hackney Caribbean Elderly Organisation (HCEO) is a community organisation that promotes the interests of anyone over the age of 55, primarily but not exclusively, of African and Caribbean descent. Our charitable purpose is for the benefit of elders living in and/or with a close association with the London Borough of Hackney, and we are also recognised as a cultural group that actively seeks to engage with the community and other local organisations.

Mission

To bring local older people together to share life.

Vision

To work together to build stronger, closer and inclusive communities where every day is to be eagerly anticipated by the older person.

Values

Our values are integral to everything we do, which is to ensure that older people have dignity, respect, choice and 'voice'. We provide support in a person centred, sensitive manner, tailoring our service provision to meet the needs of our beneficiaries.

STRATEGIC AIMS

A. To enhance the quality of life and wellbeing of older people, in particular African and Caribbean people, living in the local community

B. To prevent isolation and loneliness and bring communities together

C. To build good relationships with members, their families and carers, and to work in partnerships with links to the wider community

D. To increase the number of individuals registering as members and accessing our services

E. To achieve a secure financial future for HCEO

Public benefit

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance published by the Commission in determining the activities undertaken by the Charity.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We had another busy year, making the most of HCEO's resources, as our staff and volunteers have continued to work above and beyond so that members, carers and the community can meet, engage with and support each other; to learn and be involved in creative activities for a fun, fulfilling and active life in later years.

ACHIEVEMENT AND PERFORMANCE

The following is a reflection of what we have achieved and delivered over the last year against our **strategic aims and priority areas:**

A&B. To enhance the quality of life and wellbeing of older people, in particular African and Caribbean people, living in the local community

Progress against priority area: Health/Healthy Living

- **Nutritious Meals:** Over 4,125 lunches were cooked and served on the premise to members. Additional lunches are proved for those with special needs for them to take home. A vegetarian option is served each day.

"The meals are always tasty and substantial."
"The [staff]are very helpful. They bring me things like food, I miss out on when I can't come".

- Collaboration with a local charity Made in Hackney for a vegetarian cookery course. Staff & volunteers participated.

"We enjoyed it; learnt a lot and were surprised at the tastiness of the vegetarian food they cooked for themselves"

- **94 Physical exercise & movement classes: - up to 40 attending on a Tuesday.** Yoga sessions with **TripSpace.** HCEO demonstrates knowledge of this area as we offer a combination of cardio, flexibility, balance and strengthening.

"The exercise teachers are good".
"I've been made more mobile. I came in with pain this morning, and left without it."
"It made my arthritis more manageable"

- **Gardening.** We are fortunate to have a small courtyard garden area. This provides therapeutic benefits as well as produce which the Cook utilities in the kitchen.

"Amazing to have this resource at the centre, which is also a quiet sanctuary." Family member.

Arts & Culture
- 94 sessions held for the year.

- **Thursday afternoon arts & craft classes** which fosters creativity, individualism, dexterity for some tasks. A chance to use existing skills, build new skills and abilities, transferable to the home.

- **Wednesday - Arts & culture.** The tutor focuses on creativity via sustainability, using waste & recycled materials.

- **Outings:** Seaside trips to Margate and Bournemouth - 50-seatercoach. Members & families enjoy time together. Members artwork was exhibited in a 'pop-up' and publicised by BBC Thanet.

- **Annual Holiday to the Isle of Wight.** Staff arranged and facilitated over 50 people on this holiday. For many this was their first holiday sea crossing for a long time.

C. To build good relationships with members, their families and carers, and to work in partnerships with links to the wider community.

- **Hackney Lunch Clubs Network.** We have done a tremendous amount of development this year, in close partnership with 12 local centres forming Hackney Lunch Clubs Network supported by Rachel King, the Development Coordinator at HCVS. Our centres are the gateway to many important activities and services: lunches, exercise, health awareness, health checks, information, social, art & cultural events, seasonal and cultural celebrations, education, research, advocacy, conversations & storytelling, having a cup-of-tea together, bingo & quizzes, and valuable intergenerational events. The Lunch Clubs Network volunteer who collates the monitoring has also reminded us that the "the Lunch Cubs are also a space for sadness, remembering and celebrating the deceased."

- **Collaborations with Creative Arts** provided a 6-week project of music/movement, storytelling, arts, creative writing to enhance creative thinking, develop skills in music, teamwork, communication, feeling connected to others, developing confidence and self-esteem and improving wellbeing.

- **Sweet Patootee's heritage project.** Our staff members contributed to a melodrama for the film Turning Point - a Black heritage and comedy film based around 4 stories from Barbados and Jamaica in the 1920s.

- **Hackney Culture team: Windrush Day 75 years** celebrations were a huge success and an opportunity to see a display of the art-work created by our members, displayed at The Old Fire Station, and an event for over 50 people at our centre.

- **Two trips to the Royal Albert Hall** for 'Friendship Matinee' of classical/operatic music and again for the Christmas Carols bonanza. There was great excitement because for most of our members, this was their very first visit to the Royal Albert Hall, and extremely enjoyable.

Progress against priority: Raising Awareness - education, advocacy

'Commit to Health' theme:

- **Health workshops:-** Womb Cancer Awareness (North East London Cancer Alliance); bowel cancer; stroke prevention; managing arthritis; breathing techniques; gratitude and meditation. Approximately 30 people attended each session.

- **Blood pressure health checks** provided by a volunteer nurse and a student nurse fortnightly. Approximately 25 people are checked each time and the nurse alerts staff to any concerns they might have for signposting to the GP.

- **Health Week:** cooking sessions on vegetarian meals followed up with talks on the health benefits; dementia awareness; exercise and movement classes; nail pampering.

- Clissold Park Neighbourhood Health Forum: We are an active member of this forum with staff representation and hosted meetings for resident engagement. Memorable presentation from the City & Hackney Homerton Healthcare NHS Foundation Trust Diabetes Team on their services and Types 2 Diabetes Education Courses.

Progress against priority area: Advocacy & Outreach

With new funding from the City Bridge Foundation we have expanded our Advocacy & Outreach work to support Dementia. Staff have had 47 enquiries; 31 on-going cases covering: financial entitlements, social care assessments, housing, complaints, refugee/immigration, transport; medical questionnaires, signposting. The Advocacy Officer has said that

"My support to my members and families gives them a greater independence and control in terms of decision making. It gives them a voice. It supports the carers giving them assistance."

Progress against priority area: Dementia and Carers' support

Families & Respite

31% of our attendees are affected by dementia and cognitive impairment. We support them to improve their wellbeing through physical, social and cognitive activities, as well as providing respite to families and carers. We hear from so many family members about what a massive relief it is for them to be able to leave their loved ones in a safe space and where they will enjoy and have fun.

"It's given me some time to do other things". Carer.

"He hadn't been able to sleep, but these days [when at the centre] have made him less restless." (Carer).

Progress against priority area : Volunteering
3,654 volunteering hours carried out by 95 volunteers. We have a very successful volunteer programme involving student volunteers from local schools and colleges on work experience such as: New City College, Islington Academy, Inspire, Clapton Girls Academy, City Academy, Excelsior and Bridge Academy. 5 mature students from Global Banking School had enjoyed their 60-hour work Health & Social Care placements. Core volunteers who help out on a regular basis.

D. To increase the number of individuals registering as members and accessing our services

Club Attendance: 198 : 139 female; 70%; 59 male 30%. 30% increase.

Lives locally: 190

People with dementia and cognitive impairment: Dementia 61 (31%)
We encourage carers to remain if a person needs a higher level of support.
Our centre has friendly disability access and many service users have multiple health and mobility difficulties.

E. To achieve a secure financial future for HECO

Sustainability - areas of focus

We have appointed four new trustees to strengthen our governance. We have made use resources from funders such as The City Bridge Foundation, The National Lottery Community Fund and the Keystone Fund to help us to improve organisational resilience e.g re-defining purpose, becoming financially and operationally fit, looking at systems and processes.

Website, marketing, comms and Social Media. We are on Facebook and Tiktok and have a popular Instagram account which is successfully managed by one of the staff. We are looking into staff and volunteer to focus on managing the website updates and to build our marketing and communications work.

Space rental to raise income

We are in the process of transforming the two vacant upstairs rooms of the day centre to set up a health & wellbeing centre providing quality, affordable classes and treatments to members (older people), their family and friends and to those within the local community.

We would like to thank all of our existing and new funders, organisations and individuals. Without them we couldn't have carried out our operations and look forward to their continued support:

The National Lottery Community Fund
North East London CCG
City Bridge Foundation
The Charity of Sir Richard Whittington [The Mercers Company]
London Borough of Hackney
Culture Team Hackney Council and Hackney CVS
The Keystone Fund
Co-op community Fund

FINANCIAL REVIEW

Financial position

Availability and adequacy of assets of each of the funds

The Trustees are responsible for keeping accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Charities Act 2011.

Reserves Policy

Our Reserves Policy state HCEO's management committee have established that the unrestricted reserves should be between 3-6 months of expenditure. Our current level of unrestricted reserves is within this policy.

Transactions and Financial position

During the year the charity met its expenditure of £285,442 (2023: £234,333) through a combination of grants, fees for services provided, donations from individuals and from reserves brought forward from the previous year. The charity has carried forward reserves of £273,554 (2023: £265,971) of which £71,324 (2023: £126,329] is restricted. The trustees are grateful to the funders and individuals for their continued support.

CHALLENGES AND RISKS

Capacity is an issue which affects communication and planning: Staff have a job title covering one area, but cut across tasks and roles to ensure that the work is done.

To be financially stable in a competitive fundraising landscape and increasing pressure on budgets.

Working with external partners. To be more proactive in taking the lead and look sufficiently for opportunities to develop the project with external partners. We need to publicise and promote our work sufficiently and in good time, to our advantage.

Monitoring. We are piloting a database and CRM system to manage beneficiary information and health data related to dementia, diabetes, high blood pressure, and other age-related conditions

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

The directors of the charitable company (the charity) are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees.

The charity is controlled by its governing document, Memorandum & Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006. The Board of Trustees is responsible for the overall governance and strategic direction of the charity. The management of HCEO is the responsibility of the trustees who are elected and co-opted under the terms of the Articles of Association. The Management team includes a Chair, Treasurer and Company Secretary.

Process for attracting new trustees
Trustees are recruited according to their knowledge, skills and experience from the members of the charity, from the wider local community and from applicants responding to advertisements via specialist volunteering sites such as Reach. We welcome any interested individuals to join HCEO. Potential trustees are asked to complete a Skills Audit and are offered the opportunity to visit the centre to interact with the service users and to observe the operational services. They are encouraged to have informal meetings with staff and volunteers and to attend the Management Meetings as an observer. If mutually agreed, trustees are then appointed through invitation and resolution.

Terms of office for trustees
All members of the Management Committee are eligible for re-election each year, up to a maximum of three years, unless the AGM or special general meeting at which the election takes place approves a further term by resolution. The Board regularly review gaps in knowledge and skills to inform trustee recruitment and is focused on ensuring diversity amongst Board members.
All new appointees to the board receive a full induction briefing by the trustees, which includes the history of the organisation, financial information, strategic aims, access to all policies and procedures, information of the trustees' legal responsibility and regular updates from the office on matters pertaining to effective governance and HCEOs ongoing activities. They are encouraged to attend relevant training courses and appraisals.

Staff
9 staff (8 part-time, 1f/t). The delivery of HCEO services relies on a small team of committed staff and volunteers. Where more specialist support is required, we refer the service user or their family to complement sources of support and advice as we work in close partnership with local charities, the council, GP services and other local providers. We have continued to support an Arts Coordinator to lead on the arts & cultural programme.

Risk management
The trustees have 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.

REFERENCE AND ADMINISTRATIVE DETAILS
Registered Company number
03218456 (England and Wales)

Registered Charity number
1057603

Registered office
39 Leswin Road
London
N16 7NX

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

Trustees
The Members of the Board of Trustees of the Charity as at the year ended 31st March 2024 were:

Valney Prescott
Patricia Richardson
Anthony Stevens
Jennifer Haynes-Martin
Ivor John
Jennifer Colleen Dennis - Appointed on 7th June 23
Tessa Lee Jones - Appointed on 7th June 23
Shreya Ramesh - Appointed on 7th June 23
Inez Cuffy - Resigned on 7th June 23

Company Secretary:

Beryl Pusey

All the directors of the company are also trustees of the charity and their responsibilities include all the responsibilities of directors under the Companies Acts and trustees under the Charities Act. The directors are members of the company.

Independent Examiner
Anwer Patel BA(Hons), BFP, FCA
Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Bankers
HSBC
312 Seven Sisters Road
Finsbury Park
London
N4 2AW

Approved by order of the board of trustees on ....15th November 24.... and signed on its behalf by:



.....
Trustee / PATRICIA RICHARDSON

Director:

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HACKNEY CARIBBEAN ELDERLY ORGANISATION

Independent examiner's report to the trustees of Hackney Caribbean Elderly Organisation ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

A PATEL

Anwer Patel BA(Hons), BFP, FCA

Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Date: 18/11/2024

HACKNEY CARIBBEAN ELDERLY ORGANISATION

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted fund £	Restricted fund £	**31.3.24 Total funds £**	31.3.23 Total funds £
INCOME FROM					
Donations	2	**47,089**	**203,308**	**250,397**	243,528
Other Charitable activities	3	**38,098**	**-**	**38,098**	23,554
Investment income	4	**4,530**	**-**	**4,530**	841
Total		**89,717**	**203,308**	**293,025**	267,923
EXPENDITURE ON					
Costs of Generating Income	5	**13,027**	**46,031**	**59,058**	36,055
Charitable activities	6				
Direct Costs		**3,583**	**144,350**	**147,933**	143,607
Support Costs		**10,519**	**67,932**	**78,451**	54,671
Total		**27,129**	**258,313**	**285,442**	234,333
NET INCOME/(EXPENDITURE)		**62,588**	**(55,005)**	**7,583**	33,590
RECONCILIATION OF FUNDS					
Total funds brought forward		**139,642**	**126,329**	**265,971**	232,381
TOTAL FUNDS CARRIED FORWARD		**202,230**	**71,324**	**273,554**	265,971

The notes form part of these financial statements

HACKNEY CARIBBEAN ELDERLY ORGANISATION

STATEMENT OF FINANCIAL POSITION
31 MARCH 2024

	Notes	31.3.24 £	31.3.23 £
FIXED ASSETS			
Tangible assets	12	**4,155**	3,988
CURRENT ASSETS			
Cash at bank and in hand		**273,975**	266,138
CREDITORS			
Amounts falling due within one year	13	**(4,576)**	(4,155)
NET CURRENT ASSETS		**269,399**	261,983
TOTAL ASSETS LESS CURRENT LIABILITIES		**273,554**	265,971
NET ASSETS		**273,554**	265,971
FUNDS	15		
Unrestricted funds		**202,230**	139,642
Restricted funds		**71,324**	126,329
TOTAL FUNDS		**273,554**	265,971

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

continued...

STATEMENT OF FINANCIAL POSITION - continued
31 MARCH 2024

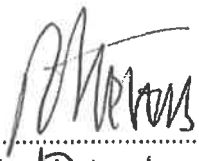
These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 15th November 24 and were signed on its behalf by:



.....

Trustee Director: PATRICIA RICHARDSON



.....

Trustee Director: ANTHONY STEVENS

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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 in 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those condition is wholly within the control of the charity and is probable that those conditions will be fulfilled in the reporting period.

Expenditure and irrecoverable vat
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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Irrecoverable VAT is charged as cost against the activity for which the expenditure was incurred.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery - 25% on reducing balance

Tangible fixed assets are stated at historical cost less accumulated depreciation and any accumulated impairment losses. Historical cost includes expenditure that is directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

continued...

1. ACCOUNTING POLICIES - continued

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Debtors
Basic financial assets, including trade and other debtors, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Such assets are subsequently carried at amortised cost using the effective interest method, less any impairment.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Creditors
Basic financial liabilities, including trade and other creditors, loans from third parties and loans from related parties, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Such instruments are subsequently carried at amortised cost using the effective interest method, less any impairment.

Going concern
As with many charities, the charity is reliant on continued support from its funders.The company has received additional fundings to enable it to continue to provide its services.

The trustees are confident of continued support from their funders. It is for this reason the accounts have been prepared on a going concern basis.

2. DONATIONS

	31.3.24	31.3.23
	£	£
Members Contribution	**870**	633
Donations	**1,661**	9,677
Grants	**247,866**	233,218
	250,397	243,528

continued...

2. DONATIONS - continued

Grants received, included in the above, are as follows:

	31.3.24	31.3.23
	£	£
LB of Hackney	**23,623**	38,543
City Bridge Foundation	**56,500**	-
Xmas Club	**9,396**	6,640
London Catalyst	**-**	500
North East London NHS Foundation Trust	**29,701**	29,701
National Lottery Community Fund	**70,071**	79,834
The Charity of Sir Richard Whittington	**35,640**	33,000
Postcode Society Trust	**-**	25,000
The Edward Gostling Foundation	**-**	10,000
Charles S French Charitable Trust	**-**	3,000
Grocers' Hall Charity	**-**	2,500
The Merchant Taylors' Foundation	**-**	4,000
The Ubele Initiative-Majonzi Fund	**-**	500
The Co-op Community Fund	**1,026**	-
The London Foundation Management Group	**1,500**	-
The London Community Fund	**5,500**	-
Keystone Fund	**9,909**	-
LB Hackney - Arts Engagement for Dementia	**3,000**	-
LB of Hackney - The Windrush 75th Anniversary	**2,000**	-
	247,866	233,218

3. OTHER CHARITABLE ACTIVITIES

	31.3.24	31.3.23
	£	£
Fundraising events	**38,098**	23,554

4. INVESTMENT INCOME

	31.3.24	31.3.23
	£	£
Deposit account interest	**4,530**	841

continued...

5. COSTS OF GENERATING INCOME

Raising donations and legacies

	31.3.24	31.3.23
	£	£
Members Holidays Costs	**9,604**	-
Xmas Club Costs	**7,500**	5,371
Lunch Club Costs	**20,619**	13,090
Transport Costs	**9,256**	5,092
Activities	**3,755**	4,425
Art & Craft	**6,683**	6,677
Exercise	**1,641**	1,400
	59,058	36,055

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Direct Costs	**147,933**	-	**147,933**
Support Costs	**1,385**	**77,066**	**78,451**
	149,318	**77,066**	**226,384**

7. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Support Costs	**52,509**	**20,928**	**3,629**	**77,066**

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.24	31.3.23
	£	£
Depreciation - owned assets	**1,385**	1,329
Independent Examiners Fees	**2,500**	2,500

continued...

