

Fresh Charity

England & Wales · Charity number 1152214

Details

Other names	VALLEY OF HOPE CHILDREN'S FOUNDATION, VALLEY OF HOPE CHILDREN
Status	Registered
Legal form	Charitable company
Company number	08268261
Registered	2013-05-29
Register	View on the Charity Commission register

Contact

Address	Pause Cat Cafe Ltd 119 Old Christchurch Road Bournemouth BH1 1EP
Phone	07775556476
Email	hello@freshcharity.org.uk
Website	www.freshcharity.org.uk

Activities

Objects: THE RELIEF OF FINANCIAL HARDSHIP AND SICKNESS, THE ADVANCEMENT OF EDUCATION AND THE PRESERVATION OF GOOD HEALTH AMONGST CHILDREN WORLDWIDE, PARTICULARLY BUT NOT EXCLUSIVELY ORPHANED, ABANDONED, ABUSED OR DISABLED CHILDREN AND YOUNG PEOPLE.

Activities: 1. Providing activities in the interests of social welfare for people who have need by reason of their age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of their lives.2. Helping young people to develop their skills, to enable them to participate responsibly in society;3. Advancing education;4. Relieving unemployment.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Human Resources, Provides Buildings/facilities/open Space
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Accommodation/housing
- **Who:** Children/young People

Geography

- Bhutan
- Kenya
- Malawi
- Nepal
- Peru
- Zambia
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-10-31	£23,762	£26,966	-	-
2024-10-31	£21,884	£20,521	-	-
2023-10-31	£6,812	£8,315	-	-
2022-10-31	£38,297	£32,802	-	-
2021-10-31	£6,503	£5,865	-	-

Trustees

Name	Role	Appointed
Chloe White		2024-10-25
Jaya Da Costa		2025-02-14

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Accounts



It's been a wonderful year & we've accomplished a lot & really grown in confidence in the process. Here's a little update on all the exciting things we've been up to & what you can expect from Fresh next year...

BULLYING RESILIENCE

We are delighted to have been granted £600 from BCP Council to support young people experiencing bullying. We have used it to make videos & written materials to discuss our experiences & ways to build resilience.

VOLUNTEERING OVERSEAS

We've got lots of exciting things to plan for 2023... one of our most exciting projects is the opportunity to Volunteer at the Caleb Centre in Zambia in August where we will support children with Autism.

Thank you for following our little charity & helping us share the message for young people that helping others helps us overcome our own challenges.

SUPPORTING

We supported 20 young people with disabilities & mental health problems with our training placements at Pause Cat Cafe & gained our Disability Confident Leaders Certification. We took part in the government's Kickstart scheme to employ 3 young people for 6-months which has helped us grow.

VOLUNTEERING

This year we launched our volunteering group for young people. It has been great fun & we've got a lot done. We helped Dorset Children's Foundation with their warehouse move, Westbourne Rotary's Jubilee Event, a Mock Interview Day at Bishop of Winchester Academy & SWOP's Duck Race. We helped promote many charities with 'Fresh Loves' & got involved in Mental Health Week & Anti-Bullying Week on social media. Some of the group went to the Rotary Conference getting inspired & meeting charities. We have welcomed many interns & volunteers to the team & made a lot of friends. We look forward to continuing to grow next year with an emphasis on being beneficiary-led.

BEACH CLEANS

We organised a few get-togethers at the seafront. Thank you to everybody who got stuck in to help make the beach look pretty again.

HELPING REFUGEES

We collected & gave out information for refugees. We also delivered some warm clothes, which were gratefully received.

FUNDRAISING

We tried our hands at grant applications, online fundraising, hosting events, street & supermarket collections... Jess even jumped out of a plane raising money for the Caleb Centre. We raised over £12,000 for our charity work & to give to good causes. We hope you'll join us to raise even more next year!



