

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

England & Wales · Charity number 1153084

Details

Other names	MHLECA
Status	Registered
Legal form	Charitable company
Company number	07298494
Registered	2013-07-26
Register	View on the Charity Commission register

Contact

Address	Edmund Carr Llp 146 New London Road Chelmsford CM2 0AW
Phone	07583 535127
Email	info@MHLEC.org
Website	www.MHLEC.org

Activities

Objects: THE PROMOTION OF SOCIAL INCLUSION FOR PUBLIC BENEFIT BY HELPING OLDER PEOPLE WHO ARE SOCIALLY EXCLUDED AS A RESULT OF THEIR PHYSICAL AND/OR MENTAL DISABILITIES, IN PARTICULAR BUT NOT EXCLUSIVELY THOSE LIVING IN RESIDENTIAL CARE SETTINGS IN ESSEX, TO ENGAGE MEANINGFULLY AND RE-INTEGRATE AS FULLY AS POSSIBLE INTO SOCIETY, IN PARTICULAR BY: A) PROMOTING, INCREASING OR CO-ORDINATING OPPORTUNITIES FOR THESE OLDER PEOPLE TO ENGAGE WITH INDIVIDUALS AND ORGANISATIONS IN THEIR WIDER COMMUNITIES ACCORDING TO THEIR NEEDS, INTERESTS AND PREFERENCES, AND TO ENABLE THEM TO MAKE THEIR OWN CONTRIBUTIONS TO THEIR WIDER COMMUNITIES IF THEY SO WISH.B) RAISING PUBLIC AWARENESS AND UNDERSTANDING OF THE WORK AND DAY TO DAY LIFE FOR OLDER PEOPLE WITHIN RESIDENTIAL CARE SETTINGS AND THE NEEDS OF THE RESIDENTS TO ENCOURAGE VOLUNTEERING AND ENABLE THESE RESIDENTS IN PRACTICAL WAYS TO PARTICIPATE MORE EFFECTIVELY WITH THE WIDER COMMUNITY.C) RECRUITING, TRAINING AND SUPPORTING VOLUNTEERS TO BEFRIEND AND SUPPORT OLDER PEOPLE.

Activities: We help older people predominantly living in care homes to enjoy the best possible quality of life through meaningful engagement with friends and neighbours (FaNs) in their surrounding community. Our FaNs initiatives include the Wishing Washing Line, Intergenerational Colchester Up, Young FaNs Club, FaNimals and Care Home Bake-Off.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Other Charitable Purposes
- **Who:** Elderly/old People, Other Defined Groups

Geography

- Essex
- Southend-on-sea
- Thurrock

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£12,435	£101,991	-	-
2024-03-31	£103,885	£82,971	-	-
2023-03-31	£174,342	£71,606	-	-
2022-03-31	£87,238	£53,933	-	-
2021-03-31	£52,407	£51,304	-	-

Trustees

Name	Role	Appointed
Tony Paul Smith	Chair	2018-12-19
Ben Wheat		2025-01-22
Dr Karon Elizabeth Gush		2022-12-15
Philip Poulter		2024-11-22

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

England & Wales - Charity number 1153084

Accounts

COMPANY REGISTRATION NUMBER : 07298494

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
UNAUDITED FINANCIAL STATEMENTS
FOR
31 MARCH 2024**

Charity Number : 1153084



Edmund Carr LLP
Chartered Accountants
146 New London Road
Chelmsford
Essex
CM2 0AW

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

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**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

COMPANY INFORMATION

YEAR ENDED 31 MARCH 2024

Date of incorporation	29th June 2010
Registered company number	07298494
Registered charity number	1153084
Registered address	146 New London Road Chelmsford Essex CM2 0AW
Directors	Lisa Ann Carpenter Tony Paul Smith Emma Clarke Karon Gush Marianne Telfer (resigned June 2024) Meg Kane (resigned March 2024)
Bankers	Metro Bank 38 High Street Chelmsford Essex CM1 1BE
Independent Examiner	Alex Stone FCCA Edmund Carr LLP Chartered Accountants 146 New London Road Chelmsford Essex CM2 0AW

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT

YEAR ENDED 31 MARCH 2024

The Trustees are pleased to present their annual report together with the unaudited financial statements of the charity for the year ended 31st March 2024, which are also prepared in order to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014.

The Directors of the charity as shown on page 1 are also the Trustees of the charity.

OBJECTIVES AND ACTIVITIES

Our aim is to help to improve the quality of life for older people living in care homes in Essex through meaningful engagement with their friends and neighbours (FaNs) through our FANS initiatives.

Our Charitable Object is:

To promote social inclusion for public benefit by helping older people who may be socially excluded as a result of their physical and/or mental disabilities, in particular but not exclusively, those living in residential care settings in Essex, to engage meaningfully and integrate as fully as possible into society, by:

- a) Promoting, increasing and co-ordinating opportunities for these older people to engage with individuals and organisations within their communities according to their needs, interests and preferences and to enable them to make their own contributions to their wider communities if they so wish
- b) Raising public awareness and understanding of the work and day to day life for older people within residential care settings and the needs of the residents, to encourage volunteering and enable these residents in practical ways to participate more effectively with the wider community
- c) Recruiting, training and supporting volunteers to befriend and support older people.

Our main activities:

Explore and develop ways to mobilise the resources of all sections of our communities to take an active interest in the well-being of their local care homes and the people who live in them, contributing whatever, whenever and however they are able.

Enabling care home owners and staff to work with their local communities for the benefit of their residents through our FaNs initiatives.

Collaborate with organisations across Essex and the UK to share the ideas, experiences and learning arising from these activities.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT

YEAR ENDED 31 MARCH 2024

Public benefit

During the year, the directors of the My Home Life Essex Community Association have paid due regard to the Charity Commission Guidance on Public Benefit and ensured that the objects of the charity, as stated in the Articles, were carried out.

The primary beneficiaries of our work are the people who live in care homes for older people throughout the County of Essex. These beneficiaries are categorised as “vulnerable adults” which is the sole criterion used to identify them. In practice, there are many secondary beneficiaries amongst those who contribute to the work, particularly amongst the adults, children and young people who are involved as part of our FaNs micro-volunteering model. We do not discriminate amongst beneficiaries or contributors in terms of age, disability, gender identity, ethnic origin, religion or belief, sexual orientation, marital status or any other criterion. We have ample evidence of the benefits of this work.

No personal benefits accrue to the Trustees or other volunteers apart from the payment of out of pocket expenses.

ACHIEVEMENTS AND PERFORMANCE

At the start of our 3-year strategy to operate equally and successfully across the Tendring, Maldon, Braintree, and Colchester areas and along with our Active Essex and Age Well funding, in 2023 we began to allocate our National Lottery funding to various projects in line with our funding commitments and ensuring that these were fully met.

With a dedicated member of staff working in the Tendring area, we researched interesting and valuable activity session providers for the care home residents. We found that Gfitness as a brand, fit our objectives perfectly with session lengths and activities that could be adapted to the residents' needs. In September 2023 the FaNs and G-fitness partnering began, where we negotiated with them to supply a full day of activity sessions once a week. We split the sessions between the care homes in the area as equally as possible and concentrated working with those who were willing to provide us valuable feedback. At the time of writing this report we have completed 50 weeks of these sessions, providing over 150 hours (200 + individual sessions), reaching over 2,000 residents.

Our Walk and Talk initiative fits very well with our Active Essex and Age Well commitments, but due to transport costs and unsuitable venues, this has been a challenge in the Tendring area. We are therefore looking at other initiatives to benefit the Tendring residents.

In Spring 2023 we began collaborating with The Sailship Training and Learning for Life - a wonderful charity for young adults with learning difficulties. The Sailship has their own small building and funding for transport, and we were keen for care home residents to have the opportunity to attend various sessions there. The sessions cover a variety of activities, from wreath making, fitness sessions, flower arranging, welcoming singers, walking in the gardens and sea walk. One of the most beneficial things for the residents is the intergenerational connections that are made, learning from each other, and bringing great happiness. During 2023-2024, 53 residents from 8 care homes over 8 outings attended the sessions by minibus. These sessions have been of great benefit all round, particularly for some residents who have not been able to leave their care homes due to lack of transport and lack of an appropriate venue. The feedback for these trips is extremely positive as it is a magical place and when they return, seeing those residents with dementia remembering the Sailship, however vague, is testament to how special it is.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2024

The Tendring Christmas party in November was a huge success with 39 children from the Clacton Coastal Academy volunteering their time to spend with the 78 residents as part of our Young FaNs initiative.

In January of 2024 we added a dedicated Maldon staff member to the team. As a Tesco's community champion, she had good connections with the community and some of the care homes. Since joining, she has built on those existing relationships and connected with all the care homes in the Maldon area. The wishing washing line has been a success there with close to 50 wishes being granted. We have held a regular walk and talk outing along with some smaller trips to local parks and trails. Maldon has had the most regular Bake Offs of any area to date and has also been able to provide some Gfitness sessions, only halted due to staff changes at Gfitness. These will resume before the end of 2024. Maldon's first dedicated Christmas party was very successful and is already in everyone's diary for 2024. Communication with the Maldon care homes is excellent, with regular forums being held and the contacts between the homes has evolved into a very supportive network for all members.

In Colchester we were able to maintain a level of engagement by coordinating care home residents to receive free tickets to a spectacular 'proms in the park' and a Remembrance Sunday service where residents were able to lay a wreath for loved ones. Our first Colchester Christmas party was a huge success with 78 residents in attendance. Wishes are now being displayed on the FaNs wishing washing line in the Hythe branch of Tesco for the first time, along with the Highwoods branch, meaning that more care homes wishes are displayed across Colchester. This has been a good addition, but the care homes have been very lacking in providing us with feedback. Colchester saw a Grand Walk and Talk to commemorate D Day with Soprano Nancy May singing in Colchester Castle – 30 residents across 7 care homes came and enjoyed the morning.

Braintree engagement got off to a flying start with another dedicated staff member for the area. A walk and talk venue was chosen and transport booked for the warmer months. Wishes were displayed for the first time in the Great Notley branch of Tesco with a good response from the community, with 20 wishes granted initially. Two bake offs were a huge success with excellent engagement and outcomes. Braintree was included for the first time with a Christmas Giving Tree displayed in Tesco. Every single care home resident within Braintree received a gift (over 300) and we held our first dedicated Christmas Party for Braintree with Nancy May performing.

Care home staff in all areas had access to Move-it or Lose-it training and enjoyed taking their learnings back to the care home residents. We hope to be able to do refresher courses in the coming months.

We have a dedicated GrandFriends team member now too. With a wealth of knowledge and understanding of the benefits of intergenerational relationships, we have already been able to start over 10 GrandFriends relationships between care homes and early year childcare providers, these are almost self-sufficient, giving us the opportunity to develop more.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2024

Maintaining and building partnerships remains key to the success of our projects and in 2023/2024 we collaborated with many existing and new partnerships including Tesco, Earls Colne Village Hall, ALB Lakelands Centre, Essex County Council, Princes Theatre, DJ Buzby, Soprano Nancy May, NEST, Colchester Anti Loo Roll Brigade, Merville Barracks, Colchester City Council, Colchester Sports Park, Community 360, Colchester Castle, Cheeky Childminding, Community Voluntary Services Tendring, Community C360 (Braintree), GFitness, Sailship and Hills Storage.

Web Based Community Engagement Tools

Social Media (Facebook and more recently Instagram) remains essential to our community engagement and is our main news and public communication resource, along with our website which remains essential to funders and prospective partners. We have dedicated time to updating and refreshing our website to ensure the information is concise, informative, and current.

FaNs projects do not use a traditional volunteering programme with registered volunteers. We instead encourage and support a micro-volunteering model of direct relationships between Care Homes and their local community for a variety of outcomes. This means it is not always easy to keep track of precise numbers of volunteers and beneficiaries and we rely instead on user cases and assumption-based modelling to determine beneficiaries and impact where needed.

LOOKING FORWARD

We will continue our focus on delivering sustainable outcomes across all areas of deprivation within the Tendring, Colchester, Maldon and Braintree areas with the multi-year funding received. We will also continue to develop and test new approaches that create community engagements and promote wider health and wellbeing for residents in care home settings following the success of GFitness, Move-it or Lose-it and Grandfriends. Developing community assets in this way maximises the value of community volunteers and strategic partners in these local communities through our unique micro-volunteering model.

Fundraising continues to remain a high priority for our charity to reduce reliance on grant funding. We will therefore continue to organise new events, such as a skydive, and develop partnerships that can fundraise for us, such as Hills Storage.

Appointing at least one more Trustee is a priority following the loss of one Trustee during the Financial year due to work commitments.

Lastly, we are in the process of updating our website and moving this to a lower cost provider.

FINANCIAL REVIEW

The Board completed an annual review of its financial procedures in October 2024.

During the financial year we lost one member of staff and gained 2 more staff to deliver outcomes and benefits for our beneficiaries in Maldon and Braintree.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2024

Policy on Reserves

The My Home Life Essex Community Association is currently funded primarily through grants made for specified purposes and supplemented by our own charity fundraising activities.

During the year, the financial accounts have been reviewed at each held Board meeting to ensure appropriate oversight of the expenses, cashflow forecast and funding commitments.

Core costs

During 2023/2024 core costs have been kept under review and remain reasonably consistent with no material changes to operational practices or supplier contracts.

Core costs are primarily for

- Insurance
- Bank charges
- Website hosting and software support
- Administrative costs and consumables
- Capital expenditure on equipment as required
- Project expenses not aligned with grant conditions

Grant funded projects

The 2023/2024 financial year started with £165,853 of funding rolled over from the previous financial year, including £148,601 received in 2022 from the National Lottery Community Fund to support residents in care homes across Maldon and Braintree. We were then successful in being awarded six further grants totalling £102,200 as follows:

£15,000 from Colchester Catalyst, £31,500 from Age Well Tendring Community Voluntary Services and £30,000 from the Active Essex Local Delivery Pilot, to provide health support through physical activities for care home residents across Tendring.

£25,000 from Age Well Community360 to support Friends and Neighbours (FANS) projects for care home residents across Colchester.

£500 donation for funding for Friends and Neighbours (FANS) projects from ASDA Foundation Green Token Scheme.

£200 from the Braintree Lions Club to provide refreshments for Residents on Walk and Talk events.

Policy on Reserves for 2023/2024

Unrestricted funds: Maintain sufficient funds to cover all core costs for a minimum of three months, excluding salary and on-costs (which are covered by restricted funds).

