

HEALING HANDS NETWORK

England & Wales · Charity number 1080268

Details

Other names	HHN
Status	Registered
Legal form	Charitable company
Company number	03802473
Registered	2000-04-11
Register	View on the Charity Commission register

Contact

Address	151 Fillongley Road Meriden Coventry CV7 7LT
Phone	01676522078
Email	healinghandsnetwork@gmail.com
Website	www.healinghandsnetwork.org.uk

Activities

Objects: I) THE RELIEF OF SICKNESS AND PRESERVATION AND PROTECTION OF GOOD HEALTH OF PERSONS IN WAR TORN AND DISASTER AREAS IN THE BRITISH ISLES AND OVERSEAS AND IN PARTICULAR BY THE PROVISION OF HUMANITARIAN AID AND MEDICAL SKILLS IN BOTH ORTHODOX AND COMPLEMENTARY MEDICINESII) TO ADVANCE THE EDUCATION OF MEDICAL PERSONS AND OTHERS LIVING OR WORKING IN WAR TORN OR DISASTER AREAS IN THE PRACTICE OF COMPLEMENTARY THERAPY

Activities: We send volunteer qualified complementary therapists to treat people suffering physical & mental trauma following war & its aftermath & who may be suffering PTSD. We work to help civilians overseas currently Bosnia and Herzegovina, Ukraine & veterans of the armed forces in the UK. We also are helping Ukraine by sending donated medical & humanitarian aid & vehicles as needed.

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Other Charitable Purposes
- **Who:** Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** THE BRITISH ISLES AND OVERSEAS
- Bosnia And Herzegovina
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£49,309	£35,827	-	-
2023-12-31	£96,907	£104,000	-	-
2022-12-31	£50,468	£50,702	-	-
2021-12-31	£22,994	£18,737	-	-
2020-12-31	£28,457	£28,118	-	-

Trustees

Name	Role	Appointed
SUSAN STRETTON		
Steven Alexander Grayson		2026-07-10

Accounts

CHARITY NUMBER: 1080268
COMPANY NUMBER: 03802473

HEALING HANDS NETWORK
REPORT OF THE TRUSTEES AND UNAUDITED FINANCIAL
STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

HEALING HANDS NETWORK
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

LEGAL AND ADMINISTRATIVE DETAILS

Registered Company number	03802473
Registered Charity number	1080268
Registered office	151 Fillongley Road
Meriden	
Coventry	
West Midlands	
CV7 7LT	
Trustees	Mr G Hackett
Mrs S J Stretton	
Independent Examiner	Stopfords (Mansfield) Ltd
Chartered Accountants & Registered Auditors	
Synergy House	
7 Acorn Business Park	

HEALING HANDS NETWORK
Commercial Gate

Mansfield

Nottinghamshire

NG18 1EX

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2024

The Board presents the report and financial statements of Healing Hands Network for the year ended 31 December 2024.

The Trustees present their combined report (directors and trustees) and the financial statements of the charity for the year ended 31 December 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the financial statements of the charity.

The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

Trustees

The directors of the charitable company are its trustees for the purposes of charity law. The Trustees who held office during the year were as follows:

Mr G Hackett
Mrs S J Stretton

Governing document

The charity is controlled by its governing document, a Memorandum and Articles of Association, and constitutes a Limited Company, limited by guarantee, as defined by the Companies Act 2006. The company was incorporated on 8 July 1999 and registered as a charity on 11 April 2000.

The trustees of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of a winding up.

Recruitment and appointment of members of the Management Committee

The directors of the company are also trustees for the purpose of charity law and under the company's Articles are known as the Management Committee. The members of the Management Committee are elected at the Annual General Meeting to serve for a period of up to three years. The Management Committee has the power to appoint additional members to fill casual vacancies to hold office until conclusion of the next Annual General Meeting.

Public Benefit

The charity's trustees have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission; the trustees consider that the charity meets the public benefit requirements of the Charities Act 2011 by carrying out its normal activities.

Related parties

Aside from the trustees and their close family members, there are no other related parties.

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.

Objectives and Activities Objectives and

aims

The charity's objective is the relief of suffering caused by war and disaster in the UK and overseas by the provision of complementary therapies.

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2024 (CONTINUED)

Significant activities

In order to achieve its objectives, the charity currently operates projects in Sarajevo, Bosnia and Herzegovina.

This project operates from a rented house in Sarajevo which provides accommodation for up to four volunteer therapists and has two treatment rooms. Therapists also visit clients in outreach centres in outlying areas. Clients include those who have been affected both physically and emotionally by war, and treatments include a wide range of complementary therapies.

The charity is endeavouring to empower its client base by offering and delivering self help training workshops in various modalities which it hopes to expand into recognised qualifications in the future.

The charity also works in the UK with veterans from the UK Armed Forces treating service personnel who are affected by PTSD and the after effects of service.

They also treat serving personnel and their families.

HEALING HANDS NETWORK

Since COVID, the support centres have not re-opened. We only help at Veterans Hub Weymouth and the military FAB camps (Family Activity Breaks) for bereaved military families.

The charity also began helping the Ukraine effort by collecting and delivering medical, surgical and humanitarian aid to partners StaysafeUA in Ukraine, who distribute it where needed; and working with "UK to Ukraine" to raise funds and transport aid to StaysafeUA.

Civilian UK work includes helping the Bosnian refugees who fled the war and were resettled in the UK and are part of the organisation BosniaUK. The charity treats this community as they share the same traumas and experiences as those left behind in Bosnia. HHN also work with the organisation Remembering Srebrenica.

All volunteer therapists are members of Healing Hands Network and have been screened to ensure that they are properly qualified. They are also required to hold professional indemnity insurance, and for overseas tours of duty to have travel insurance and to receive any relevant inoculations. Achievement and Performance

Charitable activities

The members of Healing Hands Network are qualified and experienced therapists offering a range of treatments including massage, reflexology, aromatherapy, reiki and other mainstream complementary therapies. They are all volunteers and raise the funds needed for their two week tour of duty, which was £950 in 2024. Their clients in Sarajevo come from the Association of Concentration Camp Victims, the Association of Civil War Victims and the Women Victims of War which are men and women who were in concentration camps that exercised rape and sexual abuse and execution. Clients in the UK come through Combat Stress and RBL. The charity is non-denominational and treats everyone regardless of race or creed.

Benefits to the clients include sleeping better, relief of aches and pains, improvement in their general quality of life and many other positive effects plus those workshop attendees can help family and friends who do not come for treatments as well as helping themselves.

