

Caring Hair

Trustees Report and Financial Statements

For the year ending 31 January 2023

Charity Registration No: 1145258
Company Registration No: 07498631 (England and Wales)

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Reference and Administrative Details

Directors and Trustees	Julia Gupta (known as Jasmin Julia Gupta) Samantha Estall Julie Nunn
Working name	Cancer Hair Care
Company registered no.	07498631
Charity registered no.	1145258
Principal office	The Caring Hair Studio 5A Middle Row Stevenage Hertfordshire SG1 3AN
Registered office	The Caring Hair Studio 5A Middle Row Stevenage Hertfordshire SG1 3AN
Honorary Treasurer	Carla Goldby Solomon – Soldby Services Ltd
Accountants	Invetex Accountants PO Box 409 Stevenage Herts SG1 9EG
Bankers	Lloyds TSB 90 High Street Old Town Stevenage Hertfordshire, SG1 3DW

Trustees' Report

The Trustees are pleased to present their report and Financial Statements for the year ended 31 January 2023. Thanks to the support of numerous individuals, groups and organisations, we have supported thousands of people to feel better during hair loss and cancer treatment.

Who we are and what we do?

“We are a team of dedicated hair loss professionals who are caring and supportive in everything we do”.

Our vision is a future where all people have the emotional support and practical advice they need should they lose their hair due to cancer treatments and we are the only UK charity dedicated to making this happen. We are committed to working in collaboration with other organisations who can also support people during hair loss.

Cancer Hair Care is a unique charity based in Hertfordshire, offering services throughout the UK. We offer free, expert advice and support on all aspects of hair loss before, during and after cancer treatments and hair loss due to other causes. The idea, research and development of services was founded in 2005 by a hairdresser with a passion for helping people with hair loss. We have a dedicated team of Cancer Hair Care Specialists and Advisors.

The team is a mixture of experts in their field coupled with people who have experienced hair loss and cancer treatment first-hand. So together we understand the best way to support people going through cancer, illness, and hair loss.

The team have completed extensive training, including in-hospital clinical experience and now provide clinical, emotional, and practical support to thousands of people in need every year. We offer unique expertise which is beyond the current scope of a nurse or NHS hair loss support offering. Cancer Hair Care the only charity service that can provide the clinical expertise required. Within this financial year reported we upscaled from supporting 68 NHS hospitals to 96. The full range of services can be read within our summary of the year end 2023 within this report.

We support people of all ages, hair types and ethnicities. We offer bespoke support that specifically includes hard to reach individuals. At Cancer Hair Care we are very lucky to work with a diverse range of people and fully support them with their hair loss experience during cancer treatment. We have long been champions of positive inclusivity as it encapsulates our charity's vital work.

We co-create our services, information and tools alongside the people who need to access them. The result is both reflective and ongoing and has seen the creation of many tools that make sure everyone is supported.

Here are some examples of our services, resources, and campaigns:

Rainbow Service

We have a dedicated LGBTIQ+ Specialist Rainbow Service that supports individuals to navigate their cancer-related hair loss experience.

Afro Hair Chemotherapy Guide

Our Afro Hair Chemotherapy Guide is a global first. It is a step towards making sure that people of colour have the specific information they need.

One Head campaign

We successfully delivered 'Diversity Display Packs' containing a darker skin coloured mannequin head and cultural headwear to UK hospitals, oncology units and cancer support centres to embrace diversity.

NHS Nurse education

We are the only hair loss charity to educate NHS nurses and cancer professionals. Our training includes a section on diversity and inclusivity.

Multiple skin coloured Hair Loss Dollies

Our unique Hair Loss Dollies are available in multiple skin colours and hair types and gently help to explain hair loss to children. These beautiful, knitted dollies turn inside out with hair on one side and no hair on the other.

NHS Dignity in Cancer Care

We were delighted to be featured in an NHS England short documentary about the importance of inclusion and our work towards creating more dignity throughout the hair loss journey. <https://youtu.be/jhOlem7Hm-o>

Therapeutic play packs

Our therapeutic Crown Club Play Packs for children help little ones to understand hair loss. There are six, inclusive cut-and-make characters showing as well as a 'Make your own Courage Crown' too.