Restricted funds: Funds granted for specified projects are to be disbursed according to the agreed budget over the duration of the projects.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2024

Designated funds: These are funds that are not restricted but the Board has agreed to allocate funds to a specific future need to support longer term commitments.

The policy on reserves is reviewed annually at the Board meeting immediately following the end of each financial year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The company is operated under the rules of its memorandum and articles of association dated 29th June 2010, with the latest revision on 20 August 2019. It is a company limited by guarantee and therefore, has no share capital. The company was registered as a charity with effect from 26 July 2013.

The membership of the Trustee Board is reviewed frequently to ensure it remains current with the needs of elderly people and goals of the charity.

The Trustees continue to contribute a significant amount of time, energy, and enthusiasm to the day to day running of the charity updating policies and procedures, providing support to the operational staff for project delivery, monitoring of grant funded projects and ongoing fundraising efforts.

Overall management of the company is the responsibility of the Directors who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is managed and carried out by paid staff and volunteers.

Any Board member may propose the appointment of a new Director. If the Board agrees the prospective Director is invited for informal discussions with nominated Board members and, if appropriate, to attend one or more Board meetings. All Board members are given a copy of the Charity Commission publication CC3 – “The Essential Trustee: What You Need To Know” and are required to confirm in writing the fact that they have read, understood, and accept the responsibilities involved.

The Board reviews major risks annually and ensures systems and procedures are established to manage these risks.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

Approved by the directors on 21 November 2024 and signed on their behalf by:

Tony Smith
.....

Tony Smith

Chair

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

YEAR ENDED 31 MARCH 2024

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2024 which are set out on pages 9 to 18.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company'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.

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 that in any material respect:

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).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Alex Stone

.....
Alex Stone FCCA
Edmund Carr LLP
146 New London Road
Chelmsford
CM2 0AW

27 November 2024

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

**STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND
EXPENDITURE ACCOUNT)**

YEAR ENDED 31 MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
INCOME from:					
Donations	2	1,324	102,200	103,524	174,342
Investments	3	361	-	361	-
TOTAL INCOME		<u>1,685</u>	<u>102,200</u>	<u>103,885</u>	<u>174,342</u>
EXPENDITURE on:					
Charitable activities	4	6,218	76,753	82,971	71,606
TOTAL EXPENDITURE		<u>6,218</u>	<u>76,753</u>	<u>82,971</u>	<u>71,606</u>
NET INCOME/(EXPENDITURE)		(4,533)	25,447	20,914	102,736
TRANSFERS BETWEEN FUNDS		-	-	-	-
NET MOVEMENT IN FUNDS		<u>(4,533)</u>	<u>25,447</u>	<u>20,914</u>	<u>102,736</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		12,880	165,853	178,733	75,997
Total funds carried forward		<u>8,347</u>	<u>191,300</u>	<u>199,647</u>	<u>178,733</u>

The charity has no recognised gains or losses other than the results for the year as set out above.

The notes on pages 11 to 18 form part of these financial statements.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
BALANCE SHEET
AS AT 31 MARCH 2024**

	Note	2024 £	2023 £
CURRENT ASSETS			
Debtors	8	112,027	148,601
Cash at bank		90,879	32,734
		<u>202,906</u>	<u>181,335</u>
CREDITORS: Amounts falling due within one year	9	<u>(3,259)</u>	<u>(2,602)</u>
NET CURRENT ASSETS		199,647	178,733
NET ASSETS		<u>199,647</u>	<u>178,733</u>
FUNDS OF THE CHARITY			
Unrestricted income funds	10	8,347	12,880
Restricted income funds	11	191,300	165,853
TOTAL CHARITY FUNDS		<u>199,647</u>	<u>178,733</u>

For the year ending 31 March 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- i) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions for small companies.

These financial statements were approved by the directors on 21 November 2024 and are signed on their behalf by:

Tony Smith
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T SMITH

Director and Chair

Company Registration Number: 07298494

The notes on pages 11 to 18 form part of these financial statements.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES

a) Basis of accounting

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), 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 (effective 1 January 2019) (Charities SORP FRS102) and the Companies Act 2006.

b) Legal Status

My Home Life Essex Community Association is a charitable company limited by guarantee. It is incorporated in England and Wales and its registered address is 146 New London Road, Chelmsford, Essex, CM2 0AW. It meets the definition of a public benefit entity under FRS102.

c) Going Concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

d) Income

Income from donations and grants is included in income when the charity becomes entitled to the resources, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

When donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.

When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions have been met.

When donors specify that donations and grants are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

Gifts in kind of services are included in income and expenditure when the service is provided.

e) Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the Directors' Report.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES continued

f) Expenditure

All expenditure is accounted for on an accruals basis and includes VAT as the charity is not VAT registered. The charity analysed expenditure using a natural classification.

g) Taxation

The company is a registered charity and, as such, is exempt from tax on income and gains to the extent that funds are applied for its charitable purposes.

h) Debtors

Trade and other debtors are recognised at the settlement amount due.

i) Cash at bank

Cash at bank is held in a current account.

j) Creditors and provisions

Creditors and provisions are recognised wherever the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount.

k) Fund accounting

Funds held by the charity are either:

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Designated funds – these are funds set aside by the trustees out of unrestricted funds for specific future purposes or projects.

Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024**

2. DONATIONS & GRANTS	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
The Mr & Mrs Mount Trust	-	-	-	2,500
Arnold Clark	-	-	-	1,000
Nettlefold Gayner Foundation	-	-	-	16,500
TNL - Community Fund	-	-	-	4,850
TNL - Community Fund 3 year grant	-	-	-	148,601
Age Well 360	-	25,000	25,000	-
Colchester Catalyst	-	15,000	15,000	-
Active Essex	-	30,000	30,000	-
Lions Club	-	200	200	-
Tendring CVS	-	31,500	31,500	-
The ASDA Foundation	-	500	500	-
Other donations	1,324	-	1,324	891
	<u>1,324</u>	<u>102,200</u>	<u>103,524</u>	<u>174,342</u>
<i>2023</i>	<i>3,391</i>	<i>170,951</i>	<i>174,342</i>	

3. INVESTMENT INCOME

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Bank deposit interest	361	-	361	-
	<u>361</u>	<u>-</u>	<u>361</u>	<u>-</u>
<i>2023</i>	<i>-</i>	<i>-</i>	<i>-</i>	

4. CHARITABLE EXPENDITURE

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Subcontractors & programme development	102	31,626	31,728	32,342
Project costs	616	8,132	8,748	5,525
Employee salaries	-	32,089	32,089	23,545
Support costs (Note 5)	3,123	4,000	7,123	7,181
Governance costs (Note 6)	2,377	906	3,283	3,013
	<u>6,218</u>	<u>76,753</u>	<u>82,971</u>	<u>71,606</u>
<i>2023</i>	<i>5,744</i>	<i>65,862</i>	<i>71,606</i>	

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

5. SUPPORT COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Website	1,325	-	1,325	891
Travel expenses	-	2,665	2,665	998
Office and telephone expenses	-	825	825	3,011
Insurance	583	-	583	436
Miscellaneous expenses	975	510	1,485	1,605
Bank charges	240	-	240	240
	<u>3,123</u>	<u>4,000</u>	<u>7,123</u>	<u>7,181</u>
<i>2023</i>	<i>2,949</i>	<i>4,232</i>	<i>7,181</i>	

6. GOVERNANCE COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Accounts preparation	1,664	-	1,664	1,736
Independent Examination fee	700	-	700	670
Payroll services	-	792	792	468
Fees payable to Independent Examiner	<u>2,364</u>	<u>792</u>	<u>3,156</u>	<u>2,874</u>
Trustee Meetings	-	-	-	126
Legal and professional fees	13	114	127	13
	<u>2,377</u>	<u>906</u>	<u>3,283</u>	<u>3,013</u>
<i>2023</i>	<i>2,545</i>	<i>468</i>	<i>3,013</i>	

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

7. ANALYSIS OF STAFF COSTS

	2024	2023
	£	£
Wages and salaries	31,250	23,146
Employer pension contributions	839	399
	<u>32,089</u>	<u>23,545</u>

Particulars of employees:

The average number of employees during the year, calculated on a headcount basis, was as follows:

	2024	2023
	No.	No.
Number of staff	2	2

None of the employees' emoluments exceeded £60,000.

None of the trustees or persons connected with them received any remuneration for their services.

8. DEBTORS

	2024	2023
	£	£
Other debtors	112,027	148,601
	<u>112,027</u>	<u>148,601</u>

Other debtors consist of the balance of a three year grant awarded by the National Lottery Community Fund (£97,027, of which £45,453 is receivable after more than one year and the balance of a two year grant (£15,000) awarded by ECC Active Essex LDP.

9. CREDITORS: Amounts falling due within one year

	2024	2023
	£	£
Accruals	3,125	2,516
Other creditors	134	86
	<u>3,259</u>	<u>2,602</u>

10. UNRESTRICTED FUNDS

	Movement in resources:			
	Balance at 1 April 2023	Income	Expenditure	Balance at 31 March 2024
	£	£	£	£
General unrestricted funds	12,880	1,685	(6,218)	8,347
	<u>12,880</u>	<u>1,685</u>	<u>(6,218)</u>	<u>8,347</u>

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024**

11. RESTRICTED FUNDS - movement in resources

	Balance at 01 April 2023	Income	Expenditure	Transfer	Balance at 31 March 2024
	£	£	£	£	£
1) Age Well Tendring CVS	-	31,500	(6,950)	-	24,550
2) NHS NE CCG	752	-	(752)	-	-
3) Age Well C360	-	25,000	(11,063)	-	13,937
4) Nettlefold Gayner Foundation	16,500	-	-	-	16,500
5) Active Essex Grant	-	30,000	(7,650)	-	22,350
6) Colchester Catalyst	-	15,000	(14,055)	-	945
7) National Lottery Community Fund (RC London and South East region)	148,601	-	(36,220)	-	112,381
8) ASDA Foundation	-	500	(63)	-	437
9) Lions Club	-	200	-	-	200
	<u>165,853</u>	<u>102,200</u>	<u>(76,753)</u>	<u>-</u>	<u>191,300</u>

- 1) A 2023 grant of £31,500 from Age Well Tendring Community Voluntary Services, to provide health support through physical activities to residents from care home across Tendring.
- 2) A 2022 grant received from NHS North Essex Clinical Commissioning Group to deliver FANS initiatives across North East Essex.
- 3) A 2023 grant of £25,000 from Age Well Community 360, to support a Friends and Neighbours (FANS) project with care homes across Colchester.
- 4) Nettlefold Gayner Foundation provided £16,500 in February 2023 to enable the charity to continue to offer Friends and Neighbours (FANS) projects to residents from care homes across Colchester and support the expansion across Tendring, Maldon & Braintree.
- 5) A grant of £30,000 from the Active Essex Local Delivery Pilot, to provide health support through physical activities to residents from care home across Tendring for 2 years from 1.4.23 until 31.3.25.
- 6) A grant of £15,000 was awarded by Colchester Catalyst, to provide health support through physical activities to residents from care homes across Tendring.
- 7) In December 2022 the charity was awarded a grant of £148,601 by the National Lottery Community Fund. The grant will be received over 3 years and is to support the charity's Supporting Care Home Communities project.
- 8) A £500 donation for funding for Friends and Neighbours (FANS) projects from ASDA Foundation Green Token Scheme.
- 9) A £200 donation for funding to provide refreshments for Braintree Walk & Talks, from Lions Club.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

12. FUNDS NOTES - PRIOR YEAR

RESTRICTED FUNDS

	Balance at 01 April 2022 £	Income £	Expenditure £	Transfer £	Balance at 31 March 2023 £
1) Essex Community Foundation	13,959	-	(13,959)	-	-
2) NHS NE CCG	35,873	-	(35,121)	-	752
3) Arnold Clark Grant	-	1,000	(1,000)	-	-
4) Nettlefold Gayner Foundation	-	16,500	-	-	16,500
5) Active Essex Grant	9,756	-	(9,756)	-	-
6) Postcode Neighbourhood Trust	1,406	-	(1,406)	-	-
7) Jubilee celebration fund	(230)	4,850	(4,620)	-	-
8) National Lottery Community Fund (RC London and South East region)	-	148,601	-	-	148,601
	<u>60,764</u>	<u>170,951</u>	<u>(65,862)</u>	<u>-</u>	<u>165,853</u>

- 1) A 2022 grant of £18,143 from Essex Community Foundation, to support a Friends and Neighbours (FANS) project with care homes across Colchester, Tendring, Maldon, Braintree, Essex.
- 2) A 2022 grant received from NHS North Essex Clinical Commissioning Group to deliver FANS initiatives across North East Essex.
- 3) A £1,000 grant for Replacement Laptops was received from Arnold Clark motors.
- 4) Nettlefold Gayner Foundation provided £16,500 in February 2023 to enable the charity to continue to offer Friends and Neighbours (FANS) projects to residents from care homes across Colchester and support the expansion across Tendring, Maldon & Braintree.
- 5) Funding to continue the Mr Motivator work in developing 'motivators' to go into care homes and within care homes to be confident and motivated to deliver sessions to care home residents.
- 6) A grant of £19,985 was awarded by the Postcode Neighbourhood Trust in 2022 for a Projects Coordinator Salary to build organisational capacity.
- 7) A grant was awarded by The National Lottery Fund in April 2022 towards the cost of a Jubilee party.
- 8) In December 2022 the charity was awarded a grant of £148,601 by the National Lottery Community Fund. The grant will be received over 3 years and is to support the charity's Supporting Care Home Communities project.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

UNRESTRICTED FUNDS

	<i>Movement in resources:</i>				
	<i>Balance at 1 April 2022</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfer</i>	<i>Balance at 31 March 2023</i>
	<i>£</i>	<i>£</i>	<i>£</i>	<i>£</i>	<i>£</i>
<i>General unrestricted funds</i>	15,233	3,391	(5,744)	-	12,880
	<u>15,233</u>	<u>3,391</u>	<u>(5,744)</u>	<u>-</u>	<u>12,880</u>

13. RELATED PARTIES

No trustees was reimbursed expenses in 2024 (2023: £0).

