

# HOPS

England & Wales · Charity number 1137794

## Details

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**Other names** HEALING OPPORTUNITIES PROVISION SCHEME

**Status** Registered

**Legal form** Other

**Registered** 2010-09-06

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** The Old Rectory  
The Broadway  
Houghton-le-Spring  
Tyne And Wear  
DH4 4BB

**Phone** 01915483722

**Email** [info@healing-sunderland.org.uk](mailto:info@healing-sunderland.org.uk)

**Website** [www.healing-sunderland.org.uk](http://www.healing-sunderland.org.uk)

## Activities

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**Objects:** THE OBJECTS OF THE ORGANISATION ARE TO FURTHER SUCH CHARITABLE PURPOSES FOR THE PUBLIC BENEFIT AS ARE EXCLUSIVELY CHARITABLE ACCORDING TO THE LAWS OF ENGLAND AND WALES AS THE TRUSTEES MAY FROM TIME TO TIME DETERMINE IN PARTICULAR BUT NOT EXCLUSIVELY THE RELIEF OF SICKNESS AND THE PRESERVATION AND PROTECTION OF GOOD HEALTH BY THE PROVISION OF TEMPORARY RESPITE, COMPLEMENTARY HEALTHCARE, COURSES, WORKSHOPS AND BY SUCH OTHER MEANS AS THE TRUSTEES MAY DETERMINE.

**Activities:** HOPS supports people to deal with stress, reduce social isolation and improve wellbeing. Offering holistic therapies and therapeutic activities we support unpaid carers, older people, individuals with chronic health conditions and those living through difficult circumstances. Massage, Reiki and Reflexology therapies are complemented by group activity sessions (yoga, meditation, crafts, singing).

## Classification

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- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

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- **Area of benefit:** UNDEFINED. IN PRACTICE, LOCAL
- Sunderland

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£65,780	£62,782	-	-
2024-03-31	£74,581	£56,736	-	-
2023-03-31	£31,620	£45,705	-	-
2022-03-31	£38,463	£39,726	-	-
2021-03-31	£76,969	£57,174	-	-

## Trustees

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Name	Role	Appointed
Gillian Gill		2015-08-01
LESLEY MAUREEN BAREFOOT		
Margaret Grainger		2017-06-01

**HOPS**

England & Wales - Charity number 1137794

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# Accounts

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**HOPS (Healing Opportunities Provision Scheme)**  
**TRUSTEES' REPORT AND INDEPENDENTLY**  
**EXAMINED ACCOUNTS FOR THE YEAR ENDED**  
**31 MARCH 2025**

## HOPS

### LEGAL AND ADMINISTRATIVE INFORMATION

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**Name:** HOPS (Healing Opportunities Provision Scheme)

**Charity Number:** 1137794

**Trustees:** L Barefoot  
M Grainger  
G Gill

**Address:** The Old Rectory  
The Broadway  
Houghton-Le-Spring  
SUNDERLAND  
Tyne & Wear  
DH4 4BB

**Bankers:** The Co-operative bank

**Independent Examiner:** Colin Scudder MAAT  
90 Fennel Grove  
South Shields  
Tyne and Wear

## HOPS

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# HOPS

## TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

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### Structure, governance and management

The charity was established under its constitution on 23 July 2008 and registered with the Charity Commission in 2010. The trustees who served during the year were:

L Barefoot  
G Gill  
M Grainger

P Scott also attended trustees meetings and supported HOPS as a non-voting, trusted adviser.

The charity is managed and administered by a board of trustees who meet approximately every 5 to 6 weeks. Sub-committees include Publicity, Staff and Finance.

The appointment of trustees is set out in the Constitution. The recruitment of new trustees is periodically undertaken by the Board which follows an open and fair recruitment process taking due account of the skills and experience of existing trustees and the needs of the charity and the desire for its membership to reflect the diversity of the local community.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to major risks. Our major financial risk is in the generation of income by way of grants and donations. We monitor our income and expenditure at least each quarter and tailor our activities to the resources available.

During the year, a trustee of the charity donated £7,000 to the charity to support its ongoing work.

All trustees are required to read the Charity Commission's guidance in 'The Essential Trustee'; and some have had previous experience of being a Trustee for other charities. Training opportunities are provided as required, e.g. safeguarding.

To ensure effective and efficient development and delivery of services, HOPS liaises closely with a wide range of local organisations, including voluntary and public sector bodies. These provide key networking and partnership opportunities plus sharing of best practice and infrastructure support.

## **HOPS**

### **Activities & Objectives**

HOPS aims to relieve sickness and preserve and protect good health, principally by the provision of holistic healthcare, self care classes and non-residential respite and support for unpaid carers, older people and those in difficult circumstances, including those who are unemployed and/or socially isolated.

### **Achievements and Performance**

HOPS provides opportunities for people to come together to socialise, share, relax and through our activities to help reduce stress, pain and anxiety; learn new skills, build confidence and recharge their batteries.

We do this around holistic therapies and activities, which are relaxing and boost the ability to cope with stress. Therapies can help a person to find a place of calm, from which they can develop emotional resilience, build confidence and think more clearly about how to cope with challenges in their life.

We hold monthly Coffee Mornings and Time Out days for unpaid carers. Both provide invaluable opportunities for respite, for social interaction and a chance to take a breath, to share worries and to chat in a safe and welcoming space. Time Out days offer 1 to 1 holistic therapies that support and promote both physical and mental health. Our team of experienced holistic practitioners provide a variety of therapies to encompass differing needs.

HOPS has continued to deliver classes and workshops – including Singing for Fun, Yoga and Circle Dancing alongside a variety of wellbeing workshops and craft activities. These promote self-care and support individuals to improve and maintain their health.

The number of unpaid carers registered with HOPS increased by 37% in 2024/25 to 134. During the same reporting period, HOPS activities had over 730 attendances.

It is difficult to accurately reflect on the time and effort that HOPS invests in supporting individual clients. We place significant value upon striving to build individual relationships. Many clients have complex situations to cope with, and we know that our support makes a vast difference to them as individuals but also to the families of carers. This indirect benefit of HOPS' work is impossible to quantify, since it would be inappropriate to approach them; but we do get informal feedback from carers and we know that many of our carers look after more than one person in their family. What benefits our clients is actually benefitting a much larger number of individuals.

HOPS continues to focus upon generating income to further strengthen and develop the organisation, including through diversification of funding streams and increased capacity for therapies. We are developing a Workplace Wellbeing programme, allowing employers to support the wellbeing of their employees whilst also supporting HOPS' work in the local community.

Trustees continue to look to strengthen and to diversify our trustee board in order to allow services to be expanded, to enhance inclusivity and to develop organisational sustainability.

HOPS strives to continually assess its impact and the need for our services. Feedback from those that attend our sessions lets us know what people need and want and informs ongoing delivery.

## HOPS

*'Is a lovely break from caring. At first I felt guilty as I could be doing housework. I learned I need HOPS to feel a bit normal so thanks.'*

*'HOPS is a life saver for my health and mental wellbeing. Its a place I can go and totally switch off and relax also a chance to meet other carers and be able to talk freely about the challenges we face without judgement.'*

*'As a person who has none of her family nearby I believe HOPS provides a social atmosphere for people like me. Meeting and chatting with members is so helpful. The therapies are so good and we look forward to getting a massage or other treatment.'*

*'Once I am at HOPS, it is a relief, like I have escaped the real world and my duties as a carer. My headaches and anxiety go and I feel my body slowly relaxing. I get lovely feelings knowing I have no pressure and nobody is going to need me for anything. Especially the free therapy, e.g. head massage. I am so grateful for HOPS and the lovely, supportive nurturing workers that help me to feel at ease and happy to be there. The group of people who attend are always lovely and comforting and knowing there is someone to talk to if I choose.'*

### **Public benefit**

The trustees have considered the guidance produced by the Charity Commission on the provision of public benefit and they confirm that public benefit has been provided by the range of activities as described above.

### **Financial Review**

The financial position for the year shows incoming funds of £65,780 and total outgoing funds of £62,782. With a balance brought forward from 2023/24 of £33,829 giving a carried forward figure of £36,827, of which £20,217 is restricted funds, £6,400 unrestricted funds and £10,210 as designated funds. The designated fund contains a £3,374 redundancy reserve and £6,836 for salaries.

### **Reserves Policy**

HOPS is developing its reserves policy with the aim to build up unrestricted reserves which equate to 3 to 6 months expenditure. This will provide sufficient funds to cover management and administration support costs and redundancy liabilities and any emergencies that may arise from time to time.

On behalf of the Board of Trustees



Ms L Barefoot

Trustee

Dated: 20 January 2026

## HOPS

### Independent Examiner's Report to the Trustees of Healing Opportunities Provision Scheme (HOPS) (Charity No 1137794)

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I report to the trustees on my examination of the accounts of Healing Opportunities Provision Scheme (HOPS) – (the charity) for the year ended 31 March 2025.

#### **Responsibilities and basis of report**

As the trustees of the charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Act). The charity's trustees consider that an audit is not required under section 144(2) of the Act and that an independent examination is required.

It is my responsibility to:

- (i) examine the accounts under section 145 of the 2011 Act;
- (ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- (iii) to state whether particular matters have come to my attention.