Professional review

Our founder Jasmin Julia Gupta is the UK's leading authority in cancer-related hair loss and hair care. Her passion and knowledge around diversity and inclusion means she regularly offers expert input to other organisations and their publications such as Macmillian Cancer Support, Breast Cancer Now, NHS England and Breast Cancer Now.

Dedicated team with specific staff training

Our team members are all comprehensively trained to offer support to people from any minority group. We are here to offer a safe place for the guidance and support any individual may need.

Charitable Objects

The charitable objects of Caring Hair are:-

To promote and protect the physical and mental health of people experiencing hair loss and or hair or scalp problems, in particular, those who have lost their hair through cancer treatments, by the provision of support education and practical advice.

To advance the education of the public in all areas related to hair loss and or hair or scalp problems that lead or are causing a detriment to physical and or mental health. In particular, but not exclusively, by providing education and training programmes for hair professionals and health care workers.

Structure, Governance and Management

Caring Hair was incorporated as a Company Limited by Guarantee on 19 January 2011 and registered with the Charity Commission on 3 January 2012. The governing document is the company's Memorandum and Articles of Association. The liability of the members of the company is limited to £10 each in the event of the charity being wound up. There are currently three members of the company.

Our trustees together have the skills and leadership of a CEO. We save costs by actively sharing a traditional CEO. We encourage funders and supporters to see this as a positive way for working and an empowering step for females in the workplace.

The Trustees, who are also directors of Caring Hair for the purposes of Company law, are appointed by the members and are shown on page 3 of these accounts.

The trustees also declare any other interests of themselves and any other staff. They carry out regular reviews to deal with any conflicts of interest that may arise. We mention this because many of our team are hairdressers or experts within the field of haircare and so they do have other roles and jobs whereby they have influence. We run an open information approach whereby we can be contacted about our resources, information creation, services, product creation and any possible conflicting interests of our staff. Examples of our open approach can be found on our website: <https://www.cancerhaircare.co.uk/how-we-compile-our-information-and-sources-used/>

The Trustees are responsible for day-to-day management Caring Hair and procure services from consultants as required, on a monthly basis, to carry out the charitable activities.

The company has made qualifying third-party indemnity provisions for the benefit of its directors during the year.

The incidence of cancer

There are currently around 2 million people living with or beyond cancer in the UK. Increasing incidence and better survival rates means the number of cancer survivors will grow to 4 million by 2030. Nationally we have an ageing population, meaning that one in every two people in the UK born after 1960 will develop cancer. Many people living with cancer are elderly, and as a consequence, these individuals often have other co-morbidities. Through providing access to information and earlier interventions this may reduce the impact that cancer has on the individual and improve quality of life.

The impact of hair loss

A cancer diagnosis brings with it a great deal of anxiety and fear of the unknown challenges ahead. The emotional and life changing experience of hair loss at such a time is therefore particularly complex.

To elevate stress and anxiety we centre our services on the following key indicators of support:

- Self-help and dignity
- Access and specialist advice
- Empowering the patient to lessen the need to seek support from their nurse
- Affordable access
- Holistic journey
- Feeling included

The difference we make (outcomes)

We monitor our services to ensure they are delivering outcomes that truly serve individuals. With our help, adults, young people and children have:

- Confidence to mentally and practically self-manage hair loss and new hair growth
- Improved emotional wellbeing through reduced anxiety around self-image issues
- Positive relationships as a individual regains confidence to engage in every-day life

- Successful transitions e.g. return to work/ education/school; we provide headwear to coordinate with school uniform
- Feeling included with their personal hair type e.g. our afro hair guide
- Access to accurate hair loss information presented by their peers and experts

Review of the Year - A look at our year ending 31 January 2023

We have delivered services across England and Wales. We do not provide medical advice. We offer services and information to people with (mainly) cancer treatment induced hair loss or hair care issues. All of our services are provided free of charge at the point of delivery to people with hair loss.

Our continued approach to the Covid -19 Pandemic

The charity continues to operate within government guidelines. Where appropriate we are led by guidance from other leading organisations such as NHS England. We continue, where required to develop efficient and new approaches to delivering services and pulling on our strengths.