Fundraising activities

The management committee has a policy to ensure that financial liabilities are all met as they fall due. Fundraising activities include a small amount of payroll giving, applications to charitable trusts and funds raised by individual members.

Financial Review

Reserves policy

The charity's unrestricted reserves stand at £22,043 (31 December 2023 - £6,314). Unrestricted reserves should be at a level sufficient to finance at least one year's supply of its services should other sources of funding fail to materialise.

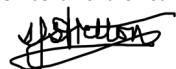
The charity's restricted reserves stand at £11,534 (31 December 2023 - £13,781). Restricted funds represent members' travel funds.

Members raise their own funds to meet their travel costs, a portion of their subsistence costs and the administrative costs of organising a tour of duty in Bosnia. The balance carried forward represents funds raised by members who have yet to make the trip or who do not yet have sufficient funds to finance the tour.

Future Developments

The charity plans to continue its activities as outlined above subject to satisfactory funding arrangements.

On behalf of the Board of Trustees:



Mrs S J Stretton - Trustee

Date: 04/08/2025

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HEALING HANDS NETWORK

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 December 2024 which are set out on pages 4 to 9.

Responsibilities and basis of report

As the charity 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 company'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

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 that in any material respect:

HEALING HANDS NETWORK

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.

Mr Phillip Nicholson
Stopfords (Mansfield) Ltd
Chartered Accountants & Registered Auditors
Synergy House
7 Acorn Business Park
Commercial Gate Mansfield
Nottinghamshire NG18
1EX

Date:

STATEMENTS OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2024

			Year ended	Year ended
			31-Dec	31-Dec
			2024	2023
INCOME AND ENDOWMENTS FROM:		Unrestricted	Restricted	Total Funds
		Funds	Funds	Total Funds
	Notes	£	£	£
Donations and legacies	2	22,333	26,526	48,859
Other trading activities	3	140	-	140
Investments	4	310	-	310
Total		22,783	26,526	49,309
EXPENDITURE ON:				
Raising funds		214	-	214
Charitable activities				
Outreach work and humanitarian aid		8,919	23,204	32,123
Support costs		3,079	-	3,079
Other		411	-	411
Total	5	12,623	23,204	35,827
NET INCOME/(EXPENDITURE) BEFORE TRANSFERS		10,160	3,322	13,482
Transfers between funds	9	5,569	(5,569)	-
		Page 315,729	(2,247)	13,482
		6,314	13,781	20,095
				27,419

HEALING HANDS NETWORK

NET MOVEMENT IN FUNDS

RECONCILIATION OF FUNDS:

Total funds brought forward

TOTAL FUNDS CARRIED FORWARD	9	22,043	11,534	33,577	20,095
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The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

BALANCE SHEET AS AT 31 DECEMBER 2024

			Year ended	Year ended
			31-Dec	31-Dec
		Unrestricted	Restricted	
		Funds	Funds	
		£	£	£
Notes				
CURRENT ASSETS				
Stocks		320	-	320
Cash at bank	7	22,203	11,534	20,255
Total Assets		22,523	11,534	20,575
CREDITORS				
Amounts falling due within one year	8	480	-	480
NET CURRENT ASSETS		22,043	11,534	20,095
NET ASSETS		22,043	11,534	20,095
FUNDS				
Unrestricted funds			22,043	6,314
Restricted funds			11,534	13,781
TOTAL FUNDS	9		33,577	20,095

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

The directors acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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

These financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' r

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



Mrs S J Stretton - Trustee

Date: 04/08/2025

Company number: 03802473

NOTES TO THE FINANCIAL STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2024

The notes form part of these financial statements.

1. ACCOUNTING POLICIES

General information

Healing Hands Network is a company limited by guarantee, incorporated in England and also a registered charity as regulated by the Charity Commission for England and Wales. The address of the registered office is 151 Fillongley Road, Meriden, Coventry, West Midlands, CV7 7LT.

Accounting convention

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

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

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income, sufficient certainty of receipt exists and the amount can be quantified with reasonable accuracy.

Resources expended

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.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

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.

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.

Foreign currencies

Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of transaction. Exchange differences are taken into account in arriving at the operating result.

2. INCOME FROM DONATIONS AND LEGACIES

Year ended	Year ended
31-Dec	31-Dec
2024	2023

HEALING HANDS NETWORK

	£	£
Membership fees	1,794	2,228
Donations	5,272	13,413
Sarajevo activity & travel funds	14,651	17,044
UK to Ukraine activity	11,875	39,167
Ukraine activity	7,762	21,463
Gift aid	7,505	3,313
	<u>48,859</u>	<u>96,628</u>

NOTES TO THE FINANCIAL STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2024 (CONTINUED)

	Year ended 31-Dec 2024	Year ended 31-Dec 2023
	£	£
3. INCOME FROM OTHER TRADING ACTIVITIES		
Fundraising	<u>140</u>	<u>74</u>
4. INVESTMENT INCOME		
	£	£
Deposit account interest	<u>310</u>	<u>205</u>
5. EXPENDITURE		
	£	£
Expenditure on raising funds		

HEALING HANDS NETWORK

Fundraising and publicity	214	1,884
Expenditure on charitable activities		

Sarajevo
UK to Ukraine
Ukraine
UK travel expenses

Support costs

Administrator's costs
Insurance
Postage, stationery and telephone
Accountancy

Other expenditure

Total resources expended	<u>35,827</u>	<u>104,231</u>
	<u>214</u>	<u>1,884</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

19,164 22,171

There were no trustees' remuneration or other benefits for the year ended 31 December 2024 or for the year ended 31 December 2023.

4,040 39,028
8,763 36,424

156 356

Trustees' expenses

32,123 97,979

There were no trustees' expenses or other benefits for the year ended 31 December 2024 or for the year ended 31 December 2023.

