

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
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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

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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		<u>90,879</u>	<u>32,734</u>
		202,906	181,335
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
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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
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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.