The trustees continue to monitor Covid-19 requirements on a regular basis to ensure the safety of our staff and benefices and the general public involved in giving or receiving our services. It is important to note that whilst many organisations and individuals will be able to move on from Covid-19 this is not the case in healthcare and especially in cancer services. This is due to the exceptional vulnerability of some patients.

We worked together with many other organisations and charities and liaised with funders to agree on the best way to continue our work. For example online services continue to replace some face to face services.

Delivery:

Services are delivered by Cancer Hair Care Specialists and advisors with support from volunteers. All services are free at point of service.

About the Cancer Hair Care Specialists:

We provide an accessible range of personalised support for adults and children with cancer treatment related hair loss, hair thinning or hair care concerns. Delivered by specifically trained 'Cancer Hair Care Specialists and advisors'.

Clinical expertise - Together the CHC Specialists have thousands of in-hospital clinical service experience within NHS cancer units in the UK. Cancer Hair Care Specialists

are trained in fully understanding the complex needs of the individual. The Cancer Hair Care Specialists have the dedicated time and resources required to provide expert support that is beyond the scope of a nurse, wig fitter or hairdresser.

****Patient support - Summary of key services:**

Children's services, (including TYA) Teenage and young adults

Cancer Hair Care has over a decade of experience supporting children and young people. We deliver our services at some of the world's leading oncology treatment sites such as Great Ormond Street Hospital and University College London Hospital Pediatric Wards (UCLH). As well as younger children we also provide specialist support to teenagers and young adults.

Our children's services in the UK are pioneering. We provide the only free hair loss service in the UK that supports children and young people throughout their entire hair loss journey. We have a strong focus on diversity and inclusion and have developed many unique resources to best support individuals. Additionally, we are the only charity who is given access to children at their bedsides by earning the trust of cancer support staff as they witnessed the hugely positive impact that our services have. We have developed our youth services by co-creating with our beneficiaries and their families. We supply hundreds of support parcels containing our unique hand-made hair loss dollies (that explain hair loss to children), therapeutic play packs, specialist and custom made headwear to children in need. We work directly with NHS hospitals, social workers and cancer support charities to reach children and their carers.

Our Youth Specialists are specifically trained hairdressers who complete the most comprehensive training on cancer treatment-induced hair loss in the UK. They provide skillful, compassionate services to empower young people facing hair loss due to cancer treatments. Additionally, they are trained in child-related topics such as therapeutic play and the hygiene protocols necessary to work with children in these circumstances. Many of our teenage services are delivered within Teenage Cancer Trust venues and hospital sites.

General services:

Clinics – Cancer Hair Care has a long history of implementing hair loss support clinics within NHS hospitals. Clinic's offer face to face consultations in a specifically created environment within NHS hospitals, cancer units, wards and cancer support venues. The service also includes consultations at treatment bays whilst patients are being treated. This offers the patient the opportunity to be heard and supported by a specialist. Where we have had to postpone or adjust (due to Covid 19 restrictions that still apply to cancer patients) some face-to-face clinics we provided online clinics, workshops and consultations and outreach services in replacement.

Hair Loss Hub - a hub features relevant services, topics, and seasonal themes with information, displays and takeaway resources will help patients to navigate their

journey and access support.

Personal plans and tutorials are provided e.g. (How to tie head scarves, Eyebrow & lash make-up, Scalp cooling hair care, Men's session etc.)

Adjusted services to reach those with additional/special needs

We continue to develop services for people who not only face the trauma of cancer and hair loss but also have another disability or challenging life factor. We want services to be accessible to everyone in need. Our work is evolving as we have developed services to be more inclusive and adjusted to meet the needs of people with special or additional needs. Examples of where we have created adjusted services for people presenting with additional challenges are below:

- A high level learning disability
- The need for a carer or chaperone
- High level mental health problems
- Learning difficulties
- Been diagnosed as being 'clinically exceptionally vulnerable'
- Dementia
- Been signposted to us as being financially deprived
- A physical disability that impacts their access to everyday hair loss support
- Any other need or disability impacting on access to hair loss services e.g. high spectrum
- autism
- Limited access to or belief that services will limit support to them due to their ethnicity, faith beliefs or because they are from the LGBTQI+ community
- Age related limited skill sets (e.g child/teenager)
- Problems accessing information - e.g. lack of digital skills (due to digital poverty or and other needs that impede their ability)

Free support packs and resources - CHC provide relevant resources such as printed guidance booklets, free support packs including specialist headwear, scalp care items etc.