82 180

- 283

1,583 1,357

1,414 1,456

3,079 3,276

411 1,093

8. CREDITORS: AMOUNTS FALLING DUE WITHIN 1 YEAR

33,737 20,255

7. CASH AT BANK AND IN HAND

£

£

Accruals and deferred income

31-Dec-23 Net movement Transfers between

480

480

480

480

NOTES TO THE FINANCIAL STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2024 (CONTINUED)

9. MOVEMENTS IN FUNDS

HEALING HANDS NETWORK	<u>13,781</u>	<u>3,322</u>	<u>(5,569)</u>	<u>11,534</u>
TOTAL FUNDS	<u>20,095</u>	<u>13,482</u>	<u>-</u>	<u>33,577</u>
Net movement in funds, are as follows:	Incoming Resources	Resources Expended	Movement in funds	
Unrestricted funds General fund	£	£	£	
Restricted funds	<u>22,783</u>	<u>12,623</u>	<u>10,160</u>	
Sarajevo	14,651	19,164	(4,513)	
UK to Ukraine	11,875	4,040	7,835	
	<u>26,526</u>	<u>23,204</u>	<u>3,322</u>	
TOTAL FUNDS	<u>49,309</u>	<u>35,827</u>	<u>13,482</u>	

The general fund represents cumulative free reserves.

Restricted funds represent members' travel and other costs directly associated with specific activity in Sarajevo. Members raise their own funds to meet their travel costs, a portion of their subsistence costs and the administrative costs of organising a tour of duty in Bosnia. The balance carried forward represents funds raised by members who have yet to make the trip or who do not yet have sufficient funds to finance the tour.

	Net Current Assets/ Liab'	Total
	£	£
Unrestricted Funds	22,043	22,043
Restricted Funds	11,534	11,534
Total funds at 31 December 2024	<u>33,577</u>	<u>33,577</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions in the period ending 31 December 2024.

DETAILED STATEMENTS OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2024

	Year ended 31-Dec 2024 £	Year ended 31-Dec 2023 £
INCOMING RESOURCES		
Income from donations and legacies		
Donations	47,065	94,400
Membership fees	<u>1,794</u>	<u>2,228</u>
	<u>48,859</u>	<u>96,628</u>
Income from other trading activities		
Fundraising	140	74
Investment Income		
Deposit account interest	214 310	1,884 205
Total incoming resources	19,164	22,171
RESOURCES EXPENDED		
Expenditure on raising funds	8,763	36,424
	156	356
Fundraising and publicity	<u>32,123</u>	<u>97,979</u>
Expenditure on Charitable activities		
Sarajevo travel and expenses - Restricted	1,414	1,456
UK to Ukraine travel and expenses		
Ukraine travel and expenses		
UK travel and expenses	-	283
	1,583	1,357
	<u>411</u>	<u>1,093</u>
	3,408	4,189
	82	180

HEALING HANDS NETWORK

Other expenditure Accountancy

Support costs

Administrator's costs

Insurance

Postage, stationery and telephone

Sundries

Finance

Bank charges

	<u>82</u>	<u>180</u>
Total resources expended	<u>35,827</u>	<u>104,231</u>
Net Income/(expenditure)	<u>13,482</u>	<u>(7,324)</u>

Accounts

CHARITY NUMBER: 1080268
COMPANY NUMBER: 03802473

HEALING HANDS NETWORK
REPORT OF THE TRUSTEES AND UNAUDITED FINANCIAL
STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

HEALING HANDS NETWORK
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

LEGAL AND ADMINISTRATIVE DETAILS

Registered Company number	03802473
Registered Charity number	1080268
Registered office	151 Fillongley Road Meriden Coventry West Midlands CV7 7LT
Trustees	Mr G Hackett Mrs S J Stretton
Independent Examiner	Stopfords (Mansfield) Ltd Chartered Accountants & Registered Auditors Synergy House 7 Acorn Business Park Commercial Gate Mansfield Nottinghamshire NG18 1EX

HEALING HANDS NETWORK
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

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HEALING HANDS NETWORK

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

The Board presents the report and financial statements of Healing Hands Network for the year ended 31 December 2023.

The Trustees present their combined report (directors and trustees) and the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the financial statements of the charity.

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Public Benefit

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Objectives and aims

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HEALING HANDS NETWORK

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023 (CONTINUED)

Significant activities

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Achievement and Performance

Charitable activities

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Financial Review

Reserves policy

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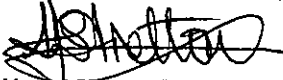
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Future Developments

The charity plans to continue its activities as outlined above subject to satisfactory funding arrangements.

On behalf of the Board of Trustees:



Mrs S J Stretton - Trustee

Date: 11/9/24

HEALING HANDS NETWORK

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HEALING HANDS NETWORK

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 December 2023 which are set out on pages 4 to 9.

Responsibilities and basis of report

As the charity 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').

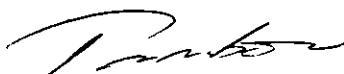
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'), 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

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 that in any material respect:

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.



Mr Phillip Nicholson
Stopfords (Mansfield) Ltd
Chartered Accountants & Registered Auditors
Synergy House
7 Acorn Business Park
Commercial Gate
Mansfield
Nottinghamshire
NG18 1EX

Date: 4th September 2024

HEALING HANDS NETWORK

STATEMENTS OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023

				Year ended 31-Dec 2023	Year ended 31-Dec 2022
INCOME AND ENDOWMENTS FROM:		Unrestricted Funds £	Restricted Funds £	Total Funds £	Total Funds £
	Notes				
Donations and legacies	2	40,417	56,211	96,628	50,468
Other trading activities	3	74	-	74	213
Investments	4	205	-	205	21
Total		40,696	56,211	96,906	50,702
EXPENDITURE ON:					
Raising funds		1,884	-	1,884	246
Charitable activities					
Outreach work and humanitarian aid		36,780	61,199	97,979	46,758
Support costs		3,276	-	3,276	7,005
Other		1,093	-	1,093	1,200
Total	5	43,032	61,199	104,231	55,208
NET INCOME/(EXPENDITURE) BEFORE TRANSFERS		(2,336)	(4,988)	(7,324)	(4,507)
Transfers between funds	9	(2,696)	2,696	-	-
NET MOVEMENT IN FUNDS		(5,032)	(2,292)	(7,324)	(4,507)
RECONCILIATION OF FUNDS:					
Total funds brought forward		11,346	16,073	27,419	31,926
TOTAL FUNDS CARRIED FORWARD	9	6,314	13,781	20,095	27,419

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

HEALING HANDS NETWORK

BALANCE SHEET AS AT 31 DECEMBER 2023

	Notes	Unrestricted Funds £	Restricted Funds £	Year ended 31-Dec 2023 Funds £	Year ended 31-Dec 2022 Funds £
CURRENT ASSETS					
Stocks		320	-	320	320
Cash at bank	7	6,475	13,781	20,255	27,580
Total Assets		6,794	13,781	20,575	27,900
CREDITORS					
Amounts falling due within one year	8	480	-	480	480
NET CURRENT ASSETS		6,314	13,781	20,095	27,420
NET ASSETS		6,314	13,781	20,095	27,420
FUNDS					
Unrestricted funds				6,314	11,347
Restricted funds				13,781	16,073
TOTAL FUNDS	9			20,095	27,420

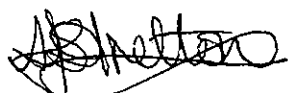
The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 December 2023.