#### **Basis of independent examiner's report**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

#### **Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements:
  - (i) to keep accounting records in accordance with section 130 of the 2011 Act; and
  - (ii) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met; or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Name: Colin J Scudder MAAT

90 Fennel Grove  
South Shields  
Tyne & Wear

Date: 20 January 2026

## HOPS

### STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2025

	Unrestricted Funds (£)	Designated Funds (£)	Restricted Funds (£)	Total Funds 2025 (£)	Total Funds 2024 (£)
<b>Income and Endowments</b>					
From:					
Donations and Legacies	35,670		25,898	61,568	11,449
Charitable Activities	4,212			4,212	63,131
Investments				0	0
Other				0	0
<b>Total Incoming Resources</b>	<b>39,882</b>	<b>0</b>	<b>25,898</b>	<b>65,780</b>	<b>74,580</b>
<b>Expenditure on:</b>					
Raising Funds				0	
Charitable Activities	40,771		22,011	62,782	56,736
Other				0	
<b>Total Resources Expended</b>	<b>40,771</b>	<b>0</b>	<b>22,011</b>	<b>62,782</b>	<b>56,736</b>
<b>Net incoming/outgoing resources before transfers</b>	<b>-889</b>	<b>0</b>	<b>3,887</b>	<b>2,998</b>	<b>17,845</b>
Transfers					
<b>Net movement in funds</b>	<b>-889</b>	<b>0</b>	<b>3,887</b>	<b>2,998</b>	<b>17,845</b>
<i>Total funds brought forward</i>	7,289	10,210	16,330	33,829	15,984
<b>Total funds carried forward</b>	<b>6,400</b>	<b>10,210</b>	<b>20,217</b>	<b>36,827</b>	<b>33,829</b>

## HOPS

### STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2025

		<b>Total Funds 2025</b>	<b>Total Funds 2024</b>
		<b>(£)</b>	<b>(£)</b>
	<b>Note</b>		
<b>Current Assets</b>			
<i>Debtors and Prepayments</i>	6	0	216
<i>Cash at Bank and in Hand</i>		38,293	34,663
<b>Total Current Assets</b>		<b>38,293</b>	<b>34,879</b>
<b>Liabilities</b>			
<i>Creditors: Amounts falling due within one year</i>	7	(1,466)	(1,050)
<i>Total Current Assets Less Current Liabilities</i>		36,827	33,829
<i>Creditors: Amounts falling due after one year</i>			
<b>TOTAL ASSETS LESS TOTAL LIABILITIES</b>		<b>36,827</b>	<b>33,829</b>
<b>The Funds of the Charity</b>			
<i>Restricted Funds</i>		20,217	16,330
<i>Designated Funds</i>		10,210	10,210
<i>Unrestricted Funds</i>		6,400	7,289
<b>TOTAL CHARITY FUNDS</b>		<b>36,827</b>	<b>33,829</b>

Signed by one of the Trustees on behalf of all the Trustees.

G Gill



Date of Approval: 20 January 2026

# HOPS

## NOTES TO THE ACCOUNTS

*FOR THE YEAR ENDED 31 MARCH 2025*

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### 1. Accounting Policies

#### **Basis of Preparation**

These 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 (FRS 102) (effective January 2015) – Charities SORP (FRS 102).

Healing Opportunities Provision Scheme (HOPS) meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

#### **Reconciliation with previous Generally Accepted Accounting Practice**

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by the Charities SORP FRS 102 the restatement of comparative items was required.

At the date of transition, no restatements were required.

#### **Incoming Resources**

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources.
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with enough reliability.

Donations are only included in the SOFA when the charity has unconditional entitlement to the resources. Capital Grants are released over the economic useful life of the asset to which they relate.

#### **Resources Expended and Liabilities**

Resources expended have been analysed using a natural classification.

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

#### **Taxation**

The charity is exempt from corporation tax on its charitable activities. Registered Charity No. 1137794.

### 2. Funds

The Charity has 2 funds, an unrestricted general fund and a restricted fund used to fund the delivery of specific projects to support the organisation's charitable objectives: hence all movements on each fund are disclosed. The charity gratefully acknowledges the support of Ballinger Charitable Trust, who provided unrestricted funding during the year. Part of the unrestricted general fund has been transferred to a designated fund to ringfence redundancy liabilities of £3,374 and ongoing salary payments.

## HOPS

<b>Restricted Funds Funder</b>	<b>Bal b/f (£)</b>	<b>Income (£)</b>	<b>Expenditure (£)</b>	<b>Transfer (£)</b>	<b>Bal c/f (£)</b>
The funding from The Northern Powergrid Fund at the Community Foundation Tyne and Wear and Northumberland for the provision of environmentally themed workshops for unpaid carers	501		501		0
Coalfields Regeneration Trust - Development of group activities and individual therapies through partnerships	433		433		0
Postcode Neighbourhood Trust - Support programme for unpaid carers	13,012		13,012		0
Chuter Ede CIO - Therapeutic workshops and classes	2,384		2,384		0
The National Lottery Community Fund, Awards for All.	0	19,977	3,367		16,610
Sunderland Council, Community Chest, Coalfields Area Committee, Come along say hello	0	4,841	2,097		2,744
Karbon Homes Carers Connect	0	1,080	217		863
<b>Total</b>	<b>16,330</b>	<b>25,898</b>	<b>22,011</b>	<b>0</b>	<b>20,217</b>
<b>Unrestricted Funds</b>					
Designated funds	10,210			0	10,210
General Fund	7,289	39,882	40,771		6,400
<b>Total</b>	<b>33,829</b>	<b>65,780</b>	<b>62,782</b>	<b>0</b>	<b>36,827</b>

## HOPS

### Income and Expenditure Analysis 2024-25

Income on:	Unrestricted		Restricted		Total	
	2024-25	2023-24	2024-25	2023-24	2024-25	2023-24
Raising Funds	(£)	(£)	(£)	(£)	(£)	(£)
<b>Charitable Activities</b>						
Courses and Classes	4,161		3,390		4,161	3,390
Treatments	50		130		50	130
Grants	28,000	25,898	15,000	44,612	53,898	59,612
Donations	7,671		11,349		7,671	11,349
Gift Aid			100		0	100
<b>Total Incoming Resources</b>	<b>39,882</b>	<b>25,898</b>	<b>29,969</b>	<b>44,612</b>	<b>65,780</b>	<b>74,581</b>

Expenditure on:	Unrestricted		Restricted		Total	
	2024-25	2023-24	2024-25	2023-24	2024-25	2023-24
Raising Funds	(£)	(£)	(£)	(£)	(£)	(£)
Salaries, NI and Pension/Contractors	32,707	17,655	13,695	32,005	50,362	45,700
Room Hire	4,805	2,908	3,708	1,916	7,713	5,624
Materials for Activities	316	988	35	1,456	1,304	1,491
Office Consumables/Equipment	688	46	10		734	10
Marketing and Publicity				1,186	0	1,186
Insurance	248	400	631		648	631
Staff Expenses	70			123	70	123
Services (Telephone, Computer)	430	14	195	290	444	485
Professional Fees	1,200		1,200		1,200	1,200
Subscriptions	307		285		307	285
<b>Total Resources Expended</b>	<b>40,771</b>	<b>22,011</b>	<b>19,759</b>	<b>36,976</b>	<b>62,782</b>	<b>56,736</b>

## HOPS

### 3. Paid Employees and Contractors

	Unrestricted (£)	Designated (£)	Restricted (£)	Total 24-25 (£)	Total 23-24 (£)
Salaries and NI	26,160		12,062	38,222	27,202
Pension Costs	1,056		603	1,659	1,541
Contractors	5,491		4,990	10,481	16,957
Payroll Fees	307			307	285
<b>Total</b>	<b>33,014</b>	<b>0</b>	<b>17,655</b>	<b>50,669</b>	<b>45,985</b>

### 4. Trustee Expenses

No Trustees (or persons connected with them) received any remuneration or benefit from the charity during the year.

### 5. Tangible Fixed Assets

There are no tangible fixed assets held at this time.

### 6. Debtors and Prepayments

	Total 24-25 (£)	Total 23-24 (£)
Trade Debtors	0	216
Prepayments	0	0
<b>Total</b>	<b>0</b>	<b>216</b>

### 7. Creditors and Accruals

	Total 24-25 (£)	Total 23-24 (£)
HMRC	319	253
Trade Creditors	804	798
Other Creditors and Accruals	343	0
<b>Total</b>	<b>1,466</b>	<b>1,051</b>

### 8. Transactions with related parties

There were no transactions with related parties during the period.

**HOPS**

England & Wales - Charity number 1137794

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# Accounts

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Charity Registration No. 1137794

**HOPS (Healing Opportunities Provision Scheme)  
TRUSTEES' REPORT AND INDEPENDENTLY  
EXAMINED ACCOUNTS FOR THE YEAR ENDED  
31 MARCH 2024**

## **HOPS**

### **LEGAL AND ADMINISTRATIVE INFORMATION**

---

**Name:** HOPS (Healing Opportunities Provision Scheme)

**Charity Number:** 1137794

**Trustees:** L Barefoot  
M Grainger  
G Moore  
E Young

**Address:** The Old Rectory  
The Broadway  
Houghton-Le-Spring  
SUNDERLAND  
Tyne & Wear  
DH4 4BB

**Bankers:** The Co-operative bank

**Independent Examiner:** Colin Scudder M M T  
90 Fennel Grove  
South Shields  
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## HOPS

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## HOPS

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

---

#### **Structure, governance and management**

The charity was established under its constitution on 23 July 2008 and registered with the Charity Commission in 2010. The trustees who served during the year were:

L Barefoot

G Moore

M Grainger

E Young

P Scott also attended trustees meetings and supported HOPS as a non-voting, trusted adviser.

The charity is managed and administered by a board of trustees who meet approximately every 5 to 6 weeks. Sub-committees include Publicity, Staff and Finance.