14. COMPANY LIMITED BY GUARANTEE

Every member of the company undertakes to contribute to the assets of the Company in the event of the same being wound up during the time he/she is a member, or within one year afterwards, for the payments of the debts and liabilities of the company contracted before the time at which he/she ceases to be a member and of the costs, charges and expenses of winding up the same, and for the adjustments of the rights of the contributors among themselves such amount as may be required not exceeding one pound.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

England & Wales - Charity number 1153084

Accounts

COMPANY REGISTRATION NUMBER : 07298494

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
UNAUDITED FINANCIAL STATEMENTS
FOR
31 MARCH 2023**

Charity Number : 1153084



Edmund Carr LLP
Chartered Accountants
146 New London Road
Chelmsford
Essex
CM2 0AW

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

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**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

COMPANY INFORMATION

YEAR ENDED 31 MARCH 2023

Date of incorporation	29th June 2010
Registered company number	07298494
Registered charity number	1153084
Registered address	146 New London Road Chelmsford Essex CM2 0AW
Directors	Lisa Ann Carpenter Violet Anne Mary Haddow (Resigned 20/01/2023) Tony Paul Smith Emma Clarke Karon Gush (Appointed 06/02/2023) Marianne Telfer (Appointed 01/02/2023) Meg Kane
Bankers	Metro Bank 38 High Street Chelmsford Essex CM1 1BE
Independent Examiner	C A Barker FCA Edmund Carr LLP Chartered Accountants 146 New London Road Chelmsford Essex CM2 0AW

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT

YEAR ENDED 31 MARCH 2023

The Trustees are pleased to present their annual report together with the unaudited financial statements of the charity for the year ended 31st March 2023, which are also prepared in order to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014.

The Directors of the charity as shown on page 1 are also the Trustees of the charity.

OBJECTIVES AND ACTIVITIES

Our aim is to help to improve the quality of life for older people living in care homes in Essex through meaningful engagement with their friends and neighbours (FaNs) through our FANS initiatives.

Our Charitable Object is:

To promote social inclusion for public benefit by helping older people who are socially excluded as a result of their physical and/or mental disabilities, in particular but not exclusively, those living in residential care settings in Essex, to engage meaningfully and integrate as fully as possible into society, by:

- a) Promoting, increasing and co-ordinating opportunities for these older people to engage with individuals and organisations within their communities according to their needs, interests and preferences and to enable them to make their own contributions to their wider communities if they so wish
- b) Raising public awareness and understanding of the work and day to day life for older people within residential care settings and the needs of the residents, to encourage volunteering and enable these residents in practical ways to participate more effectively with the wider community
- c) Recruiting, training and supporting volunteers to befriend and support older people.

Our main activities:

Explore and develop ways to mobilise the resources of all sections of our communities to take an active interest in the well-being of their local care homes and the people who live in them, contributing whatever, whenever and however they are able.

Enabling care home owners and staff to work with their local communities for the benefit of their residents through our FaNs initiatives.

Collaborate with organisations across Essex and the UK to share the ideas, experiences and learning arising from these activities.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT

YEAR ENDED 31 MARCH 2023

Public benefit

During the year, the directors of the My Home Life Essex Community Association have paid due regard to the Charity Commission Guidance on Public Benefit and ensured that the objects of the charity, as stated in the Articles, were carried out.

The primary beneficiaries of our work are the people who live in care homes for older people throughout the County of Essex. These beneficiaries are categorised as “vulnerable adults” which is the sole criterion used to identify them. In practice, there are many secondary beneficiaries amongst those who contribute to the work, particularly amongst the adults, children and young people who are involved as part of our FaNs micro-volunteering model. We do not discriminate amongst beneficiaries or contributors in terms of age, disability, gender identity, ethnic origin, religion or belief, sexual orientation, marital status or any other criterion. We have ample evidence of the benefits of this work.

No personal benefits accrue to the Trustees or other volunteers apart from the payment of out of pocket expenses.

ACHIEVEMENTS AND PERFORMANCE

With COVID behind us, we began the financial year reinstating our projects promoting face to face engagements, beginning with a Jubilee Party in June which was a wonderful occasion and well attended by one hundred and twenty four residents and staff from sixteen care homes. This received incredibly positive feedback from care home staff and residents, some of whom had not been outside a care home since before lockdown. Learning from this, we were determined to increase face to face engagements, larger social gatherings and reduce the online streaming, subject to the needs and wishes of care homes and residents who were learning to live with COVID. These well received and uplifting gatherings included:

- A Care Home Commonwealth Games involving one hundred and five residents from ten care homes in safe indoor and outdoor sports.
- A Remembrance Service for twenty-eight residents from four care homes.
- A World Cup Football tournament involving safe indoor sports and a party for sixty-four residents from six care homes.
- A Christmas Party for ninety-two residents from nine care homes, complete with a DJ, singer and Santa.
- A Christmas Panto with eighty-one residents from seven care homes

We were also able to restart our face to face FaNs ‘Up Project’, which connects nursery and pre-school children with care home residents. Amongst others, our leading ‘Up Project’ nursery Cheeky Childminders were delighted to once again visit their ‘grandfriends’ within the care home setting and continue their invaluable intergenerational relationships, along with learning, play, exercise and fun.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2023

Our FaNs Wishing Washing Line, which grants personal wishes for residents, was also able to grant face to face wishes once again. These wishes, amongst many other things, included a wish for an ice cream van to visit one care home; taking a car loving resident to the Ardleigh Car Show; taking snakes to a snake loving care home resident to hold and a joint birthday party wish with a local baker donating the cake. We also granted a wish for an 88 year old lady to fly over Essex in a light aircraft. She had never flown before but it had been on her bucket list for many years and it was a pleasure to see the joy on her face. There were special requests for the community to join in birthday celebrations for Millie's 107th birthday and Wanda's 102nd birthday. This allowed Wanda to share her remarkable story of her experience surviving concentration camp in the Second World War. Mr Motivator provided training for care home staff to enable them to deliver safe movement to care home residents. These are just some examples of our work. To find out more please follow us on Facebook page @fansnetwork and check out our website www.fansnetwork.org.

Maintaining and buildinexisting and remains key to the success of our projects and in 2022/2023 we collaborated with many existing and new partnerships including Tesco, Harris and Hoole, Essex County Council, Princes Theatre, Morrisons, Asda, DJ Buzby, Nancy May, FirstSite Colchester, Essex Flames, Colchester Anti Loo Roll Brigade, Merville Barracks, Colchester City Council, Colchester Sports Park, Colchester United, Community 360, Beestons Coaches, Derrick Errol Evans AKA Mr Motivator, Colchester United FC, Colchester Castle and Cheeky Childminding.

We also set about enabling the 3-year plan to operate equally across Colchester, Tendring, Maldon and Braintree, agreed back in 2021/2022. We successfully piloted a new dedicated role in Tendring in the final 6 months of the 2023/2023 financial year using existing funding. We have worked throughout 2022/2023 to successfully secure grants, including a three year grant from The National Lottery Community Fund to sustain the Tendring role and expand into Maldon and Braintree in 2023/2024. Further grants towards this project were awarded to us by grant funders in April 2023.

With more focus on face-to-face engagements, applying for grants to deliver our 3-year plan and hiring new staff we were not able to spend much time self-fundraising in 2022/2023. We have however made this a key requirement of our new staff who will be planning self-fundraising events in 2023/2024.

Web Based Community Engagement Tools

Social Media (Facebook and more recently Instagram) remains essential to our community engagement and is our main news and public communication resource, along with our web site which remains essential to funders and prospective partners. We have dedicated time to updating and refreshing our website to ensure the information is concise, informative and current.

FaNs projects do not use a traditional volunteering programme with registered volunteers. We instead encourage and support a micro-volunteering model of direct relationships between Care Homes and their local community for a variety of outcomes. This means it is not always easy to keep track of precise numbers of volunteers and beneficiaries and we rely instead on user cases and assumption-based modelling to determine beneficiaries and impact where needed.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2023

LOOKING FORWARD

With multi-year funding secured and staff hired, we will be focusing on delivering sustainable outcomes across all areas of deprivation within the Tendring, Colchester, Maldon and Braintree areas. We will be developing and testing new approaches that create community engagements and promote wider health and wellbeing for residents in care home settings. Developing community assets in this way maximises the value of community volunteers and strategic partners in these local communities through our unique micro-volunteering model.

Fundraising continues to remain a high priority for our charity to reduce reliance on grant funding.

We will not be seeking any new Trustees at this time unless a position becomes available.

FINANCIAL REVIEW

The Board completed an annual review of its financial procedures in October 2022.

During the financial year we lost 1 staff member and gained 2 more in the process to increase outcomes and benefits for our beneficiaries.

Policy on Reserves

The My Home Life Essex Community Association is currently funded primarily through grants made for specified purposes and supplemented by our own charity fundraising activities.

During the year, the financial accounts have been reviewed at each held Board meeting to ensure appropriate oversight of the expenses, cashflow forecast and funding commitments.

Core costs

During 2022/2023 core costs have been kept under review and remain reasonably consistent with no material changes to operational practices or supplier contracts.

Core costs are primarily for

- Insurance
- Bank charges
- Website hosting and software support
- Administrative costs and consumables
- Capital expenditure on equipment as required
- Project expenses not aligned with grant conditions

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2023

Grant funded projects

The 2022/2023 financial year started with reserves of £75,997 rolled over from the previous financial year. We were then successful in being awarded five further grants totalling £173,451 as follows:

£4,850 from The National Lottery Community Fund for a jubilee party for residents from care homes across the Tendring and Colchester.

£1,000 from Arnold Clark for the upgrade of computers for our staff.

£2,500 from The Mr & Mrs Mount Trust to help the charity develop its FaNs community engagement strategy, promoting health and well-being in local Essex communities around Care Homes.

£16,500 from Nettlefold Gayner Foundation to continue to offer Friends and Neighbours (FANS) projects to residents from care homes across Colchester and support the expansion across Tendring, Maldon & Braintree.

£148,601 3-year grant from The National Lottery Community Fund to Supporting Care Home Communities through the expansion of Friends and Neighbours (FANS) projects to residents from care homes across Maldon & Braintree.

Policy on Reserves for 2022/2023

Unrestricted funds: Maintain sufficient funds to cover all core costs for a minimum of three months, excluding salary and on-costs (*which are covered by restricted funds*).

Restricted funds: Funds granted for specified projects are to be disbursed according to the agreed budget over the duration of the projects.

Designated funds: These are funds that are not restricted but the Board has agreed to allocate funds to a specific future need to support longer term commitments.

The policy on reserves is to be reviewed annually at the Board meeting immediately following the end of each financial year.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

The company is operated under the rules of its memorandum and articles of association dated 29th June 2010, with the latest revision on 20 August 2019. It is a company limited by guarantee and therefore, has no share capital. The company was registered as a charity with effect from 26 July 2013.

There have been two changes with the appointment of two new Trustees in December 2022 to strengthen the Board. As previously mentioned, his has added a senior research officer with the University of Essex who specialises in development of content for understanding society, and a care homes regional operations manager. The membership of the Trustee Board is reviewed frequently to ensure it remains current with the needs of elderly people and goals of the charity.

The Trustees continue to contribute a significant amount of time, energy and enthusiasm to the day to day running of the charity updating policies and procedures, providing support to the operational staff for project delivery, monitoring of grant funded projects and ongoing fundraising efforts.

Overall management of the company is the responsibility of the Directors who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is managed and carried out by paid staff and volunteers.

Any Board member may propose the appointment of a new Director. If the Board agrees the prospective Director is invited for informal discussions with nominated Board members and, if appropriate, to attend one or more Board meetings. All Board members are given a copy of the Charity Commission publication CC3 – “The Essential Trustee: What You Need To Know” and are required to confirm in writing the fact that they have read, understood and accept the responsibilities involved.

The Board reviews major risks annually and ensures systems and procedures are established to manage these risks.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

Approved by the directors on 18 December 2023 and signed on their behalf by:

Tony Smith

.....

Tony Smith

Chair

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

YEAR ENDED 31 MARCH 2023

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2023 which are set out on pages 9 to 18.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company'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.

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 that in any material respect:

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).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Colin Barker

.....

C A Barker FCA

Edmund Carr LLP
146 New London Road
Chelmsford
CM2 0AW

Date: 19 December 2023

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

**STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND
EXPENDITURE ACCOUNT)**

YEAR ENDED 31 MARCH 2023

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
INCOME from:					
Donations	2	3,391	170,951	174,342	86,758
Other income	3	-	-	-	480
TOTAL INCOME		<u>3,391</u>	<u>170,951</u>	<u>174,342</u>	<u>87,238</u>
EXPENDITURE on:					
Charitable activities	4	5,744	65,862	71,606	53,933
TOTAL EXPENDITURE		<u>5,744</u>	<u>65,862</u>	<u>71,606</u>	<u>53,933</u>
NET INCOME/(EXPENDITURE)		(2,353)	105,089	102,736	33,305
TRANSFERS BETWEEN FUNDS		-	-	-	-
NET MOVEMENT IN FUNDS		<u>(2,353)</u>	<u>105,089</u>	<u>102,736</u>	<u>33,305</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		15,233	60,764	75,997	42,692
Total funds carried forward		<u>12,880</u>	<u>165,853</u>	<u>178,733</u>	<u>75,997</u>

The charity has no recognised gains or losses other than the results for the year as set out above.

The notes on pages 11 to 18 form part of these financial statements.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
BALANCE SHEET
AS AT 31 MARCH 2023**

	Note	2023 £	2022 £
CURRENT ASSETS			
Debtors	8	148,601	-
Cash at bank		32,734	78,561
		<u>181,335</u>	<u>78,561</u>
CREDITORS: Amounts falling due within one year	9	<u>(2,602)</u>	<u>(2,564)</u>
NET CURRENT ASSETS		178,733	75,997
NET ASSETS		<u>178,733</u>	<u>75,997</u>
FUNDS OF THE CHARITY			
Unrestricted income funds	10	12,880	15,233
Restricted income funds	11	165,853	60,764
TOTAL CHARITY FUNDS		<u>178,733</u>	<u>75,997</u>

For the year ending 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- i) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions for small companies.

These financial statements were approved by the directors on 18 December 2023 and are signed on their behalf by:

Tony Smith
.....

T SMITH

Director and Chair

Company Registration Number: 07298494

The notes on pages 11 to 18 form part of these financial statements.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES

a) Basis of accounting

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), 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 (effective 1 January 2019) (Charities SORP FRS102) and the Companies Act 2006.

b) Legal Status

My Home Life Essex Community Association is a charitable company limited by guarantee. It is incorporated in England and Wales and its registered address is 146 New London Road, Chelmsford, Essex, CM2 0AW. It meets the definition of a public benefit entity under FRS102.

c) Going Concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

d) Income

Income from donations and grants is included in income when the charity becomes entitled to the resources, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

When donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.

When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions have been met.