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

	31.3.24	31.3.23
	£	£
Trustees' expenses	**34**	-

10. KEY MANAGEMENT PERSONNEL

	31.3.24	31.3.23
	£	£
Wages and salaries	**139,783**	131,153
Other pension costs	**6,109**	6,327
	145,892	137,480

The average monthly number of employees during the year was as follows:

	31.3.24	31.3.23
Engaged on charitable activities	**7**	9
Engaged on Management and Administration	**2**	1
	9	10

No employees received emoluments in excess of £60,000.

The Key Management Personnel comprises of the Board of Trustees and the Day Services Manager whose annual gross remuneration was £37,502 in the year. (2023 - £32,484).

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES 31 MARCH 2023

	Unrestricted fund	Restricted fund	Total funds
	£	£	£
INCOME FROM			
Donations	38,323	205,205	243,528
Other Charitable activities	23,554	-	23,554
Investment income	841	-	841
Total	62,718	205,205	267,923
EXPENDITURE ON			
Costs of Generating Income	12,022	24,033	36,055

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES 31 MARCH 2023 - continued

	Unrestricted fund £	Restricted fund £	Total funds £
Charitable activities			
Direct Costs	10,074	133,533	143,607
Support Costs	(4,422)	59,093	54,671
Total	17,674	216,659	234,333
NET INCOME/(EXPENDITURE)	45,044	(11,454)	33,590
RECONCILIATION OF FUNDS			
Total funds brought forward	94,598	137,783	232,381
TOTAL FUNDS CARRIED FORWARD	139,642	126,329	265,971

12. TANGIBLE FIXED ASSETS

	Plant and machinery £
COST	
At 1 April 2023	**18,574**
Additions	**1,552**
At 31 March 2024	**20,126**
DEPRECIATION	
At 1 April 2023	**14,586**
Charge for year	**1,385**
At 31 March 2024	**15,971**
NET BOOK VALUE	
At 31 March 2024	**4,155**
At 31 March 2023	3,988

continued...

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Trade creditors	**4,576**	4,155

14. RESTRICTED FUNDS

Analysis of Restricted Funds carried forward as at 31st March 2024

	31.3.2024	31.3.2023
LB of Hackney -VCS ARTS	**-**	5,879
Postcode Society	**2,442**	22,549
East London NHS Foundation - BME Dementia Outreach	**-**	4,325
National Lottery Community Fund	**3,100**	46,454
The Charity of Sir Richard Whittington	**32,161**	30,003
XMas Club	**3,804**	2,013
Edward Gostling	**-**	8,418
North East London CCG	**2,643**	6,688
LB of Hackney - Arts & Dementia	**3,000**	-
City Bridge Trust	**21,438**	-
Keystone Funds	**2,736**	-
	71,324	126,329

15. MOVEMENT IN FUNDS

	At 1/4/23	Net movement in funds	At 31/3/24
	£	£	£
Unrestricted funds			
General fund	**139,642**	**62,588**	**202,230**
Restricted funds			
Restricted	**126,329**	**(55,005)**	**71,324**
TOTAL FUNDS	**265,971**	**7,583**	**273,554**

continued...

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**89,717**	**(27,129)**	**62,588**
Restricted funds			
Restricted	**203,308**	**(258,313)**	**(55,005)**
TOTAL FUNDS	**293,025**	**(285,442)**	**7,583**

Comparatives for movement in funds

	At 1/4/22 £	Net movement in funds £	At 31/3/23 £
Unrestricted funds			
General fund	94,598	45,044	139,642
Restricted funds			
Restricted	137,783	(11,454)	126,329
TOTAL FUNDS	232,381	33,590	265,971

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	62,718	(17,674)	45,044
Restricted funds			
Restricted	205,205	(216,659)	(11,454)
TOTAL FUNDS	267,923	(234,333)	33,590

continued...

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

England & Wales - Charity number 1057603

Accounts

HCEO
Hackney Caribbean Elderly Organisation

Patron: Dolly Mayers

Annual Report
And
Financial Statements 2022/23



Mildred Brown

"My mum gained so much joy from attending the centre; it brought joy and blessing to her day. She loved socialising, exercising and dancing which were good for her mental and physical well-being"

Sybil - Mildred's daughter

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Company Information

Trustees/Directors	Antony Stevens Valney Prescott Patricia Richardson Jennifer Haynes-Martin Inez Cuffy
Secretary	Beryl Pusey
Company Registration No.	3218456
Charity Registration No.	1057603
Registered Office	39 Leswin Road, Stoke Newington London N16 7NX
Telephone No.	0207 923 3536
Email:	Info@hackneycaribbean.org.uk
Web:	www.hceo.org.uk

Staff [all staff work part-time hours]

Beryl Pusey	Day Services Manager
Lullyn Tavares	Finance & Administration Officer
Paulette Smith-Henry	Project Coordinator
Arlene Jones	Caribbean Cook
Yvonne Williams	Facilitator /Support Worker
Kim Britten	Volunteer Coordinator
Johnisha Kwayke/Landa George	Advocacy & Outreach Officers
Nyarko Amaniampong	Befriending & Outreach Coordinator
Donald Waugh	Arts Coordinator

Sessional Workers

Margaret Morris	Arts & Craft
Beverley Daley	Passenger Support Assistant

Core Volunteers

Ana Dominguez-Cruz	Merle Reid
Dennis Stephenson	Shazia Ali
Monica Morris	Margaret Levine
Sadie Lee	Allum Malik
Yvonne Williams	Florence Burke
Winnie Wood	Merle Reid
Pete Willes	

Welcome to HCEO





About HCEO

Our organisation and charitable purpose

Founded in 1985, we are a community-driven organisation, dedicated to keeping older people in and around Hackney active, independent and loving life**!**

Mission

To bring local older people together to share life.

Vision

To work together to build stronger, closer and inclusive communities where every day is to be eagerly anticipated by the older person.

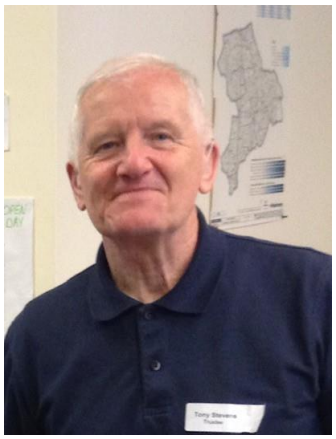
Values

Our values are integral to everything we do, which is to ensure that older people have dignity, respect, choice and 'voice'. We provide support in a person centred, sensitive manner, tailoring our service provision to meet the needs of our beneficiaries.

"The community benefits from having a space within it which can absorb the needs of vulnerable people and give them a quality of life which they would almost certainly not have otherwise."

Volunteer

Introduction from our Chair



We began the financial year with enthusiasm and excitement, having finally come through the covid pandemic. Our focus was on developing our range of services to meet the changing needs of people and the local community.

We came together for a Thanksgiving & Memorial Day for service users, families and friends of those who sadly passed during the covid pandemic. This was commemorated with a colourful mural designed, on our members' request, to represent a "Piece of Paradise" in memory of their friends.

As we moved into autumn, the cost-of-living crisis was taking its toll on our members, but our Advocacy & Outreach Officer was highly effective in assisting them to obtain fuel and food vouchers and other emergency support. Without her quick response many would have lost out on getting their entitlements. Our thanks also to the funders who provided extra support during this difficult time.

Over the year we saw a steady increase in referrals for people living with dementia who want to access our services, although, unfortunately, we do not have the capacity for supporting those who present with high level dementia requirements.

The Volunteer Coordinator has successfully initiated a volunteering programme and volunteering hours have increased, although it is still a challenge to sustain longer term volunteering. We have had successes in diversifying our income generation to include an arts & cultural programme.

Our thanks to all staff and volunteers for their dedication and hard work throughout the year. We are sincerely grateful to all funders and supporters, as well as our members and their families, for their continued support.

Kind Regards

Anthony Stevens, Chair

Achievement and Performance

STRATEGIC AIMS AND PRIORITIES

A) To enhance the quality of life and wellbeing of older people, in particular African and Caribbean people, living in the local community
B) To prevent isolation and loneliness and bring communities together
C) To build good relationships with members, their families and carers, and to work in partnerships with links to the wider community
D) To increase the number of individuals registering as members and accessing our services
E) To achieve a secure financial future for HCEO

2022/2023 HIGHLIGHTS

Our newly refurbished centre is heart of where our activities take place. It is a warm and welcoming environment where older people come together to build social connections, make friends and develop positive meaningful relationships. The space is wheelchair and mobility accessible.

Promoting good health/healthy lifestyle

- Over 120 older people enjoyed a range of social and purposeful activities on a regular basis.
- Approx.4000 lunches served throughout the year
- Replanting of our kitchen garden
- 94 physical exercise and movement to music sessions. Those who were able, practiced learning Quadrille dancing once a week for 6 months. Whilst this was very popular with some people, the course was difficult to sustain.
- 45 Arts & craft sessions - over 25 people attending each session. Additionally, local artists ran workshops such as the Stitch project; jewellery making with the Community Partnership Officer from the British Museum and silk screen printing with Engage Here
- Innovative arts and involvement in cultural events -Windrush celebrations, visits to the V&A Fashion Exhibition, British Museum and Wallace Collection
- Seaside outings to Hastings and Great Yarmouth which included families; 50-seater coaches.
- Delivering around 1500 volunteer hours for the year
- Learning to make better use of digital devices led by Stepheny, Ability Net volunteer
- Tea Dances, Bake sales and a picnic in the local park for service users and families

- Health talks including presentations on hypertension and diabetes, and from 'Better Together Hackney' 50+ Club which helps residents to become more mentally and physically active
- We supported the Womb Cancer campaign by hosting meetings.
- Medical students from Barts Hospital visited to interact and learn from the lived experiences of our elderly service users.

Local partnerships

- We receive a wide range of referrals from agencies who believe that we can have a positive impact on the lives of those who are suffering from isolation, such as Health professionals, Social Care professionals, family/friends, residential homes, social prescribers and word of mouth.
- We are an active member of the Hackney Lunch Clubs Network which serves a variety of cultural backgrounds that reflects the diversity of Hackney. As part of this, we are instrumental in ensuring that we work together to serve older people in the community, address issues and allow for relationships to form across communities. For example, we participated in the Turkish Cypriot Cultural Association's exciting 'Food and Cultures Project' which sought to support and learn about different cultures, their cooking and more.
- We completed on a 5-year lease with the Council which gives us a stronger sense of presence and belonging in the area and a feeling that we are an integral part of the local community.

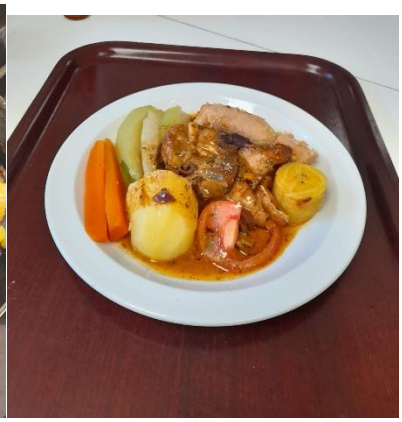
LUNCHES -freshly cooked in-house each day



"Yes, I like Caribbean foods - yam, banana, dumplings, chicken."

"Yes, I eat the vegetarian food."









FRIENDS WELL-BEING GARDEN

Overseeing the creation of the garden is Paulette, who is a 'natural' gardener from a local 'Black Roots' initiative. Apart from herbs for cooking, she encourages members to grow plants that are not usually grown in the UK. The space is also a sanctuary for anyone to be outdoors and/or do other activities.



PHYSICAL EXERCISES AND MOVEMENT



Exercise & movement classes with music are held twice weekly to improve mobility, strength, balance and relaxation.

Candy – exercise tutor







MIldred, dancing to the drumbeat



ARTS AND CULTURAL ACTIVITIES

We had a real boost to our arts & cultural activities this year, and our thanks to the funders who supported the development of this work. The sessions are fun and stimulating but also generate lots of communication around the shapes, colours and textures, so important for maintaining cognition.





Margaret Morris, arts tutor

On reopening after Covid, people at home participated in the arts sessions online as well as those in-person at the Centre.







ARTS AND CULTURAL ACTIVITIES

Visits to Museums: V&A for the Africa Fashion exhibition, The British Museum for a private tour with the Curators of the Africa & Oceanic Collections and a private tour at the Wallace Collection.

Members at the V&A – Africa Fashion Exhibition



The Community Partnerships Officer, British Museum (below) facilitated an arts workshop at our centre on bead-making.

"Thank you so much for today, I had such a lovely time which I knew I would, but HCEO is a really magical space. I will definitely be back"



ARTS AND CULTURAL ACTIVITIES

Working together with young people from 'Unity', we participated in Hackney Carnival Showcase at Shoreditch Town Hall. Our involvement ensured that older people fully represented in local celebrations. Lucy McMenemy, Cultural Development Manager said …

"It was brilliant to have Hackney Caribbean Elders with us, your presence made the event really inclusive, and everyone loved that about it".





INNOVATIVE ARTS - Waste Not, Want Not

Donald Waugh, Arts & Culture Coordinator encourages the use of recyclable materials to create innovative artwork and images on a weekly basis, and puts on local exhibitions of the members' work





SEASIDE OUTINGS

It is very important that staff and volunteers are able to support outings to the seaside each year to include their families, which was greatly appreciated after the Covid lockdown restrictions.



A wonderful and fun day out for the family at Great. Yarmouth during August 2022



COMMIT TO HEALTH

We commemorated and paid homage to the Windrush Generation celebrations – adopting a themed approach of "Commit to Health" which now forms an integral part of our work.


HCEO
Hackney Caribbean Elderly Organisation

COMMIT TO HEALTH

Join us for a week of health and wellbeing activities to celebrate the Windrush generation

Please join us for activities on health and wellbeing to celebrate the Windrush generation, with emphasis on the health challenges facing the community such as:

- Hypertension
- Diabetes
- Dementia

Awareness and preventative actions are key factors in improving your health and that of your loved ones.

As a first step in committing to health we are inviting you to our Commit to Health days:

Monday 20th June: Awareness of Dementia, Hypertension and Health Conditions
Tuesday 21st June: Improving your diet and natural preventative measures, led by a Harley Street Doctor
Wednesday 22nd June: no activities
Thursday 23rd June, 11am-5pm: Exercise and therapeutic treatments

ALL ACTIVITIES AT:

Hackney Caribbean Elderly Organisation
39 Lewin Road
Stoke Newington
London N16 7NX
Tel: 0203 023 3536

Email: info@hackneycaribbean.org.uk
Website: www.hceo.org.uk

Presentation on *"What can be done to reverse hypertension and diabetes"*

Dr Chidi





Tap dancing (above)





RAISING AWARENESS - education, advocacy & outreach -befriending

We use every opportunity to raise awareness around the challenges facing older people. Via outreach, we promote our services at places such as local Hospitals, Social Action groups, local libraries and residential housing communities. In addition, via events and fairs, we engage with Community Navigators/Social Prescribers, GPs and Adult Health professionals.



Ijeoma Uchegbu, Health Economist
Presenting on her planned research on healthcare experience of many in the Black Caribbean community in London, and obtaining feedback.

Feedback from her colleague, Rijah, who were also present:
"..What stood out to me in particular was how passionate staff were about spreading awareness about dementia and reducing the stigma associated with it within the Black Caribbean community."

- Over the year we had 91 new referrals (excluding Advocacy) from which 61 persons were assessed and attended
- We are an active member of the Clissold Park Neighbourhood Forum and host meetings to discuss and share information and experiences for improved health and wellbeing.
- Improvement in our website and publicity www.hceo.org.uk. We are hugely grateful to Sean Davey [https://keepstone.uk/consulting] for volunteering his time and skills to revamp our website to raise the charity's profile, along with his colleague Becky Harrison.
- We took part in the Winter Warmer event in Hackney and showed an Outreach presentation to raise awareness of HCEO and boost referrals.

ADVOCACY & OUTREACH PROJECT

Over 30 advocacy cases were supported and 9 closed during the period. The Advocacy Officer had a stall at the Winter Warmer event and did an Attendance Allowance presentation to Adult Social Care which led to an increase in interest about applying for Attendance Allowance, and a list of members waiting to make applications. She was kept extremely busy during the latter part of the year with facilitating cost of living vouchers and accessing Hackney food bank delivering weekly food parcels for a vulnerable member. She said…

"There is help and support available to support members in the cost-of-living crisis, but it requires patience and commitment. A large percentage of support requires IT literacy, an email address and access to a smart phone which is a barrier to most of our members. We are working to improve the IT literacy of our members, but this takes on-going and consistent work. The Learning is to move fast when opportunities come up to improve the lives of our members!"

Our Advocacy & Outreach Officer was supported by a legal volunteer, which led to presentations to legal organisations resulting in donations of £4750 around the Christmas period. Our sincere thanks to all our supporters whose kind donations enabled our members to have a good Christmas Party!!







BEFRIENDING PROJECT – this was a 'pilot' project. There remains a clear need to offer support to older people within Hackney, particularly following the ongoing impacts of the covid pandemic on both physical and mental health and well-being, so we now signpost to other local organisations and providers.

DEMENTIA AND CARERS' SUPPORT

Over 35 people living with dementia are registered for our Dementia Memory Wellbeing Group. 45 sessions were held during the period. From our work, it appears that stigma around people living with dementia has diminished since we started on this programme.

Researchers at Queen Mary University Hospital supported our Dementia Awareness workshop and we assisted them on their research study about dementia in the BME community, contributing to focus group meetings and interviews.

The Dementia Memory group hosted a picnic in Clissold Park







We are grateful for the support from the North East London CCG (NELCCG) for the project. This enables us to provide community transport for members. Our sincere thanks to Dennis, driver, for his kindness and patience over 10 years in supporting us. We wish him best wishes in his retirement.

VOLUNTEERING PROGRAMME

We built up relationships with partners providing volunteering such as The London South Bank University (LSBU) for a 100 hours Practice Supervision to a Social Worker trainee, New City College and Inspire for work experience students, GBS for mature work experience students and VCH, Just Do It and Team London for all volunteering opportunities. The new volunteers, together with the excellent existing volunteers who we have retained, resulted in us delivering around 1500 volunteer hours for the year. Our Volunteer Co-ordinator has also been providing advice and guidance to other members of the Lunch Club Network on setting up and running volunteering programmes.

Volunteer trainee Social Worker story

" [I] attended the Lunch Club network meeting, visited other lunch clubs to observe and join in their activities to see their different approaches to supporting their members. "Therefore, by visiting these centres, I have learned that each individual may have different experiences at each lunch club due to the different activities and support provided. This demonstrates that I should always use different approaches when supporting service users in practice."