The appointment of trustees is set out in the Constitution. The recruitment of new trustees is periodically undertaken by the Board which follows an open and fair recruitment process taking due account of the skills and experience of existing trustees and the needs of the charity and the desire for its membership to reflect the diversity of the local community.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to major risks. Our major financial risk is in the generation of income by way of grants and donations. We monitor our income and expenditure at least each quarter and tailor our activities to the resources available.

One trustee received a contribution towards travel expenses. No other forms of remuneration or benefits were given from the charity to trustees during the year.

During the year, a trustee of the charity donated £5000 to the charity to support its ongoing work.

All trustees are required to read the Charity Commission's guidance in 'The Essential Trustee'; and some have had previous experience of being a Trustee for other charities. Training opportunities are provided as required, e.g. safeguarding.

To ensure effective and efficient development and delivery of services, HOPS liaises closely with a wide range of local organisations, including voluntary and public sector bodies. These provide key networking and partnership opportunities plus sharing of best practice and infrastructure support.

## **HOPS**

### **Activities & Objectives**

HOPS aims to relieve sickness and preserve and protect good health, principally by the provision of holistic healthcare, self care classes and non-residential respite and support for unpaid carers, older people and those in difficult circumstances, including those who are unemployed and/or socially isolated.

### **Achievements and Performance**

HOPS provides opportunity for people to come together to socialise, share, relax and through our activities to help reduce stress, pain and anxiety; learn new skills, build confidence and recharge their batteries.

We do this around holistic therapies and activities, which are relaxing and boost the ability to cope with stress. Therapies can help a person to find a place of calm, from which they can develop emotional resilience, build confidence and think more clearly about how to cope with challenges in their life.

We hold monthly Coffee Mornings and Time Out days for unpaid carers. Both providing invaluable opportunities for respite, for social interaction and a chance to take a breath, to share worries and to chat in a safe and welcoming space. Time Out days offer 1 to 1 holistic therapies that support and promote both physical and mental health. Our team of experienced holistic practitioners provide a variety of therapies to encompass differing needs.

HOPS has continued to deliver classes and workshops – including Singing for Fun, Yoga and Circle Dancing alongside wellbeing workshops and craft activities. These promote self-care and support individuals to improve and maintain health.

This year HOPS delivered a pilot course – ‘Take Care of Yourself’. This consisted of 6 online sessions, each delivered by a very experienced specialist. Sessions covered different aspects of holistic wellbeing and selfcare.

The number of unpaid carers registered with HOPS increased by over 80% to 98 in 2023/24. During the same reporting period, HOPS activities had 631 attendances.

HOPS continues to focus upon generating income to further strengthen and develop the organisation, including through diversification of funding streams and increased capacity for therapies.

Trustees continue to look to strengthen and diversify our trustee board in order to allow services to be expanded, to enhance inclusivity and to develop organisational sustainability.

HOPS strives to continually assess its impact and the need for our services. Examples of feedback gained over the year include:

*It's an escape from constant worry and work*

*Hops is a vital lifeline to help with my health and mental health I really enjoy being part of a really friendly non-judgemental group I can totally relax there.*

## **HOPS**

*The therapies are most enjoyable. When you live alone and family are far away it is the only time you feel human touch. It helps you to relax.*

*HOPS provide a safe escape, for a short time, to indulge in precious restorative time*

*I enjoy the positive transformation to my physical and emotional wellbeing and my mental health after attending hops sessions.*

## **Public benefit**

The trustees have considered the guidance produced by the Charity Commission on the provision of public benefit and they confirm that public benefit has been provided by the range of activities as described above.

## **Financial Review**

The financial position for the year shows incoming funds of £74,581 and total outgoing funds of £56,736. With a balance brought forward from 2022/23 of £15,984 giving a carried forward figure of £33,829, of which £16,330 is restricted funds, £7,289 unrestricted funds and £10,210 as designated funds. The designated fund contains a £1,309 redundancy reserve and £8,901 for salaries.

## **Reserves Policy**

HOPS is developing its reserves policy with the aim to try to build up unrestricted reserves which equates to 3 to 6 months expenditure. This will provide sufficient funds to cover management and administration support costs and redundancy liabilities and any emergencies that may arise from time to time.

On behalf of the Board of Trustees



Ms L Barefoot

Trustee

Dated: 23 JAN 2025

## HOPS

### Independent Examiner's Report to the Trustees of Healing Opportunities Provision Scheme (HOPS) (Charity No 1137794)

---

I report to the trustees on my examination of the accounts of Healing Opportunities Provision Scheme (HOPS) - (the charity) for the year ended 31 March 2024.

#### **Responsibilities and basis of report**

As the trustees of the charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Act). The charity's trustees consider that an audit is not required under section 144(2) of the Act and that an independent examination is required.

It is my responsibility to:

- (i) examine the accounts under section 145 of the 2011 Act;
- (ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- (iii) to state whether particular matters have come to my attention.

#### **Basis of independent examiner's report**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

#### **Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements:
  - (i) to keep accounting records in accordance with section 130 of the 2011 Act; and
  - (ii) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met; or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: Colin J Scudder MAAT



90 Fennel Grove  
South Shields  
Tyne & Wear

Date: 22 January 2025

## HOPS

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

	Unrestricted Funds (£)	Designated Funds (£)	Restricted Funds (£)	Total Funds 2024 (£)	Total Funds 2023 (£)
<b>Income and Endowments</b>					
From:					
Donations and Legacies	11,449			11,449	8,726
Charitable Activities	18,519		44,612	63,131	24,894
Investments				0	
Other				0	0
<b>Total Incoming Resources</b>	<b>29,969</b>	<b>0</b>	<b>44,612</b>	<b>74,581</b>	<b>31,820</b>
<b>Expenditure on:</b>					
Raising Funds				0	
Charitable Activities	19,759		36,977	56,736	45,705
Other				0	
<b>Total Resources Expended</b>	<b>19,759</b>	<b>0</b>	<b>36,977</b>	<b>56,736</b>	<b>41,705</b>
<b>Net incoming/outgoing resources before transfers</b>	<b>10,210</b>	<b>0</b>	<b>7,635</b>	<b>17,845</b>	<b>(1)</b>
Transfers	(10,210)	10,210			
<b>Net movement in funds</b>	<b>0</b>	<b>10,210</b>	<b>7,635</b>	<b>17,845</b>	<b>114,086</b>
<i>Total funds brought forward</i>	7,289		8,695	15,984	30,069
<b>Total funds carried forward</b>	<b>7,289</b>	<b>10,210</b>	<b>16,330</b>	<b>33,829</b>	<b>16.9M</b>

## HOPS

### STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2024

		Total Funds 2024	Total Funds 2023
		(£)	(£)
	Note		
<b>Current Assets</b>			
<i>Debtors and Prepayments</i>	6	216	120
<i>Cash at Bank and in Hand</i>		34,663	16,718
<b>Total Current Assets</b>		<b>34,879</b>	<b>16,838</b>
<b>Liabilities</b>			
<i>Creditors: Amounts falling due within one year</i>	7	(1,051)	(854)
<i>Total Current Assets Less Current Liabilities</i>		<b>33,829</b>	<b>15,984</b>
<i>Creditors: Amounts falling due after one year</i>			
<b>TOTAL ASSETS LESS TOTAL LIABILITIES</b>		<b>33,829</b>	<b>15,984</b>
<b>The Funds of the Charity</b>			
<i>Restricted Funds</i>		16,330	8,695
<i>Designated Funds</i>		10,210	
<i>Unrestricted Funds</i>		7,289	7,289
<b>TOTAL CHARITY FUNDS</b>		<b>33,829</b>	<b>15,984</b>

Signed by one of the Trustees on behalf of all the Trustees.

G Gill

Date of Approval: 2:1 J' U)U

## HOPS

### NOTES TO THE ACCOUNTS

#### FOR THE YEAR ENDED 31 MARCH 2024

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## 1. Accounting Policies

### Basis of Preparation

These 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 (FRS 102) (effective January 2015) - Charities SORP (FRS 102).

Healing Opportunities Provision Scheme (HOPS) meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

### Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by the Charities SORP FRS 102 the restatement of comparative items was required.

At the date of transition, no restatements were required.

### Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources.
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with enough reliability.

Donations are only included in the SOFA when the charity has unconditional entitlement to the resources. Capital Grants are released over the economic useful life of the asset to which they relate.

### Resources Expended and Liabilities

Resources expended have been analysed using a natural classification.

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

### Taxation

The charity is exempt from corporation tax on its charitable activities. Registered Charity No. 1137794.

## 2. Funds

The Charity has 2 funds, an unrestricted general fund and a restricted fund used to fund the delivery of specific projects to support the organisation's charitable objectives: hence all movements on each fund are disclosed. Part of the unrestricted general fund has been transferred to a designated fund to ringfence redundancy liabilities of £1,309 and ongoing salary payments.