When donors specify that donations and grants are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

Gifts in kind of services are included in income and expenditure when the service is provided.

e) Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the Directors' Report.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES continued

f) Expenditure

All expenditure is accounted for on an accruals basis and includes VAT as the charity is not VAT registered. The charity analysed expenditure using a natural classification.

g) Taxation

The company is a registered charity and, as such, is exempt from tax on income and gains to the extent that funds are applied for its charitable purposes.

h) Debtors

Trade and other debtors are recognised at the settlement amount due.

i) Cash at bank

Cash at bank is held in a current account.

j) Creditors and provisions

Creditors and provisions are recognised wherever the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount.

k) Fund accounting

Funds held by the charity are either:

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Designated funds – these are funds set aside by the trustees out of unrestricted funds for specific future purposes or projects.

Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023**

2. DONATIONS & GRANTS	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Essex Community Foundation	-	-	-	18,143
Independent Age	-	-	-	13,500
NHS NE CCG	-	-	-	36,300
ECC Active Essex	-	-	-	10,000
The Mr & Mrs Mount Trust	2,500	-	2,500	2,500
Arnold Clark	-	1,000	1,000	-
Nettlefold Gayner Foundation	-	16,500	16,500	-
TNL - Community Fund	-	4,850	4,850	-
TNL - Community Fund 3 year grant	-	148,601	148,601	-
Other donations	891	-	891	6,315
	<u>3,391</u>	<u>170,951</u>	<u>174,342</u>	<u>86,758</u>
<i>2022</i>	<i>8,815</i>	<i>77,943</i>	<i>86,758</i>	

3. OTHER INCOME

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Contribution to costs	-	-	-	-
Government grant: job retention scheme	-	-	-	480
	<u>-</u>	<u>-</u>	<u>-</u>	<u>480</u>
<i>2022</i>	<i>480</i>	<i>-</i>	<i>480</i>	

4. CHARITABLE EXPENDITURE

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Subcontractors & programme development	-	32,342	32,342	28,038
Project costs	250	5,275	5,525	1,020
Employee salaries	-	23,545	23,545	17,833
Support costs (Note 5)	2,949	4,232	7,181	4,105
Governance costs (Note 6)	2,545	468	3,013	2,937
	<u>5,744</u>	<u>65,862</u>	<u>71,606</u>	<u>53,933</u>
<i>2022</i>	<i>5,596</i>	<i>48,337</i>	<i>53,933</i>	

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

5. SUPPORT COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Website	865	26	891	516
Travel expenses	-	998	998	1,328
Office and telephone expenses	89	2,922	3,011	360
Insurance	436	-	436	405
Miscellaneous expenses	1,319	286	1,605	1,276
Bank charges	240	-	240	220
	<u>2,949</u>	<u>4,232</u>	<u>7,181</u>	<u>4,105</u>
<i>2022</i>	<i>2,412</i>	<i>1,693</i>	<i>4,105</i>	

6. GOVERNANCE COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Accounts preparation	1,736	-	1,736	1,592
Independent Examination fee	670	-	670	640
Payroll services	-	468	468	534
Fees payable to Independent Examiner	2,406	468	2,874	2,766
Trustee Meetings	126	-	126	56
Legal and professional fees	13	-	13	115
	<u>2,545</u>	<u>468</u>	<u>3,013</u>	<u>2,937</u>
<i>2022</i>	<i>2,672</i>	<i>265</i>	<i>2,937</i>	

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

7. ANALYSIS OF STAFF COSTS

	2023	2022
	£	£
Wages and salaries	23,146	17,337
Employer pension contributions	399	496
	<u>23,545</u>	<u>17,833</u>

Particulars of employees:

The average number of employees during the year, calculated on a headcount basis, was as follows:

	2023	2022
	No.	No.
Number of staff	2	1

None of the employees' emoluments exceeded £60,000.

None of the trustees or persons connected with them received any remuneration for their services.

8. DEBTORS

	2023	2022
	£	£
Other debtors	148,601	-
	<u>148,601</u>	<u>-</u>

Other debtors consist of a three year grant awarded by the National Lottery Community Fund, of which £97,027 is receivable after more than one year.

9. CREDITORS: Amounts falling due within one year

	2023	2022
	£	£
Accruals	2,516	2,481
Other creditors	86	83
	<u>2,602</u>	<u>2,564</u>

10. UNRESTRICTED FUNDS

	Movement in resources:			
	Balance at 1 April 2022	Income	Expenditure	Balance at 31 March 2023
	£	£	£	£
General unrestricted funds	15,233	3,391	(5,744)	12,880
	<u>15,233</u>	<u>3,391</u>	<u>(5,744)</u>	<u>12,880</u>

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023**

11. RESTRICTED FUNDS - movement in resources

	Balance at 01 April 2022	Income	Expenditure	Transfer	Balance at 31 March 2023
	£	£	£	£	£
1) Essex Community Foundation	13,959	-	(13,959)	-	-
2) NHS NE CCG	35,873	-	(35,121)	-	752
3) Arnold Clark Grant	-	1,000	(1,000)	-	-
4) Nettlefold Gayner Foundation	-	16,500	-	-	16,500
5) Active Essex Grant	9,756	-	(9,756)	-	-
6) Postcode Neighbourhood Trust	1,406	-	(1,406)	-	-
7) Jubilee celebration fund	(230)	4,850	(4,620)	-	-
8) National Lottery Community Fund (RC London and South East region)	-	148,601	-	-	148,601
	<u>60,764</u>	<u>170,951</u>	<u>(65,862)</u>	<u>-</u>	<u>165,853</u>

- 1) A 2022 grant of £18,143 from Essex Community Foundation, to support a Friends and Neighbours (FANS) project with care homes across Colchester, Tendring, Maldon, Braintree, Essex.
- 2) A 2022 grant received from NHS North Essex Clinical Commissioning Group to deliver FANS initiatives across North East Essex.
- 3) A £1,000 grant for Replacement Laptops was received from Arnold Clark motors.
- 4) Nettlefold Gayner Foundation provided £16,500 in February 2023 to enable the charity to continue to offer Friends and Neighbours (FANS) projects to residents from care homes across Colchester and support the expansion across Tendring, Maldon & Braintree.
- 5) Funding to continue the Mr Motivator work in developing 'motivators' to go into care homes and within care homes to be confident and motivated to deliver sessions to care home residents
- 6) A grant of £19,985 was awarded by the Postcode Neighbourhood Trust in 2022 for a Projects Coordinator Salary to build organisational capacity.
- 7) A grant was awarded by The National Lottery Fund in April 2022 towards the cost of a Jubilee party.
- 8) In December 2022 the charity was awarded a grant of £148,601 by the National Lottery Community Fund. The grant will be received over 3 years and is to support the charity's Supporting Care Home Communities project.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS**

YEAR ENDED 31 MARCH 2023

**12. FUNDS NOTES - PRIOR YEAR
RESTRICTED FUNDS**

	Balance at 01 April 2021 £	Income £	Expenditure £	Transfer £	Balance at 31 March 2022 £
1) Essex Community Foundation	-	18,143	(4,184)	-	13,959
2) NHS NE CCG	-	36,300	(427)	-	35,873
3) Independent Age	-	13,500	(13,500)	-	-
4) Awards for All grant 2021	5,987	-	(5,974)	(13)	-
5) CIF Grant 2020	4,371	-	(4,371)	-	-
6) Active Essex Grant	-	10,000	(244)	-	9,756
7) One Colchester Winter Resilience Fund	1,328	-	(1,328)	-	-
8) Postcode Neighbourhood Trust	19,485	-	(18,079)	-	1,406
9) Jubilee celebration fund	-	-	(230)	-	(230)
	<u>31,171</u>	<u>77,943</u>	<u>(48,337)</u>	<u>(13)</u>	<u>60,764</u>

- 1) A 2022 grant of £18,143 from Essex Community Foundation, to support a Friends and Neighbours (FANS) project with care homes across Colchester, Tendring, Maldon, Braintree, Essex.
- 2) A 2022 grant received from NHS North Essex Clinical Commissioning Group to deliver FANS initiatives across North East Essex.
- 3) To re-establish Friends and Neighbours (FANS) community connections and intergenerational engagement for older people living in Essex Care Homes isolated by the Covid pandemic.
- 4) A grant of £10,000 from the National Lottery Community Fund Awards for All towards staff and project costs to provide Covid 19 Care Home Support. The balance has been transferred to core.
- 5) The CIF Grant 2020 is for the expansion of the Wishing Washing Line project in Mid-Essex.
- 6) Continue the Mr Motivator work in developing 'motivators' to go into care homes and within care homes to be confident and motivated to deliver sessions to care home residents
- 7) A grant of £1,937.50 from the One Colchester Resilience Fund for a pilot project in partnership with North Essex Digital Access Team helping care home residents to connect through technology.
- 8) A grant of £19,985 from the Postcode Neighbourhood Trust for a Projects Coordinator Salary to build organisational capacity.
- 9) A grant was awarded by The National Lottery Fund in April 2022 towards the cost of a Jubilee party.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023**

UNRESTRICTED FUNDS

	<i>Balance at 1 April 2021 £</i>	<i>Movement in resources:</i>			<i>Balance at 31 March 2022 £</i>
		<i>Income £</i>	<i>Expenditure £</i>	<i>Transfer £</i>	
<i>General unrestricted funds</i>	11,521	9,295	(5,596)	13	15,233
	<u>11,521</u>	<u>9,295</u>	<u>(5,596)</u>	<u>13</u>	<u>15,233</u>

13. RELATED PARTIES

No trustees was reimbursed expenses in 2023 (2022: 2 trustees - £46).

14. COMPANY LIMITED BY GUARANTEE

Every member of the company undertakes to contribute to the assets of the Company in the event of the same being wound up during the time he/she is a member, or within one year afterwards, for the payments of the debts and liabilities of the company contracted before the time at which he/she ceases to be a member and of the costs, charges and expenses of winding up the same, and for the adjustments of the rights of the contributors among themselves such amount as may be required not exceeding one pound.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

England & Wales - Charity number 1153084

Accounts

COMPANY REGISTRATION NUMBER : 07298494

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
UNAUDITED FINANCIAL STATEMENTS
FOR
31 MARCH 2022**

Charity Number : 1153084



Edmund Carr LLP
Chartered Accountants
146 New London Road
Chelmsford
Essex
CM2 0AW

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

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**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

COMPANY INFORMATION

YEAR ENDED 31 MARCH 2022

Date of incorporation	29th June 2010
Registered company number	07298494
Registered charity number	1153084
Registered address	146 New London Road Chelmsford Essex CM2 0AW
Directors	Brian William Mister MBE (resigned 31/12/2021) Lisa Ann Carpenter Violet Anne Mary Haddow Tony Paul Smith Emma Clarke Pamela Graham (resigned 31/12/2021) Meg Kane (appointed 9/12/2021)
Bankers	Metro Bank 38 High Street Chelmsford Essex CM1 1BE
Independent Examiner	C A Barker FCA Edmund Carr LLP Chartered Accountants 146 New London Road Chelmsford Essex CM2 0AW

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT

YEAR ENDED 31 MARCH 2022

The Trustees are pleased to present their annual report together with the unaudited financial statements of the charity for the year ended 31st March 2022, which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014.

The Directors of the charity as shown on page 1 are also the Trustees of the charity.

OBJECTIVES AND ACTIVITIES

Our aim is to help to improve the quality of life for older people living in care homes in Essex through meaningful engagement with their friends and neighbours (FaNs) through our FANS initiatives.

Our Charitable Object is:

The promotion of social inclusion for public benefit by helping older people who are socially excluded as a result of their physical and/or mental disabilities, in particular but not exclusively those living in residential care settings in Essex, to engage meaningfully and re-integrate as fully as possible into society, in particular by:

- a) Promoting, increasing or co-ordinating opportunities for these older people to engage with individuals and organisations in their wider communities according to their needs, interests and preferences, and to enable them to make their own contributions to their wider communities if they so wish;
- b) Raising public awareness and understanding of the work and day to day life for older people within residential care settings and the needs of the residents to encourage volunteering and enable these residents in practical ways to participate more effectively with the wider community; and
- c) Recruiting, training and supporting volunteers to befriend and support older people.

Our main activities:

Explore and develop ways to mobilise the resources of all sections of our communities to take an active interest in the well-being of their local care homes and the people who live in them, contributing whatever, whenever and however they are able.

Enabling care home owners and staff to work with their local communities for the benefit of their residents through our FaNs initiatives.

Collaborate with organisations across Essex and the UK to share the ideas, experiences and learning arising from these activities.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT

YEAR ENDED 31 MARCH 2022

Public benefit

During the year, the directors of the My Home Life Essex Community Association have paid due regard to the Charity Commission Guidance on Public Benefit and ensured that the objects of the charity, as stated in the Articles, were carried out.

The primary beneficiaries of our work are the people who live in care homes for older people throughout the County of Essex. These beneficiaries are categorised as “vulnerable adults” which is the sole criterion used to identify them. In practice, there are many secondary beneficiaries amongst those who contribute to the work, particularly amongst the adults, children and young people who are involved as part of our FaNs micro-volunteering model. We do not discriminate amongst beneficiaries or contributors in terms of age, disability, gender identity, ethnic origin, religion or belief, sexual orientation, marital status or any other criterion. We have ample evidence of the benefits of this work.

No personal benefits accrue to the Trustees or other volunteers apart from the payment of out of pocket expenses.

ACHIEVEMENTS AND PERFORMANCE

The COVID pandemic continued to have a significant impact on our charity throughout the 2021/2022 financial year due to grant funding being diverted to COVID relief. The outlook towards the end of this financial year started to improve as these grants came to an end and funders established new grants aimed at getting charities back on track, delivering strategic outcomes and benefits rather than COVID relief.

Sustaining & growing the high-impact, low-cost initiatives of our “FaNs” (Friends and Neighbours) Programme and developing our local partnerships continued to be our focus throughout 2021/2022. Despite COVID, we managed to grow our FaNs micro volunteers to more than 3,200 through the use of social media and we gained many more volunteers through our initiatives; this included working in partnership with Harris & Hoole and Tesco to deliver more than 15,000 personal Christmas cards and 1,000 Christmas gifts to care home residents, to let them know their community cared.

We continued to fundraise to raise awareness of the charity’s activities and grow our unrestricted funds which was an important priority in the year 2021/22. Despite the COVID pandemic, we managed to raise more than £6,300 through regular individual donations, fundraisers, the Essex Lottery, along with The Giving Machine, PayPal and Amazon charitable schemes.