Charity/Company Name:	Fresh Charity	Charity No.	CC17a
Company No.	8268261	1152214	
Annual accounts for the period			
Period start date	1/11/2021	Period end date	

Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Unrestricted funds	Restricted income funds	Endowment funds	Total this year	Total last year	
			£	£	£	£	£	
			F01	F02	F03	F04	F05	
Incoming resources (Note 3)								
Incoming resources from generated funds								
	Voluntary income	S01	345	-	-	345	4,510	
	Activities for generating funds	S02	11,977	-	-	11,977	1,993	
	Investment income	S03	-	-	-	-	-	
Incoming resources from charitable activities								
		S04	25,975	-	-	25,975	-	
Other incoming resources								
		S05	-	-	-	-	-	
Total incoming resources			S06	38,297	-	-	38,297	6,503
Resources expended (Notes 4-8)								
Costs of Generating Funds								
	Costs of generating voluntary income	S07	-	-	-	-	139	
	Fundraising trading costs	S08	412	-	-	412	-	
	Investment management costs	S09	-	-	-	-	-	
Charitable activities								
		S10	31,906	-	-	31,906	5,713	
Governance costs								
		S11	484	-	-	484	13	
Other resources expended								
		S12	-	-	-	-	-	
Total resources expended			S13	32,802	-	-	32,802	5,865
Net incoming/(outgoing) resources before transfers			S14	5,495	-	-	5,495	638
Gross transfers between funds			S15	-	-	-	-	
Net incoming/(outgoing) resources before other recognised gains/(losses)			S16	5,495	-	-	5,495	638
Other recognised gains/(losses)								
	Gains and losses on revaluation of fixed assets for the charity's own use	S17	-	-	-	-	-	
	Gains and losses on investment assets	S18	-	-	-	-	-	
Net movement in funds			S19	5,495	-	-	5,495	638
Total funds brought forward			S20	4,750	-	-	4,750	4,112
Total funds carried forward			S21	10,245	-	-	10,245	4,750

Section B

Balance sheet

	Note	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
		F01	F02	F03	F04	F05
Fixed assets						
Tangible assets	(Note 9)					
	B01	-	-	-	-	-
	B02	-	-	-	-	-
Investments	(Note 10)					
	B03	-	-	-	-	-
Total fixed assets	B04	-	-	-	-	-
Current assets						
Stock and work in progress						
	B05	-	-	-	-	-
Debtors	(Note 11)					
(Short term) investments	B06	-	-	-	-	-
	B07	-	-	-	-	-
Cash at bank and in hand						
	B08	10,245	-	-	10,245	4,750
Total current assets	B09	10,245	-	-	10,245	4,750
Creditors: amounts falling due within one year	(Note 12)					
	B10	-	-	-	-	-
Net current assets/(liabilities)	B11	10,245	-	-	10,245	4,750
Total assets less current liabilities	B12	10,245	-	-	10,245	4,750
Creditors: amounts falling due after one year	(Note 12)					
	B13	-	-	-	-	-
Provisions for liabilities and charges						
	B14	-	-	-	-	-
Net assets	B15	10,245	-	-	10,245	4,750
Funds of the Charity						
Unrestricted funds						
	B16	-			-	-
	B17	-			-	-
Restricted income funds (Note 13)	B18		-		-	-
Endowment funds (Note 13)	B19			-	-	-
Total funds	B20	-	-	-	-	-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Jaya Da Costa	11 Apr 23

Cells highlighted in Yellow contain formulas to add up columns C,D and E but these are not protected cells

Cells highlighted in Blue contain formulas in protected cells. The protection can be removed from the tools menu

Note 1 **Basis of preparation**

This section should be completed by all charities.

1.1 Basis of accounting

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
- and with* Accounting Standards;
- or Financial Reporting Standards for Smaller Enterprises (FRSSE);
- and with the Charities Act.

Give details in this box if a different standard has been followed.

1.2 Change in basis of accounting

Give details in this box of any material changes that have been made.

1.3 Changes to previous accounts

No changes have been made to accounts for previous years

Give details in this box of any material changes that have been made.

Note 2 Accounting policies

This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.

INCOMING RESOURCES

Recognition of incoming resources	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> · 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 sufficient reliability.
Incoming resources with related expenditure	Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.
Grants and donations	Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.
Tax reclaims on donations and gifts	Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.
Contractual income and performance related grants	This is only included in the SoFA once the related goods or services have been delivered.
Gifts in kind	<p>Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.</p> <p>Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity.</p> <p>Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.</p>
Donated services and facilities	These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Investment income	This is included in the accounts when receivable.
Investment gains and losses	This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.
Governance costs	Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.
Grants payable without performance conditions	These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.
Support Costs	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.
Investments	Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.
Stocks and work in progress	These are valued at the lower of cost or market value.

