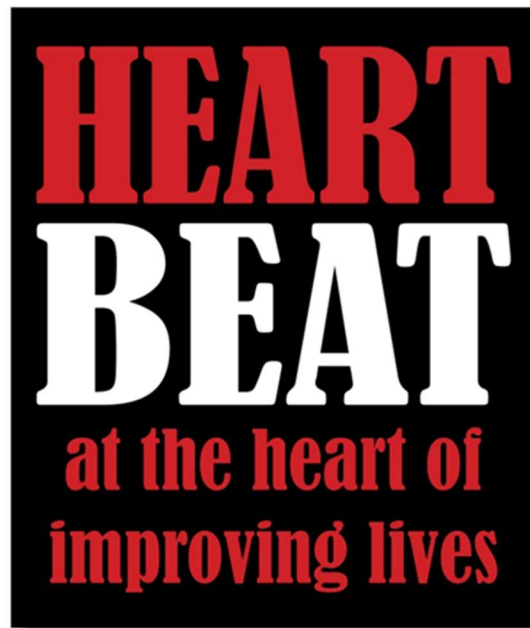


Help, Education and Resources to Bring Everyone All Together



Trustees' Report and
Unaudited Financial Statements
31st January 2023

Help, Education And Resources To Bring Everyone All Together Trustees' Report and Financial Statements 31st January 2023

The trustees present their report and accounts for the year ended 31st January 2023. The accounts comply with the requirements of the Charities Act 2011, the trust deed, Financial Reporting Standard 102 and follow the recommendations in 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 102A) (effective 2 February 2016).

Public Benefit

The trustees have had due regard to the Charity Commission guidance on public benefit reporting in deciding what activities the charity should undertake. The remainder of this report illustrates the activities undertaken to support the public benefit requirement.

Reference and Administrative Information

Charity Name

Help, education and resources to bring everyone all together

Working Name

Heartbeat

Charity Number

1140548

Charity Trustees

Eric Southwick
James Collings
Deborah Ebdy
Ruth Watson

Registered Office

51 The Avenue
Seaham
County Durham
SR7 0DH

Principal Address

Independent Methodist Church
Stanley Street
Seaham
County Durham
SR7 0AU

Bankers

Barclays Bank plc
North Terrace
Seaham
County Durham
SR7 7HT

Independent Examiner

Sandra Nicholson
8 Westgate
Silksworth
Sunderland
SR3 1BD

Help, Education And Resources To Bring Everyone All Together Trustees' Report and Financial Statements 31st January 2023

Structure and Organisation

Organisation

The charity was formed on 1st February 2011 and registered with the Charity Commission on 22nd February 2011. The charity was formed with a constitution which established its objects and powers and determines the way that it is governed which was revised on 2nd May 2016. The charity is managed by the trustees who form the Executive Committee which meets regularly to consider the progress of the charity and to consider its future direction and activities. The day-to-day operation of the charity is delegated to the Community Development Worker who is supported by a group of volunteers.

Trustee Appointments

The Executive Committee consists of not less than 3 and not more than 10 members nominated by Stanley Street Independent Methodist Church, Seaham elected at the annual general meeting who shall hold office from the conclusion of that meeting;

The Executive Committee may in addition appoint not more than 5 co-opted members but no-one may be appointed as a co-opted member if as a result, more than one third of the members of the Executive Committee would be co-opted members. Each appointment of a co-opted member shall be made at a special meeting of the Executive Committee and shall take effect from the end of that meeting unless the appointment is to fill a place which has not then been vacated in which case the appointment shall run from the date when the post becomes vacant.

All trustees are inducted into the policies and procedures of the charity undertaking training to ensure they are well equipped to fulfil their duties.

Related Organisations

The charity operates from the premises of Stanley Street Independent Methodist Church, Seaham, which also appoints members of the Executive Committee. The charity is grateful for the use of facilities and the support which it receives from Stanley Street Independent Methodist Church, Seaham.

Risk Management

The Trustees have conducted their own review of the major risks to which the charity is exposed and systems have been established to mitigate those risks. Significant external risks to funding are subject to regular review to identify funding sources up to a year ahead of requirements and where sources are due to cease, to obtain new sources of finance to continue the work of the charity. Internal risks are minimised by the implementation of procedures for the authorisation of all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the charity. These procedures are periodically reviewed to ensure they still meet the needs of the charity.

