



# 2023 - 2024 Annual Report

Financial statements from 2023 - 2024

Patron

Dolly Mayers



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# Company Information

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



# Company Information

## Staff

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

## Sessional Workers

|                                    |                                 |
|------------------------------------|---------------------------------|
| <b>Arts &amp; Culture</b>          | Donald Waugh<br>Margaret Morris |
| <b>Passenger Support Assistant</b> | Beverley Daley                  |

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



# Welcome to Hackney Caribbean Elderly Organisation



Pictured: Veronica Lee

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

# About HCEO

## Our organisation and charitable purpose

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

## Mission

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

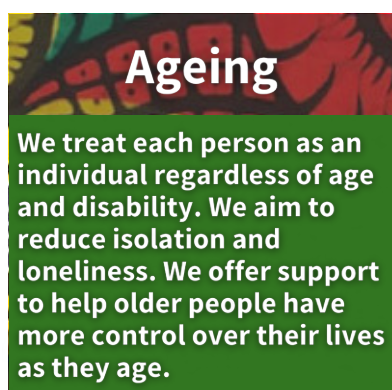
## Vision

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

## Values

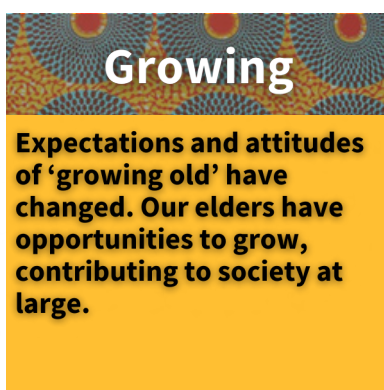
HCEO values inclusivity, respect and community spirit. Committed to serving all individuals aged 55 and over, HCEO ensures that its activities and services are accessible and welcoming, regardless of race, gender or sexuality. The organisation champions equality and diversity, fostering an environment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

## Strategic Pillars



### Ageing

We treat each person as an individual regardless of age and disability. We aim to reduce isolation and loneliness. We offer support to help older people have more control over their lives as they age.



### Growing

Expectations and attitudes of 'growing old' have changed. Our elders have opportunities to grow, contributing to society at large.



### Engaging

We encourage ownership and participation in what we do: consult, provide information and involve the community in making decisions about the service they would like.

**Supported by The National Lottery Community Fund**

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

# Introduction from our Chair



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

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

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

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

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

Kind Regards,  
Patricia Richardson



# Achievement and Performance

## Strategic Aims and Performance



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



To prevent isolation and loneliness and bring communities together



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



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

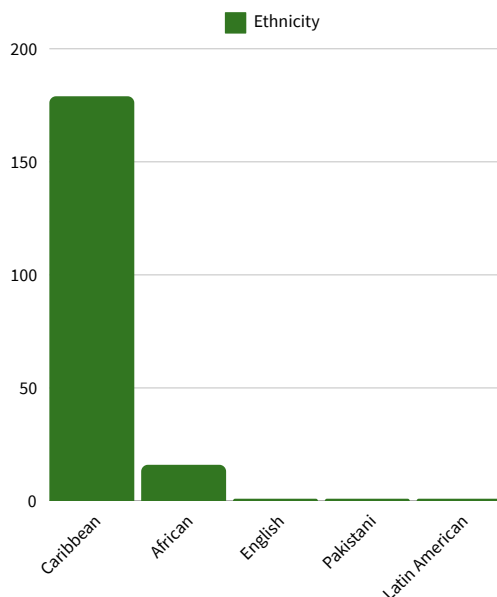


To achieve a secure financial future for HCEO



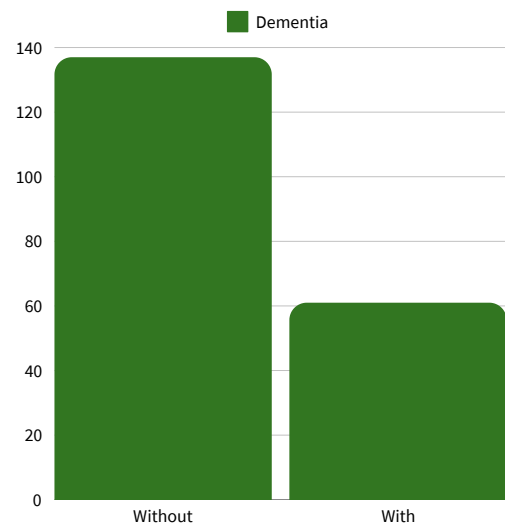
200

Registered HCEO members



61

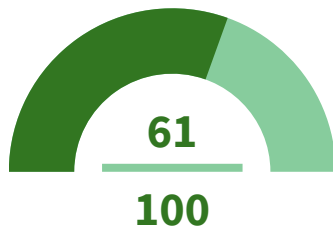
Supported with dementia



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



# The Situation in the UK and Hackney Borough



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

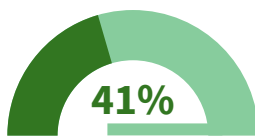
The report found that the below factors had a significant impact on wellbeing score:



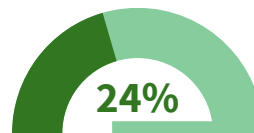
Carnegie UK Trust. (2024). Learning in the UK: Findings and recommendations. Retrieved from [https://d1ssu070pe2y9i.cloudfront.net/oex/carnegie\\_uk\\_trust/2024/10/25110030/LiUK-2024-FINAL.pdf](https://d1ssu070pe2y9i.cloudfront.net/oex/carnegie_uk_trust/2024/10/25110030/LiUK-2024-FINAL.pdf)



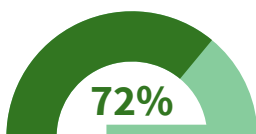
Hackney is the **2nd most deprived** borough in London based on the [Hackney Joint Health & Wellbeing Strategy 2022-26](#). The below statistics indicate some of the prevalence of factors in Hackney resulting in a lower 'collective wellbeing score.'



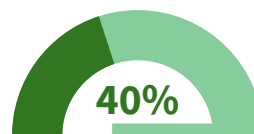
**41% of all adults aged 60+ live in low income households**



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



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



**40% of residents come from a non-white background**

Health and Wellbeing Strategy (2022-2026): London Borough of Hackney. (2022). Health and wellbeing strategy 2022-2026. Retrieved from <https://hackney.moderngov.co.uk/documents/s82708/item%205e%20Health%20and%20Wellbeing%20Strategy%202022-26.pdf> and City & Hackney Public Health. (n.d.). Population infographics. Retrieved November 15, 2024, from <https://cityhackneyhealth.org.uk/population-infographics/>

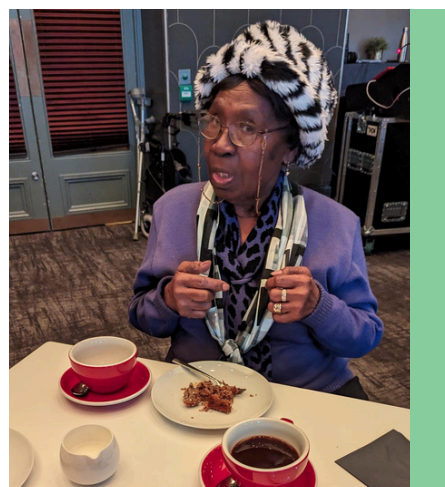
# Achievement and Performance

## The Story of Our Work

### What the funding has helped us to do

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

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



### 2023/24 Highlights

#### Promoting Healthy Lifestyles

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



# Achievement and Performance

## The Story of Our Work

### 2023/24 Highlights

#### Arts and Culture

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

#### Outings

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

#### Volunteering

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

# Achievement and Performance



## How We Involved People From Our Community In Our Work

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



### The type of food



Introduced more vegetarian meals



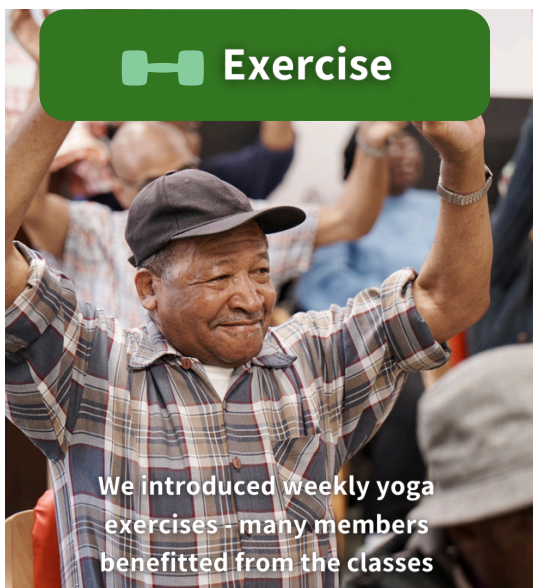
### Activities and Outings



Members choice of venue or location



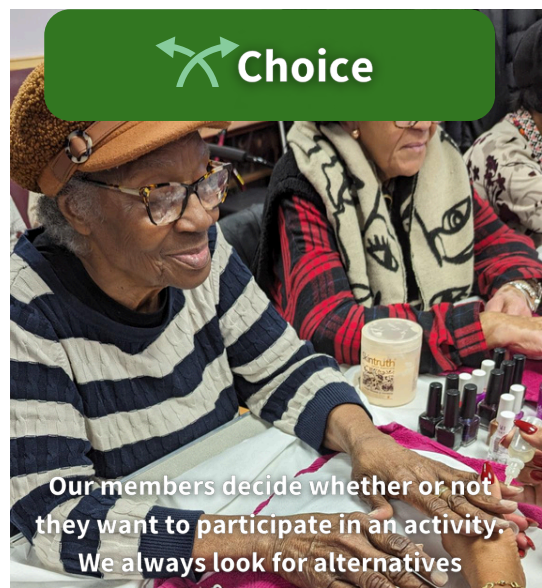
### Exercise



We introduced weekly yoga exercises - many members benefitted from the classes



### Choice



Our members decide whether or not they want to participate in an activity. We always look for alternatives





