

THE HELIOS FOUNDATION

England & Wales · Charity number 1160233

Details

Status Registered

Legal form CIO

Registered 2015-01-29

Register [View on the Charity Commission register](#)

Contact

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London
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Website helioscentre.org.uk

Activities

Objects: TO ADVANCE FOR THE BENEFIT OF THE PUBLIC THE STUDY AND PRACTICE OF THE ARTS AND SCIENCES PERTAINING TO SPIRITUAL HEALING AND RELATED FIELDS ASSOCIATED WITH HOLISTIC HEALTH.

Activities: The objects of the CIO are to advance for the benefit of the public the study and practice of the arts and sciences pertaining to spiritual healing and related fields associated with holistic health.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£291,120	£164,148	-	-
2024-06-30	£198,569	£226,405	-	-
2023-06-30	£343,549	£199,423	-	-
2022-06-30	£134,035	£150,196	-	-
2021-06-30	£157,730	£152,069	-	-

Trustees

Name	Role	Appointed
Denise O'Connor		2022-01-24
Greg BRANSON		1982-08-01
MR Pearse Francis McDonnell		2017-10-01
ROBIN JOHN BALDOCK		2014-09-01
Thomas Thoroë		2022-02-24

THE HELIOS FOUNDATION

England & Wales - Charity number 1160233

Accounts

Charity registration number 1160233 (England and Wales)

THE HELIOS FOUNDATION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025

THE HELIOS FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr R Baldock Mr P McDonnell Mr G Branson Mr T Thoroe Ms D O'Connor
Charity number (England and Wales)	1160233
Principal address	41 Barker Drive Camden London NW1 0JG
Independent examiner	Mitchell Charlesworth 24 Nicholas Street Chester CH1 2AU

THE HELIOS FOUNDATION

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THE HELIOS FOUNDATION

TRUSTEES' REPORT

FOR THE YEAR ENDED 30 JUNE 2025

The trustees present their annual report and financial statements for the year ended 30 June 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements 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 (FRS 102) (effective 1 January 2019)".

Objectives and activities

The Helios Centre has supported people living with HIV in London since 1986. We are currently based in temporary accommodation in Kilburn and will shortly be relocating to newly secured premises in Holborn.

Clients come to us from across London and place high value on our unique, holistic model of support. We provide a wide range of therapeutic interventions including counselling and psychotherapy (with trauma-informed approaches), as well as complementary therapies such as osteopathy, acupuncture and therapeutic massage.

Our mission is to improve the physical and mental wellbeing of people living with HIV through therapy, advice, advocacy and emotional support. As part of this work, we have consistently supported clients in maintaining adherence to antiretroviral (ARV) treatments and other prescribed regimens.

Most of our clients live with either a physical disability, a mental health condition, or both. The majority are on low incomes or living below the poverty line, and the typical age range is 45–75. Clients broadly fall into three groups:

1. Long-term HIV-positive clients

These individuals contracted HIV before effective treatments were available and many progressed to AIDS. Their health is often poor, with multiple comorbidities and chronic physical and mental health issues. Our holistic interventions help improve their quality of life, though deteriorating health and mobility challenges remain significant concerns.

2. HIV Women of Colour

This group is often diagnosed late, sometimes only upon hospital admission. Many are refugees or asylum seekers experiencing physical decline, chronic pain, sleep disturbance, emotional isolation and stigma. They frequently require significant support with medication adherence, navigating administrative processes, and managing psychological distress. This group has grown from 25% to 30% of our client base.

3. Volunteers as Service Users

We employ three part-time project staff supported by around 25 volunteers. We have particular expertise in supporting volunteers with mental health challenges who benefit from safe social contact, structured activity, skills development, and increased confidence. This pathway has enabled many to re-engage with community life.

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

Achievements and performance

Significant activities and achievements against objectives

Our continued monitoring and analysis of client data has helped the staff and therapists fully understand the clients' issues and why certain therapies are most in demand. Our improved structures and programmes, developed prior to Covid, requiring more detailed programme monitoring and oversight than has been needed in the past, are under considerable stress.

The opportunity for clients to see improvement has been very empowering for them. Some outcomes were: 1) improved health, 2) feeling more optimistic, 3) able to manage pain more effectively, 4) being part of a community and feeling supported, 5) improvement in their relationships.