Objectives and Activities

Charitable Objects

The charity has the following objects:

To promote the benefit of the inhabitants of Seaham and surrounding areas, without distinction of sex, sexual orientation, race or of political, religious or other opinions, by associating together the said inhabitants and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare for recreation and other leisure time occupation with the objects of improving the conditions of life for the said inhabitants.

The charity operates within the area of Seaham and its environs.

Help, Education And Resources To Bring Everyone All Together

Trustees' Report and Financial Statements 31st January 2023

Faith Ethos Statement

Heartbeat is inspired by the Christian faith and seeks to run activities that express its values. At the core of this is a commitment to be inclusive, open and non-discriminatory to staff, volunteers and service users of all faiths and those of none.

Aims

The way in which the charity seeks to achieve its objectives is as follows:

Parents and young children: Many local parents face poverty and hardship in bringing up their children and are isolated by their personal circumstances, so we aim to support them in whatever way necessary through:

- pre-school creative play that benefits development.
- groups that give parents plenty of opportunity for positive interaction with their children to help build a child's confidence and self-worth.
- groups where parents can meet and share their experiences and challenges.

Children and young people: All of our activities with children and young people centre around raising their aspirations and expectations that will empower them to make positive lifestyle choices. Many local young people are restricted by their circumstances, family history and lack of achievement. We provide:

- groups and activities during term time and holidays that offer a safe environment for children to play, develop skills and work together, addressing boredom and steering them away from unhealthy pastimes.
- leading assemblies in local schools to promote positive lifestyle choices and tackle issues such as bullying, drugs, anti-social behaviour and unhealthy relationships.

Older and isolated individuals: Many elderly people and those with health problems or disabilities are isolated by their economic and social disadvantage. We aim to improve people's lives through:

- lunch clubs that give lonely people the opportunity to make and develop friendships and eat an inexpensive nutritious meal.
- opportunities to receive support and advice on issues affecting their quality of life.
- opportunities for people to learn new skills and hobbies together whilst building new relationships in a supportive environment.
- positive integrated activities that bring young and old people together.
- opportunities for volunteering.
- opportunities for those living with Alzheimer's to participate in singing and games which provide stimulation and enjoyment.
- visits to care homes to help build self-esteem amongst elderly people and breakdown intergenerational barriers.
- organised events that bring together people of different ages and backgrounds, encouraging participation from those who would not normally be able to attend.

Achievements and Performance

Review of the Period

It has been another difficult year for Heartbeat as the work has again had to adapt and develop at speed to cope with the changing events and challenges following the impact of the Coronavirus pandemic. The need to evolve has been evidenced by changing patterns of behaviour amongst those individuals and groups that the charity is seeking to assist. Those who use the services have become more irregular in their attendance at events, even when people have committed to attend special events there is a much higher drop-out rate which has made it harder to plan and prepare for activities.

Help, Education And Resources To Bring Everyone All Together Trustees' Report and Financial Statements 31st January 2023

Achievements and Performance (continued)

Review of the Period (continued)

The Day Centres which were visited prior to the lack downs have not reopened and some schools have been less willing to have visitors. The Sing-a-long Group has been able to bring a much needed boost to the morale of the residents of a number of Care Homes with concerts, initially in the open-air.

The Parent and Toddler Groups have been impacted by changing patterns of attendance although there have been a number of successful special events where a mixture of crafts, storytelling and food have brought families together to enable quality time together.

Financial Review

At 31st January 2023 Heartbeat had funds totalling £60,990 (2022: £58,254), having raised £39,364 (2022: £41,530) as detailed in the notes to the accounts and spent £36,628 (2022: £43,583) during the year as set out in the notes to the accounts. Of this the unrestricted funds totalled £47,781 (2022: £46,141), having raised £16,364 (2022: £25,530) as detailed in the notes to the accounts and spent £14,724 (2022: £23,818) during the year as set out in the notes to the accounts.

Volunteer Support

The charity is reliant on the support of its volunteers to achieve its objects; the work of volunteers is invaluable.

Reserves Policy

The charity has limited funds and therefore operates without large reserves. At 31st January 2023 there were unrestricted reserves of £47,781 (2022: £46,141) which represents approximately fifteen months (2022: thirteen months) of operational expenses. The trustees believe that the cash reserves of the charity should be approximately six to twelve months' worth of the operating expenses which would amount to between £18,300 and £36,600. The trustees are satisfied that charity's funds are within this range allowing them to plan to the for the future with confidence.