Staff and volunteers preparing lunch



"Volunteering for HCEO was the most enriching and meaning experience. Meeting the members of the Dementia Memory Wellbeing Group every Monday and getting to know them was so rewarding."

Shazia

Please contact Kim Britten, Volunteer Co-ordinator, for details of volunteering opportunities and a Volunteer Application Form – volunteer@hackneycaribbean.org.uk or give her a call on 020 7923 3536.

ACHIEVING A SECURE FINANCIAL FUTURE FOR HCEO

The financial support we have received for our major projects such as:

- The Ageing-Growing-Engaging project, supported by the National Lottery Community Fund
- The Good Neighbours project funded by Trustees to The Charity of Sir Richard Whittington
- The Dementia & Memory Wellbeing project - continuation funding from the North East London CCG to reduce loneliness and isolation for people living with dementia, and reducing stigma about dementia in the community

has enabled the organisation to have the stability of staff and operational costs to support older people in the community with the various challenges of social isolation, health issues and inactivity.

During the year we have diversified our funding streams and have put greater emphasis on the arts & cultural involvement for improving creativity and well-being. We have also obtained funding to support our members with cost-of-living crisis. During December we obtained donations from the McCarthy Stone Foundation, Linklaters LLP; Norton Rose Fulbright LLP and Percy Bilton Charity. The Ubele Initiative-Majonzi Fund contributed to our Thanksgiving & Memorial service in memory of loved ones who passed during covid. HCEO was chosen as one of the Co-op Local Community Fund causes for 2022 -23. We are sincerely thankful to all the other funders and supporters who have contributed toward our work such as, Charles S French Charitable Trust; Hackney Council; Hackney Giving; HCVS Arts & Culture; London Catalyst; Morrisons Foundation, Postcode Society Trust; The Edward Gostling Foundation, The Grace Trust; The Hedley Foundation and Together for London Community.

The building. We have completed on a renewal of a 5-year lease with Hackney Council Property Services, which gives permission to sublet the vacant spaces to raise income which will be a focus for us during 23/24 financial year.



We are constantly reviewing our finances and controlling our expenditure and have maintained our required reserves.

Looking ahead – Exciting times in challenging circumstances



AGEING-GROWING-ENGAGING TOGETHER

LOOKING FORWARD

The Ageing-Growing-Engaging programme [supported by The National Lottery Community Fund] which represents the three strategic pillars of our work, evolved to tackle some of the challenges of ageing e.g. health, mobility, caring roles, social and economic disadvantages, but also to provide opportunities for growth and

These challenges continue, even more so for minority communities, and we hope our approach, work and centre will endure to enable older people to thrive.

Sustainability - Areas of focus

Strengthening our activities and services
Promoting Good Health/Healthy Lifestyle which includes lunches, physical exercises arts & culture, trips and outings, Advocacy & Outreach support and our Dementia Wellbeing Programme

Raising HCEO's profile
Despite having been in existence for over 35 years, awareness of HCEO within the local community and across London boroughs remains low, impacting on recruitment of new members, staff and volunteers and on our income generation. We will be making better use of our website, which we intend to relaunch in 23/24, and social media

accounts, designing new marketing materials, sourcing new images and formulating a comprehensive Marketing & Communications strategy to support all areas of our work.

Voluntary income diversification and income generation
We will be looking at the following funding opportunities:

- Lunch Club Network – we are currently working together with Hackney Lunch Club Network on the sustainability plans, supported by the HCVS Network coordinator.
- Trusts & Foundation, Corporate Funding, Community events and Challenge Events
- Individual giving – as we raise our profile via different channels, we will be looking at income generation via online donations, regular giving and legacies, using the website, social media and our newsletter.

Collaborative & Partnership Working
Wherever possible we will try to work with other local, London based or national organisations to ensure cost effective service delivery – e.g. Lunch Clubs Network, referrals, dementia and carers' support, digital inclusion support, advocacy referrals and schemes such as foodbanks & Hackney council initiatives.

Space rental
Our building is a valuable community asset. We have taken steps to raise income from the vacant spaces and expand the organisation's social impact by subletting to VCS organisations and will continue to do this as well as looking at other rental opportunities.
We have completed on a renewal of a 5-year lease with Hackney Council Property Services, which gives permission to sublet the vacant spaces to raise income which will be a focus for us during 23/24 financial year.

Increased membership
We are receiving more referrals and, with an increase in awareness of our organisation, we anticipate that the numbers will rise generating additional unrestricted income. Since the end of the severe COVID19 crisis and as the cost-of-living crisis continues, we have received more referrals from outer London boroughs. These include Haringey, Walthamstow, Waltham Forest, Newham and City of London.

Financial Review

Trustees' Financial Report and Annual Statements

For the year ended 31 March 2023

Structure, Governance and Management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006. The Board of Trustees is responsible for the overall governance and strategic direction of the charity. The management of HCEO is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association. The Management team includes the Chair, Deputy Chair, Treasurer and Company Secretary. The Trustees' experience, knowledge and skills are in charity management, education, solicitor and financial management, church leadership, support work and customer care.

Recruitment and appointment of new trustees

Trustees are recruited according to their knowledge, skills and experience from the members of the charity, from the wider local community and from applicants responding to advertisements. We welcome any interested individuals to join HCEO. Potential trustees are asked to complete a Skills Audit and are offered the opportunity to visit the centre to interact with the service users and to observe the operational services. They are encouraged to have informal meetings with staff and volunteers. They are invited to attend the Management Meetings as an observer. If mutually agreed, trustees are then appointed through invitation and resolution.

Terms of office for trustees

All members of the Management Committee are eligible for re-election up to a maximum of three years unless the AGM or special general meeting at which the election takes place approves a further term by resolution. The Board regularly review gaps in knowledge and skills to inform trustee recruitment.

All trustees appointed to the board receive a full induction briefing by the Trustees, which includes the history of the organisation, financial information, strategic aims, access to all policies and procedures, information of the Trustees' legal responsibility

and regular updates from the office on matters pertaining to effective governance and HCEOs ongoing activities. They are encouraged to attend relevant training courses and appraisals.

Risk management

The trustees have 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.

Challenges and future plans

Whilst we recognise that we will have to adapt and change in uncertain circumstances, we are committed to providing a solid structure for future service provision. We will continue to support older people to successfully develop and maintain the functional ability that enables wellbeing in older age. We also remain committed to working closely with a range of stakeholders to improve and develop service provision to support service users and improve the organisation's operations

Transactions and Financial position

During the year the charity met its expenditure of expenditure of £234,333 (2022: £234,568) through a combination of grants, fees for services provided, donations from individuals totalling and from reserves brought forward from the previous year. The charity has carried forward reserves of £265,971 (2022: £232,381) of which £126,329 (2022: £137,783) is restricted.

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FINANCIAL STATEMENTS

Hackney Caribbean Elderly Organisation

Statement of Financial Activities

For the year ended 31 March 2023

	Notes	Unrestricted fund	Restricted fund	31.3.23 Total Funds	31.3.22 Total funds
		£	£	£	£
INCOME FROM					
Donations	2	38,323	205,205	243,528	250,230
Other Charitable Activities	3	23,554	-	23,554	5,401
Investment income	4	841	-	841	13
Total		**62,718**	**205,205**	**267,923**	**255,644**

EXPENDITURE ON					
Costs of Generating Income ……5		12,022	24,033	36,055	29,021
Charitable activities	6				
Direct costs		10,074	133,533	143,607	119,250
Support costs		(4,422)	59,093	54,671	86,297
Total		**17,674**	**216,659**	**234,333**	**234,568**
NET INCOME/(EXPENDITURE)		**45,044**	**(11,454)**	**33,590**	**21,076**
RECONCILIATION OF FUNDS		**94,598**	**137,703**	**232,381**	**211,305**
Total funds brought forward					
TOTAL FUNDS CARRIED FORWARD		**139,642**	**126,329**	**265,791**	**232,381**

Hackney Caribbean Elderly Organisation

Statement of Financial Position

At 31 March 2023

	Notes	31.3.23	31.3.22
		£	£
FIXED ASSETS			
Tangible assets	12	**3,988**	**4,765**
CURRENT ASSETS			
Debtors	13	--	-
Cash at bank and in hand		**266,138**	**249,189**
		152,562	**152,562**
CREDITORS			
Amounts falling due within one year	14	**(4,155)**	**(21,573)**

NET CURRENT ASSETS		**261,983**	**227,616**
TOTAL ASSETS LESS CURRENT			
LIABILITIES		**265,971**	**232,381**
NET ASSETS		**265,971**	**232,381**
FUNDS	15		
Unrestricted funds		**139,642**	**94,598**
Restricted funds		**126,329**	**137,783**
TOTAL FUNDS		**265,791**	**232,381**

A full copy of the accounts is available from HCEO's office

Acknowledgements

Hackney Caribbean Elderly Organisation would like to thank the following for their support and encouragement throughout the year:

London Borough of Hackney

Hackney Council for Voluntary Services (HCVS)

North East London CCG

The National Lottery Community Fund

Trustee to the Charity of Sir Richard Whittington

Local Accountancy Project [LAP]

Preston & Jacksons Partnership (Auditors)

Patricia Richardson (Wills & Probate)

East London Business Alliance (ELBA)

Fabulous Cleans Maintenance & Property Services

Friends of HCEO

Dolly Mayers (Patron)

Ella Calderia

Social Care 4U

AT Telecommunications Ltd

IT4 Business

Volunteering Centre Hackney

Antony Stevens

HATs Group Ltd

Dial-A-Ride



Mural in memory of loved ones who very sadly passed during the covid pandemic. Painted by a young emerging street artist called Mush, which she designed based on our service users asking her to visually represent "a piece of paradise" in memory of their friends

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Hackney Caribbean Elderly Organisation would like to thank the following organisations and funders for their support throughout the year:



www.hceo.org.uk
Registered in England and Wales Registered Offices 39 Leswin Road, Stoke Newington, London N16 7NX
Company Registration No. 3218456 HCEO is a Company limited by Guarantee.
Charity Registration No. 1057603

REGISTERED COMPANY NUMBER: 03218456 (England and Wales)
REGISTERED CHARITY NUMBER: 1057603

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

FOR

HACKNEY CARIBBEAN ELDERLY ORGANISATION
(A COMPANY LIMITED BY GUARANTEE)

Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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Detailed Statement of Financial Activities	23 to 24

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, 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 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Hackney Caribbean Elderly Organisation (HCEO) is a community organisation that promotes the interests of anyone over the age of 55, primarily but not exclusively, of African and Caribbean descent. Our charitable purpose is for the benefit of elders living in and/or with a close association with the London Borough of Hackney, and we are also recognised as a cultural group that actively seeks to engage with the community and other local organisations.

Mission

To bring local older people together to share life.

Vision

To work together to build stronger, closer and inclusive communities where every day is to be eagerly anticipated by the older person.

Values

Our values are integral to everything we do, which is to ensure that older people have dignity, respect, choice and 'voice'. We provide support in a person centred, sensitive manner, tailoring our service provision to meet the needs of our beneficiaries.

Public benefit

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance published by the Commission in determining the activities undertaken by the Charity.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We began the financial year with enthusiasm and excitement, having finally come through the covid pandemic. Our focus was on building and developing all of our services to meet the ever changing needs of the older people and the local community that we support to come together for shared events and activities to improve their quality of life. We held a Thanksgiving & Memorial Day for service users, families and friends of those who very sadly passed during the covid pandemic. This was commemorated with a mural painted by a young emerging street artist called Mush which she designed based on our service users asking her to visually represent "a piece of paradise" in memory of their friends. As we moved into autumn, it became a difficult time for people due to the cost-of-living crisis and pressures on health & social care services. This continues to be of concern for our members on practical everyday matters like managing gas and electric increases. Our Advocacy & Outreach Officer was effective in assisting service users to obtain fuel and food vouchers and other emergency support. Without her quick response many would have lost out on getting their entitlements. We have seen a steady increase in referrals for people living with dementia who want to access our services, although unfortunately, we do not have the capacity for supporting those who present with high level dementia requirements. The Volunteer Coordinator has successfully initiated a volunteering programme and volunteering hours have increased, although it is still a challenge to sustain longer term volunteering. We have had successes in diversifying our income generation and in obtaining grants to develop our arts & cultural programme. Our sincere thanks to all staff and volunteers for their dedication and hard work throughout the year.

STRATEGIC AIMS

A. To enhance the quality of life and wellbeing of older people, in particular African and Caribbean people, living in the local community

B. To prevent isolation and loneliness and bring communities together

C. To build good relationships with members, their families and carers, and to work in partnerships with links to the wider community

D. To increase the number of individuals registering as members and accessing our services

E. To achieve a secure financial future for HCEO

ACHIEVEMENT AND PERFORMANCE

A summary of progress, against our strategic aims, is as follows:
We have done a lot over the past year in delivering against our strategic aims and priority areas:

A. To enhance the quality of life and wellbeing of older people, in particular African and Caribbean people, living in the local community

Progress against priority: Promoting Good Health/Healthy Lifestyle
We provided a range of social and purposeful activities on a regular basis for over 120 elders:

- Approx.4000 lunches served throughout the year. Lunches are served 4 days a week.
- 94 Physical exercise, movement to music sessions - two classes per week. 25-35 people each session.
- Quadrille dancing once a week for 6 months. Whilst this was very popular with some people, the course was difficult to sustain.
- 45 Arts & craft sessions - over 25 people attending each session. Additionally, local artists ran workshops such as the Stitch project, jewellery making with the Community Partnership Officer from the British Museum and silk screen printing by Engage Here.
- Seaside outings to Hastings and Great Yarmouth which included families; 50-seater coaches.
- Learning to make better use of digital devices led by Stepheny, Ability Net volunteer.
- Tea Dances, Bake sales and a picnic in the local park for service users and families and the neighbourhood.
- Replanting of our kitchen garden with herbs and plants led by a local 'natural' gardener from a 'Black Roots' initiative which seeks to grow plants that are not usually grown in the UK.
- Presentation by representatives from 'Better Together Hackney' on the activities at the 50+ Club which aims to help residents become more mentally and physically active.

Progress against priority: Arts & Cultural Activities
- Visits to Museums: V&A for the Africa Fashion exhibition, The British Museum for a private tour with the Curators of the Africa & Oceanic Collections and a private tour at the Wallace Collection.
- Commemorated and paid homage to the Windrush Generation celebrations - adopting a themed approach of "Commit to Health" which now forms an integral part of our work.
- Hackney Carnival Showcase at Shoreditch Town Hall. Our involvement, working with young people from 'Unity' ensured that older people were fully represented in the celebrations. Their engagement was acknowledged by Lucy McMenemy, Cultural Development Manager who said, "It was brilliant to have Hackney Caribbean Elders with us, your presence made the event really inclusive, and everyone loved that about it".
- We recruited an Arts & Culture Coordinator to develop the arts programme. His approach is "Waste Not, Want Not" where he encourages the use of waste products and materials to create innovative artwork and images on a weekly basis.

B. To prevent isolation and loneliness and bring communities together

- Our newly refurbished centre (open to all) is a warm and welcoming environment where older people come together to build social connections, make friends and develop positive meaningful relationships. The space is wheelchair and mobility accessible.
- We completed on a 5-year lease with the Council which gives us a stronger sense of presence and belonging in the area and a feeling that we are an integral part of the local community.
- We receive a wide range of referrals from agencies who believe that we can have a positive impact on the lives of those who are suffering from isolation, such as Health professionals, Social Care professionals, family/friends, residential homes, social prescribers and word of mouth.

ACHIEVEMENT AND PERFORMANCE

- We are an active member of the Hackney Lunch Clubs Network which serves a variety of cultural backgrounds that reflects the diversity of Hackney. As part of this, we are instrumental in ensuring that we work together to serve older people in the community, address issues and allow for relationships to form across communities. For example, we participated in the Turkish Cypriot Cultural Association's exciting 'Food and Cultures Project' which sought to support and learn about different cultures, their cooking and more.

C. To build good relationships with members, their families and carers, and to work in partnerships with links to the wider community.

Progress against priority: Raising Awareness - education, advocacy & outreach -befriending

- We adopted a 'Commit to Health' theme for educating and raising awareness of health issues prevalent in the African Caribbean community during the 4-day activities for the Windrush Celebrations. This was so successful that we now use this theme throughout all aspects of our work.
- We supported the Womb Cancer campaign by hosting meetings.
- Medical students from Barts Hospital visited to interact and learn from the lived experiences of our elderly service users.
- Via outreach, we promote our services at places such as local Hospitals, Social Action groups, local libraries and residential housing communities. In addition, via events and fairs, we engage with Community Navigators/Social Prescribers, GPs and Adult Health professionals.
- We are an active member of the Clissold Park Neighbourhood Forum and host meetings to discuss and share information and experiences for improved health and wellbeing.

Progress against priority area: Advocacy & Outreach

Over 30 advocacy cases were supported and 9 closed during the period. The Advocacy Officer outreach work included a stall at the Winter Warmer event, and an Attendance Allowance presentation to Adult Social Care which led to a massive increase of interest about applying for Attendance Allowance, and a list of members waiting to make applications.

The Advocacy Officer was kept extremely busy during the latter part of the year with facilitating cost of living vouchers and accessing Hackney food bank delivering weekly food parcels for a vulnerable member. Her outreach work with a legal volunteer led to presentation to legal organisations resulting in donations of £4750 around the Christmas period.

Progress against priority area: Dementia and Carers' support

Over 35 people living with dementia are registered for our Dementia Memory Wellbeing Group where we have capacity for 20 people per session. 45 sessions were held during the period. From our work, it appears that stigma around people living with dementia has diminished since we started on this programme. We have seen a steady increase in numbers following Covid and a rise in the number of enquiries and attendance. Unfortunately, we only have capacity to support low level dementia/cognitive impairment, although it is clear that there is a need for support for those with medium to high level dementia, alongside support for their families.

Researchers at Queen Mary University Hospital supported our Dementia Awareness workshop and we assisted them on their research study about dementia in the BME community, contributing to focus group meetings and interviews.

ACHIEVEMENT AND PERFORMANCE

Befriending project - this 'pilot' project had a good take up, but was curtailed because of insufficient capacity to deliver. There remains a clear need to offer support to older people within Hackney, particularly following the ongoing impacts of the covid pandemic on both physical and mental health and wellbeing, so we have built strong relationships with organisations such as AGE UK and East London Cares and we signpost potential service users to them.

Progress against priority area: Volunteering

We built up relationships with partners providing volunteering such as The London South Bank University (LSBU) for a 100 hours Practice Supervision to a Social Worker trainee, New City College and Inspire for work experience students, GBS for mature work experience students and VCH, Just Do It and Team London for all volunteering opportunities. The new volunteers, together with the excellent existing volunteers who we have retained, resulted in us delivering around 1500 volunteer hours for the year. Our Volunteer Co-ordinator has also been providing advice and guidance to other members of the Lunch Club Network on setting up and running volunteering programmes.