The Board also had some success winning grants to enable us to sustain our reach across North-East and Mid-Essex, from Essex Community Foundation, Independent Age, Mr & Mrs Mount Trust, NEE Clinical Commissioning Group and Active Essex.

We continued to collaborate with organisations across the UK sharing information, ideas and experience related to community engagement, including other organisations creating community cohesion using the FaNs Wishing Washing Line (WWL).

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2022

FaNs (Friends and Neighbours)

Throughout COVID we have seen the power of community cohesion from the positive responses to our Covid-adapted online initiatives. For 2021/2022 we continued to operate these online initiatives but also looked to move back to face-to-face COVID safe engagements, which have much greater benefit for care home residents who have been isolated for so long during COVID. New activities in this financial year developed from residents' needs and new local partnerships included a new Gardening Project with Together We Grow CIC, an Art Exhibition with We Are The Minorities and an online exercise class with celebrity Mr Motivator.

As we adapted and re-established our initiatives on a 'test and learn' basis, a group of 'super 10' care homes emerged as being ready and willing to re-engage with their local communities. These care homes were some of the early adopters of FaNs whom we have longstanding and sustained relationships with. Ongoing successful participation in FaNs activities and the enthusiastic community engagement response around those 10 care homes demonstrated to us that a more intensive geographical focus, facilitated by our Team, greatly enhances sustainable impact with longevity extending beyond the initial intervention. This had huge benefits for Care Home residents in Colchester and the sharing of 'good news stories' from these engagements encouraged wider participation from care homes and community FaNs located in other areas.

Some of the time, on-going Covid restrictions and the resurgence of variants made in person activities impossible, as the care homes were unable to either accept visitors or leave their care setting. As such, we looked at each of the projects we sought to reinstate and where necessary, adapted them to allow the residents to still gain from the experiences.

Here are some examples of the developed projects the grant enabled us to deliver, and to further enhance the lives of older people living in residential care:

Our young FaNs intergenerational project and the relationship between the children/young adults and care home residents has always been incredibly advantageous to both groups, as has the residents' connection with animals. With the inability of either group to visit the care homes physically, we collaborated with Osnabrook Zoo in Germany and set up monthly zoom calls into four care homes. This allowed the residents to view the animals, watch them being fed and interact with the zookeepers. Every session focussed on a different group of animals, with the zookeepers relaying information and holding a question and answers session with the residents too. Any residents' wishes and requests were sent to the zoo to personalise the calls and enrich the experience. As many residents missed the one-to-one contact they had previously enjoyed with our young FaNs, we invited Butterfly Barns Nursery to also participate in the zoom calls. The residents were thrilled to see the children and share their delight in seeing the animals in their home setting.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2022

In November, we were delighted that three care homes and eight residents were able to join us in person for the Remembrance service event in Colchester. They were thrilled to be able to attend and be part of the outside world again and enjoyed interacting with members of the military who generously spent time chatting with them. We partnered with Community 360 who supplied minibuses to transport the residents to and from the service. We arranged for volunteers from Essex Flames Cheerleading team to assist, who interacted well with the residents. Watching the Remembrance Parade sparked emotional connections with previous memories and experiences, which some shared with the volunteers, initiating feelings of pride and value, especially from those who served their country. After the service, by prior arrangement we took the residents and volunteers for tea and cakes at Firstsite Café, who subsidised this, it was most welcomed by all after a cold but very enjoyable and memorable morning.

The FaNs Christmas Gift Tree was set up in the Harris and Hoole coffee shop within Tesco, Colchester in November. The project's aim was for care home residents to write their wishes for a small gift on a tag for shoppers to pick up should they wish and buy the gift for the resident. We originally hoped that some of the gifts could be delivered in person by the generous giver, to make the act of kindness even more special, but again, due to the restrictions this was not possible. Instead, the gifts were collected from the community who shopped in the Tesco store and via our on-line campaign. Gifts were collated and delivered by FaNs volunteers to over 1,000 residents from 30 care homes across Colchester and Tendring. This was a great success and made a huge impact on residents' emotional well-being, through simple acts of kindness fulfilling individual wishes. FaNs created and strengthened links with Colchester Borough Council, Tesco, Harris & Hoole and Sleight Belles, engaging approximately 50 volunteers.

The FaNs Christmas Card project was also a wonderful success. The 'FaNs' post box was installed in Tesco, Highwoods and over 15,000 personal Christmas cards were sent to over 1,000 residents from 27 care homes who requested one, many with a letter or message of good wishes and introducing the sender to the individual resident. This was a wonderful success and a huge undertaking by FaNs, and volunteers from Hills Storage who were all delighted with the incredible number of cards sent. As well as Tesco shoppers and staff, 11 primary schools became involved and some made this part of their Christmas project, creating and writing the cards, making it an exciting and important project of kindness and sharing goodwill.

We had several ungranted wishes relating to gardening and planting from previous virtual Wishing Washing Line appeals, one particular wish was from Cynthia, a Clacton Care Home resident, who worked in a nursery during her younger years and said she wanted to 'once again plant seeds and watch them grow into amazing flowers, as it used to make her so happy.' We had clear evidence that there was a need for a gardening project for many residents, so through a new contact organisation called Together We Grow, we were offered the chance to co-produce a planting and growing project for them. Packs of seeds of flowers, plants, herbs and vegetables were packaged, then delivered to 20 care homes by FaNs staff and community volunteer Lee Pugh on his carbon neutral e-bike. The original plan was for face-to-face guidance and interaction from Wayne Setford from Together We Grow, but due to restrictions, this was moved to several online zoom calls from Wayne to the residents, who followed his instructions and advice. After planting, they nurtured and watched the seeds grow into flowers, plants and vegetables. We estimate in total that around just over 1,000 residents would have benefitted from this project, either planting, watching the seeds develop, cutting, cooking and eating the vegetable and herbs they grew themselves. This brought a sense of pride in their achievements, as a group and individually, capturing memories and prompting new conversations. This project was so successful that many of the homes are continuing to support the residents gardening projects and as a charity, we hope to contribute to new Spring Initiatives.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2022

We worked in collaboration with 'We are the Minorities' Colchester to curate an exhibition to showcase the artwork of care home residents in the local area. Residents were invited to produce and exhibit their artwork in a local pop-up gallery in Colchester town; FaNs invited Care Homes with whom we have an existing relationship to take part in this initiative, as well as new Care Homes via advertising the event on social media. We worked with David Hutt (Colchester Institute) and planned for their art students to also become involved in the project – working with the residents to create portraits of the contributing artists. Once again, due to Covid, the students were unable to visit the care homes, so sadly this was unable to take place. We now have good connections with Colchester Institute and hope to work with them on similar projects in the future. The exhibition ran over four days and was open to all. Our opening night was attended by invited guests such as local dignitaries and our collaborating partners. Refreshments supplied by Marks and Spencer were enjoyed.

Members of the public and anyone passing were welcomed throughout the next two days and our guests of honour, some of the residents themselves attended too. They were driven to and from the event by taxi. This was an important and very welcome part of the project as the residents enjoyed the trip out of the care home to see their artwork 'in lights' and once again mix with the outside community. Some of the artwork was individually created, such as cross stitch or paintings, others were group projects.

In all, 11 care homes took part and 28 different pieces of art were submitted. Around 60 residents participated in producing the artwork with some even being sold at the exhibition – to the delight of the residents. Many more residents benefitted though, even if they did not take part in the creations as the excitement of the exhibition ran through the care homes. The residents who attended the exhibition with their carers, enjoyed meeting people, proudly telling their stories of life and the reason behind their submissions. They were able to enjoy tea, snacks and dinner at a nearby restaurant too.

Jade Fothergill, Operations Manager from We are the Minorities said "It's been wonderful to work together with FaNs and offer this diverse exhibition to the community...looking forward to collaborating again!"

Samantha Farrow, Lifestyle Coordinator at St Fillan's Care Home said "Brilliant exhibition, some amazing work. Lovely to bring our residents...to see their work. Thanks FaNs for all you do"

A family member said "Lovely to see Care Homes engaging the residents' creativity"

Originating from a wish on our "Wishing Washing Line", we were able to connect 101 year old Marion from Down Hall care home in Bradwell with her celebrity idol fitness guru Mr. Motivator. Marion, a long-time fitness fanatic and instructor, was delighted to meet Mr Motivator over a Zoom call at the height of lockdown and took part in a virtual workout with him, transmitting live over Zoom to 39 Essex care homes and a further 600-700 residents. The FaNs team worked in collaboration with Colchester Borough Council and Mr Motivator to provide a virtual fitness activity for more care homes; this time visiting care homes in person and live streaming to as many care homes as possible, both inside and outside of Essex and this is ongoing. Residents, staff and loved ones dressed up for the sessions in bright colours and really enjoyed the activity. Of course, the health benefits are plentiful, as well as mental health and happiness too!

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2022

Graham, a care home resident said, 'It really set me up for the day, I feel more alive. It's togetherness really'

As April McWilliam, Manager at Squeaks House Care Home said 'the residents really enjoyed the session, and we will now make exercise classes a regular thing'

Mr Motivator said: "Your wellbeing is a way of life. The most important thing you can have is an independent, healthier you. You must not underestimate the impact that exercise can have on your mental and physical wellbeing. There is a curative power to exercise and those who are least active stand to benefit the most from their health and happiness."

Lucie Breadman, Colchester Borough Council Assistant Director for Communities said: "We are really excited to have Mr. Motivator encourage and entertain our care home residents in Colchester and across the county, helping our community become healthier and more active".

We have been very lucky to continue our collaborate with Nancy May, a professional mezzo soprano. Together we arranged in person concerts with 8 care homes within the care home premises, totalling around 250 residents. These were all a great success, and the residents enjoyed the tea, cakes and listening to Nancy's beautiful voice. Listening to music can have many meaningful psychological benefits, including reduced anxiety, improved mood and evoking memories and this was certainly the case for the care homes residents.

Julie Wells, Manager of Woodlands Care Home said "The ladies here absolutely love Nancy. They talk about her all the time and we're so thankful we got to have her come here twice! We're so excited about seeing her again soon"

Web Based Community Engagement Tools

Social Media/Facebook remains essential to our community engagement and is our main public news and public communication resource.

As always, when FaNs initiatives take off in the Community, we find the actual numbers of beneficiaries and volunteers difficult to quantify. FaNs uses a micro-volunteering model. This is not a traditional volunteering programme. We encourage and support direct relationships between Care Homes and their local community, but of course, this has been impacted by COVID. More than ever, Social Media remains a key part of our strategy to create these connections and we have continued to make good use of this to measure the strength of these relationships.

LOOKING FORWARD

We continue to seek multi-year funding that enables the Charity to operate equally across all areas of deprivation within the Tendring, Colchester, Maldon and Braintree areas, and to develop and test new approaches which continue to create communities who promote wider health and wellbeing for residents in care home settings. Developing community assets in this way maximises the value of community volunteers and strategic partners in these local communities through our unique micro-volunteering model.

Fundraising continues to remain a high priority for our charity to reduce reliance on grant funding.

Appointing new Trustees who can bring new skills, experience and perspectives to help us learn and adapt our charity continues to be a key priority for us in order that we remain relevant to the care home residents we benefit and for our own sustainability.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2022

We are pleased, therefore, to have hired a new Trustee with experience working for charities helping vulnerable women and continue to seek more new Trustees for our Board.

FINANCIAL REVIEW

The Board completed an annual review of its financial procedures in October 2022.

There were no staff changes in this financial year.

The Board made a strategic decision to end the Coronavirus Job Retention Scheme at the end of the 2020/2021 financial year so that we could use our staff resources to re-engage with care homes through the 2021/2022 financial year.

The My Home Life Essex Community Association is currently funded primarily through grants made for specified purposes and supplemented by our own charity fundraising activities.

During the year, the financial accounts have been reviewed at each held Board meeting to ensure appropriate oversight of the expenses, cashflow forecast and funding commitments.

Core costs

During 2021/2022 core costs have been kept under review and remain reasonably consistent with no material changes to operational practices or supplier contracts.

By the end of 2021/2022 core costs remain primarily

- Insurance
- Bank charges
- Website hosting and software support
- Administrative costs and consumables
- Capital expenditure on equipment as required

Grant funded projects

The 2021/2022 financial year started with £31,171 of grant funding rolled over from the previous financial year. We were then successful in being awarded five further grants totalling £80,443 as follows:

A grant of £16,143 & £2,000 from Essex Community Foundation to support a Friends and Neighbours (FANS) project with care homes across Colchester, Tendring, Maldon and Braintree

A grant of £10,000 from Active Essex to continue the Mr Motivator live sessions, and to train care home staff to deliver safe exercise sessions to care home residents in care home settings

A Grant of £13,500 from Independent Age to re-establish Friends and Neighbours (FANS) community connections and intergenerational engagement for older people living in Essex Case Homes isolated by the Covid pandemic

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2022

A grant of £36,300 from North-East Essex Clinical Commissioning Group to Deliver FaNs initiatives to care homes across NE Essex

A grant of £2,500 from The Mr & Mrs Mount Trust to help the charity develop its FaNs community engagement strategy, promoting health and well-being in local Essex communities around Care Homes

Policy on Reserves for 2021/2022

Unrestricted funds: Maintain sufficient funds to cover all core costs for a minimum of three months, excluding salary and on-costs (*which are covered by restricted funds*).

Restricted funds: Funds granted for specified projects are to be disbursed according to the agreed budget over the duration of the projects.

Designated funds: These are funds that are not restricted but the Board has agreed to allocate funds to a specific future need to support longer term commitments.

The policy on reserves is to be reviewed annually at the Board meeting immediately following the end of each financial year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The company is operated under the rules of its memorandum and articles of association dated 29th June 2010, with the latest revision on 20 August 2019. It is a company limited by guarantee and therefore, has no share capital. The company was registered as a charity with effect from 26 July 2013.

There have been some changes to the Trustee Board following the decision of the Chair and one Trustee to step down in December 2021 for personal reasons. The Board, therefore, elected a new Chair and Vice-Chair who remain in post. A new Trustee with charity management and social enterprise leadership (HE CERT) skills and experience as a former charity worker for vulnerable women was also appointed in December 2021 to strengthen the Board. The membership of the Trustee Board is reviewed frequently to ensure it remains current with the needs of elderly people and goals of the charity.

The Trustees continue to bring a significant amount of time, energy and enthusiasm to the day to day running of the charity, providing support to the operational staff with delivery and monitoring of grant funded projects and actively contributing to ongoing fundraising efforts.