**POLICIES ADOPTED
ADDITIONAL TO OR
DIFFERENT FROM THOSE
ABOVE**

Note 3 Analysis of incoming resources

Incoming resources may be further analysed if this would help the reader of the accounts.

	Analysis	This year £	Last year £
Voluntary income		-	-
		-	-
		-	-
		-	-
	Total	-	-
Activities for generating funds		-	-
		-	-
		-	-
		-	-
	Total	-	-
Investment income		-	-
		-	-
		-	-
		-	-
	Total	-	-
Incoming resources from charitable activities		-	-
		-	-
		-	-
		-	-
	Total	-	-

Note 4

Analysis of resources expended

Resources expended may be further analysed if this would help the reader of the accounts.

	Analysis	This year £	Last year £
Costs of generating voluntary income		-	-
		-	-
		-	-
		-	-
	Total	-	-
Fundraising trading costs		-	-
		-	-
		-	-
		-	-
	Total	-	-
Investment management costs		-	-
		-	-
	Total	-	-
Charitable activities		-	-
		-	-
		-	-
		-	-
	Total	-	-
Governance costs		-	-
		-	-
	Total	-	-

Note 5 Support Costs

Please complete this note if the charity has analysed its expenses using activity categories and has support costs.

Support cost type	Fundraising activity £	Charitable Activity £	Governance Activity £	Total Cost £
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Total	-	-	-	-

Note 6 Details of certain items of expenditure**6.1 Trustee expenses**

Please provide details of the amount of any payment or reimbursement of out-of-pocket expenses made to trustees or to third parties for expenses incurred by trustees. If no expenses were paid, please enter 'None' in the appropriate box(es).

Number of trustees who were paid expenses

Nature of the expenses

Total amount paid

This year	Last year
NONE	NONE
N/A	N/A
£0	£0

6.2 Fees for examination or audit of the accounts

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner or auditor. If nothing was paid please enter NONE in the appropriate box(es).

Independent examiner's or auditors' fees for reporting on the accounts

Other fees (for example: advice, consultancy, accountancy services) paid to the independent examiner or auditor

This year £	Last year £
£0	£0
£0	£0

Note 7 **Paid employees***Please complete this note if the charity has any employees.***7.1 Staff Costs**

	This year £	Last year £
Gross wages, salaries and benefits in kind	-	-
Employer's National Insurance costs	-	-
Pension costs	-	-
Total staff costs	-	-

7.2 Average number of full-time equivalent employees in the year

The parts of the charity in which the employees work

	This year Number	Last year Number
Fundraising	-	-
Charitable Activities	-	-
Governance	-	-
Other	-	-
Total	-	-

7.3 Defined contribution pension scheme*Please complete if a defined contribution pension scheme is operated.*

Brief details of the scheme

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	This year £	Last year £
The costs of the scheme to the charity for the year		
The amount of any contributions outstanding at the year end		
The amount of any contributions prepaid at the year end		

Note 9 Tangible fixed assets**Please complete this note if the charity has any tangible fixed assets****9.1 Cost or valuation**

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Payments on account and assets under construction	Total
	£	£	£	£	£	£
Balance brought forward	-	-	-	-	-	-
Additions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers *	-	-	-	-	-	-
Balance carried forward	-	-	-	-	-	-

9.2 Accumulated depreciation and impairment provisions

**Basis	SL or RB	SL or RB	SL or RB	SL or RB	SL or RB
** Rate					

Balance brought forward	-	-	-	-	-	-
Depreciation charge for year	-	-	-	-	-	-
Impairment provisions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers*	-	-	-	-	-	-
Balance carried forward	-	-	-	-	-	-

9.3 Net book value

Brought forward	-	-	-	-	-	-
Carried forward	-	-	-	-	-	-

9.4 Revaluation**If any fixed assets have been revalued please give details of the valuer and method of valuation**

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* The "transfers" row is for movements between fixed asset categories.

** Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

Note 10 Investment assets

Please complete this note if the charity has any investment assets.