D. To increase the number of individuals registering as members and accessing our services

- 91 new referrals (excluding Advocacy) during the year from which 61 persons were assessed and attended.
- Improvement in our website and publicity. We are hugely grateful to Sean Davey [https://keepstone.uk/consulting] for volunteering his time and skills to revamp our website to raise the charity's profile, along with his colleague Becky Harrison.
- We took part in the Winter Warmer event in Hackney and showed an Outreach presentation to raise awareness of HCEO and boost referrals. We also made connection with other local organisations to facilitate collaboration.

E. To achieve a secure financial future for HECO

We diversified our funding streams and are grateful for the ongoing and new support for our projects from:

Charles S French Charitable Trust (CSFCT); Clifford Chance Foundation; Hackney Council; Hackney Giving; HCVS Arts & Culture; London Catalyst; McCarthy Stone Foundation; Merchant Taylors' Company; Majonzi Fund; Post Code Society; The Charity of Sir Richard Whittington; The Grace Trust; Together for London Community Fund and The National Lottery Community Fund. Donations were received from McCarthy Stone Foundation, Linklaters LLP; Norton Rose Fulbright LLP and Percy Bilton Charity. HCEO was chosen as one of the Co-op Local Community Fund causes for 2022 -23.

We have completed on a renewal of a 5-year lease with Hackney Council Property Services, which gives permission to sublet the vacant spaces to raise income which will be a focus for us during 23/24 financial year.

We are constantly reviewing our finances and controlling our expenditure and have maintained our required reserves.

FINANCIAL REVIEW

Financial position

Availability and adequacy of assets of each of the funds

The Trustees are responsible for keeping accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Charities Act 2011.

Reserves Policy

Our Reserves Policy state HCEO's management committee have established that the unrestricted reserves should be between 3-6 months of expenditure. Our current level of unrestricted reserves is within this policy.

Transactions and Financial position

During the year the charity met its expenditure of £234,333 (2022: £234,568) through a combination of grants, fees for services provided, donations from individuals and from reserves brought forward from the previous year. The charity has carried forward reserves of £265,971 (2022: £232,381) of which £126,329 (2022: £137,783) is restricted. The trustees are grateful to the funders and individuals for their continued support.

CHALLENGES AND RISKS

The year covered by this report was of optimism and hope that the cost-of-living crises and pressures on the health and social care system would improve. The ongoing difficulties of raising funds for running the organisation remain a challenge which we try to mitigate by being prudent in our financial operations and by looking at diversification of our income base through robust fundraising, pursuing other income generation methods, such as space rental and in raising the profile of the organisation through improved marketing.

LOOKING FORWARD

The Ageing-Growing-Engaging programme which represents the three strategic pillars of our work evolved to tackle some of the challenges of ageing e, g, health, mobility, caring roles, social and economic disadvantages, but also to provide opportunities for growth and new learning. These challenges continue, even more so for minority communities, and we hope our approach, work and centre will endure to enable older people to thrive.

Sustainability - Areas of focus

Strengthening our activities and services
Promoting Good Health/Healthy Lifestyle which includes lunches, physical exercises and arts & culture, Advocacy & Outreach support and Dementia Wellbeing Programme

Raising HCEO's profile

Despite having been in existence for over 35 years, awareness of HCEO within the local community and across London boroughs remains low, impacting on recruitment of new members, staff and volunteers and on our income generation. We will be making better use of our website, which we intend to relaunch in 23/24, and social media accounts, designing new marketing materials, sourcing new images and formulating a comprehensive Marketing & Communications strategy to support all areas of our work.

Voluntary income diversification and income generation

We will be looking at the following funding opportunities:

- Lunch Club Network - we are currently working together with Hackney Lunch Club Network on the sustainability plans, supported by the HCVS Network coordinator.
- Trusts & Foundation, Corporate Funding, Community events and Challenge Events
- Individual giving - as we raise our profile via different channels, we will be looking at income generation via online donations, regular giving and legacies, using the website, social media and our newsletter.

Collaborative & Partnership Working

Wherever possible we will try to work with other local, London based or national organisations to ensure cost effective service delivery - e.g., Lunch Clubs Network, referrals, dementia and carers' support, digital inclusion support, advocacy referrals and schemes such as foodbanks & Hackney council initiatives.

Space rental

Our building is a valuable community asset. We have taken steps to raise income from the vacant spaces and expand the organisation's social impact by subletting to VCS organisations and will continue to do this as well as looking at other rental opportunities.

Increased membership

We are receiving more referrals and, with an increase in awareness of our organisation, we anticipate that the numbers will rise generating additional unrestricted income.
Since the end of the severe COVID19 crisis and as the cost-of-living crisis continues, we have received more referrals from outer London boroughs. These include Haringey, Walthamstow, Waltham Forest, Newham and City of London.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The directors of the charitable company (the charity) are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees.

The charity is controlled by its governing document, Memorandum & Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006. The Board of Trustees is responsible for the overall governance and strategic direction of the charity. The management of HCEO is the responsibility of the trustees who are elected and co-opted under the terms of the Articles of Association. The Management team includes a Chair, Treasurer and Company Secretary.

Process for attracting new trustees

Trustees are recruited according to their knowledge, skills and experience from the members of the charity, from the wider local community and from applicants responding to advertisements via specialist volunteering sites such as Reach. We welcome any interested individuals to join HCEO. Potential trustees are asked to complete a Skills Audit and are offered the opportunity to visit the centre to interact with the service users and to observe the operational services. They are encouraged to have informal meetings with staff and volunteers and to attend the Management Meetings as an observer. If mutually agreed, trustees are then appointed through invitation and resolution.

Terms of office for trustees

All members of the Management Committee are eligible for re-election each year, up to a maximum of three years, unless the AGM or special general meeting at which the election takes place approves a further term by resolution. The Board regularly review gaps in knowledge and skills to inform trustee recruitment and is focused on ensuring diversity amongst Board members.

All new appointees to the board receive a full induction briefing by the trustees, which includes the history of the organisation, financial information, strategic aims, access to all policies and procedures, information of the trustees' legal responsibility and regular updates from the office on matters pertaining to effective governance and HCEOs ongoing activities. They are encouraged to attend relevant training courses and appraisals.

Recruitment of new trustees is a priority area and we have started the process.

Staff and volunteers

The delivery of HCEO services relies on a small team of committed staff and volunteers. Where more specialist support is required, we refer the service user or their family to complementary sources of support and advice as we work in close partnership with local charities, the council, GP services and other local providers. This year were able to recruit an Arts Coordinator to lead on the arts & craft.

Risk management

The trustees have 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.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03218456 (England and Wales)

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

Registered Charity number
1057603

Registered office
39 Leswin Road
London
N16 7NX

Trustees
The Members of the Board of Trustees of the Charity as at the year ended 31st March 2023 were:

Inez Cuffy
Valney Prescott
Patricia Richardson
Anthony Stevens
Jennifer Haynes-Martin
Ivor John

Company Secretary:
Beryl Pusey

All the directors of the company are also trustees of the charity and their responsibilities include all the responsibilities of directors under the Companies Acts and trustees under the Charities Act. The directors are members of the company.

Independent Examiner
Anwer Patel BA(Hons), BFP, FCA
Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Bankers
HSBC
312 Seven Sisters Road
Finsbury Park
London
N4 2AW

Approved by order of the board of trustees on 19.10.23 and signed on its behalf by:

ANTHONY STEVENS

Trustee Director

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HACKNEY CARIBBEAN ELDERLY ORGANISATION

Independent examiner's report to the trustees of Hackney Caribbean Elderly Organisation ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

A. PATEL

Anwer Patel BA(Hons), BFP, FCA

Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Date: 20/10/23

HACKNEY CARIBBEAN ELDERLY ORGANISATION

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted fund £	Restricted fund £	**31.3.23 Total funds £**	31.3.22 Total funds £
INCOME FROM					
Donations	2	**38,323**	**205,205**	**243,528**	250,230
Other Charitable activities	3	**23,554**	**-**	**23,554**	5,401
Investment income	4	**841**	**-**	**841**	13
Total		**62,718**	**205,205**	**267,923**	255,644
EXPENDITURE ON					
Costs of Generating Income	5	**12,022**	**24,033**	**36,055**	29,021
Charitable activities	6				
Direct Costs		**10,074**	**133,533**	**143,607**	119,250
Support Costs		**(4,422)**	**59,093**	**54,671**	86,297
Total		**17,674**	**216,659**	**234,333**	234,568
NET INCOME/(EXPENDITURE)		**45,044**	**(11,454)**	**33,590**	21,076
RECONCILIATION OF FUNDS					
Total funds brought forward		**94,598**	**137,783**	**232,381**	211,305
TOTAL FUNDS CARRIED FORWARD		**139,642**	**126,329**	**265,971**	232,381

The notes form part of these financial statements

HACKNEY CARIBBEAN ELDERLY ORGANISATION

STATEMENT OF FINANCIAL POSITION
31 MARCH 2023

	Notes	31.3.23 £	31.3.22 £
FIXED ASSETS			
Tangible assets	12	**3,988**	4,765
CURRENT ASSETS			
Cash at bank and in hand		**266,138**	249,189
CREDITORS			
Amounts falling due within one year	13	**(4,155)**	(21,573)
NET CURRENT ASSETS		**261,983**	227,616
TOTAL ASSETS LESS CURRENT LIABILITIES		**265,971**	232,381
NET ASSETS		**265,971**	232,381
FUNDS	15		
Unrestricted funds		**139,642**	94,598
Restricted funds		**126,329**	137,783
TOTAL FUNDS		**265,971**	232,381

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

continued...

STATEMENT OF FINANCIAL POSITION - continued
31 MARCH 2023

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 19/10/23 and were signed on its behalf by:

ANTHONY STEVENS

Trustee / Director:

PATRICIA RICHARDSON

Trustee / Director:

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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 in 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those condition is wholly within the control of the charity and is probable that those conditions will be fulfilled in the reporting period.

Expenditure and irrecoverable vat
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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Irrecoverable VAT is charged as cost against the activity for which the expenditure was incurred.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery - 25% on reducing balance

Tangible fixed assets are stated at historical cost less accumulated depreciation and any accumulated impairment losses. Historical cost includes expenditure that is directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

continued...

1. ACCOUNTING POLICIES - continued

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Debtors

Basic financial assets, including trade and other debtors, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Such assets are subsequently carried at amortised cost using the effective interest method, less any impairment.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Creditors

Basic financial liabilities, including trade and other creditors, loans from third parties and loans from related parties, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Such instruments are subsequently carried at amortised cost using the effective interest method, less any impairment.

Going concern

As with many charities, the charity is reliant on continued support from its funders.The company has received additional fundings to enable it to continue to provide its services.

The trustees are confident of continued support from their funders. It is for this reason the accounts have been prepared on a going concern basis.

2. DONATIONS

	31.3.23	31.3.22
	£	£
Members Contribution	**633**	15
Donations	**9,677**	1,986
Grants	**233,218**	248,229
	243,528	250,230

continued...

2. DONATIONS - continued

Grants received, included in the above, are as follows:

	31.3.23	31.3.22
	£	£
LB of Hackney	**38,543**	21,636
Xmas Club	**6,640**	512
London Catalyst	**500**	-
North East London NHS Foundation Trust	**29,701**	29,701
National Lottery Community Fund	**79,834**	156,986
The Charity of Sir Richard Whittington	**33,000**	34,000
Morrisons Foundation	**-**	2,921
The Grace Trust	**-**	1,500
The Hedley Foundation	**-**	973
Postcode Society Trust	**25,000**	-
The Edward Gostling Foundation	**10,000**	-
Charles S French Charitable Trust	**3,000**	-
Grocers' Hall Charity	**2,500**	-
The Merchant Taylors' Foundation	**4,000**	-
The Ubele Initiative-Majonzi Fund	**500**	-
	233,218	248,229

3. OTHER CHARITABLE ACTIVITIES

	31.3.23	31.3.22
	£	£
Fundraising events	**23,554**	5,401

4. INVESTMENT INCOME

	31.3.23	31.3.22
	£	£
Deposit account interest	**841**	13

continued...

5. COSTS OF GENERATING INCOME

Raising donations and legacies

	31.3.23	31.3.22
	£	£
Xmas Club Costs	5,371	-
Lunch Club Costs	13,090	12,298
Transport Costs	5,092	4,422
Activities	4,425	2,739
Art & Craft	6,677	7,808
Exercise	1,400	1,754
	36,055	29,021

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Direct Costs	140,391	3,216	143,607
Support Costs	1,329	53,342	54,671
	141,720	56,558	198,278

7. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Direct Costs	-	-	3,216	3,216
Support Costs	15,690	35,004	2,648	53,342
	15,690	35,004	5,864	56,558

continued...

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.23	31.3.22
	£	£
Depreciation - owned assets	1,329	2,701
Independent Examiners Fees	2,500	2,352

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

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

10. KEY MANAGEMENT PERSONNEL

	31.3.23	31.3.22
	£	£
Wages and salaries	131,153	108,158
Other pension costs	6,327	5,068
	137,480	113,226

The average monthly number of employees during the year was as follows:

	31.3.23	31.3.22
Engaged on charitable activities	9	7
Engaged on Management and Administration	1	1
	10	8

No employees received emoluments in excess of £60,000.

The Key Management Personnel comprises of the Board of Trustees and the Day Services Manager whose annual gross remuneration was £32,484 in the year. (2022 - £32,357).

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES 31 MARCH 2022

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME FROM			
Donations	29,543	220,687	250,230
Other Charitable activities	5,401	-	5,401
Investment income	13	-	13
Total	34,957	220,687	255,644
EXPENDITURE ON			
Costs of Generating Income	(1,107)	30,128	29,021
Charitable activities			
Direct Costs	24,988	94,262	119,250
Support Costs	17,346	68,951	86,297
Total	41,227	193,341	234,568
NET INCOME/(EXPENDITURE)	(6,270)	27,346	21,076
Transfers between funds	42,809	(42,809)	-
Net movement in funds	36,539	(15,463)	21,076
RECONCILIATION OF FUNDS			
Total funds brought forward	58,059	153,246	211,305
TOTAL FUNDS CARRIED FORWARD	94,598	137,783	232,381

continued...

12. TANGIBLE FIXED ASSETS

	Plant and machinery £
COST	
At 1 April 2022	**18,022**
Additions	**552**
At 31 March 2023	**18,574**
DEPRECIATION	
At 1 April 2022	**13,257**
Charge for year	**1,329**
At 31 March 2023	**14,586**
NET BOOK VALUE	
At 31 March 2023	**3,988**
At 31 March 2022	4,765

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23 £	31.3.22 £
Trade creditors	**4,155**	21,573

14. RESTRICTED FUNDS

Analysis of Restricted Funds carried forward as at 31st March 2023

	31.3.2023	31.3.2022
LB of Hackney -VCS ARTS	**5,879**	-
Postcode Society	**22,549**	-
East London NHS Foundation - BME Dementia Outreach	**4,325**	8,605
National Lottery Community Fund	**46,454**	103,059
The Charity of Sir Richard Whittington	**30,003**	18,637
XMas Club	**2,013**	837
Edward Gostling	**8,418**	-
North East London CCG	**6,688**	6,645
	126,329	137,783

continued...

15. MOVEMENT IN FUNDS

	At 1/4/22 £	Net movement in funds £	At 31/3/23 £
Unrestricted funds			
General fund	**94,598**	**45,044**	**139,642**
Restricted funds			
Restricted	**137,783**	**(11,454)**	**126,329**
TOTAL FUNDS	**232,381**	**33,590**	**265,971**

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**62,718**	**(17,674)**	**45,044**
Restricted funds			
Restricted	**205,205**	**(216,659)**	**(11,454)**
TOTAL FUNDS	**267,923**	**(234,333)**	**33,590**

Comparatives for movement in funds

	At 1/4/21 £	Net movement in funds £	Transfers between funds £	At 31/3/22 £
Unrestricted funds				
General fund	58,059	(6,270)	42,809	94,598
Restricted funds				
Restricted	153,246	27,346	(42,809)	137,783
TOTAL FUNDS	211,305	21,076	-	232,381

continued...

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	34,957	(41,227)	(6,270)
Restricted funds			
Restricted	220,687	(193,341)	27,346
TOTAL FUNDS	255,644	(234,568)	21,076

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

	31.3.23 £	31.3.22 £
INCOME		
Donations		
Members Contribution	**633**	15
Donations	**9,677**	1,986
Grants	**233,218**	248,229
	243,528	250,230
Other Charitable activities		
Fundraising events	**23,554**	5,401
Investment income		
Deposit account interest	**841**	13
Total incoming resources	**267,923**	255,644
EXPENDITURE		
Raising donations and legacies		
Xmas Club Costs	**5,371**	-
Lunch Club Costs	**13,090**	12,298
Transport Costs	**5,092**	4,422
Activities	**4,425**	2,739
Art & Craft	**6,677**	7,808
Exercise	**1,400**	1,754
	36,055	29,021
Charitable activities		
Wages	**131,153**	108,158
Pensions	**6,327**	5,068
Volunteers' Costs	**2,911**	622
Plant and machinery	**1,329**	2,701
	141,720	116,549
Support costs		
Management		
Rates and water	**2,464**	1,680
Insurance	**988**	924
Carried forward	**3,452**	2,604

HACKNEY CARIBBEAN ELDERLY ORGANISATION

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

	31.3.23	31.3.22
	£	£
Management		
Brought forward	**3,452**	2,604
Light and heat	**10,226**	3,824
Repairs and Renewals	**6,152**	3,879
Cleaning	**3,030**	1,826
Rent	**(7,240)**	21,821
Staff Travel	**70**	-
	15,690	33,954
Finance		
Consultancy Costs	**20,200**	20,372
Training and Welfare	**105**	1,248
Recruitment Expenses	**6,426**	3,840
Telephone	**3,666**	3,814
Postage and stationery	**2,916**	1,756
Sundries	**1,354**	2,474
Bank charges	**337**	52
Strategic Development Costs	**-**	18,200
	35,004	51,756
Governance costs		
Independent Examiners Fees	**2,648**	2,352
Legal and professional costs	**3,216**	936
	5,864	3,288
Total resources expended	**234,333**	234,568
Net income	**33,590**	21,076

REGISTERED COMPANY NUMBER: 03218456 (England and Wales)
REGISTERED CHARITY NUMBER: 1057603

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

FOR

HACKNEY CARIBBEAN ELDERLY ORGANISATION
(A COMPANY LIMITED BY GUARANTEE)

Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, 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 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Hackney Caribbean Elderly Organisation (HCEO) is a community organisation that promotes the interests of anyone over the age of 55, primarily but not exclusively, of African and Caribbean descent. Our charitable purpose is for the benefit of elders living in and/or with a close association with the London Borough of Hackney, and we are also recognised as a cultural group that actively seeks to engage with the community and other local organisations.