## HOPS

Restricted Funds Funder	Bal bit (£)	Income (£)	Expenditure (£)	Transfer (£)	Bal elf (£)
The funding from The National Lottery Community Fund for the provision of Supporting Unpaid Carers in Sunderland project	2,916	0	2,916		0
The funding from The Edward Gostling Foundation for the provision of The Carers Project	1,103	0	1,103		0
The funding from Sunderland Council Coalfield Area Committee for the provision of the Wellbeing Day	120	0	120		0
The funding from The Northern Powergrid Fund at the Community Foundation Tyne and Wear and Northumberland for the provision of environmentally themed workshops for unpaid carers	4,556	0	4,055		501
The Hospital of God for the provision of core costs	0	3,000	3,000		0
Hadrian Trust for the provision of core costs	0	1,000	1,000		0
The Joicey Trust for the provision of core costs	0	1,300	1,300		0
The Barbour Foundation for the provision of core costs	0	5,000	5,000		0
The Albert Hunt Trust for the provision of core costs	0	1,000	1,000		0

## HOPS

<b>Restricted Funds</b>	<b>Bal b/f</b>	<b>Income</b>	<b>Expenditure</b>	<b>Transfer</b>	<b>Bal elf</b>
<b>Funder</b>	(£)	(£)	(£)	(£)	(£)
The Community Foundation serving Tyne & wear and Northumberland - programme of festive activities for unpaid carers in Sunderland	0	1,083	1,083		0
Coalfields Regeneration Trust - Development of group activities and individual therapies through partnerships	0	5,000	4,567		433
Postcode Neighbourhood Trust - Support programme for unpaid carers	0	24,733	11,721		13,012
Chuter Ede CIO - Therapeutic workshops and classes	0	2,496	112		2,384
<b>Total</b>	<b>8,695</b>	<b>44,612</b>	<b>36,977</b>	<b>0</b>	<b>16,330</b>
<b>Unrestricted Funds</b>					
Designated funds				10,210	10,210
General Fund	7,289	29,969	19,759	(10,210)	7,289
<b>Total</b>	<b>15,984</b>	<b>74,581</b>	<b>56,736</b>	<b>0</b>	<b>33,829</b>

## HOPS

### Income and Expenditure Analysis 2023-24

Income on:	Unrestricted	Restricted	Unrestricted	Restricted	Total	Total
	2023-24	2022-23	2023-24	2022-23	2023-24	2022-23
Raising Funds	(£)	(£)	(£)	(£)	(£)	(£)
<b>Charitable Activities</b>						
Courses and Classes	3,390		3,057		3,390	3,056
Treatments	130				130	0
Grants	15,000	44,612		21,806	59,612	21,806
Donations	11,349		6,726		11,349	6,726
Gift Aid	100		31		100	31
<b>Total Incoming Resources</b>	<b>29,969</b>	<b>44,612</b>	<b>9,814</b>	<b>21,806</b>	<b>74,581</b>	<b>31,620</b>

Expenditure on:	Unrestricted	Restricted	Unrestricted	Restricted	Total	Total
	2023-24	2022-23	2023-24	2022-23	2023-24	2022-23
Raising Funds	(£)	(£)	(£)	(£)	(£)	(£)
Salaries, NI and Pension/Contractors	13,695	32,005	7,029	30,338	45,700	37,367
Room Hire	3,708	1,916		4,400	5,624	4,477
Materials for Activities	35	1,456		1,112	1,491	1,112
Office Consumables/Equipment	10			401	10	401
Marketing and Publicity		1,186			1,186	0
Insurance	631			580	631	580
Staff Expenses		123			123	0
Services (Telephone, Computer)	195	290		307	485	307
Professional Fees	1,200		583	617	1,200	1,200
Subscriptions	285		260		285	260
<b>Total Resources Expended</b>	<b>19,759</b>	<b>36,977</b>	<b>7,872</b>	<b>37,833</b>	<b>56,736</b>	<b>45,705</b>

## HOPS

### 3. Paid Employees and Contractors

	Unrestricted (£)	Designated (£)	Restricted (£)	Total 23-24 (£)	Total 22-23 (£)
Salaries and NI	4,299		22,903	27,202	28,086
Pension Costs			1,541	1,541	867
Contractors	9,396		7,561	16,957	8,414
Payroll Fees			285	285	260
<b>Total</b>	<b>13,695</b>	<b>0</b>	<b>32,290</b>	<b>45,985</b>	<b>37,627</b>

### 4. Trustee Expenses

One trustee claimed £123 for travel expenses. No other Trustees (or persons connected with them) received any remuneration or benefit from the charity during the year.

### 5. Tangible Fixed Assets

There are no tangible fixed assets held at this time.

### 6. Debtors and Prepayments

	Total 23-24 (£)	Total 22-23 (£)
Trade Debtors	216	120
Prepayments	0	0
<b>Total</b>	<b>216</b>	<b>120</b>

### 7. Creditors and Accruals

	Total 23-24 (£)	Total 22-23 (£)
HRC	253	264
Trade Creditors	798	590
Other Creditors and Accruals	0	0
<b>Total</b>	<b>1,051</b>	<b>854</b>

### 8. Transactions with related parties

There were no transactions with related parties during the period.

**HOPS**

England & Wales - Charity number 1137794

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# Accounts

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**HOPS (Healing Opportunities Provision Scheme)  
TRUSTEES' REPORT AND INDEPENDENTLY  
EXAMINED ACCOUNTS FOR THE YEAR ENDED  
31 MARCH 2023**

## HOPS

### LEGAL AND ADMINISTRATIVE INFORMATION

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**Name:** HOPS (Healing Opportunities Provision Scheme)

**Charity Number:** 1137794

**Trustees:** L Barefoot  
M Grainger  
G Moore  
E Young

**Address:** The Old Rectory  
The Broadway  
Houghton-Le-Spring  
SUNDERLAND  
Tyne & Wear  
DH4 4BB

**Bankers:** The Co-operative bank

**Independent Examiner:** Colin Scudder MAAT  
90 Fennel Grove  
South Shields  
Tyne and Wear

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# HOPS

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Independent examiner's report	7
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Statement of assets and liabilities	9
Notes to the accounts	10-14

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## HOPS

### TRUSTEES' REPORT

*FOR THE YEAR ENDED 31 MARCH 2023*

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**The trustees present their report and accounts for the year ended 31 March 2023.**

#### **Structure, governance and management**

The charity was established under its constitution on 23 July 2008 and was last revised on 23 May 2017. It was registered with the Charity Commission in 2010. The trustees who served during the year ended 31 March 2023 were:

L Barefoot  
G Moore  
M Grainger  
E Young  
A Walker

The charity is managed and administered by a board of trustees who meet 7 – 10 times per year. Sub committees for Publicity and Staff and Finance meet as needed and report to the Board.

The appointment of trustees is set out in the Constitution. The recruitment of new trustees is periodically undertaken by the Board which follows an open and fair recruitment process taking due account of the skills and experience of existing trustees and the needs of the charity and the desire for its membership to reflect the diversity of the local community.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to major risks. Our major financial risk is in the generation of income by way of grants and donations. We monitor our income and expenditure at least each quarter and tailor our activities to the resources available.

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

During the year, a trustee of the charity donated £5,000 to the charity to support its ongoing work.

All trustees are required to read the Charity Commission's guidance in 'The Essential Trustee'; and some have had previous experience of being a Trustee for other charities. Training opportunities are provided as required, e.g. safeguarding.

To ensure effective and efficient development and delivery of services, HOPS liaises closely with a wide range of local organisations, including voluntary and public sector bodies. These provide key networking and partnership opportunities plus sharing of best practice and infrastructure support.

## **HOPS**

### **Activities & Objectives**

HOPS aims to relieve sickness and preserve and protect good health, principally by the provision of holistic healthcare, self care classes and non-residential respite and support for unpaid carers, older people and those in difficult circumstances, including those who are unemployed and/or socially isolated.

### **Achievements and Performance**

This year has been one of growth and positive development for HOPS. Following a significant office move and funding related change of staff in 2021, HOPS has rebuilt and evolved its services and delivery throughout 2022/23. We significantly strengthened our staff team in order to increase capacity to respond to delivery demand. Appointment of an Admin & Publicity Officer and of a Carers' Support Worker has allowed HOPS to both provide valuable regular activities and to look at sustainability and development.

We hold monthly Coffee Mornings and Time Out days for unpaid carers. Both provide invaluable opportunities for respite, for social interaction and a chance to take a breath, to share worries, to relax and laugh in a safe and welcoming space. At a Time Out day, carers benefit from 1 to 1 holistic therapies that support and promote both physical and mental health. Having three experienced therapists working at each session allows us to provide a variety of therapies to encompass differing needs.

HOPS has continued to provide weekly classes that promote self-care and support individuals to improve and maintain health. Meditation and yoga classes are delivered online and Singing for Fun is held in person. These classes, alongside further courses and workshops, are open to a wider range of beneficiaries.

We also coordinated a Retreat Day for Carers. Held at the historic Seaton Holme, the day provided therapies, activities and lunch. Having these days offsite provides a welcome extra change for carers and is an area that HOPS aims to develop in future.

Trustee development sessions provided the opportunity to reflect and review and to look at HOPS' strategic development. Moving forward we will be developing means to strengthen and broaden our delivery of therapies; we will maintain a focus upon unpaid carers but also seek to develop strategies to reach HOPS' wider intended beneficiaries – older people and those in difficult circumstances or socially isolated. HOPS will also look to extend delivery back into local communities across Sunderland.

HOPS is in a strong place for new development and growth. To help us to develop organisational resilience, we will look to strengthen and diversify our trustee board. This will assist us in our aims to expand services and to broaden income generation in order to develop sustainable growth and resilience.

### **Public benefit**

The trustees have considered the guidance produced by the Charity Commission on the provision of public benefit and they confirm that public benefit has been provided by the range

## **HOPS**

of activities as described above.

### **Financial Review**

The financial position for the year shows incoming funds of £31,620 and total outgoing funds of £45,705. With a balance brought forward from 2021/22 of £30,069 this leaves a carried forward figure of £15,984, of which £8,695 is restricted funds and £7,289 unrestricted.

### **Reserves Policy**

HOPS is developing its reserves policy with the aim to build up unrestricted reserves which equates to 3 to 6 months expenditure. This will provide sufficient funds to cover management and administration support costs and redundancy liabilities and any emergencies that may arise from time to time.