Strengths: The mix of clients from BME women to LGBTQ people has created an inclusive and non-threatening environment that they can feel safe in. Strong networks with local partners and agencies have helped greatly to reach many people new to this kind of treatment. The volunteer team is very committed and costs have been kept to a minimum.

High numbers of clients are served each week. Some come from referral agencies dealing with clients who are not well despite HIV medication. The number of BME HIV+ women attending Helios is encouraging, especially as it was initially difficult to build a relationship with this group due to the stigma associated with HIV. From this strong base, we are now reaching out further into this community.

We have always had strong links with the transgender community, both male-female and female-male. Indeed, our long-standing experience serving the LGBTQ community and our informal surroundings is reassuring to transgender people used to discrimination. Because of our very effective approaches, the number coming here has continued to grow through word of mouth.

We are one of very few London charities in the holistic therapy field with an extensive range of psychological sessions alongside physical treatment. We fill a number of significant gaps in services provided elsewhere. Many other providers limit access by postcode, gender, sexuality or race – and clients are often given a fixed set of sessions before being placed on a waiting list for further treatment. At Helios, we provide ongoing treatment according to need.

Risks and challenges: Our reliance on unpaid senior positions. Though there is a high degree of commitment and a good pool of effective volunteers at that level, we have not yet been able to establish one paid top full-time managerial post.

The increasing and shifting needs of many clients. The demand for increased advocacy, to support the more vulnerable clients with issues such as housing, welfare, withdrawal of care and finance is escalating. Our advocacy remains informal so we do need extra resources for this area to be more consistently implemented in the future.

Further funds are also needed for a more inclusive LGBT counselling and psychotherapy programme. Helios has seen a marked increase in clients unable to manage the system and in crisis.

Financial review

Reserves policy

The unrestricted reserves are £139,299, which represents approximately 70% of annual running costs, based on an average annual expenditure of £200,000. The Trustees consider this level of reserves to be appropriate and in line with their expectations, providing sufficient financial resilience to manage operational risks. Some planned use of reserves is anticipated in the coming year to support the transition into the new centre.

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

Plans for future periods

After 22 years in Kings Cross, we relocated to temporary premises in Kilburn provided free of charge by ASTOP. These are interim arrangements while we prepare to move to new permanent premises in Holborn, where Camden Council will act as landlord.

The Holborn building requires significant renovation but offers substantial benefits. Owing to its condition, the rent is relatively low at £38,000 per annum. The capital project cost of £346,000 represents a long-term investment that will create a modern, fully accessible and environmentally sustainable facility. The new premises will be 20% larger and more adaptable, enabling us to expand our services and better serve London's HIV+ and LGBT+ communities. All capital funds have been secured through grants and donations.

Structure, governance and management

The charity is a charitable trust and registered as a charity on 12th July 1982. A memorandum of association establishes the objects and the power of the trust and is governed under its Articles of Association.

Type of governing document	Trust deed dated 13 August 1982
How the charity is constituted	By trust
Trustee selection methods	By appointment

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr R Baldock

Mr P McDonnell

Mr G Branson

Mr T Thoroe

Ms D O'Connor

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

Organisational structure

Trustees

The charity is governed by a Board of five Trustees who collectively sustain the organisation's mission, fulfil statutory responsibilities, and oversee strategic and financial management. The Trustees hold the charity's assets, income and funds for the public benefit with the objective of advancing the study and practice of the arts and sciences associated with holistic health.

Management Committee

The Trustees are supported by a Management Committee comprising eight members, primarily clients and therapists. This committee provides recommendations and practical insight that inform both operational and strategic decisions.

Staff Team

The charity employs three paid part-time members of staff:

1. Centre and Bookings Manager
2. Project Manager
3. Finance Manager

Therapists

The Centre works with 31 carefully selected therapists, chosen for their professional skill and high standards of practice. Many have been with the organisation for a considerable number of years, providing valuable continuity for service users.

Volunteers

We benefit from the commitment of 26 volunteers, many of whom are current or former service users. They work across all areas of the organisation and act as the backbone of our operations. Volunteers also include jobseekers seeking work experience and retired individuals wishing to remain active. The volunteer programme offers opportunities to gain confidence, develop IT and organisational skills, and work collaboratively as part of a team. Volunteers may claim travel and lunch expenses. Retention remains excellent, with some volunteers serving for over 20 years.