Plans for Future Periods

The needs of the community have significant and we continue to look to be flexible in creating opportunities and adapting activities to tackle those needs as they become apparent.

Help, Education And Resources To Bring Everyone All Together Trustees' Report and Financial Statements 31st January 2023

Responsibilities of the Trustees

Charity law requires the trustees to prepare financial statements for each financial period, which show a true and fair view of the state of affairs of the charity and its financial activities for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and estimates that are prudent and reasonable;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in existence.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the trustees

Deborah Ebdy

Date: 30th November 2023

Help, Education And Resources To Bring Everyone All Together Trustees' Report and Financial Statements 31st January 2023

Independent Examiner's Report to the Members of Help, Education and Resources to Bring Everyone All Together

I report on the accounts of the charity for the year ended 31st January 2023, which are set out on pages 7 to 15.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- 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
- 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:

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

Sandra Nicholson
8 Westgate Avenue
Silksworth
Sunderland
SR3 1BD

Date: 30th November 2023

Help, Education And Resources To Bring Everyone All Together

Trustees' Report and Financial Statements 31st January 2023

Statement of Financial Activities For the year ended 31st January 2023

	Notes	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Income and endowments from:					
Donations and legacies	3	9,915	23,000	32,915	28,776
Charitable activities	4	6,428	-	6,428	3,754
Investments	5	21	-	21	9
Other income	6	-	-	-	8,991
Total		16,364	23,000	39,364	41,530
Expenditure on:					
Raising funds	7	-	-	-	7,524
Charitable activities	8	14,724	21,904	36,628	36,059
Total		14,724	21,904	36,628	43,583
Net income		1,640	1,096	2,736	(2,053)
Net movement in funds		1,640	1,096	2,736	(2,053)
Reconciliation of Funds					
Total funds brought forward		46,141	12,113	58,254	60,307
Total funds carried forward	13	47,781	13,209	60,990	58,254

The notes on pages 9 to 15 form part of these accounts.

Help, Education And Resources To Bring Everyone All Together

Trustees' Report and Financial Statements 31st January 2023

Balance Sheet As at 31st January 2023

	Notes	£	2023 £	£	2022 £
Current assets					
Debtors	10	479		466	
Cash at bank and in hand		69,025		82,261	
Total current assets		<u>69,504</u>		<u>82,727</u>	
Current Liabilities					
Creditors: Amounts falling due within one year	11	<u>8,514</u>		<u>24,473</u>	
Net current assets			60,990		58,254
Total assets less current liabilities			<u>60,990</u>		<u>58,254</u>
The funds of the charity					
Restricted income funds	13	13,209		12,113	
Unrestricted income funds	13	<u>47,781</u>		<u>46,141</u>	
Total unrestricted funds			60,990		58,254
Total charity funds			<u>60,990</u>		<u>58,254</u>

The accounts were approved by the trustees and signed on their behalf by:

James Collings

Date: 30th November 2023

The notes on pages 9 to 15 form part of these accounts.

Help, Education And Resources To Bring Everyone All Together

Trustees' Report and Financial Statements 31st January 2023

Notes to the accounts

1 Accounting policies

In preparing the accounts the following accounting policies have been complied with:

- a) The charity is a public benefit entity and therefore the financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102A) (February 2016) and the Charities Act 2011.
- b) Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.
- c) Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- d) Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.
- e) All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:
 - ii) Income and endowments from donations and legacies is received by way of grants, donations and gifts and is included in full in the statement of financial activities when receivable. Grants, where entitlement is conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
 - ii) Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.
 - iii) Income and endowments from charitable activities, where related to performance and specific deliverables, are accounted for when the charity earns the right to consideration by its performance.
 - iv) Income and endowments from investments is included when receivable.
- f) Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:
 - i) Expenditure on raising funds comprise costs associated with attracting donations and legacies.
 - ii) Expenditure on Charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them and those costs associated with meeting the constitutional and statutory requirements of the charity and include the costs linked to the strategic management of the charity.
 - iii) All costs are allocated between the expenditure categories of the statement of financial activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis as set out in the notes.
 - iv) Rentals payable under operating leases are charged in the statement of financial activities on a straight line basis over the lease term.