Mission

To bring local older people together to share life.

Vision

To work together to build stronger, closer and inclusive communities where every day is to be eagerly anticipated by the older person.

Values

Our values are integral to everything we do, which is to ensure that older people have dignity, respect, choice and 'voice'. We provide support in a person centred, sensitive manner, tailoring our service provision to meet the needs of our beneficiaries.

Public benefit

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance published by the Commission in determining the activities undertaken by the Charity.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We began the financial year with enthusiasm and excitement, having finally come through the covid pandemic. Our focus was on building and developing all of our services to meet the ever changing needs of the older people and the local community that we support to come together for shared events and activities to improve their quality of life. We held a Thanksgiving & Memorial Day for service users, families and friends of those who very sadly passed during the covid pandemic. This was commemorated with a mural painted by a young emerging street artist called Mush which she designed based on our service users asking her to visually represent "a piece of paradise" in memory of their friends. As we moved into autumn, it became a difficult time for people due to the cost-of-living crisis and pressures on health & social care services. This continues to be of concern for our members on practical everyday matters like managing gas and electric increases. Our Advocacy & Outreach Officer was effective in assisting service users to obtain fuel and food vouchers and other emergency support. Without her quick response many would have lost out on getting their entitlements. We have seen a steady increase in referrals for people living with dementia who want to access our services, although unfortunately, we do not have the capacity for supporting those who present with high level dementia requirements. The Volunteer Coordinator has successfully initiated a volunteering programme and volunteering hours have increased, although it is still a challenge to sustain longer term volunteering. We have had successes in diversifying our income generation and in obtaining grants to develop our arts & cultural programme. Our sincere thanks to all staff and volunteers for their dedication and hard work throughout the year.

STRATEGIC AIMS

A. To enhance the quality of life and wellbeing of older people, in particular African and Caribbean people, living in the local community

B. To prevent isolation and loneliness and bring communities together

C. To build good relationships with members, their families and carers, and to work in partnerships with links to the wider community

D. To increase the number of individuals registering as members and accessing our services

E. To achieve a secure financial future for HCEO

ACHIEVEMENT AND PERFORMANCE

A summary of progress, against our strategic aims, is as follows:
We have done a lot over the past year in delivering against our strategic aims and priority areas:

A. To enhance the quality of life and wellbeing of older people, in particular African and Caribbean people, living in the local community

Progress against priority: Promoting Good Health/Healthy Lifestyle
We provided a range of social and purposeful activities on a regular basis for over 120 elders:

- Approx.4000 lunches served throughout the year. Lunches are served 4 days a week.
- 94 Physical exercise, movement to music sessions - two classes per week. 25-35 people each session.
- Quadrille dancing once a week for 6 months. Whilst this was very popular with some people, the course was difficult to sustain.
- 45 Arts & craft sessions - over 25 people attending each session. Additionally, local artists ran workshops such as the Stitch project, jewellery making with the Community Partnership Officer from the British Museum and silk screen printing by Engage Here.
- Seaside outings to Hastings and Great Yarmouth which included families; 50-seater coaches.
- Learning to make better use of digital devices led by Stepheny, Ability Net volunteer.
- Tea Dances, Bake sales and a picnic in the local park for service users and families and the neighbourhood.
- Replanting of our kitchen garden with herbs and plants led by a local 'natural' gardener from a 'Black Roots' initiative which seeks to grow plants that are not usually grown in the UK.
- Presentation by representatives from 'Better Together Hackney' on the activities at the 50+ Club which aims to help residents become more mentally and physically active.

Progress against priority: Arts & Cultural Activities
- Visits to Museums: V&A for the Africa Fashion exhibition, The British Museum for a private tour with the Curators of the Africa & Oceanic Collections and a private tour at the Wallace Collection.
- Commemorated and paid homage to the Windrush Generation celebrations - adopting a themed approach of "Commit to Health" which now forms an integral part of our work.
- Hackney Carnival Showcase at Shoreditch Town Hall. Our involvement, working with young people from 'Unity' ensured that older people were fully represented in the celebrations. Their engagement was acknowledged by Lucy McMenemy, Cultural Development Manager who said, "It was brilliant to have Hackney Caribbean Elders with us, your presence made the event really inclusive, and everyone loved that about it".
- We recruited an Arts & Culture Coordinator to develop the arts programme. His approach is "Waste Not, Want Not" where he encourages the use of waste products and materials to create innovative artwork and images on a weekly basis.

B. To prevent isolation and loneliness and bring communities together

- Our newly refurbished centre (open to all) is a warm and welcoming environment where older people come together to build social connections, make friends and develop positive meaningful relationships. The space is wheelchair and mobility accessible.
- We completed on a 5-year lease with the Council which gives us a stronger sense of presence and belonging in the area and a feeling that we are an integral part of the local community.
- We receive a wide range of referrals from agencies who believe that we can have a positive impact on the lives of those who are suffering from isolation, such as Health professionals, Social Care professionals, family/friends, residential homes, social prescribers and word of mouth.

ACHIEVEMENT AND PERFORMANCE

- We are an active member of the Hackney Lunch Clubs Network which serves a variety of cultural backgrounds that reflects the diversity of Hackney. As part of this, we are instrumental in ensuring that we work together to serve older people in the community, address issues and allow for relationships to form across communities. For example, we participated in the Turkish Cypriot Cultural Association's exciting 'Food and Cultures Project' which sought to support and learn about different cultures, their cooking and more.

C. To build good relationships with members, their families and carers, and to work in partnerships with links to the wider community.

Progress against priority: Raising Awareness - education, advocacy & outreach -befriending

- We adopted a 'Commit to Health' theme for educating and raising awareness of health issues prevalent in the African Caribbean community during the 4-day activities for the Windrush Celebrations. This was so successful that we now use this theme throughout all aspects of our work.
- We supported the Womb Cancer campaign by hosting meetings.
- Medical students from Barts Hospital visited to interact and learn from the lived experiences of our elderly service users.
- Via outreach, we promote our services at places such as local Hospitals, Social Action groups, local libraries and residential housing communities. In addition, via events and fairs, we engage with Community Navigators/Social Prescribers, GPs and Adult Health professionals.
- We are an active member of the Clissold Park Neighbourhood Forum and host meetings to discuss and share information and experiences for improved health and wellbeing.

Progress against priority area: Advocacy & Outreach

Over 30 advocacy cases were supported and 9 closed during the period. The Advocacy Officer outreach work included a stall at the Winter Warmer event, and an Attendance Allowance presentation to Adult Social Care which led to a massive increase of interest about applying for Attendance Allowance, and a list of members waiting to make applications.

The Advocacy Officer was kept extremely busy during the latter part of the year with facilitating cost of living vouchers and accessing Hackney food bank delivering weekly food parcels for a vulnerable member. Her outreach work with a legal volunteer led to presentation to legal organisations resulting in donations of £4750 around the Christmas period.

Progress against priority area: Dementia and Carers' support

Over 35 people living with dementia are registered for our Dementia Memory Wellbeing Group where we have capacity for 20 people per session. 45 sessions were held during the period. From our work, it appears that stigma around people living with dementia has diminished since we started on this programme. We have seen a steady increase in numbers following Covid and a rise in the number of enquiries and attendance. Unfortunately, we only have capacity to support low level dementia/cognitive impairment, although it is clear that there is a need for support for those with medium to high level dementia, alongside support for their families.

Researchers at Queen Mary University Hospital supported our Dementia Awareness workshop and we assisted them on their research study about dementia in the BME community, contributing to focus group meetings and interviews.

ACHIEVEMENT AND PERFORMANCE

Befriending project - this 'pilot' project had a good take up, but was curtailed because of insufficient capacity to deliver. There remains a clear need to offer support to older people within Hackney, particularly following the ongoing impacts of the covid pandemic on both physical and mental health and wellbeing, so we have built strong relationships with organisations such as AGE UK and East London Cares and we signpost potential service users to them.

Progress against priority area: Volunteering

We built up relationships with partners providing volunteering such as The London South Bank University (LSBU) for a 100 hours Practice Supervision to a Social Worker trainee, New City College and Inspire for work experience students, GBS for mature work experience students and VCH, Just Do It and Team London for all volunteering opportunities. The new volunteers, together with the excellent existing volunteers who we have retained, resulted in us delivering around 1500 volunteer hours for the year. Our Volunteer Co-ordinator has also been providing advice and guidance to other members of the Lunch Club Network on setting up and running volunteering programmes.

D. To increase the number of individuals registering as members and accessing our services

- 91 new referrals (excluding Advocacy) during the year from which 61 persons were assessed and attended.
- Improvement in our website and publicity. We are hugely grateful to Sean Davey [https://keepstone.uk/consulting] for volunteering his time and skills to revamp our website to raise the charity's profile, along with his colleague Becky Harrison.
- We took part in the Winter Warmer event in Hackney and showed an Outreach presentation to raise awareness of HCEO and boost referrals. We also made connection with other local organisations to facilitate collaboration.

E. To achieve a secure financial future for HECO

We diversified our funding streams and are grateful for the ongoing and new support for our projects from:

Charles S French Charitable Trust (CSFCT); Clifford Chance Foundation; Hackney Council; Hackney Giving; HCVS Arts & Culture; London Catalyst; McCarthy Stone Foundation; Merchant Taylors' Company; Majonzi Fund; Post Code Society; The Charity of Sir Richard Whittington; The Grace Trust; Together for London Community Fund and The National Lottery Community Fund. Donations were received from McCarthy Stone Foundation, Linklaters LLP; Norton Rose Fulbright LLP and Percy Bilton Charity. HCEO was chosen as one of the Co-op Local Community Fund causes for 2022 -23.

We have completed on a renewal of a 5-year lease with Hackney Council Property Services, which gives permission to sublet the vacant spaces to raise income which will be a focus for us during 23/24 financial year.

We are constantly reviewing our finances and controlling our expenditure and have maintained our required reserves.

FINANCIAL REVIEW

Financial position

Availability and adequacy of assets of each of the funds

The Trustees are responsible for keeping accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Charities Act 2011.

Reserves Policy

Our Reserves Policy state HCEO's management committee have established that the unrestricted reserves should be between 3-6 months of expenditure. Our current level of unrestricted reserves is within this policy.

Transactions and Financial position

During the year the charity met its expenditure of £234,333 (2022: £234,568) through a combination of grants, fees for services provided, donations from individuals and from reserves brought forward from the previous year. The charity has carried forward reserves of £265,971 (2022: £232,381) of which £126,329 (2022: £137,783) is restricted. The trustees are grateful to the funders and individuals for their continued support.

CHALLENGES AND RISKS

The year covered by this report was of optimism and hope that the cost-of-living crises and pressures on the health and social care system would improve. The ongoing difficulties of raising funds for running the organisation remain a challenge which we try to mitigate by being prudent in our financial operations and by looking at diversification of our income base through robust fundraising, pursuing other income generation methods, such as space rental and in raising the profile of the organisation through improved marketing.

LOOKING FORWARD

The Ageing-Growing-Engaging programme which represents the three strategic pillars of our work evolved to tackle some of the challenges of ageing e, g, health, mobility, caring roles, social and economic disadvantages, but also to provide opportunities for growth and new learning. These challenges continue, even more so for minority communities, and we hope our approach, work and centre will endure to enable older people to thrive.

Sustainability - Areas of focus

Strengthening our activities and services
Promoting Good Health/Healthy Lifestyle which includes lunches, physical exercises and arts & culture, Advocacy & Outreach support and Dementia Wellbeing Programme

Raising HCEO's profile

Despite having been in existence for over 35 years, awareness of HCEO within the local community and across London boroughs remains low, impacting on recruitment of new members, staff and volunteers and on our income generation. We will be making better use of our website, which we intend to relaunch in 23/24, and social media accounts, designing new marketing materials, sourcing new images and formulating a comprehensive Marketing & Communications strategy to support all areas of our work.

Voluntary income diversification and income generation

We will be looking at the following funding opportunities:

- Lunch Club Network - we are currently working together with Hackney Lunch Club Network on the sustainability plans, supported by the HCVS Network coordinator.
- Trusts & Foundation, Corporate Funding, Community events and Challenge Events
- Individual giving - as we raise our profile via different channels, we will be looking at income generation via online donations, regular giving and legacies, using the website, social media and our newsletter.

Collaborative & Partnership Working

Wherever possible we will try to work with other local, London based or national organisations to ensure cost effective service delivery - e.g., Lunch Clubs Network, referrals, dementia and carers' support, digital inclusion support, advocacy referrals and schemes such as foodbanks & Hackney council initiatives.

Space rental

Our building is a valuable community asset. We have taken steps to raise income from the vacant spaces and expand the organisation's social impact by subletting to VCS organisations and will continue to do this as well as looking at other rental opportunities.

Increased membership

We are receiving more referrals and, with an increase in awareness of our organisation, we anticipate that the numbers will rise generating additional unrestricted income.
Since the end of the severe COVID19 crisis and as the cost-of-living crisis continues, we have received more referrals from outer London boroughs. These include Haringey, Walthamstow, Waltham Forest, Newham and City of London.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The directors of the charitable company (the charity) are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees.

The charity is controlled by its governing document, Memorandum & Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006. The Board of Trustees is responsible for the overall governance and strategic direction of the charity. The management of HCEO is the responsibility of the trustees who are elected and co-opted under the terms of the Articles of Association. The Management team includes a Chair, Treasurer and Company Secretary.

Process for attracting new trustees

Trustees are recruited according to their knowledge, skills and experience from the members of the charity, from the wider local community and from applicants responding to advertisements via specialist volunteering sites such as Reach. We welcome any interested individuals to join HCEO. Potential trustees are asked to complete a Skills Audit and are offered the opportunity to visit the centre to interact with the service users and to observe the operational services. They are encouraged to have informal meetings with staff and volunteers and to attend the Management Meetings as an observer. If mutually agreed, trustees are then appointed through invitation and resolution.

Terms of office for trustees

All members of the Management Committee are eligible for re-election each year, up to a maximum of three years, unless the AGM or special general meeting at which the election takes place approves a further term by resolution. The Board regularly review gaps in knowledge and skills to inform trustee recruitment and is focused on ensuring diversity amongst Board members.

All new appointees to the board receive a full induction briefing by the trustees, which includes the history of the organisation, financial information, strategic aims, access to all policies and procedures, information of the trustees' legal responsibility and regular updates from the office on matters pertaining to effective governance and HCEOs ongoing activities. They are encouraged to attend relevant training courses and appraisals.

Recruitment of new trustees is a priority area and we have started the process.

Staff and volunteers

The delivery of HCEO services relies on a small team of committed staff and volunteers. Where more specialist support is required, we refer the service user or their family to complementary sources of support and advice as we work in close partnership with local charities, the council, GP services and other local providers. This year were able to recruit an Arts Coordinator to lead on the arts & craft.

Risk management

The trustees have 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.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03218456 (England and Wales)

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

Registered Charity number
1057603

Registered office
39 Leswin Road
London
N16 7NX

Trustees
The Members of the Board of Trustees of the Charity as at the year ended 31st March 2023 were:

Inez Cuffy
Valney Prescott
Patricia Richardson
Anthony Stevens
Jennifer Haynes-Martin
Ivor John

Company Secretary:
Beryl Pusey

All the directors of the company are also trustees of the charity and their responsibilities include all the responsibilities of directors under the Companies Acts and trustees under the Charities Act. The directors are members of the company.

Independent Examiner
Anwer Patel BA(Hons), BFP, FCA
Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Bankers
HSBC
312 Seven Sisters Road
Finsbury Park
London
N4 2AW

Approved by order of the board of trustees on 19.10.23 and signed on its behalf by:

ANTHONY STEVENS

Trustee Director

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HACKNEY CARIBBEAN ELDERLY ORGANISATION

Independent examiner's report to the trustees of Hackney Caribbean Elderly Organisation ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

A. PATEL

Anwer Patel BA(Hons), BFP, FCA

Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Date: 20/10/23

HACKNEY CARIBBEAN ELDERLY ORGANISATION

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted fund £	Restricted fund £	**31.3.23 Total funds £**	31.3.22 Total funds £
INCOME FROM					
Donations	2	**38,323**	**205,205**	**243,528**	250,230
Other Charitable activities	3	**23,554**	**-**	**23,554**	5,401
Investment income	4	**841**	**-**	**841**	13
Total		**62,718**	**205,205**	**267,923**	255,644
EXPENDITURE ON					
Costs of Generating Income	5	**12,022**	**24,033**	**36,055**	29,021
Charitable activities	6				
Direct Costs		**10,074**	**133,533**	**143,607**	119,250
Support Costs		**(4,422)**	**59,093**	**54,671**	86,297
Total		**17,674**	**216,659**	**234,333**	234,568
NET INCOME/(EXPENDITURE)		**45,044**	**(11,454)**	**33,590**	21,076
RECONCILIATION OF FUNDS					
Total funds brought forward		**94,598**	**137,783**	**232,381**	211,305
TOTAL FUNDS CARRIED FORWARD		**139,642**	**126,329**	**265,971**	232,381

The notes form part of these financial statements

HACKNEY CARIBBEAN ELDERLY ORGANISATION

STATEMENT OF FINANCIAL POSITION
31 MARCH 2023

	Notes	31.3.23 £	31.3.22 £
FIXED ASSETS			
Tangible assets	12	**3,988**	4,765
CURRENT ASSETS			
Cash at bank and in hand		**266,138**	249,189
CREDITORS			
Amounts falling due within one year	13	**(4,155)**	(21,573)
NET CURRENT ASSETS		**261,983**	227,616
TOTAL ASSETS LESS CURRENT LIABILITIES		**265,971**	232,381
NET ASSETS		**265,971**	232,381
FUNDS	15		
Unrestricted funds		**139,642**	94,598
Restricted funds		**126,329**	137,783
TOTAL FUNDS		**265,971**	232,381

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

continued...

STATEMENT OF FINANCIAL POSITION - continued
31 MARCH 2023

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 19/10/23 and were signed on its behalf by:

ANTHONY STEVENS

Trustee / Director:

PATRICIA RICHARDSON

Trustee / Director:

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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 in 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those condition is wholly within the control of the charity and is probable that those conditions will be fulfilled in the reporting period.

