

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

Contents

Company Information	3
Welcome to HCEO	4
About HCEO	4
Introduction from our Chair	5
Achievement and Performance	6
Strategic Aims and Priorities	6
2022/2023 Highlights	6
Looking ahead – Exciting times in challenging circumstances	20
Financial Review	22
Structure, Governance and Management	22
Governing document	22
Recruitment and appointment of new trustees	22
Terms of office for trustees	22
Risk management	23
Challenges and future plans	23
Transactions and Financial position	23
Acknowledgements	28

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

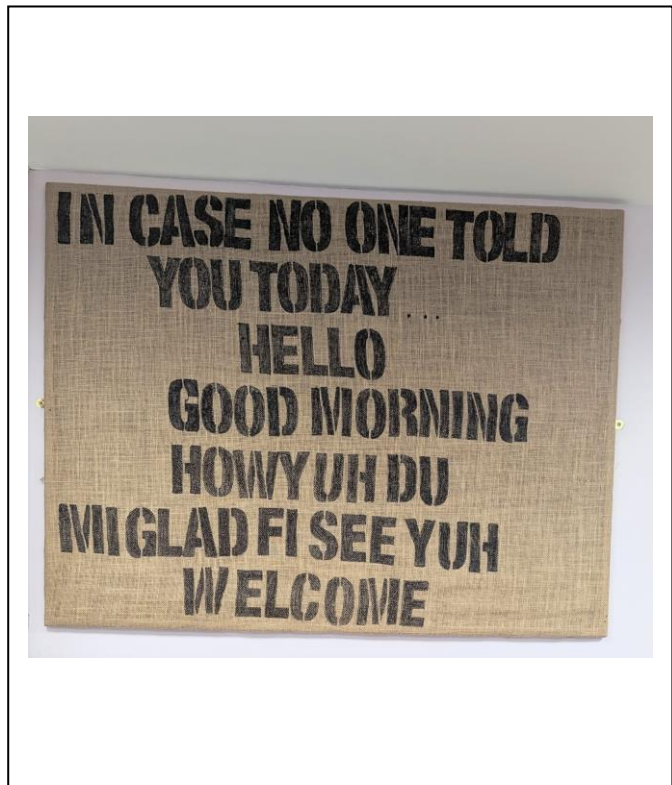
Sessional Workers

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.



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



Mr Saunders is a 70-year-old musician, having played for over 40 years and having been the top dog for his group of friends.

ALL ACTIVITIES AT

Hackney Caribbean Elderly Organisation
39 Levens Road
Beau Newington
London E8 3JH
Tel: 0203 023 3536

Email: info@hceoo.org.uk
Website: www.hceoo.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

				31.3.23	31.3.22
		Unrestricted	Restricted	Total	Total
		fund	fund	Funds	funds
	Notes	£	£	£	£
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 Income5**

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

		31.3.23	31.3.22
	Notes	£	£
FIXED ASSETS			
Tangible assets	12	3,988	4,765
CURRENT ASSETS			
Debtors	13	--	-
Cash at bank and in hand		266,138	249,189
		<u>152,562</u>	<u>152,562</u>
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:

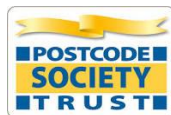
London Borough of Hackney	Dolly Mayers (Patron)
Hackney Council for Voluntary Services (HCVS)	Ella Calderia
North East London CCG	Social Care 4U
The National Lottery Community Fund	AT Telecommunications Ltd
Trustee to the Charity of Sir Richard Whittington	IT4 Business
Local Accountancy Project [LAP]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



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

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

	Page
Report of the Trustees	1 to 9
Independent Examiner's Report	10
Statement of Financial Activities	11
Statement of Financial Position	12 to 13
Notes to the Financial Statements	14 to 22
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.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

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.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

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.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

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 HCEO

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.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

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.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

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.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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:


.....
Trustee **Director** **ANTHONY 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 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.



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

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

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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:


.....
Trustee / Director : ANTHONY STEVENS


.....
Trustee / Director : PATRICIA RICHARDSON

The notes form part of these financial statements

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

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
	<u>243,528</u>	<u>250,230</u>

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

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	-
	<u>233,218</u>	<u>248,229</u>

3. OTHER CHARITABLE ACTIVITIES

	31.3.23	31.3.22
	£	£
Fundraising events	<u>23,554</u>	<u>5,401</u>

4. INVESTMENT INCOME

	31.3.23	31.3.22
	£	£
Deposit account interest	<u>841</u>	<u>13</u>

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

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
	<u>36,055</u>	<u>29,021</u>

6. CHARITABLE ACTIVITIES COSTS

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

7. SUPPORT COSTS

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

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

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	<u>2,500</u>	<u>2,352</u>

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	<u>6,327</u>	<u>5,068</u>
	<u>137,480</u>	<u>113,226</u>

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	<u>1</u>	<u>1</u>
	<u>10</u>	<u>8</u>

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).