BME specialist support and 'modest headwear (e.g. wearing a hijab)'. - Cancer Hair Care continue with developing a number of unique services that fully support people from minority groups. We continue to extended support with NHS wig supply - patients often miss out on the opportunity to utilise their NHS wig referral because they have many misconceptions about what is on offer. The CHC service can offer patients insights to prepare them for a wig fitting helping to independently offer guidance and tutorials outside of the scope of the NHS current wig providers. This became especially important as wig providers adjusted their services due to Covid-19 and lockdown. During this period we also upscaled our project to encourage NHS wig suppliers to be more inclusive. We aim to end the phrase "Please try on this blonde wig for size"

whereby typically (for example) a women of colour is not given the same access to wig supply of a suitable texture and colour as a non women of colour. Another focus is supporting people who wear 'modest headwear' such as hijabs and other head coverings. This is a complex area that we have been exploring within this year.

Rainbow service - We have a dedicated LGBTIQ+ Specialist Rainbow Service that supports individuals to navigate their cancer-related hair loss experience. We upscaled our advisor within this area.

Videos - We continue to work in partnership with other orgnaistions who are dedicated to providing video resources that provide balanced, up-to-date, well informed and inclusive videos that empower individuals throughout their hair loss journey. Our expertise is called upon by NHS England and leading educational organisations such as Guys Academy.

Events/workshops - Patient wellbeing sessions and special events in a group setting (adapted to online events when required).

Wig bank - Patients can donate their wigs so that we can hygienically clean them and gift them for free to another user. Our projects demonstrates that patients 'move on' and benefit from the opportunity to donate their wig once it is no longer needed.

Extended support for scalp cooling users - scalp cooling is a complex treatment for individuals to navigate. The CHC Specialists provide one to one plans, guidance sheets and free product packs that enhance the cold cap treatment.

Resources - we supply thousands of information booklets and supported thousands of visitors to our information website. The majority of all adult services are to females with breast cancer. This is because around 75% of treatments for breast cancer involve treatments that cause hair loss as a side effect. However we continue to have a growing number of other 'cancer type' patients who access our services.

Nursing staff and cancer support community - Service summary
For nurses, cancer support organisations e.g. Macmillian, Teenage Cancer Trust, healthcare professionals and support groups we provide bespoke talks and educational sessions to enable them to offer helpful and informative support to people during cancer treatment induced hair loss. We have been working with NHS England Cancer Improvement to support nurse education. We do this in partnership with other organisations who share the same vision.

We work together with other organisations who support people with cancer. As examples of this, this year we have provided educational sessions for cancer support charities, NHS nurses and cancer professionals and worked with the Teenage Cancer Trust, Ovacom, Macmillan and Breast Cancer Now, Look Good Feel Better, NHS England Cancer Alliances etc.. to help reach more people.

****The activities were mainly but not exclusively to beneficiaries who experienced hair loss issues related to cancer treatments.**

Volunteers, funding and gifts in kind and grant funders

The Trustees would like to thank all volunteers, gift givers, grant providers and fundraisers who have supported Caring Hair throughout the year. Each and every one of our supporters brings something special and unique to our community. This year we continued to face additional challenges that Covid-19 continued to bring about as cancer patients remain very vulnerable despite the rest of the UK moving forward. We faced this together and adjusted whenever required.

Our trustees together have the skills and leadership of a CEO. We save costs by actively sharing a traditional CEO. We encourage funders and supporters to see this as a positive way for working and an empowering step for females in the workplace.

From individuals and social enterprises to organisations and grant providers, our supporters are unified in their passion to support our vital services. In particular our hand-craft volunteers took on extra work to provide hats, scarves, dolls and essentials to those in need during lockdown.