Expenditure and irrecoverable vat
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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Irrecoverable VAT is charged as cost against the activity for which the expenditure was incurred.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery - 25% on reducing balance

Tangible fixed assets are stated at historical cost less accumulated depreciation and any accumulated impairment losses. Historical cost includes expenditure that is directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

continued...

1. ACCOUNTING POLICIES - continued

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Debtors

Basic financial assets, including trade and other debtors, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Such assets are subsequently carried at amortised cost using the effective interest method, less any impairment.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Creditors

Basic financial liabilities, including trade and other creditors, loans from third parties and loans from related parties, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Such instruments are subsequently carried at amortised cost using the effective interest method, less any impairment.

Going concern

As with many charities, the charity is reliant on continued support from its funders.The company has received additional fundings to enable it to continue to provide its services.

The trustees are confident of continued support from their funders. It is for this reason the accounts have been prepared on a going concern basis.

2. DONATIONS

	31.3.23	31.3.22
	£	£
Members Contribution	**633**	15
Donations	**9,677**	1,986
Grants	**233,218**	248,229
	243,528	250,230

continued...

2. DONATIONS - continued

Grants received, included in the above, are as follows:

	31.3.23	31.3.22
	£	£
LB of Hackney	**38,543**	21,636
Xmas Club	**6,640**	512
London Catalyst	**500**	-
North East London NHS Foundation Trust	**29,701**	29,701
National Lottery Community Fund	**79,834**	156,986
The Charity of Sir Richard Whittington	**33,000**	34,000
Morrisons Foundation	**-**	2,921
The Grace Trust	**-**	1,500
The Hedley Foundation	**-**	973
Postcode Society Trust	**25,000**	-
The Edward Gostling Foundation	**10,000**	-
Charles S French Charitable Trust	**3,000**	-
Grocers' Hall Charity	**2,500**	-
The Merchant Taylors' Foundation	**4,000**	-
The Ubele Initiative-Majonzi Fund	**500**	-
	233,218	248,229

3. OTHER CHARITABLE ACTIVITIES

	31.3.23	31.3.22
	£	£
Fundraising events	**23,554**	5,401

4. INVESTMENT INCOME

	31.3.23	31.3.22
	£	£
Deposit account interest	**841**	13

continued...

5. COSTS OF GENERATING INCOME

Raising donations and legacies

	31.3.23	31.3.22
	£	£
Xmas Club Costs	5,371	-
Lunch Club Costs	13,090	12,298
Transport Costs	5,092	4,422
Activities	4,425	2,739
Art & Craft	6,677	7,808
Exercise	1,400	1,754
	36,055	29,021

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Direct Costs	140,391	3,216	143,607
Support Costs	1,329	53,342	54,671
	141,720	56,558	198,278

7. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Direct Costs	-	-	3,216	3,216
Support Costs	15,690	35,004	2,648	53,342
	15,690	35,004	5,864	56,558

continued...

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.23	31.3.22
	£	£
Depreciation - owned assets	1,329	2,701
Independent Examiners Fees	2,500	2,352

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

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

10. KEY MANAGEMENT PERSONNEL

	31.3.23	31.3.22
	£	£
Wages and salaries	131,153	108,158
Other pension costs	6,327	5,068
	137,480	113,226

The average monthly number of employees during the year was as follows:

	31.3.23	31.3.22
Engaged on charitable activities	9	7
Engaged on Management and Administration	1	1
	10	8

No employees received emoluments in excess of £60,000.

The Key Management Personnel comprises of the Board of Trustees and the Day Services Manager whose annual gross remuneration was £32,484 in the year. (2022 - £32,357).

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES 31 MARCH 2022

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME FROM			
Donations	29,543	220,687	250,230
Other Charitable activities	5,401	-	5,401
Investment income	13	-	13
Total	34,957	220,687	255,644
EXPENDITURE ON			
Costs of Generating Income	(1,107)	30,128	29,021
Charitable activities			
Direct Costs	24,988	94,262	119,250
Support Costs	17,346	68,951	86,297
Total	41,227	193,341	234,568
NET INCOME/(EXPENDITURE)	(6,270)	27,346	21,076
Transfers between funds	42,809	(42,809)	-
Net movement in funds	36,539	(15,463)	21,076
RECONCILIATION OF FUNDS			
Total funds brought forward	58,059	153,246	211,305
TOTAL FUNDS CARRIED FORWARD	94,598	137,783	232,381

continued...

12. TANGIBLE FIXED ASSETS

	Plant and machinery £
COST	
At 1 April 2022	**18,022**
Additions	**552**
At 31 March 2023	**18,574**
DEPRECIATION	
At 1 April 2022	**13,257**
Charge for year	**1,329**
At 31 March 2023	**14,586**
NET BOOK VALUE	
At 31 March 2023	**3,988**
At 31 March 2022	4,765

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23 £	31.3.22 £
Trade creditors	**4,155**	21,573

14. RESTRICTED FUNDS

Analysis of Restricted Funds carried forward as at 31st March 2023

	31.3.2023	31.3.2022
LB of Hackney -VCS ARTS	**5,879**	-
Postcode Society	**22,549**	-
East London NHS Foundation - BME Dementia Outreach	**4,325**	8,605
National Lottery Community Fund	**46,454**	103,059
The Charity of Sir Richard Whittington	**30,003**	18,637
XMas Club	**2,013**	837
Edward Gostling	**8,418**	-
North East London CCG	**6,688**	6,645
	126,329	137,783

continued...

15. MOVEMENT IN FUNDS

	At 1/4/22 £	Net movement in funds £	At 31/3/23 £
Unrestricted funds			
General fund	**94,598**	**45,044**	**139,642**
Restricted funds			
Restricted	**137,783**	**(11,454)**	**126,329**
TOTAL FUNDS	**232,381**	**33,590**	**265,971**

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**62,718**	**(17,674)**	**45,044**
Restricted funds			
Restricted	**205,205**	**(216,659)**	**(11,454)**
TOTAL FUNDS	**267,923**	**(234,333)**	**33,590**

Comparatives for movement in funds

	At 1/4/21 £	Net movement in funds £	Transfers between funds £	At 31/3/22 £
Unrestricted funds				
General fund	58,059	(6,270)	42,809	94,598
Restricted funds				
Restricted	153,246	27,346	(42,809)	137,783
TOTAL FUNDS	211,305	21,076	-	232,381

continued...

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	34,957	(41,227)	(6,270)
Restricted funds			
Restricted	220,687	(193,341)	27,346
TOTAL FUNDS	255,644	(234,568)	21,076

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

	31.3.23 £	31.3.22 £
INCOME		
Donations		
Members Contribution	**633**	15
Donations	**9,677**	1,986
Grants	**233,218**	248,229
	243,528	250,230
Other Charitable activities		
Fundraising events	**23,554**	5,401
Investment income		
Deposit account interest	**841**	13
Total incoming resources	**267,923**	255,644
EXPENDITURE		
Raising donations and legacies		
Xmas Club Costs	**5,371**	-
Lunch Club Costs	**13,090**	12,298
Transport Costs	**5,092**	4,422
Activities	**4,425**	2,739
Art & Craft	**6,677**	7,808
Exercise	**1,400**	1,754
	36,055	29,021
Charitable activities		
Wages	**131,153**	108,158
Pensions	**6,327**	5,068
Volunteers' Costs	**2,911**	622
Plant and machinery	**1,329**	2,701
	141,720	116,549
Support costs		
Management		
Rates and water	**2,464**	1,680
Insurance	**988**	924
Carried forward	**3,452**	2,604

HACKNEY CARIBBEAN ELDERLY ORGANISATION

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

	31.3.23	31.3.22
	£	£
Management		
Brought forward	**3,452**	2,604
Light and heat	**10,226**	3,824
Repairs and Renewals	**6,152**	3,879
Cleaning	**3,030**	1,826
Rent	**(7,240)**	21,821
Staff Travel	**70**	-
	15,690	33,954
Finance		
Consultancy Costs	**20,200**	20,372
Training and Welfare	**105**	1,248
Recruitment Expenses	**6,426**	3,840
Telephone	**3,666**	3,814
Postage and stationery	**2,916**	1,756
Sundries	**1,354**	2,474
Bank charges	**337**	52
Strategic Development Costs	**-**	18,200
	35,004	51,756
Governance costs		
Independent Examiners Fees	**2,648**	2,352
Legal and professional costs	**3,216**	936
	5,864	3,288
Total resources expended	**234,333**	234,568
Net income	**33,590**	21,076

HACKNEY CARIBBEAN ELDERLY ORGANISATION

England & Wales - Charity number 1057603

Accounts

REGISTERED COMPANY NUMBER: 03218456 (England and Wales)
REGISTERED CHARITY NUMBER: 1057603

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

FOR

HACKNEY CARIBBEAN ELDERLY ORGANISATION
(A COMPANY LIMITED BY GUARANTEE)

Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. 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 1 January 2019).

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022

OBJECTIVES AND ACTIVITIES

Objectives and aims

Hackney Caribbean Elderly Organisation (HCEO) is a community organisation that promotes the interests of elders, primarily but not exclusively, of African and Caribbean descent. Our charitable purpose is for the benefit of elders living in and/or with a close association with the London Borough of Hackney, and we are also recognised as a cultural group that actively seeks to engage with the community and other local organisations.

Mission

To bring local elderly people together to share life.

Vision

To work together to build stronger, closer and inclusive communities where every day is to be eagerly anticipated by the older person.

Values

Our values are integral to everything we do, which is to ensure that older people have dignity, respect, choice and 'voice'. Ensuring that services are provided in a person centred and sensitive manner and supporting elders by providing needs-led services.

Public benefit

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance published by the Commission in determining the activities undertaken by the Charity.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

During 2021/22, the trustees made a decision to review and strengthen HCEO's Strategic Aims in light of the unprecedented impact of covid-19 on our beneficiaries and our method of working. They commissioned a Director of Operations to provide leadership and additional support to the management committee in helping them to implement a strategy for the future sustainable development of the organisation and to review our Business Plan.

The following are the newly agreed strategic aims:

a) To enhance the quality of life and wellbeing of older people, in particular African and Caribbean people, living in the local community

b) To prevent isolation and loneliness and bring communities together

c) To build good relationships with members, their families and carers, and to work in partnerships with links to the wider community

d) To increase the number of individuals registering as members and accessing our services

e) To achieve a secure financial future for HCEO

ACHIEVEMENT AND PERFORMANCE

A summary of progress, against our strategic aims, is as follows:

a) To enhance the quality of life and wellbeing of older people, in particular African and Caribbean people, living in the local community

Our priority was to support older people in our community to maintain their health and wellbeing which were being negatively impacted throughout the Covid-19 pandemic. This included preparing and delivering food, collecting shopping and medicines; on-line intervention to encourage members and their families to use digital devices to access activities and support at home; advocacy and telephone befriending for those suffering from bereavement, stress and mental health issues. We encouraged peer friendships amongst our members in bereavement which we found was a highly effective support mechanism

b) To prevent isolation and loneliness and bring communities together

Our intimate knowledge of our members, their culture, family and circumstances helped us in tailoring our support and identifying the most vulnerable.

The return of in-person activities at the centre was welcomed by many, but quite a lot of service users were still reluctant to come out, so we adapted our support delivery and visited them on their doorsteps. For those who just want to get out of the house to go somewhere they feel safe, make friends and openly express themselves, the provision of a warm, home-like and easily accessible centre is hugely important. Staff and volunteers go out of their way to make sure the environment is welcoming. The physical state of the building was dramatically improved as a result of the refurbishment, with better lighting, warmer colours and new chairs. Existing members were delighted to return to this wonderful new environment

c) To build good relationships with members, their families and carers, and to work in partnerships with links to the wider community.

We encourage members' to be involved in the decision making of the charity, in this case consulting them in putting together our Covid-19 Risk Assessment. Families are asked to accompany their loved ones on outings, engage in social and cultural activities such as the Windrush celebrations. Our Befriending and Advocacy support complements our Lunch club activities; the staff are around and approachable to provide immediate support.

We participated in all Hackney Lunch Clubs' Network meetings (online and in person to ensure that we worked together to support the diverse older community in Hackney. Staff linked into the many training courses and information provided online such as ELBA, HCVS.

d) To increase the number of individuals registering as members and accessing our services

Our membership declined during the pandemic for various reasons such as deaths, natural ageing and frailty, so from March 2022 onwards we are looking at new ways of raising the charity's profile via new marketing materials, a newly launched website and awareness raising activities within the local community.

e) To achieve a secure financial future for HCEO

The work with Director of Operations on strengthening our strategic objectives and producing a Business Plan prioritised sustainability. Therefore, a Fundraiser with development skills was engaged to support the HCEO management team to deliver the required outcomes of the HCEO business plan by identifying relevant fundraising opportunities/projects with the potential to provide a sustainable income generation

ACHIEVEMENT AND PERFORMANCE

We are grateful for the awards from the National Lottery for the Befriending Project; Mercers' Company (The Charity of Sir Richard Whittington) for the Good Neighbours' project. We received funding towards our Arts & Culture programme from The Grace Trust and Merchant Taylors' Company (on behalf of the Grant-Making Charity). The Hedley Foundation and Morrison Foundation provided the funds for 40 new dinner chairs and matching tablecloths, which greatly enhance our newly decorated dining hall.
We started negotiations for a renewal lease to include permission to sublet the vacant space to raise income.
We are constantly reviewing our finances and controlling our expenditure and have maintained our required reserves.

The Business planning also identified 5 Priority Areas for funding and activities. It is important to add digital inclusion as a priority to continue to engage our elders in the use of technology, which they experienced during the pandemic.

1. Promoting Good Health/Healthy Lifestyle
2. Raising Awareness - education, advocacy, befriending
3. Dementia and Carers' support
4. Arts & Cultural Activities
5. Digital Inclusion

A summary of our activities, against our priority areas, is as follows
The Ageing-Growing-Engaging (A-G-E) programme forms the overarching structure for supporting vulnerable older people, their families and carers within Hackney and marginal borders.

1. Promoting Good Health/Healthy Lifestyle:
We continued to promote the advantages of maintaining a healthy diet and taking regular exercise online and at the centre, introducing cardiovascular exercise. The contents of creative activity bags provided further stimulation. We made telephone calls and held lively conversations online to alleviate isolation. We distributed Easter Wellbeing Hampers to approx. 70 service users.

We turned our small courtyard into a garden with plants and herbs to provide a quiet space (sanctuary) and the garden itself became a focus for online conversations/ workshops around food preparations and 'healthy eating' practices in Lockdown.

Once the restrictions were lifted, our members were desperate to go to the seaside and we organised two seaside trips:

Mid-July a 50-seater coach the Southend to include families,
Late September - 22-seater coach for Margate.

2. Raising Awareness - Education and Influencing, Healthy Eating / Advocacy Support: Culturally appropriate intervention and care for Black elders
Our organisation is used as a conduit for passing on information affecting older people and our community. We were fortunate to raise funds to extend our Outreach programme through befriending and advocacy and recruited staff to these posts in early 2022. We are an active member of the Hackney Lunch Clubs network which works across Hackney improving isolation and raising awareness of their issues. We engaged a young person on the Kickstart Scheme, and he produced our Newsletter.

3. Dementia and Carers' support: Health talks, exercise, social activities.

ACHIEVEMENT AND PERFORMANCE

During the period, many of our members living with dementia were able to participate online with our wider membership because family members were at home to support them with the digital devices. They engaged in all the workshops, arts & craft through activity bags, conversations and exercises. By carers joining in the conversations, we gained real insight of the full impact the Lockdown was having on the mental health of their loved ones and the carers themselves. There were also many amusing stories to share.

On 17th May we hosted a successful Caribbean Online Dementia Tea Party. Over 30 people participated online and 15 people at the centre.

In September, we received continuation funding from the North East London CCG (NELCCG)for the Dementia Memory Project for another year.

4. Arts & Cultural Activities

Throughout the year we provided arts & craft activities for mental stimulation and engagement. Some took place at the centre, others at The Old Fire Station and some activities happened online during the lockdowns.
We participated in the Windrush Generation celebrations called 'The Dutchpot' which aimed to make the stories and voices of the Windrush Generation heard and to celebrate and record their contributions to the community.
The day trip to Margate trip (22 people) was also to attend an art exhibition 'The Tree of Hope" produced by Donald Waugh (Pavement to Catwalk.com). The visit was to acknowledge members contribution to the exhibition pieces, made from several arts & craft workshops at the centre.

5. Digital Inclusion

We provided tablets loaned from Age-UK to enable some our service users to participate in online activities. We have set up computers at the centre for digital training and are looking to provide an 'IT buddying' programme to encourage our elders to learn aspects of technology that would be useful to them such as online shopping; contacting their loved ones abroad, accessing Church services, and generally to overcome some of their reluctance to using the devices.

CHALLENGES AND RISKS

The year covered by this report was another one of continued uncertainty because of the significant impact of the COVID-19 pandemic on peoples' lives and challenges in the funding environment. Additionally, the cost-of-living crisis and fuel poverty faced by older households, particularly those on lower incomes (who are the majority of our service users) bring greater uncertainties and challenges for the charity, such as:

- Reduced income and challenges in raising the necessary funds for the sustainability of the charity both from chargeable activities and because of a drop in funding from Trust Foundations, donations and fund-raising events
- Having the capacity to support the ageing group of people with multiple health conditions or with dementia that are becoming the majority of referrals to us
- Delay in maximising the use of the building to raise income.

We aim to mitigate such risks by being prudent in our financial operations, but also to be more robust in fundraising and in raising the profile of the organisation through improved marketing.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022

FINANCIAL REVIEW

Financial position

Availability and adequacy of assets of each of the funds

The Trustees are responsible for keeping accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Charities Act 2011.

Reserves Policy

Our Reserves Policy state HCEO's management committee have established that the unrestricted reserves should be between 3-6 months of expenditure. Our current level of unrestricted reserves is within this policy.

Going concern

Despite the hugely negative impact that the pandemic had on our work and beneficiaries, HCEO staff and volunteers continued throughout in playing our part as an organisation at the heart of our community providing vital support. From May 2021 we reopened the Centre, but operated with limited numbers, fully reopening in September. By November we closed again for long-awaited refurbishment to the building, providing limited services, such as lunches, exercise and arts & craft from The Old Fire Station, a building further up the road from us. In March 2022, we reopened the centre, with the Mayor of Hackney and local counsellors attending the opening ceremony. We welcomed back existing and new members.

We would like to thank the grant funders for their flexibility and generosity in allowing the continued use of funds for staff salaries, operational costs and for funds to be used specifically for COVID-19 activities

Transactions and Financial position

During the year the charity met its expenditure of £234,568 (2021: £198,799) through a combination of grants, fees for services provided, donations from individuals totalling £255,644 (2021: £264,787) and from reserves brought forward from the previous year. The charity has carried forward reserves of £232,381 (2021: £211,305) of which £137,783 (2021: £153,246) is restricted. The trustees are grateful to the funders and individuals for their continued support.