Overall management of the company is the responsibility of the Directors who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is managed and carried out by paid staff and volunteers.

Any Board member may propose the appointment of a new Director. If the Board agrees the prospective Director is invited for informal discussions with nominated Board members and, if appropriate, to attend one or more Board meetings. All Board members are given a copy of the Charity Commission publication CC3 – “The Essential Trustee: What You Need To Know” and are required to confirm in writing the fact that they have read, understood and accept the responsibilities involved.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2022

The Board reviews major risks annually and ensures systems and procedures are established to manage these risks.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

Approved by the directors on 7th November 2022

Signed on behalf of the directors by:

Tony Smith

Tony Smith

Chair

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

YEAR ENDED 31 MARCH 2022

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2022 which are set out on pages 12 to 21.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company'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.

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 that in any material respect:

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).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Colin Barker

.....
C A Barker FCA

Edmund Carr LLP
146 New London Road
Chelmsford
CM2 0AW

5 December 2022

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

**STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND
EXPENDITURE ACCOUNT)**

YEAR ENDED 31 MARCH 2022

		Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	Note	£	£	£	£
INCOME from:					
Donations	2	8,815	77,943	86,758	51,559
Other income	3	480	-	480	848
TOTAL INCOME		<u>9,295</u>	<u>77,943</u>	<u>87,238</u>	<u>52,407</u>
EXPENDITURE on:					
Charitable activities	4	5,596	48,337	53,933	51,304
TOTAL EXPENDITURE		<u>5,596</u>	<u>48,337</u>	<u>53,933</u>	<u>51,304</u>
NET INCOME/(EXPENDITURE)		3,699	29,606	33,305	1,103
TRANSFERS BETWEEN FUNDS		13	(13)	-	-
NET MOVEMENT IN FUNDS		<u>3,712</u>	<u>29,593</u>	<u>33,305</u>	<u>1,103</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		11,521	31,171	42,692	41,589
Total funds carried forward		<u>15,233</u>	<u>60,764</u>	<u>75,997</u>	<u>42,692</u>

The charity has no recognised gains or losses other than the results for the year as set out above.

The notes on pages 14 to 21 form part of these financial statements.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
BALANCE SHEET
AS AT 31 MARCH 2022**

	Note	2022 £	2021 £
CURRENT ASSETS			
Debtors	8	-	-
Cash at bank		78,561	44,974
		<u>78,561</u>	<u>44,974</u>
CREDITORS: Amounts falling due within one year	9	<u>(2,564)</u>	<u>(2,282)</u>
NET CURRENT ASSETS		75,997	42,692
NET ASSETS		<u>75,997</u>	<u>42,692</u>
FUNDS OF THE CHARITY			
Unrestricted income funds	10	15,233	11,521
Restricted income funds	11	60,764	31,171
TOTAL CHARITY FUNDS		<u>75,997</u>	<u>42,692</u>

For the year ending 31 March 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- i) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions for small companies.

These financial statements were approved by the directors on 5 December 2022 and are signed on their behalf by:

Tony Smith
.....

T SMITH

Director and Vice Chairman

Company Registration Number: 07298494

The notes on pages 14 to 21 form part of these financial statements.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES

a) Basis of accounting

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), 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 (effective 1 January 2019) (Charities SORP FRS102) and the Companies Act 2006.

b) Legal Status

My Home Life Essex Community Association is a charitable company limited by guarantee. It is incorporated in England and Wales and its registered address is 146 New London Road, Chelmsford, Essex, CM2 0AW. It meets the definition of a public benefit entity under FRS102.

c) Going Concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

d) Income

Income from donations and grants is included in income when the charity becomes entitled to the resources, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

When donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.

When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions have been met.

When donors specify that donations and grants are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

Gifts in kind of services are included in income and expenditure when the service is provided.

e) Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the Directors' Report.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES continued

f) Expenditure

All expenditure is accounted for on an accruals basis and includes VAT as the charity is not VAT registered. The charity analysed expenditure using a natural classification.

g) Taxation

The company is a registered charity and, as such, is exempt from tax on income and gains to the extent that funds are applied for its charitable purposes.

h) Debtors

Trade and other debtors are recognised at the settlement amount due.

i) Cash at bank

Cash at bank is held in a current account.

j) Creditors and provisions

Creditors and provisions are recognised wherever the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount.

k) Fund accounting

Funds held by the charity are either:

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Designated funds – these are funds set aside by the trustees out of unrestricted funds for specific future purposes or projects.

Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022**

2. DONATIONS & GRANTS	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Essex Community Foundation	-	18,143	18,143	8,534
Independent Age	-	13,500	13,500	-
NHS NE CCG	-	36,300	36,300	-
ECC Active Essex	-	10,000	10,000	-
The Mr & Mrs Mount Trust	2,500	-	2,500	-
Awards for All	-	-	-	10,000
Community360	-	-	-	1,938
Maldon CVS	-	-	-	500
The Postcode Neighbourhood Trust	-	-	-	19,985
Tesco Bags for Life	-	-	-	1,000
The Tudwick Foundation	-	-	-	3,000
Other donations	6,315	-	6,315	6,602
	<u>8,815</u>	<u>77,943</u>	<u>86,758</u>	<u>51,559</u>
<i>2021</i>	<i>9,602</i>	<i>41,957</i>	<i>51,559</i>	

3. OTHER INCOME

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Contribution to costs	-	-	-	115
Government grant: job retention scheme	480	-	480	733
	<u>480</u>	<u>-</u>	<u>480</u>	<u>848</u>
<i>2021</i>	<i>848</i>	<i>-</i>	<i>848</i>	

4. CHARITABLE EXPENDITURE

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Subcontractors & programme development	-	28,038	28,038	30,000
Awards events	512	508	1,020	402
Employee salaries	-	17,833	17,833	14,422
Support costs (Note 5)	2,412	1,693	4,105	3,683
Governance costs (Note 6)	2,672	265	2,937	2,797
	<u>5,596</u>	<u>48,337</u>	<u>53,933</u>	<u>51,304</u>
<i>2021</i>	<i>6,447</i>	<i>44,857</i>	<i>51,304</i>	

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

5. SUPPORT COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Website	516	-	516	603
Travel expenses	-	1,328	1,328	1,444
Office and telephone expenses	-	360	360	442
Insurance	405	-	405	384
Miscellaneous expenses	1,271	5	1,276	550
Bank charges	220	-	220	260
	<u>2,412</u>	<u>1,693</u>	<u>4,105</u>	<u>3,683</u>
<i>2021</i>	<i>1,837</i>	<i>1,846</i>	<i>3,683</i>	

6. GOVERNANCE COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Accounts preparation	1,592	-	1,592	1,340
Independent Examination fee	640	-	640	610
Payroll services	269	265	534	732
Fees payable to Independent Examiner	2,501	265	2,766	2,682
Trustee Meetings	56	-	56	-
Legal and professional fees	115	-	115	115
	<u>2,672</u>	<u>265</u>	<u>2,937</u>	<u>2,797</u>
<i>2021</i>	<i>2,293</i>	<i>504</i>	<i>2,797</i>	

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

7. ANALYSIS OF STAFF COSTS

	2022	2021
	£	£
Wages and salaries	17,337	14,036
Employer pension contributions	496	386
	<u>17,833</u>	<u>14,422</u>

Particulars of employees:

The average number of employees during the year, calculated on a headcount basis, was as follows:

	2022	2021
	No.	No.
Number of staff	1	1

None of the employees' emoluments exceeded £60,000.

None of the trustees or persons connected with them received any remuneration for their services.

8. DEBTORS

	2022	2021
	£	£
Other debtors	-	-
	<u>-</u>	<u>-</u>

9. CREDITORS: Amounts falling due within one year

	2022	2021
	£	£
Accruals	2,481	2,202
Other creditors	83	80
	<u>2,564</u>	<u>2,282</u>

10. UNRESTRICTED FUNDS

	Balance at	Movement in resources:			Balance at
	1 April 2021	Income	Expenditure	Transfer	31 March 2022
	£	£	£	£	£
General unrestricted funds	11,521	9,295	(5,596)	13	15,233
	<u>11,521</u>	<u>9,295</u>	<u>(5,596)</u>	<u>13</u>	<u>15,233</u>

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022**

11. RESTRICTED FUNDS - movement in resources

	Balance at 1 April 2021	Income	Expenditure	Transfer	Balance at 31 March 2022
	£	£	£	£	£
1) Essex Community Foundation	-	18,143	(4,184)	-	13,959
2) NHS NE CCG	-	36,300	(427)	-	35,873
3) Independent Age	-	13,500	(13,500)	-	-
4) Awards for All grant 2021	5,987	-	(5,974)	(13)	-
5) CIF Grant 2020	4,371	-	(4,371)	-	-
6) Active Essex Grant	-	10,000	(244)	-	9,756
7) One Colchester Winter Resilience Fund	1,328	-	(1,328)	-	-
8) Postcode Neighbourhood Trust	19,485	-	(18,079)	-	1,406
9) Jubilee celebration fund	-	-	(230)	-	(230)
	<u>31,171</u>	<u>77,943</u>	<u>(48,337)</u>	<u>(13)</u>	<u>60,764</u>

- 1) A 2022 grant of £18,143 from Essex Community Foundation, to support a Friends and Neighbours (FANS) project with care homes across Colchester, Tendring, Maldon, Braintree, Essex.
- 2) A 2022 grant received from NHS North Essex Clinical Commissioning Group to deliver FANS initiatives across North East Essex.
- 3) To re-establish Friends and Neighbours (FANS) community connections and intergenerational engagement for older people living in Essex Care Homes isolated by the Covid pandemic.
- 4) A grant of £10,000 from the National Lottery Community Fund Awards for All towards staff and project costs to provide Covid 19 Care Home Support. The balance has been transferred to core.
- 5) The CIF Grant 2020 is for the expansion of the Wishing Washing Line project in Mid-Essex.
- 6) Continue the Mr Motivator work in developing 'motivators' to go into care homes and be within care homes to be confident and motivated to deliver sessions to care home residents
- 7) A grant of £1,937.50 from the One Colchester Resilience Fund for a pilot project in partnership with North Essex Digital Access Team helping care home residents to connect through technology.
- 8) A grant of £19,985 from the Postcode Neighbourhood Trust for a Projects Coordinator Salary to build organisational capacity.
- 9) A grant was awarded by The National Lottery Fund in April 2022 towards the cost of a Jubilee party.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS**

YEAR ENDED 31 MARCH 2022

**12. FUNDS NOTES - PRIOR YEAR
RESTRICTED FUNDS**

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfer £	Balance at 31 March 2021 £
1) Henry Smith Foundation	8,273	-	(9,852)	1,579	-
2) ECC - IBCF 2020	213	-	-	(213)	-
3) Essex Community Foundation	270	8,534	(8,693)	(111)	-
4) ECC Community Chest	943	-	(794)	(149)	-
5) Awards for All grant 2020	6,459	-	(6,459)	-	-
6) Awards for All grant 2021	-	10,000	(4,013)	-	5,987
7) Allen Lane Foundation	9,300	-	(9,300)	-	-
8) CIF Grant 2020	5,000	-	(629)	-	4,371
9) Active Essex Grant	2,495	-	(2,507)	12	-
10) One Colchester Winter Resilience	-	1,938	(610)	-	1,328
11) Maldon CVS	-	500	(500)	-	-
12) Postcode Neighbourhood Trust	-	19,985	(500)	-	19,485
13) Tesco Bags for Life	-	1,000	(1,000)	-	-
	<u>32,953</u>	<u>41,957</u>	<u>(44,857)</u>	<u>1,118</u>	<u>31,171</u>

- 1) The Henry Smith Foundation provided funds to meet the cost of employing a Programme Manager.
- 2) Essex County Council awarded the charity £39,500 from its Improved Better Care Fund. This has supported the extension of the Wishing Washing Line project and increased development of the online FaNs Network. The balance has been transferred to core.
- 3) A 2020 grant of £8,534 from Essex Community Foundation (Covid National Emergencies Trust) towards staffing costs to provide an adapted response service to support Essex care home residents and staff during the COVID19 crisis. The balance brought forward relating to the 18/19 grant has been transferred to core.
- 4) ECC Community Chest funds were awarded for the development of the Wishing Washing Line project in Mid-Essex.
- 5) The Awards for All grant is funding for FaNs projects, including creating the pop-up shop.
- 6) A grant of £10,000 from the National Lottery Community Fund Awards for All towards staff and project costs to provide Covid 19 Care Home Support.
- 7) Allen Lane Foundation provided funding for FaNs projects.
- 8) The CIF Grant 2020 is for the expansion of the Wishing Washing Line project in Mid-Essex.
- 9) Active Essex provided funds to provide transport for care home residents and staff training.
- 10) A grant of £1937.50 from the One Colchester Resilience Fund for a pilot project in partnership with North Essex Digital Access Team helping care home residents to connect through technology.
- 11) A grant of £500 from Maldon CVS to improve our use of social media.
- 12) A grant of £19,985 from the Postcode Neighbourhood Trust for a Projects Coordinator Salary to build organisational capacity.
- 13) Two grants of £500 from Tesco Bags for Help to support our Wishing Washing Line work in this time of crisis in Maldon and Clacton.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

UNRESTRICTED FUNDS

	<i>Movement in resources:</i>				
	<i>Balance at 1 April 2020</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfer</i>	<i>Balance at 31 March 2021</i>
	<i>£</i>	<i>£</i>	<i>£</i>	<i>£</i>	<i>£</i>
<i>General unrestricted funds</i>	8,636	10,450	(6,447)	(1,118)	11,521
	<u>8,636</u>	<u>10,450</u>	<u>(6,447)</u>	<u>(1,118)</u>	<u>11,521</u>

13. RELATED PARTIES

One trustee was reimbursed expenses totalling £46 (2021: nil) in respect of travel and subsistence.