On behalf of the Board of Trustees

Ms L Barefoot  
Trustee

Dated: 28 January 2024

## HOPS

### INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HOPS

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#### **Independent Examiner's Report to the Trustees of Healing Opportunities Provision Scheme (HOPS) (Charity No 1137794)**

I report to the trustees on my examination of the accounts of Healing Opportunities Provision Scheme (HOPS) – (the charity) for the year ended 31 March 2023.

#### **Responsibilities and basis of report**

As the trustees of the charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Act). The charity's trustees consider that an audit is not required under section 144(2) of the Act and that an independent examination is required.

It is my responsibility to:

- (i) Examine the accounts under section 145 of the 2011 Act;
- (ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- (iii) to state whether particular matters have come to my attention.

#### **Basis of independent examiner's report**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

#### **Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements:
- (i) to keep accounting records in accordance with section 130 of the 2011 Act; and
  - (ii) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: Colin J Scudder MAAT  
90 Fennel Grove  
South Shields  
Tyne & Wear

Date: 15 January 2024

**HOPS**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2023**

	Unrestricted Funds (£)	Designated Funds (£)	Restricted Funds (£)	Total Funds 2023 (£)	Total Funds 2022 (£)
<b>Income and Endowments</b>					
From:					
Donations and Legacies	6,726			6,726	2,786
Charitable Activities	3,088		21,806	24,894	35,589
Investments					
Other				0	88
<b>Total Incoming Resources</b>	<b>9,814</b>	<b>0</b>	<b>21,806</b>	<b>31,620</b>	<b>38,463</b>
<b>Expenditure on:</b>					
Raising Funds					
Charitable Activities	7,872		37,833	45,705	39,726
Other					
<b>Total Resources Expended</b>	<b>7,872</b>	<b>0</b>	<b>37,833</b>	<b>45,705</b>	<b>39,726</b>
<b>Net incoming/outgoing resources before transfers</b>	<b>1,942</b>		<b>(16,027)</b>	<b>(14,085)</b>	<b>(1,263)</b>
Transfers					
<b>Net movement in funds</b>	<b>1,942</b>	<b>0</b>	<b>(16,027)</b>	<b>(14,085)</b>	<b>(1,263)</b>
<i>Total funds brought forward</i>	<i>5,347</i>		<i>24,722</i>	<i>30,069</i>	<i>31,332</i>
<b>Total funds carried forward</b>	<b>7,289</b>	<b>0</b>	<b>8,695</b>	<b>15,984</b>	<b>30,069</b>

## HOPS

### STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2023

		<b>Total Funds 2023</b>	<b>Total Funds 2022</b>
		<b>(£)</b>	<b>(£)</b>
	<b>Note</b>		
<b>Current Assets</b>			
<i>Debtors and Prepayments</i>	6	120	120
<i>Cash at Bank and in Hand</i>		16,718	32,197
<b>Total Current Assets</b>		<b>16,838</b>	<b>32,317</b>
<b>Liabilities</b>			
<i>Creditors: Amounts falling due within one year</i>	7	(854)	(2,248)
<i>Total Current Assets Less Current Liabilities</i>		15,984	30,069
<i>Creditors: Amounts falling due after one year</i>			
<b>TOTAL ASSETS LESS TOTAL LIABILITIES</b>		<b>15,984</b>	<b>30,069</b>
<b>The Funds of the Charity</b>			
<i>Restricted Funds</i>		8,695	24,722
<i>Designated Funds</i>			
<i>Unrestricted Funds</i>		7,289	5,347
<b>TOTAL CHARITY FUNDS</b>		<b>15,984</b>	<b>30,069</b>

Signed by one of the Trustees on behalf of all the Trustees

G Gill

Date of Approval: 28 January 2024

# HOPS

## NOTES TO THE ACCOUNTS

*FOR THE YEAR ENDED 31 MARCH 2023*

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### 1. Accounting Policies

#### **Basis of Preparation**

These 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 (FRS 102) (effective January 2015) – Charities SORP (FRS 102).

Healing Opportunities Provision Scheme (HOPS) meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

#### **Reconciliation with previous Generally Accepted Accounting Practice**

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by the Charities SORP FRS 102 the restatement of comparative items was required.

At the date of transition, no restatements were required.

#### **Incoming Resources**

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources.
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with enough reliability

Donations are only included in the SOFA when the charity has unconditional entitlement to the resources. Capital Grants are released over the economic useful life of the asset to which they relate.

#### **Resources Expended and Liabilities**

Resources expended have been analysed using a natural classification.

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

#### **Taxation**

The charity is exempt from corporation tax on its charitable activities. Registered Charity No. 1137794.

## HOPS

### 2. Funds

The Charity has 2 funds, an unrestricted general fund and a restricted fund used to fund the delivery of specific projects to support the organisation's charitable objectives: hence all movements on each fund are disclosed.

<b>Restricted Funds Funder</b>	<b>Bal b/f (£)</b>	<b>Income (£)</b>	<b>Expenditure (£)</b>	<b>Bal c/f (£)</b>
The funding from Wearmouth Community Development Trust for Making, Doing & Mending Project for the provision of Covid 19 Online activities	406	0	406	0
The funding from The National Lottery Community Fund for the provision of Supporting Unpaid Carers in Sunderland project	9,908		6,992	2,916
The funding from The Roseline Foundation at The Community Foundation Tyne and Wear and Northumberland for the provision of core staffing (Development manager)	4,008		4,008	0
The funding from Growth and Resilience Fund at The Community Foundation Tyne and Wear and Northumberland for the provision of publicity and marketing support	2,000		2,000	0
The funding from 1989 Willan Charitable Trust at The Community Foundation Tyne and Wear and Northumberland for the provision of the Development Manager post	5,000		5,000	0
The funding from The Joicey Trust for the provision of core costs	3,400		3,400	0

## HOPS

<b>Restricted Funds Funder</b>	<b>Bal b/f (£)</b>	<b>Income (£)</b>	<b>Expenditure (£)</b>	<b>Bal c/f (£)</b>
The funding from Sir James Knott Trust for the provision of core costs	0	7,500	7,500	0
The funding from Hospital of God for the provision of core costs	0	3,000	3,000	0
The funding from The Hadrian Trust for the provision of core costs	0	1,000	1,000	0
The funding from Tolent Living Limited for the provision of the Carers Get Together	0	250	250	0
The funding from The Edward Gostling Foundation for the provision of The Carers Project	0	5,000	3,897	1,103
The funding from Sunderland Council Coalfield Area Committee for the provision of the Wellbeing Day	0	500	380	120
The funding from The Northern Powergrid Fund at the Community Foundation Tyne and Wear and Northumberland for the provision of environmentally themed workshops for unpaid carers	0	4,556	0	4,556
<b>Total</b>	<b>24,722</b>	<b>21,806</b>	<b>37,833</b>	<b>8,695</b>
<b>Unrestricted Funds</b>				
General Fund	5,347	9,814	7,872	7,289
<b>Total</b>	<b>30,069</b>	<b>31,620</b>	<b>45,705</b>	<b>15,984</b>

## HOPS

### Income and Expenditure Analysis 2022-23

Income on:	Unrestricted		Restricted		Total 2022-23 (£)	Total 2021-22 (£)
	2022-23 (£)	2021-22 (£)	2022-23 (£)	2021-22 (£)		
<b>Raising Funds</b>						
<b>Charitable Activities</b>						
Courses and Classes	3,057		3,113		3,057	3,113
Treatments					0	0
Grants		21,806		32,386	21,806	32,386
Donations	6,726		2,876		6,726	2,876
Gift Aid	31		88		31	88
<b>Total Incoming Resources</b>	<b>9,814</b>	<b>21,806</b>	<b>6,077</b>	<b>32,386</b>	<b>31,620</b>	<b>38,463</b>

Expenditure on:	Unrestricted		Restricted		Total 2022-23 (£)	Total 2021-22 (£)
	2022-23 (£)	2021-22 (£)	2022-23 (£)	2021-22 (£)		
<b>Raising Funds</b>						
Salaries, NI and Pension/Contractors	7,029	30,338	8,715	18,011	37,367	26,726
Room Hire		4,477	3,780	888	4,477	4,668
Materials for Activities		1,113		2,376	1,113	2,376
Office Consumables/Equipment		401	83	2,295	401	2,378
Marketing and Publicity			100		0	100
Insurance		580	635		580	635
Staff Expenses				130	0	130
Services (Telephone, Computer)		307	1,486		307	1,486
Professional Fees	583	617	1,000		1,200	1,000
Subscriptions	260		227		260	227
<b>Total Resources Expended</b>	<b>7,872</b>	<b>37,833</b>	<b>16,026</b>	<b>23,700</b>	<b>45,705</b>	<b>39,726</b>

## HOPS

### 3. *Paid Employees and Contractors*

	<b>Unrestricted</b>	<b>Designated</b>	<b>Restricted</b>	<b>Total 22-23</b>	<b>Total 21-22</b>
	<b>(£)</b>	<b>(£)</b>	<b>(£)</b>	<b>(£)</b>	<b>(£)</b>
Salaries and NI	1,820		26,266	28,086	7,565
Pension Costs			867	867	312
Contractors	5,209		3,205	8,414	18,849
Payroll Fees	260			260	227
<b>Total</b>	<b>7,289</b>	<b>0</b>	<b>30,338</b>	<b>37,627</b>	<b>26,953</b>

### 4. *Trustee Expenses*

None of the Trustees (or persons connected with them) received any remuneration or benefit from the charity during the year. The trustees did not claim any expenses during the year.

### 5. *Tangible Fixed Assets*

There are no tangible fixed assets held at this time.