Our volunteers and fundraisers support us with numerous skills, ideas, financial support and through donating their time. For example we've benefitted in the last year from hairdressing services, trichology expertise, accounting skills, hand crafts such as custom made headwear to match a child's school uniform, wig washing, copy checking, film making, counseling, data entry, direct services and fundraising (to name a few). We openly give a huge welcome and thanks to the many professional hairdressers who have joined us in our work.

Our heartfelt thanks to every individual and organisation who has enabled us to deliver support where it is most needed.

We would like to include a list of some of the grant funders and organisations that have donated funds and items this year. With our sincere thanks:

Organisations, social enterprises and professional hairdressers

- Look Good Feel Better
- Breast Cancer Now
- Ovacome
- The Brewery Tea rooms
- Sharpe Printers
- Holistic Hair Care Expert Limited
- Fish Tail Productions Limited
- Chemo Hair Loss Coach Limited

- Eylure
- Macmillan Cancer Support (for the use of their rooms and their support)
- NHS England
- Professional hairdressers – to each of the individual hairdressers who fundraised during the year we thank you.

Grant funders:

- John Lyon's Charity
- Pink Ribbon Foundation
- Hertfordshire Community Foundation
- Tesco Bags of help (Groundworks)
- The Royal Free Charity
- Cambridge Community Foundation
- Guys and St. Thomas Charity
- Stevenage Borough Council
- Accenture grant hub
- The Saturday Hospital Fund
- St James Place
- East & North Herts Hospital Charity
- Luton and Bedfordshire Community Foundation
- Champneys Charitable Foundation
- Hertfordshire County Council Covid 19 grants

The Future

As Cancer Hair Care continues to rise in popularity (we are the number 1 go to for hair loss support for large cancer support charities and a growing number of NHS hospitals) we face a challenge to meet these needs. As we rapidly expand at a time when the effect of Covid -19 has drained many grant funders we find ourselves (as do many organisations) having to stay within short term planning. We do however have a longer-term plan as well.

We continue to work towards a more financially sustainable future and continue to find ways to utilise our experience to best services those in need. This year we have continued to develop internal structures such as Covid-19 adjustments, volunteer training, updating policies, logging systems, grant development and fundraising activities so that we can better support our beneficiaries.

Financial Review, Going Concern and Reserves Policy

The charity has very small overheads that it is committed to and only needs £1,000 to cover these core costs. The charity has no long-term liabilities that need to be covered by held reserves. Whilst average monthly costs during the year were approximately £12,614 per month, the majority of these costs directly relate to activities that can be scaled up or down monthly depending on availability of funding. As a result, the charity's reserves policy is to hold a minimum of £1,000 in unrestricted reserves along with, where possible, additional funds to cover self-employed staff costs.

At 31 January 2023, the Charity had unrestricted reserves of (£959) and restricted reserves of £27,175.

Public Benefit

The Trustees confirm that they have complied with their duty in section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission.

The Charity benefits the public through the advancement of the following main charitable objectives: -

- To promote and protect the physical and mental health of people experiencing hair loss and or hair or scalp problems, in particular those who have lost their hair through cancer treatments, by the provision of support education and practical advice.
- To advance the education of the public in all areas related to hair loss and or hair or scalp problems that lead or are causing a detriment to physical and or mental health. In particular, but not exclusively, by providing education and training programmes for hair professionals and health care workers.

Statement of Trustees' Responsibilities

The Trustees, who are also the directors of Caring Hair for the purposes of company law, are responsible for preparing the Trustees' Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare Financial Statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year. In preparing these Financial Statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the Financial Statements on the going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The Trustees are responsible for keeping accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the Financial Statements comply with the Companies Act 2006. 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.

This report has been prepared in accordance with the special provisions relating to small companies within part 15 of the Companies Act 2006.

Julia Gupta
Director
13th September 2023

Independent examiner's report to the trustees of Caring Hair

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 January 2023, which are set out on pages 18 to 25.