2 Taxation

The charity is exempt from taxation on its income and gains where they are applied for charitable purposes. Irrecoverable VAT is included in the cost of the goods or services on which it was charged.

Help, Education And Resources To Bring Everyone All Together

Trustees' Report and Financial Statements 31st January 2023

Notes to the accounts (Continued)

3 Income and endowments from donations and legacies

	Unrestricted funds	Restricted funds	Total 2023	Total 2022
	£	£	£	£
29th May 1961 Charitable Trust	-	3,000	3,000	3,000
Angela Gallagher Memorial Fund	-	-	-	1,000
Ballinger Charitable Trust	7,000	-	7,000	7,000
Barbour Foundation	-	-	-	5,000
Barleycorn Trust	-	-	-	1,000
Chapman Charitable Trust	-	-	-	400
Fitton Trust	-	-	-	250
Hedley Denton Charitable Trust	-	-	-	500
Joseph Strong Frazer Trust	1,000	-	1,000	1,000
Marsh Christian Trust	-	-	-	700
Matthew Wrightson Charitable Trust	-	-	-	500
Miscellaneous donations	1,415	15,000	16,415	176
N Smith Charitable Settlement	-	-	-	500
Percy Hedley 1990 Charitable Trust	-	-	-	500
Siddons Charitable Trust	-	-	-	250
Sobell Foundation	-	5,000	5,000	5,000
The Archer Trust	-	-	-	1,000
The Leslie and Lilian Manning Trust	500	-	500	-
Vendervell Foundation	-	-	-	1,000
Total	9,915	23,000	32,915	28,776

4 Income and endowments from charitable activities

	Unrestricted funds	Restricted funds	Total 2023	Total 2022
	£	£	£	£
Lunch Club fees	1,696	-	1,696	1,357
Junior Youth Club subscriptions	174	-	174	263
Tuckshop	99	-	99	196
Toddlers subscriptions	993	-	993	605
Special Events and other group fees	953	-	953	-
Sing-a-long Group subscriptions	1,339	-	1,339	504
Crafty Coffee fees	354	-	354	334
After School Club	344	-	344	454
African Drum Club	-	-	-	41
Excursions	476	-	476	-
Total	6,428	-	6,428	3,754

Help, Education And Resources To Bring Everyone All Together

Trustees' Report and Financial Statements 31st January 2023

Notes to the accounts (Continued)

5 Income and endowments from investments

	Unrestricted funds	Restricted funds	Total 2023	Total 2022
	£	£	£	£
Bank interest	21	-	21	9

6 Income and endowments from investments

	Unrestricted funds	Restricted funds	Total 2023	Total 2022
	£	£	£	£
Grants - Coronavirus Job Retention Scheme	-	-	-	8,991

7 Expenditure on raising funds

	Unrestricted funds	Restricted funds	Total 2023	Total 2022
	£	£	£	£
Fundraiser's fees	-	-	-	7,524

Help, Education And Resources To Bring Everyone All Together

Trustees' Report and Financial Statements 31st January 2023

Notes to the accounts (Continued)

8 Expenditure on charitable expenditure

Unrestricted	Staff costs	Support costs	Other direct costs	Total funds 2023	Total funds 2022
Expenditure on:	£	£	£	£	£
Charitable activities					
Salaries	13,095	-	-	13,095	10,824
Rent	-	800	-	800	4,000
Insurance	-	466	-	466	466
Printing and publicity costs	-	9	-	9	115
Youth Club and After School Club expenses	-	-	117	117	192
Expenses for other activities, resources & equipment	-	-	237	237	697
Total	13,095	1,275	354	14,724	16,294
	Staff costs	Support costs	Other direct costs	Total funds 2023	Total funds 2022
	£	£	£	£	£
Restricted					
Expenditure on:					
Charitable activities					
Salaries	14,264	-	-	14,264	17,312
Rent	-	4,000	-	4,000	800
Lunch Club expenses	-	-	1,271	1,271	681
Youth Club and After School Club expenses	-	-	3	3	51
Expenses for other activities, resources & equipment	-	-	1,791	1,791	870
Excursion costs	-	-	575	575	51
Total	14,264	4,000	3,640	21,904	19,765

Help, Education And Resources To Bring Everyone All Together

Trustees' Report and Financial Statements 31st January 2023

Notes to the accounts (Continued)

9 Trustee and employee information

a) Trustee information

No trustee received remuneration during the year, and no trustee was reimbursed expenses during the period, please see note 15 for details of related party transactions.

b) Employee Information

No employee received emoluments in excess of £60,000 during the period.