FUTURE PLANS

HCEO will continually review its operations, activities and financial situation to ensure that we are in step with the ever-changing circumstances. However, we are confident that we now have strong strategic aims and priority areas for activities that are relevant to the people we serve, which provide a person-centred approach to our work.

We would like to build on our Ageing-Growing-Engaging (A-G-E) programme, which encompasses all our work to support vulnerable older people, their families and carers within Hackney and nearby areas. This requires:

- successful fundraising and resources for the delivery of our programme of work
- increasing the number of older people registering as members and accessing our services
- more people accessing our services via Advocacy, Befriending and Social Media reach
- enhancing the quality of life and wellbeing of older people (particularly elderly African and Caribbean) in the local community
- preventing isolation and loneliness and bringing communities together
- Improving our volunteering programme to sustain all areas of our work
- improved partnership working with local organisations, schools, colleges, libraries, GP practices, social prescribing teams, places of worship and participation in dementia research
- Participation in a meaningful programme of social and cultural activities to motivate elders to wake up, dress up and show up each day and at the Centre, giving families and carers respite.
- securing a 5-year lease to provide an accessible and safe environment for older people to meet and make friends.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022

The directors of the charitable company (the charity) are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees.

The charity is controlled by its governing document, Memorandum & Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006. The Board of Trustees is responsible for the overall governance and strategic direction of the charity. The management of HCEO is the responsibility of the trustees who are elected and co-opted under the terms of the Articles of Association. The Management team includes a Chair, Treasurer and Company Secretary.

Process for attracting new Trustees
Trustees are recruited according to their knowledge, skills and experience from the members of the charity, from the wider local community and from applicants responding to advertisements via specialist volunteering sites such as Reach. We welcome any interested individuals to join HCEO. Potential trustees are asked to complete a Skills Audit and are offered the opportunity to visit the centre to interact with the service users and to observe the operational services. They are encouraged to have informal meetings with staff and volunteers and to attend the Management Meetings as an observer. If mutually agreed, trustees are then appointed through invitation and resolution.

Terms of office for trustees
All members of the Management Committee are eligible for re-election each year, up to a maximum of three years, unless the AGM or special general meeting at which the election takes place approves a further term by resolution. The Board regularly review gaps in knowledge and skills to inform trustee recruitment and is focused on ensuring diversity amongst Board members.

All new appointees to the board receive a full induction briefing by the trustees, which includes the history of the organisation, financial information, strategic aims, access to all policies and procedures, information of the trustees' legal responsibility and regular updates from the office on matters pertaining to effective governance and HCEOs ongoing activities. They are encouraged to attend relevant training courses and appraisals.

Staff and volunteers
The delivery of HCEO services relies on a small team of committed staff and volunteers. Where more specialist support is required, we refer the service user or their family to complementary sources of support and advice as we work in close partnership with local charities, the council, GP services and other local providers. With project funding we recruited three part time staff, taking our total part-time staff number to 8. The number of our core volunteers decreased mainly due to shielding and frailty and we did not have the usual corporate or school placement volunteers due to Covid-19 restrictions. A new Volunteer Coordinator commenced in March 2022 to rejuvenate the volunteering programme.

Risk management
The trustees have 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.

REFERENCE AND ADMINISTRATIVE DETAILS
Registered Company number
03218456 (England and Wales)

Registered Charity number
1057603

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022

Registered office
39 Leswin Road
London
N16 7NX

Trustees
The Members of the Board of Trustees of the Charity as at the year ended 31st March 2022 were:

Inez Cuffy
Valney Prescott
Patricia Richardson
Anthony Stevens
Jennifer Haynes-Martin - Appointed 21st Sept 2021
Ivor John - Appointed 21st Sept 2021
Gloria Dascent - Resigned 28th Jul 2021 - Sadly passed away
Dr Trevor Udennis - Resigned - 10th Feb 2022 - Sadly passed away
Thelma Ebanks - Resigned 15th Jul 2021
Maureen Nunes- Resigned 8th Mar 2021

Company Secretary:
Beryl Pusey

All the directors of the company are also trustees of the charity and their responsibilities include all the responsibilities of directors under the Companies Acts and trustees under the Charities Act. The directors are members of the company.

Independent Examiner
Anwer Patel BA(Hons), BFP, FCA
ICAEW
Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Bankers
HSBC
312 Seven Sisters Road
Finsbury Park
London
N4 2AW

Approved by order of the board of trustees on 7.12.22 and signed on its behalf by:

.....
Trustee
DIRECTOR ANTHONY STEVENS
CHAIR OF TRUSTEES

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HACKNEY CARIBBEAN ELDERLY ORGANISATION

Independent examiner's report to the trustees of Hackney Caribbean Elderly Organisation ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

A. PATEL

Anwer Patel BA(Hons), BFP, FCA
ICAEW
Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Date: 7/12/22

HACKNEY CARIBBEAN ELDERLY ORGANISATION

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted fund £	Restricted fund £	**31.3.22 Total funds £**	31.3.21 Total funds £
INCOME FROM					
Donations	2	**29,543**	**220,687**	**250,230**	263,241
Other Charitable activities	3	**5,401**	**-**	**5,401**	1,467
Investment income	4	**13**	**-**	**13**	79
Total		**34,957**	**220,687**	**255,644**	264,787
EXPENDITURE ON					
Costs of Generating Income	5	**(1,107)**	**30,128**	**29,021**	24,230
Charitable activities	6				
Direct Costs		**24,988**	**94,262**	**119,250**	111,914
Support Costs		**17,346**	**68,951**	**86,297**	62,655
Total		**41,227**	**193,341**	**234,568**	198,799
NET INCOME/(EXPENDITURE)		**(6,270)**	**27,346**	**21,076**	65,988
Transfers between funds	15	**42,809**	**(42,809)**	**-**	-
Net movement in funds		**36,539**	**(15,463)**	**21,076**	65,988
RECONCILIATION OF FUNDS					
Total funds brought forward		**58,059**	**153,246**	**211,305**	145,317
TOTAL FUNDS CARRIED FORWARD		**94,598**	**137,783**	**232,381**	211,305

The notes form part of these financial statements

HACKNEY CARIBBEAN ELDERLY ORGANISATION

STATEMENT OF FINANCIAL POSITION
31 MARCH 2022

	Notes	31.3.22 £	31.3.21 £
FIXED ASSETS			
Tangible assets	12	**4,765**	4,486
CURRENT ASSETS			
Cash at bank and in hand		**249,189**	218,178
CREDITORS			
Amounts falling due within one year	13	**(21,573)**	(11,359)
NET CURRENT ASSETS		**227,616**	206,819
TOTAL ASSETS LESS CURRENT LIABILITIES		**232,381**	211,305
NET ASSETS		**232,381**	211,305
FUNDS	15		
Unrestricted funds		**94,598**	58,059
Restricted funds		**137,783**	153,246
TOTAL FUNDS		**232,381**	211,305

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

continued...

STATEMENT OF FINANCIAL POSITION - continued
31 MARCH 2022

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 7/12/22 and were signed on its behalf by:

.....
Trustee / DIRECTOR. ANTHONY STEVENS

.....
Trustee / DIRECTOR PATRICIA RICHARDSON

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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 in 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those condition is wholly within the control of the charity and is probable that those conditions will be fulfilled in the reporting period.

Expenditure and irrecoverable vat
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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Irrecoverable VAT is charged as cost against the activity for which the expenditure was incurred.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery - 25% on reducing balance

Tangible fixed assets are stated at historical cost less accumulated depreciation and any accumulated impairment losses. Historical cost includes expenditure that is directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

continued...

1. ACCOUNTING POLICIES - continued

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Debtors
Basic financial assets, including trade and other debtors, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Such assets are subsequently carried at amortised cost using the effective interest method, less any impairment.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Creditors
Basic financial liabilities, including trade and other creditors, loans from third parties and loans from related parties, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Such instruments are subsequently carried at amortised cost using the effective interest method, less any impairment.

Going concern and covid 19
As with many charities, the charity is reliant on continued support from its funders especially during the Covid 19 pandemic.The company has received additional fundings to enable it to continue to provide its services.

The trustees are confident of continued support from their funders. It is for this reason the accounts have been prepared on a going concern basis.

continued...

2. DONATIONS

	31.3.22	31.3.21
	£	£
Members Contribution	15	883
Donations	1,986	11,988
Grants	248,229	250,370
	250,230	263,241

Grants received, included in the above, are as follows:

	31.3.22	31.3.21
	£	£
LB of Hackney	21,636	21,387
Xmas Club	512	97
East London NHS Trust	29,701	29,701
National Lottery Community Fund	156,986	143,431
The Mercers' Trustees Company	34,000	25,000
Hackney Council Rent Relief (Covid 19)	-	13,756
Morrisons	2,921	-
The Grace Trust	1,500	-
The Hedley Foundation	973	-
Other grants	-	16,998
	248,229	250,370

3. OTHER CHARITABLE ACTIVITIES

	31.3.22	31.3.21
	£	£
Fundraising events	5,401	1,467

4. INVESTMENT INCOME

	31.3.22	31.3.21
	£	£
Deposit account interest	13	79

continued...

5. COSTS OF GENERATING INCOME

Raising donations and legacies

	31.3.22	31.3.21
	£	£
Lunch Club Costs	**12,298**	6,949
Transport Costs	**4,422**	-
Activities	**2,739**	8,512
Art & Craft	**7,808**	8,619
Exercise	**1,754**	150
	29,021	24,230

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Direct Costs	**117,066**	**2,184**	**119,250**
Support Costs	**3,323**	**82,974**	**86,297**
	120,389	**85,158**	**205,547**

7. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Direct Costs	-	**1,248**	**936**	**2,184**
Support Costs	**33,954**	**46,668**	**2,352**	**82,974**
	33,954	**47,916**	**3,288**	**85,158**

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.22	31.3.21
	£	£
Depreciation - owned assets	**2,701**	1,496
Independent Examiners Fees	**2,352**	2,392

continued...

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

10. KEY MANAGEMENT PERSONNEL

	31.3.22	31.3.21
	£	£
Wages and salaries	**108,158**	102,877
Other pension costs	**5,068**	4,785
	113,226	107,662

The average monthly number of employees during the year was as follows:

	31.3.22	31.3.21
Engaged on charitable activities	**7**	5
Engaged on Management and Administration	**1**	1
	8	6

No employees received emoluments in excess of £60,000.

The Key Management Personnel was the Day Services Manager whose annual gross remuneration was £32,484 in the year. (2021 - £32,357).

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES 31 MARCH 2021

	Unrestricted fund	Restricted fund	Total funds
	£	£	£
INCOME FROM			
Donations	34,258	228,983	263,241
Other Charitable activities	1,467	-	1,467
Investment income	79	-	79
Total	35,804	228,983	264,787
EXPENDITURE ON			
Costs of Generating Income	4,281	19,949	24,230
Charitable activities			
Direct Costs	4,349	107,565	111,914

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES 31 MARCH 2021 - continued

	Unrestricted fund £	Restricted fund £	Total funds £
Support Costs	11,907	50,748	62,655
Total	20,537	178,262	198,799
NET INCOME	15,267	50,721	65,988
RECONCILIATION OF FUNDS			
Total funds brought forward	42,792	102,525	145,317
TOTAL FUNDS CARRIED FORWARD	58,059	153,246	211,305

12. TANGIBLE FIXED ASSETS

	Plant and machinery £
COST	
At 1 April 2021	**15,042**
Additions	**2,980**
At 31 March 2022	**18,022**
DEPRECIATION	
At 1 April 2021	**10,556**
Charge for year	**2,701**
At 31 March 2022	**13,257**
NET BOOK VALUE	
At 31 March 2022	**4,765**
At 31 March 2021	4,486

continued...

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Trade creditors	21,573	10,203
Social security and other taxes	-	1,156
	21,573	11,359

14. RESTRICTED FUNDS

Analysis of Restricted Funds carried forward as at 31st March 2022

	31.3.2022	31.3.2021
East London NHS Foundation - Dementia Memory Wellbeing	-	18,819
East London NHS Foundation - Carers' Support	-	1,945
East London NHS Foundation - BME Dementia Outreach	8,605	8,608
National Lottery Community Fund	103,059	100,995
The Mercer's Trustees Company	-	17,609
XMas Club	837	340
Covid 19 Support	-	4,933
North East London CCG	6,645	-
The Charity of Sir Richard Whittington	18,637	-
	137,783	153,245

15. MOVEMENT IN FUNDS

	At 1/4/21	Net movement in funds	Transfers between funds	At 31/3/22
	£	£	£	£
Unrestricted funds				
General fund	58,059	(6,270)	42,809	94,598
Restricted funds				
Restricted	153,246	27,346	(42,809)	137,783
TOTAL FUNDS	211,305	21,076	-	232,381

continued...

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**34,957**	**(41,227)**	**(6,270)**
Restricted funds			
Restricted	**220,687**	**(193,341)**	**27,346**
TOTAL FUNDS	**255,644**	**(234,568)**	**21,076**

Comparatives for movement in funds

	At 1/4/20 £	Net movement in funds £	At 31/3/21 £
Unrestricted funds			
General fund	42,792	15,267	58,059
Restricted funds			
Restricted	102,525	50,721	153,246
TOTAL FUNDS	145,317	65,988	211,305

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	35,804	(20,537)	15,267
Restricted funds			
Restricted	228,983	(178,262)	50,721
TOTAL FUNDS	264,787	(198,799)	65,988

continued...

16. RELATED PARTY DISCLOSURES

During the year, one of the members of the board provided strategic services amounting to £18,200 (2021: Nil) to the organisation. This transaction was undertaken at arm's length.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2022

	31.3.22 £	31.3.21 £
INCOME		
Donations		
Members Contribution	**15**	883
Donations	**1,986**	11,988
Grants	**248,229**	250,370
	250,230	263,241
Other Charitable activities		
Fundraising events	**5,401**	1,467
Investment income		
Deposit account interest	**13**	79
Total incoming resources	**255,644**	264,787
EXPENDITURE		
Raising donations and legacies		
Lunch Club Costs	**12,298**	6,949
Transport Costs	**4,422**	-
Activities	**2,739**	8,512
Art & Craft	**7,808**	8,619
Exercise	**1,754**	150
	29,021	24,230
Charitable activities		
Wages	**108,158**	102,877
Pensions	**5,068**	4,785
Volunteer's Costs	**622**	287
Kickstart scheme costs	**3,840**	-
Plant and machinery	**2,701**	1,496
	120,389	109,445
Support costs		
Management		
Rates and water	**1,680**	2,218
Insurance	**924**	746
Carried forward	**2,604**	2,964

HACKNEY CARIBBEAN ELDERLY ORGANISATION

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2022

	31.3.22 £	31.3.21 £
Management		
Brought forward	**2,604**	2,964
Light and heat	**3,824**	3,388
Repairs and Renewals	**3,879**	1,225
Cleaning	**1,826**	1,243
Rent	**21,821**	19,142
	33,954	27,962
Finance		
Consultancy Costs	**20,372**	23,979
Training and Welfare	**1,248**	2,320
Recruitment Expenses	**-**	275
Telephone	**3,814**	3,281
Postage and stationery	**1,756**	1,779
Sundries	**2,474**	1,519
Bank charges	**52**	-
Strategic Development Costs	**18,200**	-
	47,916	33,153
Governance costs		
Independent Examiners Fees	**2,352**	2,352
Legal and professional costs	**936**	1,657
	3,288	4,009
Total resources expended	**234,568**	198,799
Net income	**21,076**	65,988

HACKNEY CARIBBEAN ELDERLY ORGANISATION

England & Wales - Charity number 1057603

Accounts

REGISTERED COMPANY NUMBER: 03218456 (England and Wales)
REGISTERED CHARITY NUMBER: 1057603

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

FOR

HACKNEY CARIBBEAN ELDERLY ORGANISATION
(A COMPANY LIMITED BY GUARANTEE)

Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. 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 1 January 2019).

Like others, during this financial year the Coronavirus pandemic had an adverse impact on members of the charity, their families and carers. HCEO played its part in ensuring that the older people were not forgotten and were cared for throughout the year. This unprecedented period has reinforced the importance and the need for community organisations like ours who are at the heart of the community.

Our organisation and charitable purpose
Hackney Caribbean Elderly Organisation (HCEO) is a community organisation that promotes the interests of elders, primarily but not exclusively, of Caribbean descent. Our charitable purpose is for the benefit of elders living in and/or with a close association with the London Borough of Hackney, and we also aim to be recognised as a cultural group that actively seeks to engage with the community and other organisations. ("Elders" are defined as individuals who have retired due to their age, infirmity or disability).

Mission
To bring local elderly people together to share life.

Vision
To work together to build stronger, closer and inclusive communities where every day is to be eagerly anticipated by the older person.

Values
Our values are integral to everything we do, which is to ensure that older people have dignity, respect, choice and 'voice'. Ensuring that services are provided in a person centred and sensitive manner and supporting elders by providing needs-led services.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

OBJECTIVES AND ACTIVITIES

Objectives and aims

1. Provision of a home-like and easily accessible environment in the Stoke Newington area that is accessible, feels safe and comfortable where older people can freely express themselves.

2. Health & Wellbeing: Luncheon Club, social & cultural activities.

3. Advocacy & outreach service (being revamped).

4. A Dementia Mental Wellbeing programme to promote social inclusion, and participation.

5. A Volunteering programme that also provide opportunities for work placements for students from schools and colleges.

6. Committed to working in partnerships with voluntary and statutory organisations in Hackney to broaden HCEO's services and community participation.

7. Actively developing our fundraising and income generating activities to ensure that we have a diversified funding stream for the longer-term sustainability of the organisation.

8. To broaden HCEO's services and community participation.

Public benefit

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance published by the Commission in determining the activities undertaken by the Charity.

Going Concern and Covid-19

The organisation has been impacted by Covid-19, however, we are still able to carry out our charitable activities from the centre. We have put safety measures in place to ensure that the maximum numbers of members could attend and are constantly abiding by the Government Guidelines. In addition, we have received sufficient funding to cater for those affected by Covid-19.