This report is made solely to the charitable company's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and the charitable company's trustees as a body in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the charitable company's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body and the charitable company's trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

Having satisfied myself that for the year ending 31 January 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006. The Trustees' acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Statement of Financial Activities for the year ended 31 January 2023
(incorporating the Income and Expenditure Account)

	Notes to the accounts	Unrestricted funds year to 31 Jan 2023	Restricted Funds year to 31 Jan 2023	Total funds year to 31 Jan 2023	Total funds year to 31 Jan 2022
		£	£	£	£
Income from:					
Donations		46,245	-	46,245	109,528
Grant income			100,656	100,656	
Income from services		-	-	-	-
		46,245	100,656	146,902	109,528
Expenditure on:					
Direct costs	2	(41,543)	(76,864)	(118,408)	(71,789)
Administrative and governance costs	3	(4,963)	(29,420)	(34,383)	(32,683)
Total expenditure		(46,506)	(106,285)	(152,791)	(104,472)
Net movement in funds	4	(261)	(5,628)	(5,889)	5,055
Total funds brought forward		(698)	32,804	32,106	(5,753)
Total funds carried forward		(959)	27,175	26,217	(698)

NOTE REGARDING GIFTS IN KIND

The donations figure includes various items gifted from various sources
This stock has been used up during the year, as follows:

Gifts in Kind stock received:	£5,750.66
Gifts in Kind Stock used YE23:	£4,795.01
Gifts In Kind Stock Carried forward to YE24:	£955.65

The Statement of Financial Activities includes all gains and losses recognized in the year.

All income and expenditure derives from continuing activities.

The notes on pages 20 to 25 form part of these accounts.

Balance Sheet as at 31 January 2023

	Notes to the accounts	2023 £	2022 £
Fixed assets			
Tangible assets	5	1,920	2,644
		1,920	2,644
Current assets			
Stock		956	1,712
Bank and cash		27,320	28,232
Total current assets		28,277	29,944
Current liabilities			
Creditors: amounts due within one year	7	(3,980)	(480)
Net current assets		24,297	29,464
Total assets less current liabilities		26,217	32,108
Net assets		26,217	32,108
Charitable funds			
General funds	8	(959)	(698)
Restricted funds	8	27,175	32,804
Total funds		26,217	32,107

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 January 2023. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

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

The financial statements were approved by the Trustees and authorized for issue on 13th September 2023 and signed on their behalf by:

Julia Gupta
Director and Trustee

The notes on pages 20 to 25 form part of these accounts

Notes to the Financial Statements

Note 1 Accounting policies

Company information

Caring Hair is a private company limited by guarantee incorporated in England and Wales. The registered office is 8 Albert Street, Cambridge, CB4 3BE

1.1 Accounting convention

These accounts have been prepared in accordance with FRS102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS102"), "Accounting and Reporting by Charities" the Statement of Recommended Practice for charities applying FRS102, the Companies Act 2006 and UK Generally Accepted Accounting Practice as it applies from 1 January 2015. The charity is a Public Benefit Entity as defined by FRS102.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these accounts are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the Board of Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Board of Trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Incoming resources

Income is recognized when the charity is legally entitled to it after any performance conditions have been met, the amount can be measured reliably, and it is probable that income will be received.

1.5 Donated goods

Donated goods are recognized and valued when they are used.

1.6 Resources expended

Expenditure is accounted for on an accruals basis. Irrecoverable VAT is included within the category of expenditure.

1.7 Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life as follows:-

IT Equipment	25% straight line
Furniture & Fittings	25% straight line

1.8 Debtors

Short term debtors are measured at transaction price, less any impairment.

1.9 Taxation

The company is a registered charity and therefore is not liable to income tax or corporation tax on income or gains derived from its charitable activities, as they fall within the various exemptions available to registered charities.

No tax charge arose in the year.

1.10 Government grants

Government grants are recognized at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received.

A grant that specifies performance conditions is recognized in income when the performance conditions are met. Where a grant does not specify performance conditions it is recognized in income when the proceeds are received or receivable. A grant received before the recognition criteria are satisfied is recognized as a liability.

2 Change in accounting policy

In the current year, the following new and revised Standards and Interpretations have been adopted by the company and have an effect on the current period or may have an effect on future periods: COVID 19 government grant received has been accounted for using the accrual method.