Our reception area illustrates our inclusive ethos: Women of colour, gay men, trans people and many others come together in a safe and supportive space. Our volunteer cohort reflects this diversity, helping to challenge and reduce the stigma surrounding HIV.

FSI Evaluation

We recently underwent a full FSI evaluation these are some of their findings.

Helios' approach makes these changes possible, because:

- Their flexible and person-centred approach. The client is in control; alongside discussions with staff of their treatment plan and can choose how often to attend and when. There is no fixed limit in contrast to many services which are limited to e.g. 12 weekly sessions at the same time.
- A wide range of therapies are on offer.
- Affordable treatments. Therapies are provided on a 'pay what you can' basis, which makes them much more accessible to clients on low wage, disability benefits, or unemployed.
- Welcoming atmosphere and energy. 97% of clients responding to the survey feel welcome with friendly and non-judgmental staff and volunteers. For some clients, the experience of being welcomed at Helios was described as "healing in itself".
- Client base: 65% Male 35% Female is in line with the proportion of women with HIV in the UK (31%)

Improvements:

- Continue refining their impact measurement framework.
 - Continue to improve booking and monitoring systems.
 - Review the journey for new clients, to ensure that everyone receives that same welcoming feeling.
 - Explore needs for other forms of support, funding dependent, such as social events or groups, advocacy support.
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THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

The trustees' report was approved by the Board of Trustees.

robin baldock

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Mr R Baldock

Thomas Thoroe

.....

Mr T Thoroe

17/02/2026

Date:

THE HELIOS FOUNDATION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE HELIOS FOUNDATION

I report to the trustees on my examination of the financial statements of The Helios Foundation (the charity) for the year ended 30 June 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Since the charity's gross income exceeded £250,000, the independent examiner must be a member of a body listed in section 145 of the Charities Act 2011. I confirm that I am qualified to undertake the examination because I am a member of FCCA, which is one of the listed bodies.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

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 financial statements to be reached.

Mitchell Charlesworth

Alex Makinson, FCCA
Mitchell Charlesworth

24 Nicholas Street
Chester
CH1 2AU

17/02/2026
Dated:

THE HELIOS FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2025

	Notes	Unrestricted funds general 2025	Unrestricted funds designated 2025	Restricted funds 2025	Total 2025	Unrestricted funds general 2024	Unrestricted funds designated 2024	Restricted funds 2024	Total 2024
		£	£	£	£	£	£	£	£
Income from:									
Donations and legacies	2	146,669	-	139,095	285,764	116,344	-	68,275	184,619
Charitable activities	3	1,995	-	-	1,995	8,441	-	-	8,441
Investments	4	3,361	-	-	3,361	5,509	-	-	5,509
Total income		152,025	-	139,095	291,120	130,294	-	68,275	198,569
Expenditure on:									
Charitable activities	5	5,698	-	158,450	164,148	(505)	-	226,910	226,405
Total expenditure		5,698	-	158,450	164,148	(505)	-	226,910	226,405
Net income/(expenditure)		146,327	-	(19,355)	126,972	130,799	-	(158,635)	(27,836)
Transfers between funds		(103,450)	-	103,450	-	(158,635)	-	158,635	-
Net movement in funds		42,877	-	84,095	126,972	(27,836)	-	-	(27,836)
Reconciliation of funds:									
Fund balances at 1 July 2024		96,422	66,000	122,005	284,427	124,258	66,000	122,005	312,263
Fund balances at 30 June 2025		139,299	66,000	206,100	411,399	96,422	66,000	122,005	284,427

THE HELIOS FOUNDATION

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

FOR THE YEAR ENDED 30 JUNE 2025

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

THE HELIOS FOUNDATION

BALANCE SHEET

AS AT 30 JUNE 2025

		2025		2024	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	10		116,484		-
Current assets					
Debtors	11	28,500		50,000	
Cash at bank and in hand		269,726		237,506	
		<u>298,226</u>		<u>287,506</u>	
Creditors: amounts falling due within one year	12	<u>(3,311)</u>		<u>(3,079)</u>	
Net current assets			294,915		284,427
Total assets less current liabilities			<u>411,399</u>		<u>284,427</u>
The funds of the charity					
Restricted income funds	13		206,100		122,005
Unrestricted funds - general	15		139,299		96,422
Unrestricted funds - designated	14		66,000		66,000
			<u>411,399</u>		<u>284,427</u>

The financial statements were approved by the trustees on 17/02/2026

robin baldock

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Mr R Baldock

Thomas Thoroe

.....