The directors acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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

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

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



Mrs S J Stretton - Trustee

Date: 1/9/24

Company number: 03802473

HEALING HANDS NETWORK

NOTES TO THE FINANCIAL STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2023

The notes form part of these financial statements.

1. ACCOUNTING POLICIES

General information

Healing Hands Network is a company limited by guarantee, incorporated in England and also a registered charity as regulated by the Charity Commission for England and Wales. The address of the registered office is 151 Fillongley Road, Meriden, Coventry, West Midlands, CV7 7LT.

Accounting convention

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

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

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income, sufficient certainty of receipt exists and the amount can be quantified with reasonable accuracy.

Resources expended

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.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

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.

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.

Foreign currencies

Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of transaction. Exchange differences are taken into account in arriving at the operating result.

2. INCOME FROM DONATIONS AND LEGACIES

	Year ended 31-Dec 2023	Year ended 31-Dec 2022
	£	£
Membership fees	2,228	2,050
Donations	13,413	3,579
Sarajevo activity & travel funds	17,044	44,839
UK to Ukraine activity	39,167	
Ukraine activity	21,463	
Gift aid	3,313	-
	96,628	50,468

HEALING HANDS NETWORK

NOTES TO THE FINANCIAL STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2023 (CONTINUED)

	Year ended 31-Dec 2023	Year ended 31-Dec 2022
3. INCOME FROM OTHER TRADING ACTIVITIES	£	£
Fundraising	74	213
4. INVESTMENT INCOME	£	£
Deposit account interest	205	21
5. EXPENDITURE	£	£
Expenditure on raising funds		
Fundraising and publicity	1,884	246
	1,884	246
Expenditure on charitable activities		
Sarajevo	22,171	45,637
UK to Ukraine	39,028	
Ukraine	36,424	
UK travel expenses	356	1,121
	97,979	46,758
Support costs		
Administrator's costs	180	178
Insurance	283	264
Postage, stationery and telephone	1,357	4,606
Accountancy	1,456	1,957
	3,276	7,005
Other expenditure	1,093	1,200
Total resources expended	104,231	55,208
6. TRUSTEES' REMUNERATION AND BENEFITS		
There were no trustees' remuneration or other benefits for the year ended 31 December 2023 or for the year ended 31 December 2022.		
Trustees' expenses		
There were no trustees' expenses or other benefits for the year ended 31 December 2023 or for the year ended 31 December 2022.		
7. CASH AT BANK AND IN HAND	Year ended 31-Dec 2023 £	Year ended 31-Dec 2022 £
Current account	6,120	11,286
Deposit account	14,136	16,287
Bursary fund	-	7
	20,255	27,580
8. CREDITORS: AMOUNTS FALLING DUE WITHIN 1 YEAR	£	£
Accruals and deferred income	480	480
	480	480

HEALING HANDS NETWORK

NOTES TO THE FINANCIAL STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2023 (CONTINUED)

9. MOVEMENTS IN FUNDS

	31-Dec-22 £	Net movement in funds £	Transfers between funds £	31-Dec-23 £
Unrestricted funds				
General fund	11,347	(2,336)	(2,696)	6,314
Restricted funds				
Sarajevo	16,073	(5,127)	2,696	13,642
UK to Ukraine		139		139
	16,073	(4,988)	2,696	13,781
TOTAL FUNDS	27,420	(7,324)	-	20,095

Net movement in funds, are as follows:

	Incoming Resources £	Resources Expended £	Movement in funds £
Unrestricted funds			
General fund	40,696	43,032	(2,336)
Restricted funds			
Sarajevo	17,044	22,171	(5,127)
UK to Ukraine	39,167	39,028	139
	56,211	61,199	(4,988)
TOTAL FUNDS	96,906	104,231	(7,324)

The general fund represents cumulative free reserves.

Restricted funds represent members' travel and other costs directly associated with specific activity in Sarajevo. Members raise their own funds to meet their travel costs, a portion of their subsistence costs and the administrative costs of organising a tour of duty in Bosnia. The balance carried forward represents funds raised by members who have yet to make the trip or who do not yet have sufficient funds to finance the tour.

	Net Current Assets/ Liab' £	Total £
Unrestricted Funds	6,315	6,315
Restricted Funds	13,781	13,781
Total funds at 31 December 2023	20,095	20,095

10. RELATED PARTY DISCLOSURES

There were no related party transactions in the period ending 31 December 2023.

HEALING HANDS NETWORK

DETAILED STATEMENTS OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023

	Year ended 31-Dec 2023 £	Year ended 31-Dec 2022 £
INCOMING RESOURCES		
Income from donations and legacies		
Donations	94,400	48,418
Membership fees	2,228	2,050
	<u>96,628</u>	<u>50,468</u>
Income from other trading activities		
Fundraising	74	213
Investment income		
Deposit account interest	205	21
Total incoming resources	<u>96,906</u>	<u>50,702</u>
RESOURCES EXPENDED		
Expenditure on raising funds		
Fundraising and publicity	1,884	246
Expenditure on Charitable activities		
Sarajevo travel and expenses - Restricted	22,171	45,637
UK to Ukraine travel and expenses	39,028	1,121
Ukraine travel and expenses	36,424	
UK travel and expenses	356	
	<u>97,979</u>	<u>46,758</u>
Other expenditure		
Accountancy	1,456	1,957
Support costs		
Administrator's costs		
Insurance	283	264
Postage, stationery and telephone	1,357	4,606
Sundries	1,093	1,200
	<u>4,189</u>	<u>8,027</u>
Finance		
Bank charges	180	178
	<u>180</u>	<u>178</u>
Total resources expended	<u>104,231</u>	<u>55,208</u>
Net Income/(expenditure)	<u>(7,324)</u>	<u>(4,507)</u>

Accounts

HEALING HANDS NETWORK
REPORT OF THE TRUSTEES AND UNAUDITED FINANCIAL
STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022



HEALING HANDS NETWORK
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

LEGAL AND ADMINISTRATIVE DETAILS

Registered Company number	03802473
Registered Charity number	1080268
Registered office	151 Fillongley Road Meriden Coventry West Midlands CV7 7LT
Trustees	Mr G Hackett Mrs S J Stretton
Independent Examiner	Stopfords (Mansfield) Ltd Chartered Accountants & Registered Auditors Synergy House 7 Acorn Business Park Commercial Gate Mansfield Nottinghamshire NG18 1EX

HEALING HANDS NETWORK
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

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Report of the Trustees	1 - 2
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Statement of Financial Activities	4
Balance Sheet	5
Notes to the Financial Statements	6 - 8
Detailed Statement of Financial Activities (This page does not form part of the statutory financial statements)	9

HEALING HANDS NETWORK

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

The Board presents the report and financial statements of Healing Hands Network for the year ended 31 December 2022.