### 6. *Debtors and Prepayments*

	<b>Total 22-23</b>	<b>Total 21-22</b>
	<b>(£)</b>	<b>(£)</b>
Trade Debtors	120	120
Prepayments	0	0
<b>Total</b>	<b>120</b>	<b>120</b>

### 7. *Creditors and Accruals*

	<b>Total 22-23</b>	<b>Total 21-22</b>
	<b>(£)</b>	<b>(£)</b>
HMRC	264	124
Trade Creditors	590	2,124
Other Creditors and Accruals	0	0
<b>Total</b>	<b>854</b>	<b>2,248</b>

### 8. *Transactions with related parties*

There were no transactions with related parties at this time.

**HOPS**

England & Wales - Charity number 1137794

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# Accounts

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**HOPS (Healing Opportunities Provision Scheme)**  
**TRUSTEES' REPORT AND UNAUDITED ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

## HOPS

### LEGAL AND ADMINISTRATIVE INFORMATION

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**Name:** (HOPS) Healing Opportunities Provision Scheme

**Charity Number:** 1137794

**Trustees:** L Barefoot  
A Walker  
M Grainger  
G Moore  
E Young

**Address:** The Old Rectory  
Houghton-Le-Spring  
Tyne and Wear  
DH4 4BB

**Bankers:** The co-operative bank

**Independent Examiner:** Colin Scudder MAAT  
90 Fennel Grove  
South Shields  
Tyne and Wear

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# HOPS

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## HOPS

### TRUSTEES' REPORT

#### *FOR THE YEAR ENDED 31 MARCH 2022*

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The trustees present their report and accounts for the year ended 31 March 2022.

#### **Structure, governance and management**

The charity was established under its constitution on 23 July 2008 and registered with the Charity Commission in 2010. The trustees who served during the year were:

L Barefoot  
G Moore  
M Grainger  
A Walker  
E Young

The appointment of trustees is set out in the Constitution. The recruitment of new trustees is periodically undertaken by the Board which follows an open and fair recruitment process taking due account of the skills and experience of existing trustees and the needs of the charity and the desire for its membership to reflect the diversity of the local community.

The charity is managed and administered by a board of trustees.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to major risks. Our major financial risk is in the generation of income by way of grants and donations. We monitor our income and expenditure at least each quarter and tailor our activities to the resources available.

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

During the year, a trustee of the charity donated £5,000 to the charity to support its ongoing work. All trustees are required to read the Charity Commission's guidance in 'The Essential Trustee'; and some have had previous experience of being a Trustee for other charities. Relevant training opportunities are provided as required, e.g. safeguarding.

Our Board of Trustees met nine times during this year. The Finance Sub-committee, bringing in specialist expertise, met three times, as did the Publicity Group. Policy matters are usually dealt with in the Trustee meetings but extra meetings deal with matters that need preliminary, in depth discussion.

HOPS liaises closely with a wide range of organisations, both voluntary and statutory, These include Sunderland Carers' Centre; Sunderland MIND, Sunderland Healthnet; Sunderland Counselling Service; Sunderland Council's Wellbeing Network; Voluntary and Community Action Sunderland; Sunderland North Community Service Network; Sunderland VCS Network/Alliance; Grace House North East; Social Chef; Back on the Map, Hendon; U Retreat ; Roker United Reform Church. We also link in with regional and national bodies e.g. VONNE; VODA; NCSS; The Kings Fund ; Peoples Health Trust Activities

## **HOPS**

### **Objects and Activities**

HOPS aims to relieve sickness and preserve and protect good health, principally by the provision of holistic healthcare, self care classes and non-residential respite and support for unpaid carers, older people and those in difficult circumstances, including those who are unemployed and/or socially isolated.

### **Achievements and Performance 2021 – 22**

In this challenging year, HOPS once again made a huge difference to individuals experiencing difficult times. The major part of our work centred on supporting unpaid carers, who faced increasing pressures due to reduced services in the Covid era and beyond. Our one-to-one work intensified as the strain of 24/7 care increased. Through frequent telephone calls and some doorstep conversations, contact was maintained and we received heartfelt thanks for this. Being a carer tends to lead to social isolation and is often accompanied by depression. The social contact we provided – and which we fostered between the carers themselves – prevented some serious stress related illness and related incidents.

Our online video classes and the private Face Book page for carers registered with HOPS also served as ongoing support and they continued beyond the lifting of the Lockdown regulations. The weekly zoom classes in yoga and Meditation and the regular quiz became a permanent provision. This is an area we hope to expand, subject to obtaining the necessary funding.

Whilst some carers were still reluctant to venture out to social events, others were keen to socialize in safe surroundings; so we organised an outside “crafternoon” in the grounds of The Old Rectory, Houghton. Here we provided a tutor led session creating art work with wild flowers, followed by a special tea. Hand sanitiser was provided and some people wore masks. The event was attended by twelve carers and proved very enjoyable. Two further coffee mornings were held in July.

In August, HOPS moved to The Old Rectory and resumed monthly coffee mornings, initially held outside in the sunlit grounds and later held inside but socially distanced. Then in January 2022, we re-started our Time Out days for unpaid carers, providing a therapy session, a group activity and lunch, with plenty of time for chat and peer support. At this time, our “in person” Singing group also re-started, to the delight of group members who had greatly missed the laughter and friendship as well as the singing. June saw the last of our popular “Recipe in a Bag” deliveries to Carers’ homes, ensuring People could have interesting and healthy meals as all ingredients were provided, accompanied by easy to follow recipes. Some great photos appeared on the Carers private Face Book page recording the delicious results.

From April 2021 – March 2022, we held nine coffee mornings and three Time Out days; as well as providing weekly online events and frequent and in depth support to individuals, together with signposting to relevant agencies as needed. Due to both the post Covid situation and our own problems regarding staff recruitment, we were still unable to provide holistic therapy sessions to the general public. These had in previous years been provided at as low a cost as possible, given that the therapists worked for below the usual commercial rate.

The dedicated Trustees met nine times during this period and gave additional time in supporting the continuation of our much needed and valued service. Volunteers worked to keep the service running as normally as possible during these abnormal times.

We were fortunate in obtaining funding for a new Development Manager / CEO Designate and she was appointed in October 2021.

### **Courses:**

Due to the pandemic, courses were transferred online within weeks of the first Lockdown. They

## **HOPS**

have proved valuable not only in maintaining physical health but in combatting the isolation experienced by many this year. The emotional value of involvement in these courses has been evidenced by the feedback received, particularly in dealing with anxiety and severe depression.

“In person” classes will resume when conditions allow; but it is expected that online provision will continue to be needed and appreciated, because it helps those who have difficulty finding anyone else to look after the “cared for” individual whilst they attend HOPS activities.

## **Plans for the Future**

Our online work continues to be well received, offering both a learning opportunity and social interaction. Our aim is to extend these and we would like to do more “blended” work, enabling those who cannot attend events in person to benefit from the activities organised. We also hope to market online wellbeing sessions for other organisations.

Our financial position has become increasingly difficult with the ending of resilience grants received during the pandemic coinciding with the end of the 3.5 year grant from the People’s Health Trust. Core funding is increasingly difficult to obtain and the eternal problem of balancing service provision against time for grant applications is even more significant in small organisations like HOPS.

## **Financial review**

The receipts and payments account for the period shows a deficit of receipts to payments on unrestricted funds of £9,949 before transfers between funds for the year ended 31 March 2022. While the restricted funds shows a surplus of £8,686. Detailed information can be found in the statement of financial activities and the notes to the accounts.

On behalf of the Board of Trustees

Ms L Barefoot  
Trustee

Dated: 26 January 2023

# HOPS

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HOPS

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### **Independent Examiner's Report to the Trustees of Healing Opportunities Provision Scheme (HOPS) (Charity No 1137794)**

I report to the trustees on my examination of the accounts of Healing Opportunities Provision Scheme (HOPS) – (the charity) for the year ended 31 March 2022.

#### **Responsibilities and basis of report**

As the trustees of the charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Act). The charity's trustees consider that an audit is not required under section 144(2) of the Act and that an independent examination is required.

It is my responsibility to:

- i. examine the accounts under section 145 of the 2011 Act;
- ii. to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- iii. to state whether particular matters have come to my attention.