Note 2 Direct costs

Direct costs represent the direct cost of charitable activities including patient support, education and research and development. Staff costs relate to patient support services provided by self-employed staff.

	Year to 31 Jan 2023 £	Year to 31 Jan 2022 £
Direct charitable activity costs	20,057	33,373
Direct staff costs	98,351	102,124
	118,408	135,497

Whilst no Trustee received remuneration for their services as Trustees, during the year direct charitable activities include £1,560 reimbursed to one trustee (2022: £5331.50) for expenses associated with providing direct charitable activities.

In accordance with the Memorandum of Association of Caring Hair, a director is entitled to be reimbursed from the property of the charitable company. Under this provision, Julia Gupta (Director) has received remuneration for services as a specialist hair loss consultant through Holistic Hair Care, as disclosed in Note 10, of £37,100 (2022: £37,788,566) during the year.

Note 3 Administrative and governance costs

	Year to 31 Jan 2023 £	Year to 31 Jan 2022 £
Administrative costs	33,915	27,428
Administrative staff costs	0	4,780
Governance costs	469	477
	34,383	32,683

Governance costs include no expenses paid to trustees (2022: NIL). No Trustee received remuneration for their services as Trustees during the year.

Note 4 Net movement in funds

This is stated after charging:

	Year to 31 Jan 2023 £	Year to 31 Jan 2022 £
Depreciation	1,415	1,406
Independent Examiner's fees	480	480

Note 5 Fixed assets

	£
Cost	
At 31 January 2022	15,898
Additions	691
Disposals	(888)
At 31 January 2023	15,701

Depreciation	
At 31 January 2022	13,254
Charge for the year	1,415
Disposals in the year	(888)
At 31 January 2023	13,780

Net book value at 31 January 2022	1,739
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Net book value at 31 January 2023	1,920
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Note 6 Debtors - **No debtors**

Note 7 Creditors

	2023 £	2022 £
Amounts falling due within one year		
Other creditors	480	480
Accruals	3,500	
Total Creditors	3980	480

Note 8 Funds

	31 Jan 22				31 Jan 23
Unrestricted funds	Opening funds	Income	Direct costs	Admin costs	Closing Funds
General funds	-698	46,245	41,543	4,963	-959
Restricted funds:					
Tesco's Bags of Help project grant	0	13,875	0	13,875	0
Lister Hospital Fund	488	13,440	10,080	488	3,360
Pink Ribbon Foundation	1,963	6,000	3,076	4,307	580
Royal Free Charity YE22	722	0	722	0	0
John Lyon's Charity - year 3	102	0	102	0	0
John Lyon's 25K Fund Yr1	23,556	0	23,556	0	0
John Lyon's 25K Fund Yr2	0	25,000	0	0	25,000
Guys and St. Thomas Charity YE22	5,975	0	5,975	0	0
Saturday Hospital Charity Fund	0	2,000	2,000	0	0
Luton & Beds Community Fund	0	5,000	7,162	0	-2,162
Accenture Grant	0	8,459	8,059	0	400
Princess Alexandra Hospital	0	2,250	0	2,250	0
St James' Place	0	2,500	0	2,500	0
Chase Farm & Finchley Hospitals	0	11,250	7,250	4,000	0
HCF Grant	0	3,816	3,816	0	0
SBC Grants & Jubilee Grant	0	7,066	5,066	2,000	0
Total restricted funds	32,804	100,656	76,864	29,420	27,178

Note 9 Net assets by fund

			At 31 January 2023
	Restricted	Unrestricted	Total
Fixed assets	0	1,920	1,920
Current assets	27,178	1,098	28,277
Current liabilities	0	(3,980)	(3,980)
Net assets	27,178	(962)	26,217

Note 10 Related parties

During the year, the charity entered into a number of transactions with Holistic Hair Care Limited, a company controlled by Julia Gupta (Director). The charity trustees are satisfied that all transactions are entered into on an arms-length basis and that no conflict of interest has arisen.

			Year to 31 January 2023
	Income	Consultancy expenses	Other expenditure
Holistic Hair Care	0	37,100	1,560

Note 10 Volunteers

The role of volunteers and the nature of their contribution is described in the Trustees' Report on pages 4 to 15.