14. COMPANY LIMITED BY GUARANTEE

Every member of the company undertakes to contribute to the assets of the Company in the event of the same being wound up during the time he/she is a member, or within one year afterwards, for the payments of the debts and liabilities of the company contracted before the time at which he/she ceases to be a member and of the costs, charges and expenses of winding up the same, and for the adjustments of the rights of the contributors among themselves such amount as may be required not exceeding one pound.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

England & Wales - Charity number 1153084

Accounts

COMPANY REGISTRATION NUMBER : 07298494

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
UNAUDITED FINANCIAL STATEMENTS
FOR
31 MARCH 2021**

Charity Number : 1153084



Edmund Carr LLP
Chartered Accountants
146 New London Road
Chelmsford
Essex
CM2 0AW

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

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**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

COMPANY INFORMATION

YEAR ENDED 31 MARCH 2021

Date of incorporation	29th June 2010
Registered company number	07298494
Registered charity number	1153084
Registered address	146 New London Road Chelmsford Essex CM2 0AW
Directors	Brian William Mister MBE Lisa Ann Carpenter Violet Anne Mary Haddow Tony Paul Smith Emma Clarke Pamela Graham (appointed 14/05/2020) Meg Kane (appointed 9/12/2021)
Bankers	Metro Bank 38 High Street Chelmsford Essex CM1 1BE
Independent Examiner	C A Barker FCA Edmund Carr LLP Chartered Accountants 146 New London Road Chelmsford Essex CM2 0AW

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT

YEAR ENDED 31 MARCH 2021

The Trustees are pleased to present their annual report together with the unaudited financial statements of the charity for the year ended 31st March 2021, which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014.

The Directors of the charity as shown on page 1 are also the Trustees of the charity.

OBJECTIVES AND ACTIVITIES

Our aim is to help to improve the quality of life for older people living in care homes and the wider community in Essex through meaningful engagement with their friends and neighbours (FaNs) through our FANS initiatives.

Our Charitable Object is:

The promotion of social inclusion for public benefit by helping older people who are socially excluded as a result of their physical and/or mental disabilities, in particular but not exclusively those living in residential care settings in Essex, to engage meaningfully and re-integrate as fully as possible into society, in particular by:

- a) Promoting, increasing or co-ordinating opportunities for these older people to engage with individuals and organisations in their wider communities according to their needs, interests and preferences, and to enable them to make their own contributions to their wider communities if they so wish;
- b) Raising public awareness and understanding of the work and day to day life for older people within residential care settings and the needs of the residents to encourage volunteering and enable these residents in practical ways to participate more effectively with the wider community; and
- c) Recruiting, training and supporting volunteers to befriend and support older people.

Our main activities:

Explore and develop ways to mobilise the resources of all sections of our communities to take an active interest in the well-being of their local care homes and the people who live in them, contributing whatever, whenever and however they are able.

Enabling care home owners and staff to work with their local communities for the benefit of their residents through our FaNs initiatives.

Collaborate with organisations across Essex and the UK to share the ideas, experience and learning arising from these activities.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT

YEAR ENDED 31 MARCH 2021

Public benefit

During the year, the directors of the My Home Life Essex Community Association have paid due regard to the Charity Commission Guidance on Public Benefit and ensured that the objects of the Charity, as stated in the Articles, were carried out.

The primary beneficiaries of our work are the people who live in care homes for older people throughout the County of Essex. These beneficiaries are categorised as “vulnerable adults” which is the sole criterion used to identify them. In practice, there are many secondary beneficiaries amongst those who contribute to the work, particularly amongst the adults, children and young people who are involved as part of our FaNs micro-volunteering model. We do not discriminate amongst beneficiaries or contributors in terms of age, disability, gender identity, ethnic origin, religion or belief, sexual orientation, marital status or any other criterion. We have ample evidence of the benefits of this work.

No personal benefits accrue to the Trustees or other volunteers apart from the payment of out of pocket expenses.

ACHIEVEMENTS AND PERFORMANCE

The COVID pandemic had a significant impact on our charity throughout the 2020/2021 financial year. The first impact was that grant funding was diverted to COVID relief and in doing so, awards became much smaller as the plight of charities became obvious. The second impact was that the risk to care home residents required us to adapt how we operated in order to continue to sustain community engagement in a safe way. The third impact was that we saw an increase in the number of charities competing for funds.

The 2020/21 financial year started with our charity diverting resources to deliver much needed PPE to care homes across Essex in partnership with the NHS North East Essex Clinical Commissioning Group. This was a very difficult time for care homes given the high risk COVID had for elderly residents and challenges care home staff had accessing PPE.

Throughout this period we continued our emphasis on sustaining & growing the high impact, low cost initiatives of our “FaNs” (Friends and Neighbours) Programme and developing our local partnerships. Despite COVID we managed to grow our FaNs micro volunteers to more than 3000 through the use of social media and we gained many more volunteers through various new ideas, working in partnership with Harris & Hoole and Tesco to deliver the Christmas card, Christmas gifts and easter egg projects.

Using fundraising to raise awareness of the Charity’s activities and grow our unrestricted funds continued to be an important priority in the year 2020/21 and despite COVID we managed to raise more than £6,600 through regular individual donations, fundraisers, the Essex Lottery, and The Giving Machine, PayPal and Amazon charitable schemes.

The Board also had some success winning grants to enable us to sustain our reach across North East and Mid-Essex during COVID, from The National Lottery Community Fund (Awards for All), Community 360, Essex Community Foundation and The Postcode Neighbourhood Trust.

We continued to collaborate with organisations across the UK via My Home Life (MHL), sharing information, ideas and experience related to community engagement, including co-delivery of a workshop for Care Home staff using the FaNs Wishing Washing Line (WWL).

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2021

FaNs (Friends and Neighbours)

We started the 2020/21 financial year adapting the Wishing Washing Line to be fully digital in line with COVID restrictions. Focusing on the Colchester area Homes we tested sharing of resident wishes via our FaNs Network Facebook page in June/July. Learning from our own delivery experiences and stakeholder feedback, we were able to repeat for the Maldon District later in the summer and the Clacton area in the Autumn, with slight amendments as we learnt more each time. Key learning was that it was more time intensive for our staff to manage and deliver this in a COVID-safe way, but with COVID emergency funding secured we were able to pay for some additional staff hours and 'expert' guidance to provide social media training to staff and Trustees.

18 Care Homes submitted 228 wishes from Residents for our 3 adapted Wishing Washing Lines. Each granted wish (at least 80% success rate) involves one or more community FaNs, of all ages. A number of wishes granted by our FaNs micro volunteers were for group activities which benefited a number of residents within the Homes. We aimed for a mixture of 'gift wishes' (things residents missed, needed or just boosted morale), and 'experiential wishes' (things which a resident or group of residents really wanted to do). The latter required some creativity, starting with conversations with the Care Home staff helping them to elicit the resident's wishes in ways which could be feasible without losing the essence of resident choice and control. Our community 'Friends and Neighbours' responded magnificently. VIPs also responded, for example, 'Mr Motivator' responding to a request for a workout from a very fit 100-year-old and made possible by Zoom (and with follow-up offers from him in the next few months). This attracted considerable interest from ITV Anglia News, and twice featured on their 'And finally...' good news stories.

Our staff worked extremely hard to manage and organise the increased 'brokerage' (and any technological challenges) necessary between Care Homes and Wish Granters to keep everyone safe. We also forged some new partnerships, significantly with Hills Storage in Colchester especially when we needed to store wish and Christmas items for later delivery to the residents.

We again helped residents to benefit from some existing relationships such as Harris + Hoole in Colchester and Maldon Tesco store. We also had great support from Maldon Tesco employees where the Community Champion is fully supportive of involving colleagues and the local community in the local Care Homes. All these partners have also been involved in WWL Christmas adaptations as 'Gift Wishing Trees'. This project first started in 2019 in partnership with Colchester Harris & Hoole, was expanded in 2020 with over 900 gifts donated to the residents of 19 Care Homes across Colchester, mostly with personal cards/messages. A further 260 went to 5 Care Homes from a new Maldon 'Gift Wishing Tree' in Maldon Tesco. This has also resulted in an approach from the Tesco in Tiptree who now have their own WWL and a means to channel both the wishes and choices of older people, and the local community as friends and neighbours coming together to respond.

During this WWL adaptive learning process we undertook a review of how we used Social Media and both Staff and Trustees had some additional training. As well as now using Facebook as a delivery tool, we continue to promote FaNs by managing our social media presence and involving our FaNs Network micro volunteers. A goal for 2020 was to grow our online network and we are pleased to say this grew by 20% in the first 5 months of 2020 and by February this year it had grown by 34% in a calendar year and is now 3000+. This continues to increase awareness and maximise our community reach for FaNs volunteering availability with limited charity resources.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2021

Nancy May Mezzo who has supported us since the summer of 2020 provided more than 12 live concerts at Care Homes (mostly in the gardens), and a Live stream Christmas concert which was watched by over 30 Care Homes. A video celebrating this project was shared widely on social media and received very positive feedback from our volunteers.

Post lockdown, intergenerational relationships have continued. Video chats have taken place with special 'grand-friends' and special drawings sent etc. Other pre-schools have also come on board to send pictures and craft work to care home residents. As the nursery children involved in UP projects move on to 'big school' we hope they will continue to have contact, supported by families. In a wonderful gesture one mum took her daughter, in school uniform on her first day at school, as a surprise visitor (via COVID-secure screens) to see her 'grand-friends' and share a joyful milestone experience. A local Tendring dance school, who had previously responded to WWL requests at care homes, made a video compiled of members of all ages dancing individually at home. This was sent to the local Care Homes and 'the show' brought much enjoyment to the residents.

The 'Lads Need Dads' project started in the previous year unfortunately had to be put on hold as a result of the impact COVID had on care homes and their residents. This project is aimed at enabling young boys to communicate with and be mentored by older men and we hope can be restarted in the future.

A number of individual school children have been involved in granting wishes and sending letters, stories and pictures to residents, but with schools under their own COVID pressures we did not attempt to re-engage via schools until October/November of 2020. In partnership with 'Enjoy Colchester' and Colchester Borough Council we included 35 schools, and for the first time a special needs school, in our Christmas FaNs Mail project. This initiative was also for the wider public, with FaNs mail post boxes in Asda and Tesco stores. 11,000 Christmas cards, personally written and/or made by FaNs (including a massive effort by the school children) were delivered to 1,000 residents in 22 Care Homes. Some of the Care Home residents responded by sending their own gifts to the schools involved. We will be working with some of these new relationships between care homes and schools in the next few months.

Due to COVID restrictions we adapted the Care Home Bake-Off project and successfully held it in February using online public voting, which generated a greater reach with our community engagement via our Facebook page in response to the Care Home entries. We also produced a short video of residents enjoying their participation in the Baking activities. We do plan to restart face to face Care Home Bake-Off once it is possible to have face to face engagements safely.

Web Based Community Engagement Tools

Social Media/Facebook remains essential to our community engagement and is our main public news and public communication resource.

As always, when FaNs initiatives take off in the Community, we find the actual numbers of beneficiaries and volunteers is difficult to discover. FaNs uses a micro-volunteering model; it is not a traditional volunteering programme. We encourage and support direct relationships between Care Homes and their local community, but of course this has been impacted by COVID. More than ever, Social Media is a key part of our strategy to create these connections and we try to use this to measure the strength of this relationship.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2021

LOOKING FORWARD

The Board continues to focus on specific geographical areas of need to develop its community assets in a way that maximises the value of our micro-volunteering model and our ongoing work with community partners, to promote sustainability. Although we have FaNs initiatives throughout Essex our impact continues to be greater within North Essex and into Maldon and Braintree based on specific funding grants received. The Board continues to seek funding to maintain and expand further into other geographical areas, but recognise this is a challenging environment with COVID.

We undertook a strategic review in May 2021 and are exploring a more intensive approach to build longer term sustainability of our FaNs community engagement with a smaller number of care homes, including those in more rural and economically challenging areas. We are seeking multi year funding from the National Lottery Community Fund to support the Charity as we seek to develop and test new approaches which will create communities and promote wider health and wellbeing.

Fundraising continues to remain a high priority for our charity, albeit greatly reduced due to the COVID crisis.

The Board is looking for new Trustees who can bring new skills, experience and perspectives to help us learn and adapt our charity. We see this as a key priority if we are to remain relevant to the care home residents we benefit and for our own sustainability.

FINANCIAL REVIEW

The 3 year grant from the Henry Smith Foundation ended in June 2020 and was replaced with multiple smaller grants to sustain the charity. One of these grants enabled us to build organisational sustainability by funding a new FANS Projects Coordinator post for 12 months from March 2021.

The organisation made a strategic decision to re-evaluate our community engagement staffing resource leaving one post vacant for which we are currently seeking funding.

We utilised the Coronavirus Job Retention Scheme in the final 3 months of the financial year until the roll out of the vaccination programme made it possible to re-engage with care homes.

Policy on Reserves

The My Home Life Essex Community Association is currently funded primarily through grants made for specified purposes and supplemented by our own charity fundraising activities.

During the year there has been an ongoing review of finance with action taken affecting core and grant funded projects.

Core costs

During 2020/2021 core costs have been kept under review but now remain reasonably consistent with no material changes to operational practices and supplier contracts.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2021

By the end of 2020/2021 core costs remain primarily

- Insurance
- Bank charges
- Website hosting and software support
- Administrative costs and consumables
- Capital expenditure on equipment as required

Grant funded projects

The 2020/2021 financial year started with £32,953 of restricted grant funding rolled over from the previous financial year. We were then successful in being awarded eight further grants totalling £44,957 as follows:

A grant of £8,534 from Essex Community Foundation (COVID National Emergencies Trust) towards Staffing costs to provide an adapted response service to support Essex care home residents and staff during the COVID crisis

Two grants of £500 from Tesco Bags for Help to support our Wishing Washing Line work in this time of crisis in Maldon & Clacton

A grant of £10,000 from the National Lottery Community Fund Awards for All towards staff & project costs to provide COVID Care Home Support

A grant of £500 from Maldon CVS to improve our use of social media

A grant of £3,000 from The Tudwick Foundation to cover Charity core costs (unrestricted)

A grant of £19,985 from the Postcode Neighbourhood Trust for a Projects Coordinator Salary to build organisational capacity

A grant of £1937.50 from One Colchester Winter Resilience Fund for a pilot project in partnership with North Essex Digital Access Team helping care home residents to connect through technology

Policy on Reserves for 2020/2021

Unrestricted funds: Maintain sufficient funds to cover all core costs for a minimum of three months, excluding salary and on-costs (*which are covered by restricted funds*).

Restricted funds: Funds granted for specified projects are to be disbursed according to agreed budget over the agreed duration of the projects.

Designated funds: These are funds that are not restricted but the Board has agreed to allocate funds to a specific future need to support longer term commitments.

The policy on reserves is to be reviewed annually at the Board meeting immediately following the end of each financial year.

THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION

DIRECTORS' REPORT (continued)

YEAR ENDED 31 MARCH 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

The company is operated under the rules of its memorandum and articles of association dated 29th June 2010, with the latest revision on 20 August 2019. It is a company limited by guarantee and therefore has no share capital. The company was registered as a charity with effect from 26 July 2013.