# Achievement and Performance



## How We Involved People From Our Community In Our Work

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

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

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





# Achievement and Performance



## How We Involved People From Our Community In Our Work

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



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

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

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

# Achievement and Performance

## Differences We Are Making (Big and Small)



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



# Achievement and Performance



## Differences We Are Making (Big and Small)

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

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

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

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

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





# Activities and Partnership Working

## Health and Healthy Living



**135 lunches served every week**

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



**25-35 attendees at physical exercise classes**

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

*"It made my arthritis more manageable."*

*"The exercise teachers are good."*



**30 health workshop attendees**

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



# Activities and Partnership Working

## **Health and Healthy Living**



### **Gardening**

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



### **Counselling Workshops**

#### **Black Mentors Matters**

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



### **Health Week**

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



### **Cooking Course**

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



### **Hackney Neighbourhood Health Forum**

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



# Activities and Partnership Working

## Arts and Culture

### Arts and Craft

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



### Jazanne Arts

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

### Poetry Workshop

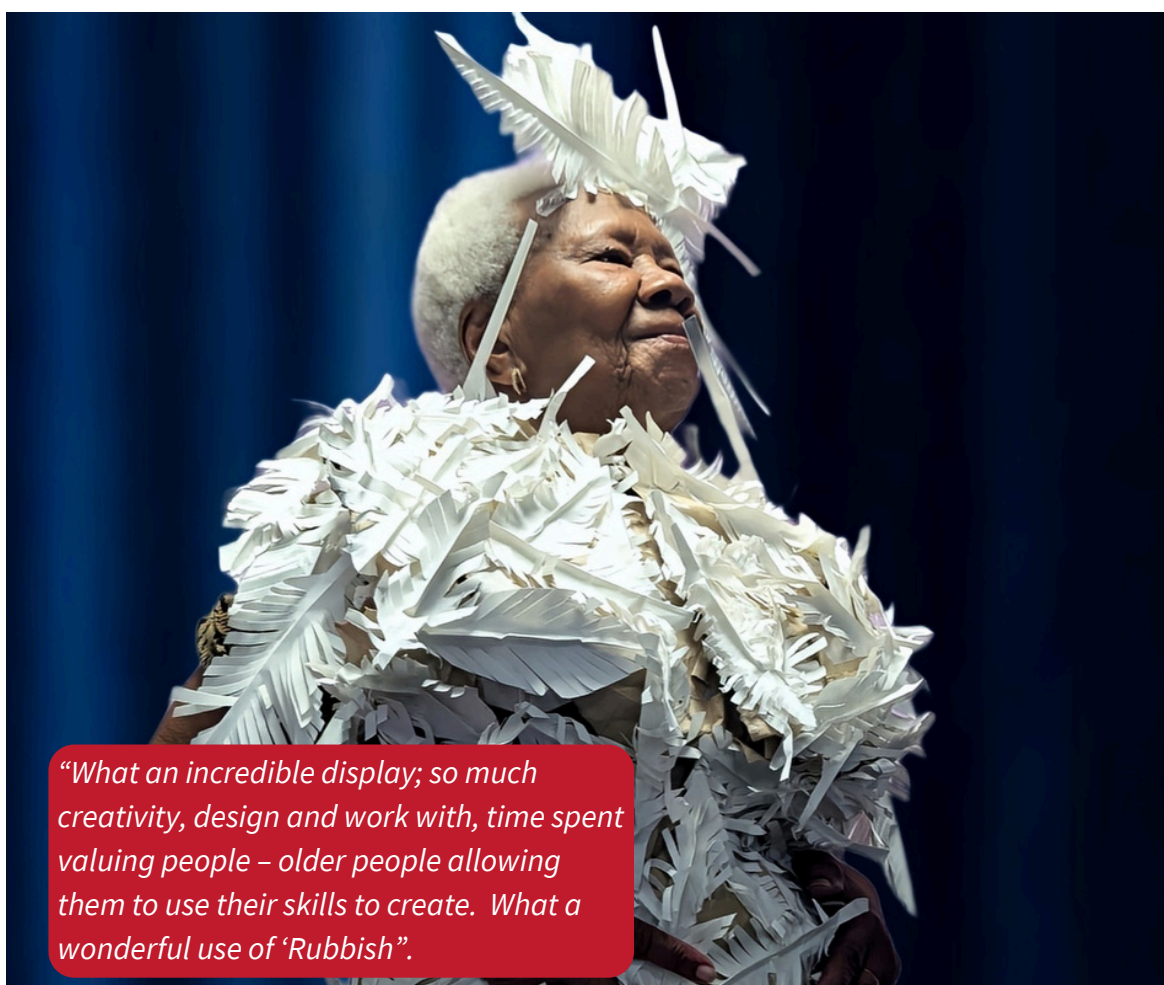
A Poetry workshop was led by Sonia Cummings, from Thinking Spaces, focusing on writings from a Caribbean perspective. Lively discussion ensued around ‘memories’ and impact on present living.



