

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

CONTENTS	PAGE
Company information	1
Directors' report	2
Independent Examiner's report to the Trustees	11
Statement of financial activities	12
Balance sheet	13
Notes to the financial statements	14

**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.