Employee costs during the period were:

	2023	2022
	£	£
Salaries	22,001	22,779
Pension contributions	5,357	5,357
	<u>27,358</u>	<u>28,136</u>

The charity has three employees for most of the year, the average full time equivalent number of people employed during the period was as follows:

	2023	2022
	FTE	FTE
Community Development Workers	<u>0.80</u>	<u>0.90</u>

10 Debtors

	2023	2022
	£	£
Prepayments	479	466
	<u>479</u>	<u>466</u>

11 Creditors: Amounts falling due within one year

	2023	2022
	£	£
Other taxation and social security costs	351	168
Accruals	663	605
Deferred income	7,500	23,700
	<u>8,514</u>	<u>24,473</u>

The deferred income related to grants received in advance for future years and will therefore be released to the Statement of Financial Activities over those periods.

12 Analysis of net assets between unrestricted and restricted funds

	2023	2022
	£	£
Restricted funds		
Current assets	13,209	12,113
Unrestricted funds		
Current assets	47,781	46,141
	<u>60,990</u>	<u>58,254</u>

Help, Education And Resources To Bring Everyone All Together Trustees' Report and Financial Statements 31st January 2023

Notes to the accounts (Continued)

13 Funds

	At 1 February 2022 £	Incoming resources £	Outgoing resources £	Transfers £	At 31 January 2023 £
Restricted funds					
Salary fund	4,000	-	(4,000)	-	-
Outings and trips fund	690	-	(690)	-	-
Older and isolated individuals fund	6,449	14,000	(13,403)	-	7,046
Young people & children's activities fund	974	9,000	(3,811)	-	6,163
	<u>12,113</u>	<u>23,000</u>	<u>(21,904)</u>	<u>-</u>	<u>13,209</u>
Unrestricted funds					
General fund	46,141	16,364	(14,724)	-	47,781
	<u>58,254</u>	<u>39,364</u>	<u>(36,628)</u>	<u>-</u>	<u>60,990</u>

Purposes of restricted funds

Outings and trips fund	The donors to this fund have specified that their contributions are to be used for outings and trips.
Older and isolated Individuals fund	The donors to this fund have specified that their contributions are to be used to provide activities and facilities for older and isolated individuals.
Young people & children's activities fund	The donors to this fund have specified that their contributions are to be used to provide activities and facilities for young people and children.

Help, Education And Resources To Bring Everyone All Together

Trustees' Report and Financial Statements 31st January 2023

Notes to the accounts (Continued)

14 Comparative Statement of Financial Activities By Fund Type

	Unrestricted funds	Restricted funds	Total 2022
	£	£	£
Income and endowments from:			
Donations and legacies	12,776	16,000	28,776
Charitable activities	3,754	-	3,754
Investments	9	-	9
Other income	8,991	-	8,991
Total	<u>25,530</u>	<u>16,000</u>	<u>41,530</u>
Expenditure on:			
Raising funds	7,524	-	7,524
Charitable activities	16,294	19,765	36,059
Total	<u>23,818</u>	<u>19,765</u>	<u>43,583</u>
Net income	<u>1,712</u>	<u>(3,765)</u>	<u>(2,053)</u>

15 Related Parties

The charity operates from the premises of Stanley Street Independent Methodist Church, Seaham, which also appoints members of the Executive Committee. The charity is grateful for the use of facilities and the support which it receives from Stanley Street Independent Methodist Church, Seaham. In the opinion of the Trustees the rent paid for the use of the premises £4,800 (2022: £4,800) is a non-commercial transaction being below the market rental for the facilities which are enjoyed by the charity. Certain copying and printing costs were also reimbursed to Stanley Street Independent Methodist Church, Seaham, these amounted to £59 (2022: £159).

The Community Development Worker who is employed by the charity was paid £21,017 during the year (2022: £17,862) is married to Eric Southwick, one of the trustees, these payments are authorised under the constitution and consent has been granted by the Charity Commission.

16 Controlling Parties

The ultimate controlling party is Stanley Street Independent Methodist Church, Seaham.

17 Other Information

The charity is an unincorporated charity governed by its constitution registered in England and Wales which has its registered office at 51, The Avenue, Seaham, Co. Durham SR7 8NS.