

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 Tyne and Wear

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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.

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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

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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 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

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STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2024

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


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STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2024

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

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

G Gill



Date of Approval: 21 J' 2024

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NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

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.

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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

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Restricted Funds	Bal b/f	Income	Expenditure	Transfer	Bal elf
Funder	(£)	(£)	(£)	(£)	(£)
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
Total	8,695	44,612	36,977	0	16,330
Unrestricted Funds					
Designated funds				10,210	10,210
General Fund	7,289	29,969	19,759	(10,210)	7,289
Total	15,984	74,581	56,736	0	33,829

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Income and Expenditure Analysis 2023-24

Income on:	Unrestricted	Restricted	Unrestricted	Restricted	Total	Total
	2023-24		2022-23		2023-24	2022-23
Raising Funds	(£)	(£)	(£)	(£)	(£)	(£)
Charitable Activities						
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
Total Incoming Resources	29,969	44,612	9,814	21,806	74,581	31,620
Expenditure on:	Unrestricted	Restricted	Unrestricted	Restricted	Total	Total
	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
Total Resources Expended	19,759	36,977	7,872	37,833	56,736	45,705

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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
Total	13,695	0	32,290	45,985	37,627

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
Total	216	120

7. Creditors and Accruals

	Total 23-24 (£)	Total 22-23 (£)
H&RC	253	264
Trade Creditors	798	590
Other Creditors and Accruals	0	0
Total	1,051	854

8. Transactions with related parties

There were no transactions with related parties during the period.