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

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	<u>34,957</u>	<u>220,687</u>	<u>255,644</u>
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	<u>41,227</u>	<u>193,341</u>	<u>234,568</u>
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	<u>94,598</u>	<u>137,783</u>	<u>232,381</u>

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

12. TANGIBLE FIXED ASSETS

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

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23	31.3.22
	£	£
Trade creditors	4,155	21,573
	<hr/>	<hr/>

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
	<hr/>	<hr/>
	126,329	137,783
	<hr/>	<hr/>

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

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

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

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	<u>255,644</u>	<u>(234,568)</u>	<u>21,076</u>

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
	<u>243,528</u>	<u>250,230</u>
Other Charitable activities		
Fundraising events	23,554	5,401
Investment income		
Deposit account interest	841	13
Total incoming resources	<u>267,923</u>	<u>255,644</u>
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
	<u>36,055</u>	<u>29,021</u>
Charitable activities		
Wages	131,153	108,158
Pensions	6,327	5,068
Volunteers' Costs	2,911	622
Plant and machinery	1,329	2,701
	<u>141,720</u>	<u>116,549</u>
Support costs		
Management		
Rates and water	2,464	1,680
Insurance	988	924
Carried forward	3,452	2,604

This page does not form part of the statutory financial statements

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	-
	<u>15,690</u>	<u>33,954</u>
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
	<u>35,004</u>	<u>51,756</u>
Governance costs		
Independent Examiners Fees	2,648	2,352
Legal and professional costs	3,216	936
	<u>5,864</u>	<u>3,288</u>
Total resources expended	<u>234,333</u>	<u>234,568</u>
Net income	<u>33,590</u>	<u>21,076</u>

This page does not form part of the statutory financial statements

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

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

	Page
Report of the Trustees	1 to 9
Independent Examiner's Report	10
Statement of Financial Activities	11
Statement of Financial Position	12 to 13
Notes to the Financial Statements	14 to 22
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.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

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.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

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.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

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 HCEO

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.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

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.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

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.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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:


.....
Trustee **Director** **ANTHONY 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 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.



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

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

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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:


.....
Trustee / Director : ANTHONY STEVENS


.....
Trustee / Director : PATRICIA RICHARDSON

The notes form part of these financial statements

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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.

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

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
	<u>243,528</u>	<u>250,230</u>

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

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	-
	<u>233,218</u>	<u>248,229</u>

3. OTHER CHARITABLE ACTIVITIES

	31.3.23	31.3.22
	£	£
Fundraising events	<u>23,554</u>	<u>5,401</u>

4. INVESTMENT INCOME

	31.3.23	31.3.22
	£	£
Deposit account interest	<u>841</u>	<u>13</u>

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

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
	<u>36,055</u>	<u>29,021</u>

6. CHARITABLE ACTIVITIES COSTS

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

7. SUPPORT COSTS

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

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

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	<u>2,500</u>	<u>2,352</u>

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	<u>6,327</u>	<u>5,068</u>
	<u>137,480</u>	<u>113,226</u>

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	<u>1</u>	<u>1</u>
	<u>10</u>	<u>8</u>

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).

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

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	<u>34,957</u>	<u>220,687</u>	<u>255,644</u>
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	<u>41,227</u>	<u>193,341</u>	<u>234,568</u>
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	<u>94,598</u>	<u>137,783</u>	<u>232,381</u>

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

12. TANGIBLE FIXED ASSETS

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

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23	31.3.22
	£	£
Trade creditors	4,155	21,573
	<hr/>	<hr/>

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
	<hr/>	<hr/>
	126,329	137,783
	<hr/>	<hr/>

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

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

HACKNEY CARIBBEAN ELDERLY ORGANISATION

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

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	<u>255,644</u>	<u>(234,568)</u>	<u>21,076</u>

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
	<u>243,528</u>	<u>250,230</u>
Other Charitable activities		
Fundraising events	23,554	5,401
Investment income		
Deposit account interest	841	13
Total incoming resources	<u>267,923</u>	<u>255,644</u>
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
	<u>36,055</u>	<u>29,021</u>
Charitable activities		
Wages	131,153	108,158
Pensions	6,327	5,068
Volunteers' Costs	2,911	622
Plant and machinery	1,329	2,701
	<u>141,720</u>	<u>116,549</u>
Support costs		
Management		
Rates and water	2,464	1,680
Insurance	988	924
Carried forward	3,452	2,604

This page does not form part of the statutory financial statements

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	-
	<u>15,690</u>	<u>33,954</u>
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
	<u>35,004</u>	<u>51,756</u>
Governance costs		
Independent Examiners Fees	2,648	2,352
Legal and professional costs	3,216	936
	<u>5,864</u>	<u>3,288</u>
Total resources expended	<u>234,333</u>	<u>234,568</u>
Net income	<u>33,590</u>	<u>21,076</u>

This page does not form part of the statutory financial statements