# Activities and Partnership Working

## Arts and Culture

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



*“What an incredible display; so much creativity, design and work with, time spent valuing people – older people allowing them to use their skills to create. What a wonderful use of ‘Rubbish’.”*



### **Creativity**

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

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



# Activities and Partnership Working

## Arts and Culture

### Royal Albert Hall

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



### Music & Theatre

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

### Heritage Project

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



# Activities and Partnership Working

## Arts and Culture

### Annual Holiday

Staff arranged and facilitated up to 40 members, including staff, heading off on holiday to the Isle of Wight.

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



### Seaside Outings

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

### ELBA Afternoon

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



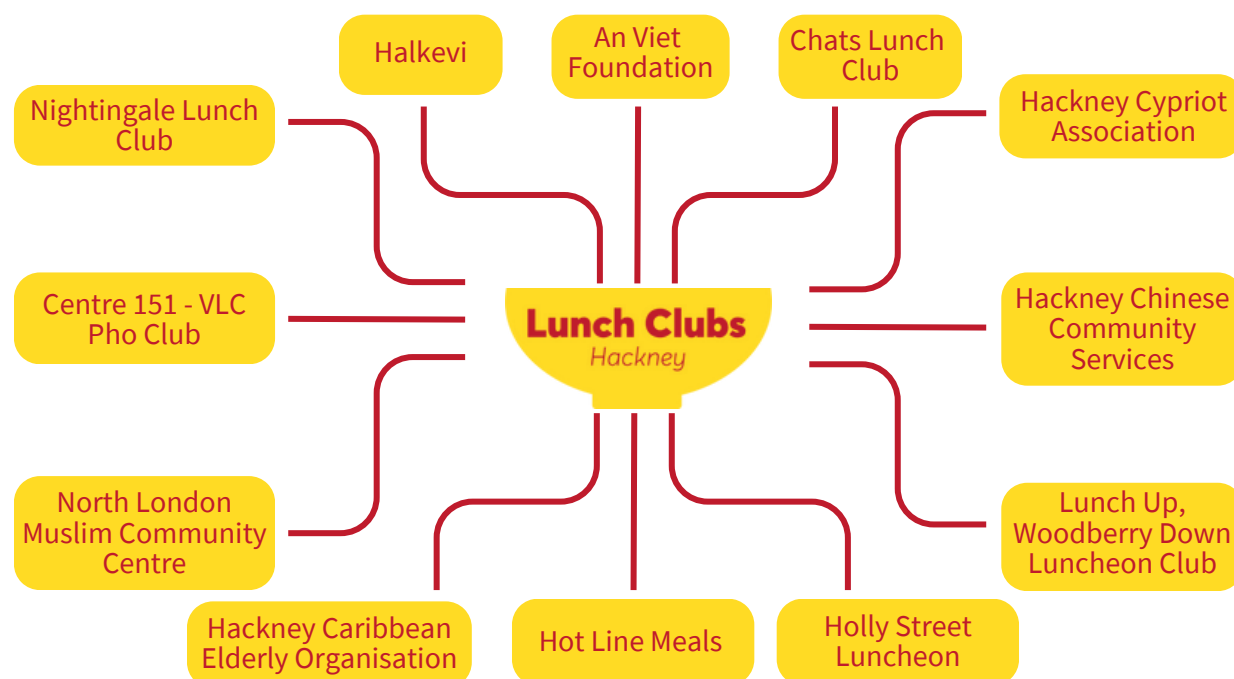
# Activities and Partnership Working

## Physical and Mental Activities



### Hackney Lunch Clubs Network

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



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



# Activities and Partnership Working

## Research

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



# Activities and Partnership Working

## Research

### Dementia Research

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

#### [Video 1: What is dementia?](#)

#### [Video 2: Diagnosing dementia](#)

#### [Video 3: Keeping your brain healthy](#)



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



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



**1 in 4 men** will develop dementia



**1 in 3 women** will develop dementia



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



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

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



# Dementia Advocacy and Outreach



## Evidence of Our Impact

### Supported by City Bridge Foundation

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



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



## Case Study

### Support for Dementia Care Through Attendance Allowance

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

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

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



# Dementia Memory and Wellbeing



## Evidence of Our Impact

Supported by North East London CCG (NELCCG)