The Trustees present their combined report (directors and trustees) and the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the financial statements of the charity.

The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

Trustees

The directors of the charitable company are its trustees for the purposes of charity law. The Trustees who held office during the year were as follows:

Mr G Hackett
Mrs S J Stretton

Governing document

The charity is controlled by its governing document, a Memorandum and Articles of Association, and constitutes a Limited Company, limited by guarantee, as defined by the Companies Act 2006. The company was incorporated on 8 July 1999 and registered as a charity on 11 April 2000.

The trustees of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of a winding up.

Recruitment and appointment of members of the Management Committee

The directors of the company are also trustees for the purpose of charity law and under the company's Articles are known as the Management Committee. The members of the Management Committee are elected at the Annual General Meeting to serve for a period of up to three years. The Management Committee has the power to appoint additional members to fill casual vacancies to hold office until conclusion of the next Annual General Meeting.

Public Benefit

The charity's trustees have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission; the trustees consider that the charity meets the public benefit requirements of the Charities Act 2011 by carrying out its normal activities.

Related parties

Aside from the trustees and their close family members, there are no other related parties.

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.

Objectives and Activities

Objectives and aims

The charity's objective is the relief of suffering caused by war and disaster in the UK and overseas by the provision of complementary therapies.

HEALING HANDS NETWORK

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022 (CONTINUED)

Significant activities

In order to achieve its objectives, the charity currently operates projects in Sarajevo, Bosnia and Herzegovina.

This project operates from a rented house in Sarajevo which provides accommodation for up to four volunteer therapists and has two treatment rooms. Therapists also visit clients in outreach centres in outlying areas. Clients include those who have been affected both physically and emotionally by war, and treatments include a wide range of complementary therapies.

The charity is endeavouring to empower its client base by offering and delivering self help training workshops in various modalities which it hopes to expand into recognised qualifications in the future.

The charity also works in the UK with veterans from the UK Armed Forces treating service personnel who are affected by PTSD and the after effects of service.

They also treat serving personnel and their families.

HHN collaborate with Royal British Legion and Combat Stress at their support centres along with independent Veteran Support Groups such as Veteran's Garage Bolton, Veterans Hub Weymouth, Valley Veterans Wales with others coming on board.

Civilian UK work includes helping the Bosnian refugees who fled the war and were resettled in the UK and are part of the organisation BosniaUK. The charity treats this community as they share the same traumas and experiences as those left behind in Bosnia. HHN also work with organisations Remembering Srebrenica and Hertfordshire Welcomes Syrian Refugees.

All volunteer therapists are members of Healing Hands Network and have been screened to ensure that they are properly qualified. They are also required to hold professional indemnity insurance, and for overseas tours of duty to have travel insurance and to receive any relevant inoculations.

Achievement and Performance

Charitable activities

The members of Healing Hands Network are qualified and experienced therapists offering a range of treatments including massage, reflexology, aromatherapy, reiki and other mainstream complementary therapies. They are all volunteers and raise the funds needed for their two week tour of duty, remaining at £850 in 2022. Their clients in Sarajevo come from the Association of Concentration Camp Victims, the Association of Civil War Victims and the Women Victims of War which are men and women who were in concentration camps that exercised rape and sexual abuse and execution. Clients in the UK come through Combat Stress and RBL. The charity is non-denominational and treats everyone regardless of race or creed.

Benefits to the clients include sleeping better, relief of aches and pains, improvement in their general quality of life and many other positive effects plus those workshop attendees can help family and friends who do not come for treatments as well as helping themselves.

Fundraising activities

The management committee has a policy to ensure that financial liabilities are all met as they fall due. Fundraising activities include a small amount of payroll giving, applications to charitable trusts and funds raised by individual members.

Financial Review

Reserves policy

The charity's unrestricted reserves stand at £11,347 (31 December 2021 - £13,934). Unrestricted reserves should be at a level sufficient to finance at least one year's supply of its services should other sources of funding fail to materialise.

The charity's restricted reserves stand at £16,073 (31 December 2021 - £17,992). Restricted funds represent members' travel funds.

Members raise their own funds to meet their travel costs, a portion of their subsistence costs and the administrative costs of organising a tour of duty in Bosnia. The balance carried forward represents funds raised by members who have yet to make the trip or who do not yet have sufficient funds to finance the tour.

Future Developments

The charity plans to continue its activities as outlined above subject to satisfactory funding arrangements.

On behalf of the Board of Trustees:

Mrs S J Stretton - Trustee

Date:

HEALING HANDS NETWORK

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HEALING HANDS NETWORK

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 December 2022 which are set out on pages 4 to 9.

Responsibilities and basis of report

As the charity 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 company'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

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 that in any material respect:

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.