There have been some changes to the Trustee Board with a new Trustee appointed in May 2020 to strengthen gaps in specific skills and experience following the decision of another Trustee to step down due to work commitments. The membership of the Trustee Board is reviewed frequently to ensure it remains current with the needs of elderly people and goals of the charity.

The Trustees continue to bring a significant amount of time, energy and enthusiasm to the day to day running of the charity, providing support to the operational staff with delivery and monitoring of grant funded projects and actively contributing to ongoing fundraising efforts.

Overall management of the company is the responsibility of the Directors who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is managed and carried out by paid staff and volunteers.

Any Board member may propose the appointment of a new Director. If the Board agrees the prospective Director is invited for informal discussions with nominated Board members and, if appropriate, to attend one or more Board meetings. All Board members are given a copy of the Charity Commission publication CC3 – “The Essential Trustee: What You Need To Know” and are required to confirm in writing the fact that they have read, understood and accept the responsibilities involved.

The Board reviews major risks annually and ensures systems and procedures are established to manage these risks.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

Approved by the directors on 9th December 2021.

Signed on behalf of the directors by:

Brian Mister

Brian Mister MBE

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

YEAR ENDED 31 MARCH 2021

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2021 which are set out on pages 10 to 19.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company'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.

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 that in any material respect:

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).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Colin Barker

C A Barker FCA

Edmund Carr LLP
146 New London Road
Chelmsford
CM2 0AW

20 December 2021

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

**STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND
EXPENDITURE ACCOUNT)**

YEAR ENDED 31 MARCH 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
INCOME from:					
Donations	2	9,602	41,957	51,559	72,392
Other income	3	848	-	848	1,953
TOTAL INCOME		<u>10,450</u>	<u>41,957</u>	<u>52,407</u>	<u>74,345</u>
EXPENDITURE on:					
Charitable activities	4	6,447	44,857	51,304	64,186
TOTAL EXPENDITURE		<u>6,447</u>	<u>44,857</u>	<u>51,304</u>	<u>64,186</u>
NET INCOME/(EXPENDITURE)		4,003	(2,900)	1,103	10,158
TRANSFERS BETWEEN FUNDS		(1,118)	1,118	-	-
NET MOVEMENT IN FUNDS		<u>2,885</u>	<u>(1,782)</u>	<u>1,103</u>	<u>10,158</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		8,636	32,953	41,589	31,431
Total funds carried forward		<u>11,521</u>	<u>31,171</u>	<u>42,692</u>	<u>41,589</u>

The charity has no recognised gains or losses other than the results for the year as set out above.

The notes on pages 12 to 19 form part of these financial statements.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
BALANCE SHEET
AS AT 31 MARCH 2021**

	Note	2021 £	2020 £
CURRENT ASSETS			
Debtors	8	-	1,265
Cash at bank		44,974	42,477
		<u>44,974</u>	<u>43,742</u>
CREDITORS: Amounts falling due within one year	9	<u>(2,282)</u>	<u>(2,153)</u>
NET CURRENT ASSETS		42,692	41,589
NET ASSETS		<u>42,692</u>	<u>41,589</u>
FUNDS OF THE CHARITY			
Unrestricted income funds	10	11,521	8,636
Restricted income funds	11	31,171	32,953
TOTAL CHARITY FUNDS		<u>42,692</u>	<u>41,589</u>

For the year ending 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- i) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions for small companies.

These financial statements were approved by the directors on 20 December 2021 and are signed on their behalf by:

Tony Smith

T SMITH

Director and Vice Chairman

Company Registration Number: 07298494

The notes on pages 12 to 19 form part of these financial statements.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES

a) Basis of accounting

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), 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 (effective 1 January 2019) (Charities SORP FRS102) and the Companies Act 2006.

b) Legal Status

My Home Life Essex Community Association is a charitable company limited by guarantee. It is incorporated in England and Wales and its registered address is 146 New London Road, Chelmsford, Essex, CM2 0AW. It meets the definition of a public benefit entity under FRS102.

c) Going Concern

The directors have considered the impact of the Covid-19 pandemic in their assessment of the charity's ability to prepare accounts as a going concern. Because of the uncertainties surrounding the effects of the economic slowdown it is difficult to predict the impact on the charity and its funders, but having taken all the factors into account, the directors are of the opinion that the charity has sufficient resources to continue trading for the next 12 months from the date of signing these accounts.

d) Income

Income from donations and grants is included in income when the charity becomes entitled to the resources, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

When donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.

When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions have been met.

When donors specify that donations and grants are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

Gifts in kind of services are included in income and expenditure when the service is provided.

e) Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the Directors' Report.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES continued

f) Expenditure

All expenditure is accounted for on an accruals basis and includes VAT as the charity is not VAT registered. The charity analysed expenditure using a natural classification.

g) Taxation

The company is a registered charity and, as such, is exempt from tax on income and gains to the extent that funds are applied for its charitable purposes.

h) Debtors

Trade and other debtors are recognised at the settlement amount due.

i) Cash at bank

Cash at bank is held in a current account.

j) Creditors and provisions

Creditors and provisions are recognised wherer the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount.

k) Fund accounting

Funds held by the charity are either:

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Designated funds – these are funds set aside by the trustees out of unrestricted funds for specific future purposes or projects.

Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2021**

2. DONATIONS & GRANTS	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Henry Smith Foundation	-	-	-	35,000
Essex Community Foundation	-	8,534	8,534	-
ECC Community Chest	-	-	-	1,500
Awards for All	-	10,000	10,000	10,000
Allen Lane Foundation	-	-	-	10,000
CIF Grant 2020	-	-	-	5,000
Active Essex Grant	-	-	-	2,495
Community360	-	1,938	1,938	-
Maldon CVS	-	500	500	-
The Postcode Neighbourhood Trust	-	19,985	19,985	-
Tesco Bags for Life	-	1,000	1,000	-
The Tudwick Foundation	3,000	-	3,000	-
Other donations	6,602	-	6,602	8,397
	<u>9,602</u>	<u>41,957</u>	<u>51,559</u>	<u>72,392</u>
<i>2020</i>	<i>8,397</i>	<i>63,955</i>	<i>72,392</i>	

3. OTHER INCOME	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Fundraising	-	-	-	803
Contribution to costs	115	-	115	1,150
Government grant: job retention scheme	733	-	733	-
	<u>848</u>	<u>-</u>	<u>848</u>	<u>1,953</u>
<i>2020</i>	<i>1,953</i>	<i>-</i>	<i>1,953</i>	

4. CHARITABLE EXPENDITURE	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Subcontractors & programme development	-	30,000	30,000	39,034
Awards events	164	238	402	3,708
Employee salaries	2,153	12,269	14,422	11,767
Support costs (Note 5)	1,837	1,846	3,683	5,973
Governance costs (Note 6)	2,293	504	2,797	3,704
	<u>6,447</u>	<u>44,857</u>	<u>51,304</u>	<u>64,186</u>
<i>2020</i>	<i>6,709</i>	<i>57,477</i>	<i>64,186</i>	

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

5. SUPPORT COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Website	603	-	603	1,183
Travel expenses	40	1,404	1,444	2,279
Office and telephone expenses	-	442	442	677
Insurance	384	-	384	379
Miscellaneous expenses	550	-	550	1,215
Bank charges	260	-	260	240
	<u>1,837</u>	<u>1,846</u>	<u>3,683</u>	<u>5,973</u>
<i>2020</i>	<i>2,938</i>	<i>3,035</i>	<i>5,973</i>	

6. GOVERNANCE COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Accounts preparation	1,340	-	1,340	1,340
Independent Examination fee	610	-	610	610
Payroll services	228	504	732	648
Fees payable to Independent Examiner	2,178	504	2,682	2,598
Trustee Meetings	-	-	-	113
Legal and professional fees	115	-	115	993
	<u>2,293</u>	<u>504</u>	<u>2,797</u>	<u>3,704</u>
<i>2020</i>	<i>3,056</i>	<i>648</i>	<i>3,704</i>	

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

7. ANALYSIS OF STAFF COSTS

	2021	2020
	£	£
Wages and salaries	14,036	11,625
Employer pension contributions	386	142
	<u>14,422</u>	<u>11,767</u>

Particulars of employees:

The average number of employees during the year, calculated on a headcount basis, was as follows:

	2021	2020
	No.	No.
Number of staff	1	2

None of the employees' emoluments exceeded £60,000.

None of the trustees or persons connected with them received any remuneration for their services.

8. DEBTORS

	2021	2020
	£	£
Other debtors	-	1,265
	<u>-</u>	<u>1,265</u>

9. CREDITORS: Amounts falling due within one year

	2021	2020
	£	£
Accruals	2,202	2,118
Other creditors	80	35
	<u>2,282</u>	<u>2,153</u>

10. UNRESTRICTED FUNDS

	Movement in resources:			
	Balance at 1 April 2020	Income	Expenditure	Balance at 31 March 2021
	£	£	£	£
General unrestricted funds	8,636	10,450	(6,447)	11,521
	<u>8,636</u>	<u>10,450</u>	<u>(6,447)</u>	<u>11,521</u>

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

11. RESTRICTED FUNDS - movement in resources

	Balance at 1 April 2020	Income	Expenditure	Transfer	Balance at 31 March 2021
	£	£	£	£	£
1) Henry Smith Foundation	8,273	-	(9,852)	1,579	-
2) ECC - IBCF 2020	213	-	-	(213)	-
3) Essex Community Foundation	270	8,534	(8,693)	(111)	-
4) ECC Community Chest	943	-	(794)	(149)	-
5) Awards for All grant 2020	6,459	-	(6,459)	-	-
6) Awards for All grant 2021	-	10,000	(4,013)	-	5,987
7) Allen Lane Foundation	9,300	-	(9,300)	-	-
8) CIF Grant 2020	5,000	-	(629)	-	4,371
9) Active Essex Grant	2,495	-	(2,507)	12	-
10) One Colchester Winter Resilience Fund	-	1,938	(610)	-	1,328
11) Maldon CVS	-	500	(500)	-	-
12) Postcode Neighbourhood Trust	-	19,985	(500)	-	19,485
13) Tesco Bags for Life	-	1,000	(1,000)	-	-
	<u>32,953</u>	<u>41,957</u>	<u>(44,857)</u>	<u>1,118</u>	<u>31,171</u>

- 1) The Henry Smith Foundation provided funds to meet the cost of employing a Programme Manager.
- 2) Essex County Council awarded the charity £39,500 from its Improved Better Care Fund. This has supported the extension of the Wishing Washing Line project and increased development of the online FaNs Network. The balance has been transferred to core.
- 3) A 2020 grant of £8,534 from Essex Community Foundation (Covid National Emergencies Trust) towards staffing costs to provide an adapted response service to support Essex care home residents and staff during the COVID19 crisis. The balance brought forward relating to the 18/19 grant has been transferred to core.
- 4) ECC Community Chest funds were awarded for the development of the Wishing Washing Line project in Mid-Essex.
- 5) The Awards for All grant is funding for FaNs projects, including creating the pop-up shop.
- 6) A grant of £10,000 from the National Lottery Community Fund Awards for All towards staff and project costs to provide Covid 19 Care Home Support.
- 7) Allen Lane Foundation provided funding for FaNs projects.
- 8) The CIF Grant 2020 is for the expansion of the Wishing Washing Line project in Mid-Essex.
- 9) Active Essex provided funds to provide transport for care home residents and staff training.
- 10) A grant of £1937.50 from the One Colchester Resilience Fund for a pilot project in partnership with North Essex Digital Access Team helping care home residents to connect through technology.
- 11) A grant of £500 from Maldon CVS to improve our use of social media.
- 12) A grant of £19,985 from the Postcode Neighbourhood Trust for a Projects Coordinator Salary to build organisational capacity.
- 13) Two grants of £500 from Tesco Bags for Help to support our Wishing Washing Line work in this time of crisis in Maldon and Clacton.

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

12. FUNDS NOTES - PRIOR YEAR

RESTRICTED FUNDS

		Movement in resources:		
	Balance at 1 April 2019	Income	Expenditure	Balance at 31 March 2020
	£	£	£	£
<i>Henry Smith Foundation</i>	11,330	35,000	(38,057)	8,273
<i>ECC- IBCF</i>	7,960	-	(7,747)	213
<i>Essex Community Foundation</i>	7,145	-	(6,875)	270
<i>ECC Community Chest</i>	-	1,500	(557)	943
<i>Awards for All grant</i>	-	10,000	(3,541)	6,459
<i>Allen Lane Foundation</i>	-	10,000	(700)	9,300
<i>CIF Grant 2020</i>	-	5,000	-	5,000
<i>Active Essex Grant</i>	-	2,495	-	2,495
	<u>11,330</u>	<u>63,995</u>	<u>(57,477)</u>	<u>32,953</u>

- 1) The Henry Smith Foundation provided funds to meet the cost of employing a Programme Manager
- 2) Essex County Council awarded the charity £39,500 from its Improved Better Care Fund. This has supported the extension of the Wishing Washing Line project and increased development of the online FaNs Network.
- 3) A grant of £9,500 was received from the Essex Community Foundation to support funding bid writing and evaluate impact.
- 4) ECC Community Chest funds were awarded for the development of the Wishing Washing Line project in Mid-Essex.
- 5) The Awards for All grant is funding for FaNs projects, including creating the pop-up shop.
- 6) Allen Lane Foundation provided funding for FaNs projects.
- 7) The CIF Grant 2020 is for the expansion of the Wishing Washing Line project in Mid-Essex.
- 8) Active Essex provided funds to provide transport for care home residents and staff training.

UNRESTRICTED FUNDS

		Movement in resources:		
	Balance at 1 April 2019	Income	Expenditure	Balance at 31 March 2020
	£	£	£	£
<i>General unrestricted funds</i>	4,996	10,349	(6,709)	8,636
	<u>4,996</u>	<u>10,349</u>	<u>(6,709)</u>	<u>8,636</u>

**THE MY HOME LIFE ESSEX COMMUNITY ASSOCIATION
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

13. RELATED PARTIES

No trustees were reimbursed for expenses in the current or prior year.

14. COMPANY LIMITED BY GUARANTEE

Every member of the company undertakes to contribute to the assets of the Company in the event of the same being wound up during the time he/she is a member, or within one year afterwards, for the payments of the debts and liabilities of the company contracted before the time at which he/she ceases to be a member and of the costs, charges and expenses of winding up the same, and for the adjustments of the rights of the contributors among themselves such amount as may be required not exceeding one pound.