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



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



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



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



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





# Volunteering Programme

*"I developed a sense of confidence and was able to communicate effectively and had a very good experience"*



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

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

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



# Looking Ahead



## 40th Anniversary Year

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

## Health and Wellbeing Space

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

## Marketing and social media

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

# Financial Report

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

### **Governing Document**

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

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

### **Recruitment and appointment of new trustees**

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

### **Terms of office for trustees**

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

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

# Financial Report

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

### Staff

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

### Availability and adequacy of assets of each of the funds

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

### Risk management

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

### Challenges and future plans

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

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

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

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



# Financial Report

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

### Transactions and Financial position

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

# Statement of Financial Position

At 31 March 2024

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

# Statement of Financial Position

At 31 March 2024

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



# Statement of Financial Position

At 31 March 2024

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

# Statement of Financial Position

At 31 March 2024

|                                  | Notes | 31.3.24<br>£ | 31.3.23<br>£ |
|----------------------------------|-------|--------------|--------------|
| <b>NET CURRENT ASSETS</b>        |       | 269,399      | 261,983      |
| <b>TOTAL ASSETS LESS CURRENT</b> |       |              |              |
| <b>LIABILITIES</b>               |       | 273,554      | 265,971      |
| <b>NET ASSETS</b>                |       | 273,554      | 232,381      |
| <b>FUNDS</b>                     | 15    |              |              |
| Unrestricted funds               |       | 202,230      | 139,642      |
| Restricted funds                 |       | 71,324       | 126,329      |
| <b>TOTAL FUNDS</b>               |       | 273,554      | 265,791      |

# Acknowledgements

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

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





<https://hackneycaribbean.org.uk>

Registered Offices 39 Leswin Road, Stoke Newington, London N16 7NX

Company Registration No. 3218456 HCEO is a Company limited by Guarantee.

Charity Registration No. 1057603

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

**REPORT OF THE TRUSTEES AND**  
**FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024**  
**FOR**  
**HACKNEY CARIBBEAN ELDERLY ORGANISATION**  
**(A COMPANY LIMITED BY GUARANTEE)**

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

# **HACKNEY CARIBBEAN ELDERLY ORGANISATION**

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| <b>Statement of Financial Activities</b>          | <b>10</b>       |
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# **HACKNEY CARIBBEAN ELDERLY ORGANISATION**

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

### **OBJECTIVES AND ACTIVITIES**

#### **Our organisation and charitable purpose**

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

#### **Mission**

To bring local older people together to share life.

#### **Vision**

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

#### **Values**

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

### **STRATEGIC AIMS**

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

#### **Public benefit**

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

# **HACKNEY CARIBBEAN ELDERLY ORGANISATION**

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024**

### **ACHIEVEMENT AND PERFORMANCE**

#### **Charitable activities**

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

### **ACHIEVEMENT AND PERFORMANCE**

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

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

#### **Progress against priority area: Health/Healthy Living**

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

"The meals are always tasty and substantial."

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

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

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

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

"The exercise teachers are good".

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

"It made my arthritis more manageable"

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

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

#### **Arts & Culture**

- **94 sessions held for the year.**

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

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

## HACKNEY CARIBBEAN ELDERLY ORGANISATION

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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

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

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

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

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

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

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

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

#### **Progress against priority: Raising Awareness - education, advocacy**

##### 'Commit to Health' theme:

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

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

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



# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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

### **Progress against priority area: Advocacy & Outreach**

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

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

### **Progress against priority area: Dementia and Carers' support**

#### Families & Respite

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

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

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

### **Progress against priority area : Volunteering**

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

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

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

**Lives locally:** 190

**People with dementia and cognitive impairment:** Dementia 61 (31%)

We encourage carers to remain if a person needs a higher level of support.

Our centre has friendly disability access and many service users have multiple health and mobility difficulties.