10.1 Fixed assets investments

	£
Carrying (market) value at beginning of year	-
Add: additions to investments at cost	-
Less: disposals at carrying value	-
Add/(deduct): net gain/(loss) on revaluation	-
Carrying (market) value at end of year	-

Please provide below:

10.2 A breakdown of the market values of investments shown above agreeing with the balance sheet row B03.

10.3 A breakdown of the income from investments agreeing with SOFA row S03.

Analysis of investments

	10.2 Market value at year end £	10.3 Income from investments for the year £
Investment properties	-	-
Investments listed on a recognised stock exchange or held in common investment funds, open ended investment companies, unit trusts or other collective investment schemes	-	-
Investments in subsidiary or connected undertakings and companies	-	-
Securities not listed on a recognised Stock Exchange	-	-
Cash held as part of the investment portfolio	-	-
Other investments	-	-
Total	-	-

10.4 Material investment holdings

If any single investment is material in terms of its value (for example represents more than 5 per cent of the value of the charity's total investments) please provide details.

Investment held

Market Value

Note 11 Debtors and prepayments

Please complete this note if the charity has any debtors or prepayments.

Analysis of debtors	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Trade debtors	-	-	-	-
Amounts due from subsidiary and associated undertakings	-	-	-	-
Other debtors	-	-	-	-
Prepayments and accrued income	-	-	-	-
Total	-	-	-	-

Note 12 Creditors and accruals

Please complete this note if the charity has any creditors or accruals.

12.1 Analysis of creditors

Analysis of creditors	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Amounts due to subsidiary and associated undertakings	-	-	-	-
Other creditors	-	-	-	-
Accruals and deferred income	-	-	-	-
Total	-	-	-	-

12.2 Security over assets

If any loan, overdraft or other creditor holds a charge or other security over any assets of the charity please provide details.

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Note 13 Endowment and restricted income funds

Please complete this section if the charity has any endowment or restricted income funds.

13.1 Funds held

Please give a brief description of any of the following type of funds held by the charity:

- permanent endowment funds (PE);
- expendable endowment funds (EE); and
- restricted income funds, including special trusts, of the charity (R).

Fund Name	Type PE, EE or R	Purpose and Restrictions

13.2 Movements of major funds

Please give details of the movements of the major funds summarised in the restricted and endowment columns of the Statement of Financial Activities.

Fund names	Fund balances brought forward £	Incoming resources £	Outgoing resources £	Transfers £	Gains and losses £	Fund balances carried forward £
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
Total Funds	-	-	-	-	-	-

13.3 Transfers between funds

Please give details of any transfers between funds.

From Fund (Name)	To Fund (Name)	Reason	Amount

Note 14 Transactions with related parties

If the charity has any transactions with related parties (other than the trustee expenses explained in note 6) details of such transactions should be provided in this note. If there are no transactions to report, please enter "None" in the relevant boxes.

14.1 Remuneration and benefits

Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee or other related parties by the charity or any institution or company connected with it.

Name of trustee or connected party	Legal authority (eg order, governing document)	Amounts paid or benefit value	
		This year £	Last year £

14.2 Loans

Please give details of and amounts owing to or from the charity's trustees or other related parties by the charity at the year end.

	Name of trustee or connected party	Legal authority	Amount owing	
			This year £	Last year £
Due to trustees and related parties				
Due from trustees and related parties				

14.3 Other transaction(s) with trustees or related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a trustee or related party has a material interest.

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	This year £	Last year £

Note 15**Additional Disclosures**

The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.

FOR THE FINANCIAL YEAR 1/11/21 TO 31/10/22 THE COMPANY WAS ENTITLED TO EXEMPTION UNDER SECTION 477 OF THE COMPANIES ACT 2006 RELATING TO SMALL COMPANIES. NO MEMBERS HAVE REQUIRED THE COMPANY TO OBTAIN AN AUDIT OF ITS ACCOUNTS FOR THE YEAR IN QUESTION IN ACCORDANCE WITH SECTION 476 OF THE COMPANIES ACT 2006. THE DIRECTORS ACKNOWLEDGE THEIR RESPONSIBILITY FOR COMPLYING WITH THE REQUIREMENTS OF THE ACT WITH RESPECT TO ACCOUNTING RECORDS AND FOR THE PREPARATION OF ACCOUNTS. THESE ACCOUNTS HAVE BEEN PREPARED IN ACCORDANCE WITH THE PREVISIONS APPLICABLE TO COMPANIES SUBJECT TO THE SMALL COMPANIES' REGIME. JAYA DA COSTA, TRUSTEE. DATED 11/04/2023 SIGNED

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The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.

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