

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

HOPS

LEGAL AND ADMINISTRATIVE INFORMATION

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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TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2022

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

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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

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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

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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF 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 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

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STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2022

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

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STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2022

		Total Funds 2022 (£)	Total Funds 2021 (£)
	Note		
Current Assets			
<i>Debtors and Prepayments</i>	6	120	
<i>Cash at Bank and in Hand</i>		32,197	31,332
Total Current Assets		32,317	31,332
Liabilities			
<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>			
TOTAL ASSETS LESS TOTAL LIABILITIES		30,069	31,332
The Funds of the Charity			
<i>Restricted Funds</i>		24,722	16,036
<i>Designated Funds</i>			
<i>Unrestricted Funds</i>		5,347	15,296
TOTAL CHARITY FUNDS		30,069	31,332

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

G Moore

Date of Approval: 26 January 2023

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NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2022

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.

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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.

Restricted Funds	Bal b/f	Income	Expenditure	Bal c/f
Funder	(£)	(£)	(£)	(£)
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
Total	16,036	32,386	23,700	24,722
Unrestricted Funds				
General Fund	15,296	6,077	16,026	5,347
Total	31,332	38,463	39,726	30,069

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.

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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

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Income and Expenditure Analysis 2021-22

Income on:	Unrestricted	Restricted	Unrestricted	Restricted	Total	Total
	2021-22		2020-21		2021-22	2020-21
Raising Funds	(£)	(£)	(£)	(£)	(£)	(£)
Charitable Activities						
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
Total Incoming Resources	6,077	32,386	34,105	42,864	38,463	76,969

Expenditure on:	Unrestricted	Restricted	Unrestricted	Restricted	Total	Total
	2021-22		2020-21		2021-22	2020-21
Raising Funds	(£)	(£)	(£)	(£)	(£)	(£)
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
Total Resources Expended	16,026	23,700	8,805	48,369	39,726	57,174

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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
Total	8,942	0	18,011	26,953	48,971

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
Total	120	0

7. Creditors and Accruals

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

8. Transactions with related parties

There were no transactions with related parties at this time.