### **E. To achieve a secure financial future for HECO**

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

### **Sustainability - areas of focus**

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

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

### **Space rental to raise income**

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

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

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

## **FINANCIAL REVIEW**

### **Financial position**

#### **Availability and adequacy of assets of each of the funds**

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

### **Reserves Policy**

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

### **Transactions and Financial position**

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

# **HACKNEY CARIBBEAN ELDERLY ORGANISATION**

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024**

### **CHALLENGES AND RISKS**

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

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

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

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

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

#### **Governing document**

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



# **HACKNEY CARIBBEAN ELDERLY ORGANISATION**

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024**

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

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

### **Process for attracting new trustees**

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

### **Terms of office for trustees**

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

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

### **Staff**

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

### **Risk management**

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

## **REFERENCE AND ADMINISTRATIVE DETAILS**

### **Registered Company number**

03218456 (England and Wales)

### **Registered Charity number**

1057603

### **Registered office**

39 Leswin Road  
London  
N16 7NX

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

### Trustees

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

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

### Company Secretary:

Beryl Pusey

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

### Independent Examiner

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

### Bankers

HSBC  
312 Seven Sisters Road  
Finsbury Park  
London  
N4 2AW

Approved by order of the board of trustees on 15<sup>th</sup> November 24 and signed on its behalf by:



Trustee

Patricia Richardson

Director:

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

## Independent examiner's report to the trustees of Hackney Caribbean Elderly Organisation ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

### Responsibilities and basis of report

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

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

### Independent examiner's statement

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

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

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

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

A PATEL

Anwer Patel BA(Hons), BFP, FCA

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

Date: 18/11/2024



# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2024

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

The notes form part of these financial statements

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## STATEMENT OF FINANCIAL POSITION 31 MARCH 2024

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

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

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

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## STATEMENT OF FINANCIAL POSITION - continued 31 MARCH 2024

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

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



Trustee / Director: PATRICIA RICHARDSON



Trustee / Director: ANTHONY STEVENS

The notes form part of these financial statements

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

### 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 2024

### 1. ACCOUNTING POLICIES - continued

#### Fund accounting

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

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

#### Debtors

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

#### Pension costs and other post-retirement benefits

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

#### Creditors

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

#### Going concern

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

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

### 2. DONATIONS

|                      | 31.3.24        | 31.3.23        |
|----------------------|----------------|----------------|
|                      | £              | £              |
| Members Contribution | 870            | 633            |
| Donations            | 1,661          | 9,677          |
| Grants               | 247,866        | 233,218        |
|                      | <u>250,397</u> | <u>243,528</u> |

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

### 2. DONATIONS - continued

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

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

### 3. OTHER CHARITABLE ACTIVITIES

|                    | 31.3.24       | 31.3.23       |
|--------------------|---------------|---------------|
|                    | £             | £             |
| Fundraising events | <u>38,098</u> | <u>23,554</u> |

### 4. INVESTMENT INCOME

|                          | 31.3.24      | 31.3.23    |
|--------------------------|--------------|------------|
|                          | £            | £          |
| Deposit account interest | <u>4,530</u> | <u>841</u> |

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

### 5. COSTS OF GENERATING INCOME

#### Raising donations and legacies

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

### 6. CHARITABLE ACTIVITIES COSTS

|               | Direct<br>Costs<br>£ | Support<br>costs (see<br>note 7)<br>£ | Totals<br>£    |
|---------------|----------------------|---------------------------------------|----------------|
| Direct Costs  | 147,933              | -                                     | 147,933        |
| Support Costs | 1,385                | 77,066                                | 78,451         |
|               | <u>149,318</u>       | <u>77,066</u>                         | <u>226,384</u> |

### 7. SUPPORT COSTS

|               | Management<br>£ | Finance<br>£  | Governance<br>costs<br>£ | Totals<br>£   |
|---------------|-----------------|---------------|--------------------------|---------------|
| Support Costs | <u>52,509</u>   | <u>20,928</u> | <u>3,629</u>             | <u>77,066</u> |

### 8. NET INCOME/(EXPENDITURE)

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

|                             | 31.3.24      | 31.3.23      |
|-----------------------------|--------------|--------------|
|                             | £            | £            |
| Depreciation - owned assets | 1,385        | 1,329        |
| Independent Examiners Fees  | <u>2,500</u> | <u>2,500</u> |

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

### 9. TRUSTEES' REMUNERATION AND BENEFITS

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

#### Trustees' expenses

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

### 10. KEY MANAGEMENT PERSONNEL

|                     | 31.3.24        | 31.3.23        |
|---------------------|----------------|----------------|
|                     | £              | £              |
| Wages and salaries  | 139,783        | 131,153        |
| Other pension costs | 6,109          | 6,327          |
|                     | <u>145,892</u> | <u>137,480</u> |

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

|  | 31.3.24  | 31.3.23   |
|--|----------|-----------|
| Engaged on charitable activities         | 7        | 9         |
| Engaged on Management and Administration | 2        | 1         |
|  | <u>9</u> | <u>10</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 £37,502 in the year. (2023 - £32,484).