For these reasons, we are confident that with operational and appropriate measures to provide online support to members of the organisation, the Organisation is in a position to operate in the future.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Our planned activities were put on hold whilst we concentrated upon adapting our services during the pandemic to ensure that we focussed entirely on reaching out to our members and their families. **Many of our regular members succumbed to the virus, underlying illnesses or naturally passed away in larger numbers than usual. The loss of several our much-loved members has had an impact on our staff and remaining members who require extra support in adjusting to the return to the centre. The increased vulnerability to the effects of the Covid virus by our target membership has had an impact upon our ability to resume full activities and engage new members.**

Our responses to the pandemic and lockdown

HCEO is recognised as a cultural organisation primarily for African and Caribbean elderly people; members and their families often turned to us in the first instance to express their concerns about the pandemic and for clarity, of the then, confusing information around the virus. Social agencies also sought our advice and support. Our staff and volunteers supported by the trustees, rose to the challenge. The Hackney Lunch Clubs Network met regularly online for a coordinated approach and to share information. This was facilitated by the Development Officer.

Our intimate knowledge of our members, their culture, family and circumstances enabled us to act quickly to identify the most vulnerable: those living alone, in residential homes and the housebound. We provided nutritious food (hot, cooked in Caribbean style), collected medication, shopping, and shared news of each other to ensure no one was isolated.

Through the regular telephone befriending calls, the cultural knowledge and experience of staff were invaluable: utilising listening and interpersonal communication skills, not normally expected of the job role, to provide emotional support. We organised for signposting on specific advocacy and bereavement issues, our senior staff member is an experienced Advocate.

Online activities

Once our digital technology was updated, staff facilitated an Online Activity Programme four days each week for all: facilitating physical exercises and movement, teaching arts & craft, gardening workshops on organic herbs and how to use them to make more interesting and nutritious food. For example, members and carers of our Dementia Memory Group have joined in the arts activity. Couples have sat side by side on Zoom. Sometimes children and grandchildren or whoever was at home at the time of the session and wanted to join were welcomed online. We provided activity bags with embroidery, colouring books, plant cuttings for stimulation and shared conversations.

For Christmas 2020 we were able to recreate the Christmas spirit normally generated at the Centre by delivering Christmas lunches prepared by our own cook to our members accompanied by small gifts, some donated by ELBA. Many elders were facing Christmas alone and were much appreciative of the gesture. They felt that we "still cared about them"

Raising awareness and reducing stigma. A positive impact of holding activities online is that the Dementia group engaged jointly in all the activities with the wider membership. They were supported to use the technology which had been donated by Age UK, by family members or carers. In August, our Dementia Memory Wellbeing group were featured on Hackney Social Radio who broadcast interviews with the Project Coordinator & Facilitator, elders, and carers.

Staff learning and upskilling

Staff took the opportunity to join in learning and training webinars provided freely online by funders and community partners e.g., Peer Learning provided by The Mercers Company, many programmes aimed at a strategic level by East London Business Alliance (ELBA) and HCVS. Other training included: End of Life; Befriending, Bereavement, Mental Health, and we also joined the Food Poverty Alliance discussions.

CHALLENGES

The year covered by this report is one of great uncertainty because of the COVID-19 pandemic and the resulting lockdown measures are not yet known. Bearing this in mind, the Trustees have reviewed the risks and have identified the following risks:

- Challenges in raising the necessary funds for the sustainability of the charity.
- Challenges in attracting staff and retaining key staff
- Challenges increasing the number of individuals registering as members and accessing our services
- Delay in maximising the use of the building to raise income.

The trustees have implemented the following steps to mitigate the risks:

- Commissioned a Director of Operations to provide additional support to the management committee in helping them to implement a strategy for the future sustainable development of the organisation
- Undertaking a review of our business plan and opportunities for a more sustainable income generation through grants, trusts and foundations support, charity funding activities and donations.
- Recruiting and retaining staff: Recruitment of new staff has been challenging and couldn't be fully implemented as planned for the Ageing-Growing-Engaging project and is proving to be relatively expensive. We aim to readvertise these posts.
- Retaining staff: We aim for regular supervision and appraisal and to encourage staff to take up training opportunities, especially those provided by community partners such as ELBA and HCVS. Staff are involved in the strategic direction of the organisation through joint staff/trustees meeting and staff meetings.
- We are looking at new ways of raising the charity's profile with referral agencies, on the website, leafletting in spaces frequented by elderly people.

FINANCIAL REVIEW

Financial position

Availability and adequacy of assets of each of the funds

The Trustees are responsible for keeping accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Charities Act 2011.

Reserves Policy

Our Reserves Policy state HCEO's management committee have established that the unrestricted reserves should be between 3-6 months of expenditure. Our current level of unrestricted reserves is within this policy.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

FINANCIAL REVIEW

Transactions and Financial position

During the year the charity met its expenditure of £198,799 (2020: £153,131) through a combination of grants, fees for services provided, donations from individuals totalling £264,787 (2020: £250,260) and from reserves brought forward from the previous year. The charity has carried forward reserves of £211,305 (2020: £145,317) of which £153,246 (2020: £102,525) is restricted. The trustees are grateful to the funders and individuals for their continued support.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The Trustees of the Charity, who are also the Directors of the Company for the purposes of the Companies Act 2006, present the combined directors' report and trustees' annual report, as required by company law, together with the financial statements of HCEO for the year ended 31st March 2021.

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006. The Board of Trustees is responsible for the overall governance and strategic direction of the charity. The management of HCEO is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association. The Management team includes a Chair, Treasurer and Company Secretary.

Process for attracting new Trustees

Trustees are recruited according to their knowledge, skills and experience from the members of the charity, from the wider local community and from applicants responding to advertisements. We welcome any interested individuals to join HCEO. Potential trustees are asked to complete a Skills Audit and are offered the opportunity to visit the centre to interact with the service users and to observe the operational services. They are encouraged to have informal meetings with staff and volunteers. They are invited to attend the Management Meetings as an observer. If mutually agreed, trustees are then appointed through invitation and resolution.

Terms of office for trustees

All members of the Management Committee are eligible for re-election up to a maximum of three years unless the AGM or special general meeting at which the election takes place approves a further term by resolution. The Board regularly review gaps in knowledge and skills to inform trustee recruitment. During the year two trustees have resigned for health reasons.

All trustees appointed to the board receive a full induction briefing by the Trustees, which includes the history of the organisation, financial information, strategic aims, access to all policies and procedures, information of the Trustees' legal responsibility and regular updates from the office on matters pertaining to effective governance and HCEOs ongoing activities. They are encouraged to attend relevant training courses and appraisals.

Staff and volunteers

The delivery of HCEO services relies on a small team of committed staff and volunteers. Where we cannot meet an individual's needs, we refer them to complementary sources of support and advice. At the end of the financial year there were 5 part-time staff. On average there are 10 core volunteers.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have 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.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03218456 (England and Wales)

Registered Charity number

1057603

Registered office

39 Leswin Road
London
N16 7NX

Trustees

The Members of the Board of Trustees of the Charity as at the year ended 31st March 2021 were:

Inez Cuffy
Gloria Dascent
Thelma Ebanks
Maureen Nunes
Valney Prescott
Patricia Richardson
Anthony Stevens
Dr Trevor Udennis

Company Secretary:

Beryl Pusey

All the directors of the company are also trustees of the charity and their responsibilities include all the responsibilities of directors under the Companies Acts and trustees under the Charities Act. The directors are members of the company.

Independent Examiner

Anwer Patel BA(Hons), BFP, FCA
ICEAW
Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

REFERENCE AND ADMINISTRATIVE DETAILS

Bankers

HSBC
312 Seven Sisters Road
Finsbury Park
London
N4 2AW

Approved by order of the board of trustees on 2/12/21 and signed on its behalf by:



.....

Trustee Director: A. Stevens

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HACKNEY CARIBBEAN ELDERLY ORGANISATION

Independent examiner's report to the trustees of Hackney Caribbean Elderly Organisation ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICEAW which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

A. PATEL

Anwer Patel BA(Hons), BFP, FCA
ICEAW
Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Date: 7/12/2021

HACKNEY CARIBBEAN ELDERLY ORGANISATION

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted fund £	Restricted fund £	**31.3.21 Total funds £**	31.3.20 Total funds £
INCOME FROM					
Donations	2	**34,258**	**228,983**	**263,241**	221,455
Other Charitable activities	3	**1,467**	**-**	**1,467**	28,636
Investment income	4	**79**	**-**	**79**	169
Total		**35,804**	**228,983**	**264,787**	250,260
EXPENDITURE ON					
Costs of Generating Income	5	**4,281**	**19,799**	**24,080**	40,296
Charitable activities	6				
Direct Costs		**4,349**	**107,565**	**111,914**	82,190
Support Costs		**11,907**	**50,898**	**62,805**	30,645
Total		**20,537**	**178,262**	**198,799**	153,131
NET INCOME		**15,267**	**50,721**	**65,988**	97,129
RECONCILIATION OF FUNDS					
Total funds brought forward		**42,792**	**102,525**	**145,317**	48,188
TOTAL FUNDS CARRIED FORWARD		**58,059**	**153,246**	**211,305**	145,317

The notes form part of these financial statements

HACKNEY CARIBBEAN ELDERLY ORGANISATION

STATEMENT OF FINANCIAL POSITION
31 MARCH 2021

	Notes	31.3.21 £	31.3.20 £
FIXED ASSETS			
Tangible assets	12	**4,486**	1,205
CURRENT ASSETS			
Cash at bank and in hand		**218,178**	152,562
CREDITORS			
Amounts falling due within one year	13	**(11,359)**	(8,450)
NET CURRENT ASSETS		**206,819**	144,112
TOTAL ASSETS LESS CURRENT LIABILITIES		**211,305**	145,317
NET ASSETS		**211,305**	145,317
FUNDS	15		
Unrestricted funds		**58,059**	42,792
Restricted funds		**153,246**	102,525
TOTAL FUNDS		**211,305**	145,317

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

continued...

STATEMENT OF FINANCIAL POSITION - continued
31 MARCH 2021

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 2/12/2021 and were signed on its behalf by:

.....
Trustee Director: A. Stevens

.....
Trustee Director: P. Richardson

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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 in 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those condition is wholly within the control of the charity and is probable that those conditions will be fulfilled in the reporting period.

Expenditure and irrecoverable vat
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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Irrecoverable VAT is charged as cost against the activity for which the expenditure was incurred.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery - 25% on reducing balance

Tangible fixed assets are stated at historical cost less accumulated depreciation and any accumulated impairment losses. Historical cost includes expenditure that is directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management

Taxation
The charity is exempt from corporation tax on its charitable activities.

continued...

1. ACCOUNTING POLICIES - continued

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Debtors
Basic financial assets, including trade and other debtors, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Such assets are subsequently carried at amortised cost using the effective interest method, less any impairment.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Creditors
Basic financial liabilities, including trade and other creditors, loans from third parties and loans from related parties, are initially recognised at transaction price, unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Such instruments are subsequently carried at amortised cost using the effective interest method, less any impairment.

Going concern and covid 19
As with many charities, the charity is reliant on continued support from its funders especially during the Covid 19 pandemic.The company has received additional fundings to enable it to continue to provide its services.

The trustees are confident of continued support from their funders. It is for this reason the accounts have been prepared on a going concern basis.

continued...

2. DONATIONS

	31.3.21	31.3.20
	£	£
Members Contribution	883	740
Donations	11,988	4,873
Gift aid	-	87
Grants	250,370	215,755
	263,241	221,455

Grants received, included in the above, are as follows:

	31.3.21	31.3.20
	£	£
LB of Hackney	21,387	20,636
Xmas Club	97	10,336
East London NHS Trust	29,701	54,445
National Lottery Community Fund	143,431	105,338
The Mercers' Trustees Company	25,000	25,000
Hackney Council Rent Relief (Covid 19)	13,756	-
Other grants	16,998	-
	250,370	215,755

3. OTHER CHARITABLE ACTIVITIES

	31.3.21	31.3.20
	£	£
Fundraising events	1,467	20,411
Income from Other Activities	-	8,225
	1,467	28,636

continued...

4. INVESTMENT INCOME

	31.3.21	31.3.20
	£	£
Deposit account interest	79	169

5. COSTS OF GENERATING INCOME

Raising donations and legacies

	31.3.21	31.3.20
	£	£
Trustees' expenses	-	7
Members Holidays Costs	-	4,887
Xmas Club Costs	-	11,880
Tutors Costs	-	2,561
Lunch Club Costs	6,949	11,120
Transport Costs	-	8,471
Activities	8,512	1,136
Art & Craft	8,619	234
	24,080	40,296

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Direct Costs	107,662	4,252	111,914
Support Costs	1,783	61,022	62,805
	109,445	65,274	174,719

continued...

7. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Direct Costs	-	**2,595**	**1,657**	**4,252**
Support Costs	**27,962**	**30,708**	**2,352**	**61,022**
	27,962	**33,303**	**4,009**	**65,274**

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.21	31.3.20
	£	£
Depreciation - owned assets	**1,496**	402
Independent Examiners Fees	**2,392**	2,392

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

	31.3.21	31.3.20
	£	£
Trustees' expenses	**-**	7

10. KEY MANAGEMENT PERSONNEL

	31.3.21	31.3.20
	£	£
Wages and salaries	**102,877**	77,239
Other pension costs	**4,785**	3,365
	107,662	80,604

continued...

10. KEY MANAGEMENT PERSONNEL - continued

The average monthly number of employees during the year was as follows:

	31.3.21	31.3.20
Engaged on charitable activities	**5**	4
Engaged on Management and Administration	**1**	1
	6	5

No employees received emoluments in excess of £60,000.

The Key Management Personnel was the Day Services Manager whose annual gross remuneration was £32,357 in the year. (2020 - £25,589).

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES 31 MARCH 2020

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME FROM			
Donations	36,672	184,783	221,455
Other Charitable activities	28,636	-	28,636
Investment income	169	-	169
Total	65,477	184,783	250,260
EXPENDITURE ON			
Costs of Generating Income	23,497	16,799	40,296
Charitable activities			
Direct Costs	19,147	63,043	82,190
Support Costs	22,358	8,287	30,645
Total	65,002	88,129	153,131
NET INCOME	475	96,654	97,129
RECONCILIATION OF FUNDS			
Total funds brought forward	42,317	5,871	48,188

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES 31 MARCH 2020 - continued

	Unrestricted fund £	Restricted fund £	Total funds £
TOTAL FUNDS CARRIED FORWARD	42,792	102,525	145,317

12. TANGIBLE FIXED ASSETS

	Plant and machinery £
COST	
At 1 April 2020	**10,265**
Additions	**4,777**
At 31 March 2021	**15,042**
DEPRECIATION	
At 1 April 2020	**9,060**
Charge for year	**1,496**
At 31 March 2021	**10,556**
NET BOOK VALUE	
At 31 March 2021	**4,486**
At 31 March 2020	1,205

continued...

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21	31.3.20
	£	£
Trade creditors	**10,203**	8,450
Social security and other taxes	**1,156**	-
	11,359	8,450

14. RESTRICTED FUNDS

	Unrestricted fund	Restricted fund	31.3.21 Total funds	31.3.20 Total funds
	£	£	£	£
Fixed assets	**4,486**	-	**4,486**	1,205
Current assets	**64,932**	**153,246**	**218,178**	152,562
Current liabilities	**(11,359)**	-	**(11,359)**	(8,450)
	58,059	**153,246**	**211,305**	145,317

Analysis of Restricted Funds carried forward as at 31st March 2021

	31.3.2021	31.3.2020
East London NHS Foundation - Dementia Memory Wellbeing	**18,818**	8,819
East London NHS Foundation - Carers' Support	**1,945**	1,945
East London NHS Foundation - BME Dementia Outreach	**8,605**	14,778
National Lottery Community Fund	**100,995**	61,497
The Mercer's Trustees Company	**17,609**	13,243
XMas Club	**340**	2,243
Covid 19 Support	**4,933**	-
	153,245	**102,525**

continued...

15. MOVEMENT IN FUNDS

	At 1/4/20 £	Net movement in funds £	At 31/3/21 £
Unrestricted funds			
General fund	**42,792**	**15,267**	**58,059**
Restricted funds			
Restricted	**102,525**	**50,721**	**153,246**
TOTAL FUNDS	**145,317**	**65,988**	**211,305**

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**35,804**	**(20,537)**	**15,267**
Restricted funds			
Restricted	**228,983**	**(178,262)**	**50,721**
TOTAL FUNDS	**264,787**	**(198,799)**	**65,988**

Comparatives for movement in funds

	At 1/4/19 £	Net movement in funds £	At 31/3/20 £
Unrestricted funds			
General fund	42,317	475	42,792
Restricted funds			
Restricted	5,871	96,654	102,525
TOTAL FUNDS	48,188	97,129	145,317

continued...

15. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	65,477	(65,002)	475
Restricted funds			
Restricted	184,783	(88,129)	96,654
TOTAL FUNDS	250,260	(153,131)	97,129

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2021

	31.3.21 £	31.3.20 £
INCOME		
Donations		
Members Contribution	**883**	740
Donations	**11,988**	4,873
Gift aid	**-**	87
Grants	**250,370**	215,755
	263,241	221,455
Other Charitable activities		
Fundraising events	**1,467**	20,411
Income from Other Activities	**-**	8,225
	1,467	28,636
Investment income		
Deposit account interest	**79**	169
Total incoming resources	**264,787**	250,260
EXPENDITURE		
Raising donations and legacies		
Trustees' expenses	**-**	7
Members Holidays Costs	**-**	4,887
Xmas Club Costs	**-**	11,880
Tutors Costs	**-**	2,561
Lunch Club Costs	**6,949**	11,120
Transport Costs	**-**	8,471
Activities	**8,512**	1,136
Art & Craft	**8,619**	234
	24,080	40,296
Charitable activities		
Wages	**102,877**	77,239
Carried forward	**102,877**	77,239

HACKNEY CARIBBEAN ELDERLY ORGANISATION

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2021

	31.3.21	31.3.20
	£	£
Charitable activities		
Brought forward	**102,877**	77,239
Pensions	**4,785**	3,365
Volunteer's Costs	**287**	1,184
Depreciation of tangible fixed assets	**1,496**	402
	109,445	82,190
Support costs		
Management		
Rates and water	**2,218**	1,922
Insurance	**746**	885
Light and heat	**3,388**	4,413
Repairs and Renewals	**1,225**	3,610
Cleaning	**1,243**	2,388
Rent	**19,142**	3,820
Staff Travel	**-**	196
	27,962	17,234
Finance		
Consultancy costs	**23,979**	460
Training and Welfare	**2,320**	50
Recruitment Expenses	**275**	725
Telephone	**3,281**	3,177
Postage and stationery	**1,779**	4,164
Sundries	**1,669**	-
Bank charges	**-**	10
	33,303	8,586
Governance costs		
Independent Examiners Fees	**2,352**	2,392
Legal and professional costs	**1,657**	2,433
	4,009	4,825
Total resources expended	**198,799**	153,131
Net income	**65,988**	97,129