#### **Basis of independent examiner's report**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

#### **Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

(a) which gives me reasonable cause to believe that in any material respect the requirements:

- i. to keep accounting records in accordance with section 130 of the 2011 Act; and
- ii. to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: Colin J Scudder MAAT

90 Fennel Grove  
South Shields  
Tyne & Wear

Date: 26 January 2023

## HOPS

### STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2022

	Unrestricted Funds (£)	Designated Funds (£)	Restricted Funds (£)	Total Funds 2022 (£)	Total Funds 2021 (£)
<b>Income and Endowments</b>					
From:					
Donations and Legacies	2,786			2,786	18,527
Charitable Activities	3,203		32,386	35,589	53,029
Investments					
Other	88			88	5,413
<b>Total Incoming Resources</b>	<b>6,077</b>	<b>0</b>	<b>32,386</b>	<b>38,463</b>	<b>76,969</b>
<b>Expenditure on:</b>					
Raising Funds					
Charitable Activities	16,026		23,700	39,726	57,174
Other					
<b>Total Resources Expended</b>	<b>16,026</b>	<b>0</b>	<b>23,700</b>	<b>39,726</b>	<b>57,174</b>
<b>Net incoming/outgoing resources before transfers</b>	<b>(9,949)</b>	<b>0</b>	<b>8,686</b>	<b>(1,263)</b>	<b>19,795</b>
Transfers				0	
<b>Net movement in funds</b>	<b>(9,949)</b>	<b>0</b>	<b>8,686</b>	<b>(1,263)</b>	<b>19,795</b>
<i>Total funds brought forward</i>	15,296	0	16,036	31,332	11,537
<b>Total funds carried forward</b>	<b>5,347</b>	<b>0</b>	<b>24,722</b>	<b>30,069</b>	<b>31,332</b>

## HOPS

### STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2022

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		Total Funds 2022	Total Funds 2021
		(£)	(£)
	<b>Note</b>		
<b>Current Assets</b>			
<i>Debtors and Prepayments</i>	6	120	
<i>Cash at Bank and in Hand</i>		32,197	31,332
<b>Total Current Assets</b>		<b>32,317</b>	<b>31,332</b>
<b>Liabilities</b>			
<i>Creditors: Amounts falling due within one year</i>	7	(2,248)	
<i>Total Current Assets Less Current Liabilities</i>		30,069	0
<i>Creditors: Amounts falling due after one year</i>			
<b>TOTAL ASSETS LESS TOTAL LIABILITIES</b>		<b>30,069</b>	<b>31,332</b>
<b>The Funds of the Charity</b>			
<i>Restricted Funds</i>		24,722	16,036
<i>Designated Funds</i>			
<i>Unrestricted Funds</i>		5,347	15,296
<b>TOTAL CHARITY FUNDS</b>		<b>30,069</b>	<b>31,332</b>

Signed by one of the Trustees on behalf of all the Trustees

G Moore

Date of Approval: 26 January 2023

## HOPS

### NOTES TO THE ACCOUNTS

*FOR THE YEAR ENDED 31 MARCH 2022*

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#### 1. Accounting Policies

##### **Basis of Preparation**

These 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 (FRS 102) (effective January 2015) – Charities SORP (FRS 102).

Healing Opportunities Provision Scheme (HOPS) meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

##### **Reconciliation with previous Generally Accepted Accounting Practice**

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by the Charities SORP FRS 102 the restatement of comparative items was required. At the date of transition, no restatements were required.

##### **Incoming Resources**

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources.
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with enough reliability

Donations are only included in the SOFA when the charity has unconditional entitlement to the resources. Capital Grants are released over the economic useful life of the asset to which they relate.

##### **Resources Expended and Liabilities**

Resources expended have been analysed using a natural classification.

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

##### **Taxation**

The charity is exempt from corporation tax on its charitable activities. Registered Charity No. 1137794.

## HOPS

### 2. Funds

The Charity has 2 funds, an unrestricted general fund and a restricted fund used to fund the delivery of specific projects to support the organisation's charitable objectives: hence all movements on each fund are disclosed.

<b>Restricted Funds Funder</b>	<b>Bal b/f (£)</b>	<b>Income (£)</b>	<b>Expenditure (£)</b>	<b>Bal c/f (£)</b>
The funding from the People's Health Trust for the provision of Carers Project	8,411	2,078	10,489	0
The funding from Wearmouth Community Development Trust for Making, Doing & Mending Project for the provision of Covid 19 Online activities	7,625	0	7,219	406
The funding from The National Lottery Community Fund for the provision of Supporting Unpaid Carers in Sunderland project	0	9,908	0	9,908
The funding from The Roseline Foundation at The Community Foundation Tyne and Wear and Northumberland for the provision of core staffing (Development manager)	0	10,000	5,992	4,008
The funding from Growth and Resilience Fund at The Community Foundation Tyne and Wear and Northumberland for the provision of publicity and marketing support	0	2,000	0	2,000
The funding from 1989 Willan Charitable Trust at The Community Foundation Tyne and Wear and Northumberland for the provision of the Development Manager post	0	5,000	0	5,000
The funding from The Joicey Trust for the provision of core costs	0	3,400	0	3,400
<b>Total</b>	<b>16,036</b>	<b>32,386</b>	<b>23,700</b>	<b>24,722</b>
<b>Unrestricted Funds</b>				
General Fund	15,296	6,077	16,026	5,347
<b>Total</b>	<b>31,332</b>	<b>38,463</b>	<b>39,726</b>	<b>30,069</b>

Notes:

People's Health Trust – this represents income for the provision of a Carers Project to provide support, activities and wellbeing opportunities for unpaid carers.

## **HOPS**

Wearmouth Community Development Trust – this represents income for a Making, Doing & Mending Project as part of Covid 19 online activities.

National Lottery Community Fund – this represents income for supporting unpaid carers in Sunderland.

The Roseline Foundation – this represents funding for the purposes of contributing to core staff costs, particularly the employment of a Development Manager.

Growth and Resilience Fund at the Community Foundation – this represents funding for the provision of publicity and marketing support.

1989 Willan Charitable Trust - this represents funding for the employment of a Development Manager.

The Joicey Trust - this represents funding for the purposes of contributing to core costs

## HOPS

### Income and Expenditure Analysis 2021-22

Income on:	Unrestricted		Restricted		Total	Total
	2021-22	2021-22	2020-21	2020-21	2021-22	2020-21
	(£)	(£)	(£)	(£)	(£)	(£)
<b>Raising Funds</b>						
<b>Charitable Activities</b>						
Courses and Classes	3,113		7,165		3,113	7,165
Treatments			1,000		0	1,000
Grants		32,386	2,000	42,864	32,386	44,864
Donations	2,876		18,527		2,876	18,527
Gift Aid	88		5,413		88	5,413
<b>Total Incoming Resources</b>	<b>6,077</b>	<b>32,386</b>	<b>34,105</b>	<b>42,864</b>	<b>38,463</b>	<b>76,969</b>

Expenditure on:	Unrestricted		Restricted		Total	Total
	2021-22	2021-22	2020-21	2020-21	2021-22	2020-21
	(£)	(£)	(£)	(£)	(£)	(£)
<b>Raising Funds</b>						
Salaries, NI and Pension/Contractors	8,715	18,011	7,033	41,938	26,726	48,971
Room Hire	3,780	888	530	3,840	4,668	4,370
Materials for Activities		2,376		60	2,376	60
Office Consumables/Equipment	83	2,295		688	2,378	688
Marketing and Publicity	100		501		100	501
Insurance	635		681		635	681
Staff Expenses		130		1,843	130	1,843
Services (Telephone, Computer)	1,486		20		1,486	20
Professional Fees	1,000		40		1,000	40
Subscriptions	227				227	0
<b>Total Resources Expended</b>	<b>16,026</b>	<b>23,700</b>	<b>8,805</b>	<b>48,369</b>	<b>39,726</b>	<b>57,174</b>

## HOPS

### 3. *Paid Employees and Contractors*

	Unrestricted (£)	Designated (£)	Restricted (£)	Total 21-22 (£)	Total 20-21 (£)
Salaries and NI	1,484		6,081	7,565	0
Pension Costs	312			312	0
Contractors	6,919		11,930	18,849	48,971
Payroll Fees	227			227	0
<b>Total</b>	<b>8,942</b>	<b>0</b>	<b>18,011</b>	<b>26,953</b>	<b>48,971</b>

### 4. *Trustee Expenses*

None of the Trustees (or persons connected with them) received any remuneration or benefit from the charity during the year. The trustees did not claim any expenses during the year.

### 5. *Tangible Fixed Assets*

There are no tangible fixed assets held at this time.

### 6. *Debtors and Prepayments*

	Total 21-22 (£)	Total 20-21 (£)
Trade Debtors	120	0
Prepayments	0	0
<b>Total</b>	<b>120</b>	<b>0</b>

### 7. *Creditors and Accruals*

	Total 21-22 (£)	Total 20-21 (£)
HMRC	124	0
Trade Creditors	2,124	0
Other Creditors and Accruals	0	0
<b>Total</b>	<b>2,248</b>	<b>0</b>

### 8. *Transactions with related parties*

There were no transactions with related parties at this time.

**HOPS**

England & Wales - Charity number 1137794

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# Accounts

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## **HEALING OPPORTUNITIES PROVISION SCHEME (HOPS) TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2021**

The trustees present their report and accounts for the year ended 31 March 2021.

### **Structure, governance and management**

The charity was established under its constitution on 23 July 2008 and registered with the Charity Commission in 2010. The trustees who served during the year were:

L Barefoot  
S Ruffell  
A Walker  
M Grainger  
G Moore

The appointment of trustees is set out in the Constitution. The recruitment of new trustees is periodically undertaken by the Board which follows an open and fair recruitment process taking due account of the skills and experience of existing trustees and the needs of the charity and the desire for its membership to reflect the diversity of the local community.

The charity is managed and administered by a board of trustees.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to major risks. Our major financial risk is in the generation of income by way of grants and donations. We monitor our income and expenditure at least each quarter and tailor our activities to the resources available.

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

During the year, a trustee of the charity donated £5,000 to the charity to support its ongoing work.

All trustees are required to read the Charity Commission's guidance in 'The Essential Trustee'; and some have had previous experience of being a Trustee for other charities. Relevant training opportunities are provided as required, e.g. safeguarding.

Our Board of Trustees meets about ten times a year. The Finance and Staffing Sub-committees, bringing in specialist expertise, meet on an ad hoc basis as required. Policy and publicity are both covered by ad hoc meetings.

HOPS liaises closely with a wide range of organisations, both voluntary and statutory. These include the Sunderland North Voluntary and Community Service Network and Area Committee; Sunderland Carers' Centre; Sunderland Healthnet; Grace House North East; Sunderland MIND, Sunderland Council's Wellbeing Network; Social Chef; Back on the Map, Hendon; Space to Grow; Sunderland Voluntary And Community Service; CEED, Sunderland North Community Business Centre (SNCBC /Community Opportunities); Training in Care; Southwick Salvation Army; Roker United Reform Church.