Mr Phillip Nicholson
Stopfords (Mansfield) Ltd
Chartered Accountants & Registered Auditors
Synergy House
7 Acorn Business Park
Commercial Gate
Mansfield
Nottinghamshire
NG18 1EX

Date:

HEALING HANDS NETWORK

STATEMENTS OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022

			Year ended 31-Dec 2022	Year ended 31-Dec 2021
INCOME AND ENDOWMENTS FROM:		Unrestricted Funds £	Restricted Funds £	Total Funds £
	Notes			
Donations and legacies	2	5,629	44,839	50,468
Other trading activities	3	213	-	213
Investments	4	21	-	21
Total		5,863	44,839	50,702
EXPENDITURE ON:				
Raising funds		246	-	246
Charitable activities				
Outreach work		-	46,758	46,758
Support costs		7,005	-	7,005
Other		1,200	-	1,200
Total	5	8,450	46,758	55,208
NET INCOME/(EXPENDITURE) BEFORE TRANSFERS		(2,587)	(1,919)	(4,507)
Transfers between funds	9	-	-	-
NET MOVEMENT IN FUNDS		(2,587)	(1,919)	(4,507)
RECONCILIATION OF FUNDS:				
Total funds brought forward		13,934	17,992	31,926
TOTAL FUNDS CARRIED FORWARD	9	11,347	16,073	27,420

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

HEALING HANDS NETWORK

BALANCE SHEET AS AT 31 DECEMBER 2022

		Unrestricted Funds £	Restricted Funds £	Year ended 31-Dec 2022 Funds £	Year ended 31-Dec 2021 Funds £
Notes					
CURRENT ASSETS					
		320	-	320	320
Stocks					
Cash at bank	7	11,507	16,073	27,580	32,086
Total Assets		11,827	16,073	27,900	32,406
CREDITORS					
		480	-	480	480
Amounts falling due within one year	8				
NET CURRENT ASSETS		11,347	16,073	27,420	31,926
NET ASSETS		11,347	16,073	27,420	31,926
FUNDS					
				11,347	13,934
Unrestricted funds					
Restricted funds				16,073	17,992
TOTAL FUNDS	9			27,420	31,926

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 December 2022.

The directors acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The members have not required the charitable company to obtain an audit of its financial statements for the period ended 31 December 2022 in accordance with Section 476 of the Companies Act 2006.

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

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

Mrs S J Stretton - Trustee

Date:

Company number: 03802473

HEALING HANDS NETWORK

NOTES TO THE FINANCIAL STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2022

The notes form part of these financial statements.

1. ACCOUNTING POLICIES

General information

Healing Hands Network is a company limited by guarantee, incorporated in England and also a registered charity as regulated by the Charity Commission for England and Wales. The address of the registered office is 151 Fillongley Road, Meriden, Coventry, West Midlands, CV7 7LT.

Accounting convention

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

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

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income, sufficient certainty of receipt exists and the amount can be quantified with reasonable accuracy.

Resources expended

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.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

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.

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.

Foreign currencies

Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of transaction. Exchange differences are taken into account in arriving at the operating result.

2. INCOME FROM DONATIONS AND LEGACIES

	Year ended 31-Dec 2022	Year ended 31-Dec 2021
	£	£
Membership fees	2,050	3,125
Donations	3,579	3,703
Sarajevo activity & travel funds	44,839	15,954
Gift aid	-	189
	50,468	22,971

HEALING HANDS NETWORK

NOTES TO THE FINANCIAL STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2022 (CONTINUED)

	Year ended 31-Dec 2022	Year ended 31-Dec 2021
3. INCOME FROM OTHER TRADING ACTIVITIES	£	£
Fundraising	213	21
4. INVESTMENT INCOME	£	£
Deposit account interest	21	2
5. EXPENDITURE	£	£
Expenditure on raising funds		
Fundraising and publicity	246	-
	246	-
Expenditure on charitable activities		
Sarajevo travel	7,021	-
Sarajevo expenses	38,615	12,000
UK travel and expenses	1,121	-
	46,758	12,000
Support costs		
Administrator's costs	178	395
Insurance	264	-
Postage, stationery and telephone	4,606	633
Accountancy	1,957	2,012
	7,005	3,040
Other expenditure	1,200	3,697
Total resources expended	55,208	18,737

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 or for the year ended 31 December 2021.

Trustees' expenses

Travel, fundraising and support cost expenses amounting to £ - (31 December 2021: £ -) were paid to one committee member during the period. No honorariums were paid for the year ended 31 December 2022 (31 December 2021: £nil).

7. CASH AT BANK AND IN HAND

	Year ended 31-Dec 2022	Year ended 31-Dec 2021
	£	£
Current account	11,286	24,242
Deposit account	16,287	7,838
Bursary fund	7	6
	27,580	32,086

8. CREDITORS: AMOUNTS FALLING DUE WITHIN 1 YEAR

	£	£
Bank loan [Bounce Back Loan]	-	-
Accruals and deferred income	480	480
	480	480

HEALING HANDS NETWORK

NOTES TO THE FINANCIAL STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2022 (CONTINUED)

9. MOVEMENTS IN FUNDS

	31-Dec-21	Net movement in funds	Transfers between funds	31-Dec-22
Unrestricted funds				
General fund	13,934	(2,587)		11,347
Restricted funds				
Restricted funds	17,992	(1,919)	-	16,073
TOTAL FUNDS	31,926	(4,507)	-	27,420

Net movement in funds, are as follows:

	Incoming Resources	Resources Expended	Movement in funds
Unrestricted funds			
General fund	5,863	8,450	(2,587)
Restricted funds			
Restricted funds	44,839	46,758	(1,919)
TOTAL FUNDS	50,702	55,208	(4,507)

The general fund represents cumulative free reserves.

Restricted funds represent members' travel and other costs directly associated with specific activity in Sarajevo. Members raise their own funds to meet their travel costs, a portion of their subsistence costs and the administrative costs of organising a tour of duty in Bosnia. The balance carried forward represents funds raised by members who have yet to make the trip or who do not yet have sufficient funds to finance the tour.

10. RELATED PARTY DISCLOSURES

Aside from the transactions noted with trustees above, there were no further related party transactions in the period ending 31 December 2022.

HEALING HANDS NETWORK

DETAILED STATEMENTS OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2022

	Year ended 31-Dec 2022 £	Year ended 31-Dec 2021 £
INCOMING RESOURCES		
Income from donations and legacies		
Donations	48,418	19,846
Membership fees	2,050	3,125
	50,468	22,971
Income from other trading activities		
Fundraising	213	21
Investment Income		
Deposit account interest	21	2
Total incoming resources	50,702	22,994
RESOURCES EXPENDED		
Expenditure on raising funds		
Fundraising and publicity	246	-
Expenditure on Charitable activities		
Sarajevo travel and expenses	45,637	12,000
UK travel and expenses	1,121	-
	46,758	12,000
Other expenditure		
Accountancy	1,957	2,012
Support costs		
Administrator's costs		60
Insurance	264	
Postage, stationery and telephone	4,606	633
Sundries	1,200	3,697
	8,027	6,402
Finance		
Bank charges	178	335
	178	335
Total resources expended	55,208	18,737
Net Income/(expenditure)	(4,507)	4,257

Accounts

CHARITY NUMBER: 1080268
COMPANY NUMBER: 03802473

HEALING HANDS NETWORK
REPORT OF THE TRUSTEES AND UNAUDITED FINANCIAL
STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

HEALING HANDS NETWORK
THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

LEGAL AND ADMINISTRATIVE DETAILS

Registered Company number	03802473
Registered Charity number	1080268
Registered office	151 Fillongey Road Meriden Coventry West Midlands CV7 7LT
Trustees	Mr G Hackett Mrs S J Stretton
Independent Examiner	Stopford Associates Ltd Chartered Accountants & Registered Auditors Synergy House 7 Acorn Business Park Commercial Gate Mansfield Nottinghamshire NG18 1EX

HEALING HANDS NETWORK
THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

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HEALING HANDS NETWORK

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2020

The Board presents the report and financial statements of Healing Hands Network for the year ended 31 December 2020.