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

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



# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

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

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

### 12. TANGIBLE FIXED ASSETS

|                       | Plant and<br>machinery<br>£ |
|-----------------------|-----------------------------|
| <b>COST</b>           |                             |
| At 1 April 2023       | 18,574                      |
| Additions             | <u>1,552</u>                |
| At 31 March 2024      | <u>20,126</u>               |
| <b>DEPRECIATION</b>   |                             |
| At 1 April 2023       | 14,586                      |
| Charge for year       | <u>1,385</u>                |
| At 31 March 2024      | <u>15,971</u>               |
| <b>NET BOOK VALUE</b> |                             |
| At 31 March 2024      | <u>4,155</u>                |
| At 31 March 2023      | <u>3,988</u>                |

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

### 13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                 | 31.3.24      | 31.3.23      |
|-----------------|--------------|--------------|
|                 | £            | £            |
| Trade creditors | <u>4,576</u> | <u>8,155</u> |

### 14. RESTRICTED FUNDS

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

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

### 15. MOVEMENT IN FUNDS

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

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

### 15. MOVEMENT IN FUNDS - continued

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

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

### Comparatives for movement in funds

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

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

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

**HACKNEY CARIBBEAN ELDERLY ORGANISATION**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2024**

**16. RELATED PARTY DISCLOSURES**

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





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

**REPORT OF THE TRUSTEES AND  
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024  
FOR  
HACKNEY CARIBBEAN ELDERLY ORGANISATION  
(A COMPANY LIMITED BY GUARANTEE)**

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

# **HACKNEY CARIBBEAN ELDERLY ORGANISATION**

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# **HACKNEY CARIBBEAN ELDERLY ORGANISATION**

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

### **OBJECTIVES AND ACTIVITIES**

#### **Our organisation and charitable purpose**

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

#### **Mission**

To bring local older people together to share life.

#### **Vision**

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

#### **Values**

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

### **STRATEGIC AIMS**

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

#### **Public benefit**

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

# **HACKNEY CARIBBEAN ELDERLY ORGANISATION**

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024**

### **ACHIEVEMENT AND PERFORMANCE**

#### **Charitable activities**

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

### **ACHIEVEMENT AND PERFORMANCE**

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

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

#### **Progress against priority area: Health/Healthy Living**

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

"The meals are always tasty and substantial."

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

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

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

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

"The exercise teachers are good".

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

"It made my arthritis more manageable"

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

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

#### **Arts & Culture**

- **94 sessions held for the year.**

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

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

## HACKNEY CARIBBEAN ELDERLY ORGANISATION

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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

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

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

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

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

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

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

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

#### **Progress against priority: Raising Awareness - education, advocacy**

##### 'Commit to Health' theme:

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

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

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



# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

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

### **Progress against priority area: Advocacy & Outreach**

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

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

### **Progress against priority area: Dementia and Carers' support**

#### Families & Respite

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

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

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

### **Progress against priority area : Volunteering**

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

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

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

**Lives locally:** 190

**People with dementia and cognitive impairment:** Dementia 61 (31%)

We encourage carers to remain if a person needs a higher level of support.

Our centre has friendly disability access and many service users have multiple health and mobility difficulties.

### **E. To achieve a secure financial future for HECO**

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

### **Sustainability - areas of focus**

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

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

### **Space rental to raise income**

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

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

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

## **FINANCIAL REVIEW**

### **Financial position**

#### **Availability and adequacy of assets of each of the funds**

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

### **Reserves Policy**

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

### **Transactions and Financial position**

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

# **HACKNEY CARIBBEAN ELDERLY ORGANISATION**

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024**

### **CHALLENGES AND RISKS**

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

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

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

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

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

#### **Governing document**

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

# **HACKNEY CARIBBEAN ELDERLY ORGANISATION**

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024**

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

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

### **Process for attracting new trustees**

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

### **Terms of office for trustees**

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

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

### **Staff**

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

### **Risk management**

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

## **REFERENCE AND ADMINISTRATIVE DETAILS**

### **Registered Company number**

03218456 (England and Wales)

### **Registered Charity number**

1057603

### **Registered office**

39 Leswin Road  
London  
N16 7NX

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

### Trustees

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

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

### Company Secretary:

Beryl Pusey

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

### Independent Examiner

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

### Bankers

HSBC  
312 Seven Sisters Road  
Finsbury Park  
London  
N4 2AW

Approved by order of the board of trustees on 15<sup>th</sup> November 24 and signed on its behalf by:



Trustee

Patricia Richardson

Director:



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

## Independent examiner's report to the trustees of Hackney Caribbean Elderly Organisation ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

### Responsibilities and basis of report

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

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

### Independent examiner's statement

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

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

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

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

A PATEL

Anwer Patel BA(Hons), BFP, FCA

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

Date: 18/11/2024

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2024

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

The notes form part of these financial statements

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## STATEMENT OF FINANCIAL POSITION 31 MARCH 2024