## **Objects and Activities**

HOPS aims to relieve sickness and preserve and protect good health, principally by the provision of holistic healthcare, self care classes and non-residential respite and support for unpaid carers, older people and those in difficult circumstances, including those who are unemployed and/or socially isolated.

## **Achievements and Performance 2020-21**

Pandemic restrictions have meant that we have not been able to provide individual holistic treatments this year. However, a number of our very experienced and highly qualified therapists have continued to provide help and support via online classes for those unpaid Carers who are registered with HOPS. Our private Facebook page has had live classes imparting knowledge on how to help oneself via simple steps in Shiatsu, massage and meditation and videos on these topics have been made available for those who could not attend the sessions. These proved very popular. Individual treatments will resume as soon as possible and we are planning some "bubble events" which may include the possibility of mini-treatments provided in accordance with prevailing restrictions.

### ***Courses:***

Due to the pandemic, courses were transferred online within weeks of the first Lockdown. They have proved valuable not only in maintaining physical health but in combatting the isolation experienced by many this year. The emotional value of involvement in these courses has been evidenced by the feedback received, particularly in dealing with anxiety and severe depression.

"In person" classes will resume when conditions allow; but it is expected that online provision will continue to be needed and appreciated, because it helps those who have difficulty finding anyone else to look after the "cared for" individual whilst they attend HOPS activities.

## Projects

***Carers Time Out Project:*** With the pandemic came the need for urgent transformation of our service. Within weeks of the first Lockdown, we had transferred to online provision, offering initially four classes per week and currently providing up to eleven activities per week. These include both classes (e.g. Coping in Covid, Meditation and Card Making) to social activities such as virtual Coffee Mornings and Quiz Evenings. Some online events such as the Crochet Evening provide both a social event and tuition.

Feedback from this online provision has been extremely positive, many carers mentioning that they are able to be involved in more activities now that they are provided online, since they can participate from home, obviating the need to engage someone else to look after the “cared for” individual.

Communication has been of key concern to us during this difficult year and from the beginning we have made sure that all carers are contacted weekly by text, phonecall or email. In addition, there have been some door step, socially distanced visits. Much intensive and demanding support has been given by our staff and we have received moving letters from some carers who had reached breaking point and felt that without the lifeline provided by HOPS, they simply could not have gone on with their lives.

Our private Facebook page for unpaid carers registered with HOPS has been a huge success. It provides a forum for information, support, feedback from clients and a chance for carers to participate by sharing photos of things made at our classes (e.g. bags made at a sewing class, wreaths made with Christmas foliage and greetings cards).

It is clear that participation in the online activities and on the Carers Connect private Facebook page have strengthened existing friendships and helped establish new ones. For socially isolated individuals living in extremely challenging situations, this is particularly important.

For some activities, it has been necessary to deliver materials to the carers, which allowed a socially distanced conversation too. A particularly successful development on this front was the Recipe in a Bag scheme, run in liaison with the Social Chef project. Carers each had a bag of ingredients provided, with a recipe, enabling them to create a healthy yet low cost meal for themselves and their family. This was welcomed, introducing individuals to new vegetables and other ingredients and providing clear guidelines for their use. Carers said they were now making more meals from fresh ingredients, trying new ways of cooking them and that their families were enjoying the meals too. It is estimated that this project provided at least 700 meals over the six weeks that it ran. We intend to run a further project this summer.

Our successful Carers Project, which began in 2017 with funding from the People's Health Trust, was initially focused on monthly Carers Time Out days, providing temporary respite from the 24/7 duties of unpaid carers. These provided each carer with a treatment and two activities and a healthy lunch, with plenty of time for social interaction. Whilst this has not been possible over the last year, plans are being made to introduce "bubble" gatherings in several parts of the city and the Carers Days will return when circumstances allow.

**NHS Focus Groups:** As a registered NHS provider, HOPS regularly hosts focus groups which encourage participation and sharing of ideas. This year we liaised with the NHS in the provision of a Path to Excellence Focus Group on improving mental health provision locally. Our clients' comments are based on lived experience and much valued by the NHS, particularly because we are reaching people who would normally not have the chance, nor the confidence, to express their views.

### **Plans for the Future**

Our online and virtual activities for carers continue to be well attended. We hope to be able to provide some events where carers can physically meet in the coming months as Covid-19 restrictions allow.

We may also provide wellbeing sessions online for other organisations.

### **Financial review**

The receipts and payments account for the period shows a surplus of receipts to payments on unrestricted funds of £25,300 before transfers between funds for the year ended 31 March 2021.

On behalf of the Board of Trustees

Ms L Barefoot  
Trustee  
Dated: July 2021



CHARITY COMMISSION  
FOR ENGLAND AND WALES

HOPS

(Healing Opportunities Provision Scheme)

## Receipts and

For the period from		Period start date Apr 1, 20
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## Section A Receipts and payments

	Unrestricted funds	Restricted funds (PHT/Carers Project No 1)	Restricted funds (PHT/Carers Project #2)
	to the nearest £	to the nearest £	to the nearest £
<b>Receipts</b>			
Courses and Classes	7,165	-	-
Treatments	1,000	-	-
Grants	2,000	-	12,464
Donations	18,527	-	-
Gift Aid	5,413	-	-
<b>Total</b>	<b>34,105</b>	<b>-</b>	<b>12,464</b>
<b>Payments</b>			
Office Support	-	-	-
Carers Project Staff	224	-	8,048
Development Manager	1,391	-	-
Therapist Fees	215	-	250
Tutor Fees	5,203	572	1,060
Room Hire	530	-	1,800
Materials for Activities	-	-	-
Office Consumables/Equipment	-	-	688
Marketing and Publicity	501	-	-
Insurance	681	-	-
Staff Expenses	-	-	-
Services (Telephone)	20	-	-
Training	-	-	-
Professional fees	40	-	-
<b>Total</b>	<b>8,805</b>	<b>572</b>	<b>11,846</b>
<b>Net of receipts/(payments)</b>	<b>25,300</b>	<b>- 572</b>	<b>618</b>
<b>Transfers between funds</b>	<b>- 5,408</b>		<b>5,408</b>
<b>Cash funds last year end</b>	<b>- 4,596</b>	<b>572</b>	<b>2,385</b>
<b>Cash funds this year end</b>	<b>15,296</b>	<b>-</b>	<b>8,411</b> #



**Categories**

**Details**

**Cash funds**

Cash at bank

***Total cash funds*** |

**Other monetary assets**

**Details**


**Investment assets**

**Details**


**Assets retained for the charity's own use**

**Details**


**Liabilities**

**Details**


Signature

G Moore
Trustee

1137794

## aid payments accounts

To	Period end date Mar 31, 21
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Restricted funds (Dev Manager)	Restricted funds (Wellbeing Works)	Restricted funds (Covid 19 Online Provision)	Total funds
to the nearest £	to the nearest £	to the nearest £	to the nearest £
-	-	-	7,165
-	-	-	1,000
-	-	30,400	44,864
-	-	-	18,527
-	-	-	5,413
-	-	30,400	76,969
-	-	-	-
-	-	10,685	18,957
12,749	-	-	14,140
-	-	-	465
-	-	8,574	15,409
-	-	2,040	4,370
-	-	60	60
-	-	-	688
-	-	-	501
-	-	-	681
-	426	1,417	1,843
-	-	-	20
-	-	-	-
-	-	-	40
12,749	426	22,776	57,174
- 12,749	- 426	7,624	19,795
-	-	-	-
12,749	426	-	11,536
- #	-	7,624	31,331



**Unrestricted funds**

to nearest £

15,296
-
-
15,296

**Restricted funds**

to nearest £

16,035
-
-
16,035

**Unrestricted funds**

to nearest £

-
-
-

**Endowment funds**

to nearest £

-
-
-
-
-
-

**Fund to which asset belongs**


**Current value (optional)**

-
-
-
-
-

**Fund to which asset belongs**


**Current value (optional)**

-
-
-
-
-
-
-
-
-

**Fund to which liability relates**


**When due (optional)**


Print Name

Gillian Moore

Date of approval

Jul 2, 21

**CC16a**

**Last year**

**to the nearest £**

<b>16,808</b>
<b>6,056</b>
<b>37,205</b>
<b>10,341</b>
-
<b>70,410</b>

<b>7,326</b>
<b>5,419</b>
<b>5,682</b>
<b>15,112</b>
<b>17,280</b>
<b>14,478</b>
<b>650</b>
<b>452</b>
<b>350</b>
<b>681</b>
-
<b>304</b>
<b>10</b>
<b>826</b>
<b>68,570</b>

<b>1,840</b>
-
<b>9,696</b>
<b>11,536</b>

**Independent Examiner's Report to the Trustees of Healing Opportunities Provision Scheme (HOPS)**  
**(Charity No 1137794)**

I report to the trustees on my examination of the accounts of Healing Opportunities Provision Scheme (HOPS) – (the charity) for the year ended 31 March 2021.

**Responsibilities and basis of report**

As the trustees of the charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Act). The charity's trustees consider that an audit is not required under section 144(2) of the Act and that an independent examination is required.

It is my responsibility to:

- (i) examine the accounts under section 145 of the 2011 Act;
- (ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- (iii) to state whether particular matters have come to my attention.

**Basis of independent examiner's report**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements:
  - (i) to keep accounting records in accordance with section 130 of the 2011 Act; and
  - (ii) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met; or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Name: Colin J Scudder MAAT

90 Fennel Grove

South Shields

Tyne & Wear

Date: 2 July 2021