The Trustees present their combined report (directors and trustees) and the financial statements of the charity for the year ended 31 December 2020. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the financial statements of the charity.

The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

Trustees

The directors of the charitable company are its trustees for the purposes of charity law. The Trustees who held office during the year were as follows:

Mr G Hackett
Mrs S J Stretton

Governing document

The charity is controlled by its governing document, a Memorandum and Articles of Association, and constitutes a Limited Company, limited by guarantee, as defined by the Companies Act 2006. The company was incorporated on 8 July 1999 and registered as a charity on 11 April 2000.

The trustees of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of a winding up.

Recruitment and appointment of members of the Management Committee

The directors of the company are also trustees for the purpose of charity law and under the company's Articles are known as the Management Committee. The members of the Management Committee are elected at the Annual General Meeting to serve for a period of up to three years. The Management Committee has the power to appoint additional members to fill casual vacancies to hold office until conclusion of the next Annual General Meeting.

Public Benefit

The charity's trustees have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission; the trustees consider that the charity meets the public benefit requirements of the Charities Act 2011 by carrying out its normal activities.

Related parties

Aside from the trustees and their close family members, there are no other related parties.

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.

Objectives and Activities

Objectives and aims

The charity's objective is the relief of suffering caused by war and disaster in the UK and overseas by the provision of complementary therapies.

HEALING HANDS NETWORK

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2020 (CONTINUED)

Significant activities

In order to achieve its objectives, the charity currently operates projects in Sarajevo, Bosnia and Herzegovina.

This project operates from a rented house in Sarajevo which provides accommodation for up to four volunteer therapists and has two treatment rooms. Therapists also visit clients in outreach centres in outlying areas. Clients include those who have been affected both physically and emotionally by war, and treatments include a wide range of complementary therapies.

The charity is endeavouring to empower its client base by offering and delivering self help training workshops in various modalities which it hopes to expand into recognised qualifications in the future.

The charity also works in the UK with veterans from the UK Armed Forces treating service personnel who are affected by PTSD and the after effects of service.

They also treat serving personnel and their families.

HHN collaborate with Royal British Legion and Combat Stress at their support centres along with independent Veteran Support Groups such as Veteran's Garage Bolton, Veterans Hub Weymouth, Valley Veterans Wales with others coming on board.

Civilian UK work includes helping the Bosnian refugees who fled the war and were resettled in the UK and are part of the organisation BosniaUK. The charity treats this community as they share the same traumas and experiences as those left behind in Bosnia. HHN also work with organisations Remembering Srebrenica and Hertfordshire Welcomes Syrian Refugees.

All volunteer therapists are members of Healing Hands Network and have been screened to ensure that they are properly qualified. They are also required to hold professional indemnity insurance, and for overseas tours of duty to have travel insurance and to receive any relevant inoculations.

Achievement and Performance

Charitable activities

The members of Healing Hands Network are qualified and experienced therapists offering a range of treatments including massage, reflexology, aromatherapy, reiki and other mainstream complementary therapies. They are all volunteers and raise the funds needed for their two week tour of duty, remaining at £800 in 2020. Their clients in Sarajevo come from the Association of Concentration Camp Victims, the Association of Civil War Victims and the Women Victims of War which are men and women who were in concentration camps that exercised rape and sexual abuse and execution. Clients in the UK come through Combat Stress and RBL. The charity is non-denominational and treats everyone regardless of race or creed.

Benefits to the clients include sleeping better, relief of aches and pains, improvement in their general quality of life and many other positive effects plus those workshop attendees can help family and friends who do not come for treatments as well as helping themselves.

Fundraising activities

The management committee has a policy to ensure that financial liabilities are all met as they fall due. Fundraising activities include a small amount of payroll giving, applications to charitable trusts and funds raised by individual members.

Financial Review

Reserves policy

The charity's unrestricted reserves stand at £13,633 (31 December 2019 - £13,291). Unrestricted reserves should be at a level sufficient to finance at least one year's supply of its services should other sources of funding fail to materialise.

The charity's restricted reserves stand at £14,038 (31 December 2019 - £14,038). Restricted funds represent members' travel funds.

Members raise their own funds to meet their travel costs, a portion of their subsistence costs and the administrative costs of organising a tour of duty in Bosnia. The balance carried forward represents funds raised by members who have yet to make the trip or who do not yet have sufficient funds to finance the tour.

Future Developments

The charity plans to continue its activities as outlined above subject to satisfactory funding arrangements.

On behalf of the Board of Trustees:

Mrs S J Stretton - Trustee

Date:

HEALING HANDS NETWORK

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HEALING HANDS NETWORK

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 December 2020 which are set out on pages 4 to 9.

Responsibilities and basis of report

As the charity 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 company'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

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 that in any material respect:

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.