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

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

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

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## STATEMENT OF FINANCIAL POSITION - continued 31 MARCH 2024

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

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



Trustee ~~Director~~: PATRICIA RICHARDSON



Trustee ~~Director~~: ANTHONY STEVENS

The notes form part of these financial statements

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

### 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 2024

### 1. ACCOUNTING POLICIES - continued

#### Fund accounting

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

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

#### Debtors

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

#### Pension costs and other post-retirement benefits

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

#### Creditors

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

#### Going concern

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

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

### 2. DONATIONS

|                      | 31.3.24        | 31.3.23        |
|----------------------|----------------|----------------|
|                      | £              | £              |
| Members Contribution | 870            | 633            |
| Donations            | 1,661          | 9,677          |
| Grants               | 247,866        | 233,218        |
|                      | <u>250,397</u> | <u>243,528</u> |

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

### 2. DONATIONS - continued

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

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

### 3. OTHER CHARITABLE ACTIVITIES

|                    | 31.3.24       | 31.3.23       |
|--------------------|---------------|---------------|
|                    | £             | £             |
| Fundraising events | <u>38,098</u> | <u>23,554</u> |

### 4. INVESTMENT INCOME

|                          | 31.3.24      | 31.3.23    |
|--------------------------|--------------|------------|
|                          | £            | £          |
| Deposit account interest | <u>4,530</u> | <u>841</u> |

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

### 5. COSTS OF GENERATING INCOME

#### Raising donations and legacies

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

### 6. CHARITABLE ACTIVITIES COSTS

|               | Direct<br>Costs<br>£ | Support<br>costs (see<br>note 7)<br>£ | Totals<br>£    |
|---------------|----------------------|---------------------------------------|----------------|
| Direct Costs  | 147,933              | -                                     | 147,933        |
| Support Costs | 1,385                | 77,066                                | 78,451         |
|               | <u>149,318</u>       | <u>77,066</u>                         | <u>226,384</u> |

### 7. SUPPORT COSTS

|               | Management<br>£ | Finance<br>£  | Governance<br>costs<br>£ | Totals<br>£   |
|---------------|-----------------|---------------|--------------------------|---------------|
| Support Costs | <u>52,509</u>   | <u>20,928</u> | <u>3,629</u>             | <u>77,066</u> |

### 8. NET INCOME/(EXPENDITURE)

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

|                             | 31.3.24      | 31.3.23      |
|-----------------------------|--------------|--------------|
|                             | £            | £            |
| Depreciation - owned assets | 1,385        | 1,329        |
| Independent Examiners Fees  | <u>2,500</u> | <u>2,500</u> |

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

### 9. TRUSTEES' REMUNERATION AND BENEFITS

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

#### Trustees' expenses

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

### 10. KEY MANAGEMENT PERSONNEL

|                     | 31.3.24        | 31.3.23        |
|---------------------|----------------|----------------|
|                     | £              | £              |
| Wages and salaries  | 139,783        | 131,153        |
| Other pension costs | 6,109          | 6,327          |
|                     | <u>145,892</u> | <u>137,480</u> |

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

|  | 31.3.24  | 31.3.23   |
|--|----------|-----------|
| Engaged on charitable activities         | 7        | 9         |
| Engaged on Management and Administration | 2        | 1         |
|  | <u>9</u> | <u>10</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 £37,502 in the year. (2023 - £32,484).

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

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

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

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

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

### 12. TANGIBLE FIXED ASSETS

|                       | Plant and<br>machinery<br>£ |
|-----------------------|-----------------------------|
| <b>COST</b>           |                             |
| At 1 April 2023       | 18,574                      |
| Additions             | <u>1,552</u>                |
| At 31 March 2024      | <u>20,126</u>               |
| <b>DEPRECIATION</b>   |                             |
| At 1 April 2023       | 14,586                      |
| Charge for year       | <u>1,385</u>                |
| At 31 March 2024      | <u>15,971</u>               |
| <b>NET BOOK VALUE</b> |                             |
| At 31 March 2024      | <u>4,155</u>                |
| At 31 March 2023      | <u>3,988</u>                |

# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

### 13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                 | 31.3.24      | 31.3.23      |
|-----------------|--------------|--------------|
|                 | £            | £            |
| Trade creditors | <u>4,576</u> | <u>8,155</u> |

### 14. RESTRICTED FUNDS

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

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

### 15. MOVEMENT IN FUNDS

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



# HACKNEY CARIBBEAN ELDERLY ORGANISATION

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

### 15. MOVEMENT IN FUNDS - continued

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

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

### Comparatives for movement in funds

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

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

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

**HACKNEY CARIBBEAN ELDERLY ORGANISATION**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2024**

**16. RELATED PARTY DISCLOSURES**

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