Stopford Associates Ltd
Chartered Accountants & Registered Auditors
Synergy House
7 Acorn Business Park
Commercial Gate
Mansfield
Nottinghamshire
NG18 1EX

Date:

HEALING HANDS NETWORK

STATEMENTS OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2020

				Year ended 31-Dec 2020	Year ended 31-Dec 2019
INCOME AND ENDOWMENTS FROM:		Unrestricted Funds £	Restricted Funds £	Total Funds £	Total Funds £
	Notes				
Donations and legacies	2	8,130	20,297	28,427	47,274
Other trading activities	3	12	-	12	1,463
Investments	4	18	-	18	30
Total		8,160	20,297	28,457	48,767
EXPENDITURE ON:					
Raising funds		-	-	-	-
Charitable activities					
Outreach work		-	21,051	21,051	36,668
Support costs		4,454	-	4,454	5,630
Other		2,613	-	2,613	4,298
Total	5	7,067	21,051	28,118	46,596
NET INCOME/(EXPENDITURE) BEFORE TRANSFERS		1,094	(754)	340	2,171
Transfers between funds	9	(754)	754	-	-
NET MOVEMENT IN FUNDS		340	0	340	2,171
RECONCILIATION OF FUNDS:					
Total funds brought forward		13,291	14,038	27,329	25,158
TOTAL FUNDS CARRIED FORWARD	9	13,631	14,038	27,669	27,329

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

HEALING HANDS NETWORK

BALANCE SHEET AS AT 31 DECEMBER 2020

		Unrestricted Funds £	Restricted Funds £	Year ended 31-Dec 2020 Funds £	Year ended 31-Dec 2019 Funds £
Notes					
CURRENT ASSETS					
		320	-	320	320
Stocks					
Cash at bank	7	28,991	14,038	43,029	27,709
Total Assets		29,311	14,038	43,349	28,029
CREDITORS					
Amounts falling due within one year	8	15,680	-	15,680	700
NET CURRENT ASSETS		13,631	14,038	27,669	27,329
NET ASSETS		13,631	14,038	27,669	27,329
FUNDS					
Unrestricted funds				13,631	13,291
Restricted funds				14,038	14,038
TOTAL FUNDS	9			27,669	27,329

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 December 2020.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the 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 company.

The members have not required the charitable company to obtain an audit of its financial statements for the period ended 31 December 2020 in accordance with Section 476 of the Companies Act 2006.

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

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

Mrs S J Stretton - Trustee

Date:

Company number: 03802473

HEALING HANDS NETWORK

NOTES TO THE FINANCIAL STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2020

The notes form part of these financial statements.

1. ACCOUNTING POLICIES

General information

Healing Hands Network is a company limited by guarantee, incorporated in England and also a registered charity as regulated by the Charity Commission for England and Wales. The address of the registered office is 151 Fillongey Road, Meriden, Coventry, West Midlands, CV7 7LT.

Accounting convention

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

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

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income, sufficient certainty of receipt exists and the amount can be quantified with reasonable accuracy.

Resources expended

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.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

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.

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.

Foreign currencies

Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of transaction. Exchange differences are taken into account in arriving at the operating result.

2. INCOME FROM DONATIONS AND LEGACIES

	Year ended 31-Dec 2020	Year ended 31-Dec 2019
	£	£
Membership fees	1,891	3,642
Donations	5,986	13,717
Travel funds	20,297	27,233
Gift aid	253	1,682
	28,427	46,274

HEALING HANDS NETWORK

NOTES TO THE FINANCIAL STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2020 (CONTINUED)

	Year ended 31-Dec 2020	Year ended 31-Dec 2019
3. INCOME FROM OTHER TRADING ACTIVITIES	£	£
Fundraising	12	1,463

4. INVESTMENT INCOME	£	£
Deposit account interest	18	30

5. EXPENDITURE	£	£
Expenditure on raising funds		
Fundraising and publicity	-	-
	-	-
Expenditure on charitable activities		
Sarajevo travel	353	4,737
Sarajevo expenses	20,698	31,228
UK travel and expenses	-	703
	21,051	36,668

Support costs		
Administrator's costs	1,201	170
Insurance	267	-
Postage, stationery and telephone	1,278	2,146
Accountancy	1,492	2,383
Sundries	217	931
	4,454	5,630
Other expenditure	2,613	4,298
Total resources expended	28,118	46,596

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2020 or for the year ended 31 December 2019.

Trustees' expenses

Travel, fundraising and support cost expenses amounting to £44 (31 December 2019: £494) were paid to one committee member during the period. No honorariums were paid for the year ended 31 December 2020 (31 December 2019: £nil).

7. CASH AT BANK AND IN HAND	Year ended 31-Dec 2020 £	Year ended 31-Dec 2019 £
Current account	3,807	7,059
Deposit account	39,214	20,641
Bursary fund	8	9
	43,029	27,709

8. CREDITORS: AMOUNTS FALLING DUE WITHIN 1 YEAR

	£	£
Bank loan [Bounce Back Loan]	14,500	
Accruals and deferred income	1,180	700
	15,680	700

HEALING HANDS NETWORK

NOTES TO THE FINANCIAL STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2020 (CONTINUED)

9. MOVEMENTS IN FUNDS

	31-Dec-19	Net movement in funds	Transfers between funds	31-Dec-20
Unrestricted funds				
General fund	13,291	1,094	(754)	13,631
Restricted funds				
Restricted funds	14,038	(754)	754	14,038
TOTAL FUNDS	27,329	340	-	27,669

Net movement in funds, are as follows:

	Incoming Resources	Resources Expended	Movement in funds
Unrestricted funds			
General fund	8,160	7,067	1,094
Restricted funds			
Restricted funds	20,297	21,051	(754)
TOTAL FUNDS	28,457	28,118	340

The general fund represents cumulative free reserves.

Restricted funds represent members' travel. Members raise their own funds to meet their travel costs, a portion of their subsistence costs and the administrative costs of organising a tour of duty in Bosnia. The balance carried forward represents funds raised by members who have yet to make the trip or who do not yet have sufficient funds to finance the tour.

10. RELATED PARTY DISCLOSURES

Aside from the transactions noted with trustees above, there were no further related party transactions in the period ending 31 December 2020.

HEALING HANDS NETWORK

DETAILED STATEMENTS OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2020

	Year ended 31-Dec 2020 £	Year ended 31-Dec 2019 £
INCOMING RESOURCES		
Income from donations and legacies		
Donations	26,536	43,632
Membership fees	1,891	3,642
	28,427	47,274
Income from other trading activities		
Fundraising	12	1,463
Investment Income		
Deposit account interest	18	30
Total incoming resources	28,457	48,767
RESOURCES EXPENDED		
Expenditure on raising funds		
Fundraising and publicity		-
Expenditure on Charitable activities		
Sarajevo travel and expenses	21,051	35,965
UK travel and expenses	-	703
	21,051	36,668
Other expenditure		
Accountancy	1,492	2,383
Support costs		
Administrator's costs	1,112	38
Insurance	267	-
Postage, stationery and telephone	1,278	2,146
Sundries	2,829	5,229
	6,978	9,796
Finance		
Bank charges	89	132
Total resources expended	28,118	46,596
Net Income/(expenditure)	340	2,171