Mr T Thoroe

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies

Charity information

The Helios Foundation is a charitable trust, incorporated and registered as a charity on 12th July 1982. The principle address is 41 Barker Dr, Camden, London, NW1 0JG.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

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

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

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

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

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

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

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

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Expenditure is recognised when it is incurred and is recorded gross of related income.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold improvements	20 years straight line from commencement of lease
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	146,669	55,095	201,764	116,344	68,275	184,619
Grants	-	84,000	84,000	-	-	-
	<u>146,669</u>	<u>139,095</u>	<u>285,764</u>	<u>116,344</u>	<u>68,275</u>	<u>184,619</u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

2 Income from donations and legacies (Continued)

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts						
Funding - Mill Hill Trust	-	-	-	-	30,000	30,000
Lottery	-	-	-	-	18,275	18,275
G Branson	110,000	-	110,000	61,856	-	61,856
Gilead Science	-	20,000	20,000	-	-	-
The Talent Fund	-	30,000	30,000	-	-	-
Big Geoff Overseas Limited	-	5,000	5,000	-	-	-
Client donation	36,669	-	36,669	54,488	-	54,488
Other	-	95	95	-	20,000	20,000
	<u>146,669</u>	<u>55,095</u>	<u>201,764</u>	<u>116,344</u>	<u>68,275</u>	<u>184,619</u>
Grants						
The Talent Fund	-	30,000	30,000	-	-	-
The Foyle Foundation	-	10,000	10,000	-	-	-
London Borough of Camden Council	-	44,000	44,000	-	-	-
	<u>-</u>	<u>84,000</u>	<u>84,000</u>	<u>-</u>	<u>-</u>	<u>-</u>

3 Income from charitable activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Other income		
Sale of goods	1,995	8,441
	<u>1,995</u>	<u>8,441</u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

4 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	3,361	5,509

5 Expenditure on charitable activities

	Charitable activities 2025 £	Charitable activities 2024 £
Direct costs		
Consultancy fees	2,274	7,560
Volunteer training	1,181	-
Remedies	2,605	1,831
Staff costs	71,321	72,277
Therapist	69,710	88,874
Rent	1,903	204
Light & heat	(95)	3,297
Office expenses	6,972	12,755
Rates	-	954
Repairs and renewals	1,715	38,714
Telephone	2,046	444
	<u>159,632</u>	<u>226,910</u>
Share of support and governance costs (see note 6)		
Governance	4,516	(505)
	<u>164,148</u>	<u>226,405</u>
Analysis by fund		
Unrestricted funds - general	5,698	(505)
Restricted funds	158,450	226,910
	<u>164,148</u>	<u>226,405</u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

6 Support costs allocated to activities

	2025 £	2024 £
Governance costs	4,516	(505)
Analysed between:		
Charitable activities	4,516	(505)

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Total	3	4

No employees received total employee benefits of more than £60,000 in the year.

There were no employees whose annual remuneration was more than £60,000.

There are no key management personnel

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Tangible fixed assets

	Leasehold improvements £
Cost	
Additions	116,484
At 30 June 2025	116,484
Carrying amount	
At 30 June 2025	116,484

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

11 Debtors

	2025	2024
Amounts falling due within one year:	£	£
Other debtors	28,500	-
Prepayments and accrued income	-	50,000
	<u>28,500</u>	<u>50,000</u>

12 Creditors: amounts falling due within one year

	2025	2024
	£	£
Other taxation and social security	765	160
Other creditors	342	322
Accruals and deferred income	2,204	2,597
	<u>3,311</u>	<u>3,079</u>

13 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 July 2024	Incoming resources	Resources expended	Transfers At 30 June 2025	
	£	£	£	£	£
Investments	2,005	-	-	-	2,005
The Talent Fund	-	60,000	(30,000)	-	30,000
London Borough of Camden	-	44,000	-	-	44,000
The Foyle Foundation	-	10,000	-	-	10,000
Gilead Science	-	20,000	(20,000)	-	-
Property fund	120,000	-	-	-	120,000
Big Geoff Overseas Limited	-	5,000	(5,000)	-	-
Other	-	95	-	-	95
Transfers between funds	-	-	(103,450)	103,450	-
	<u>122,005</u>	<u>139,095</u>	<u>(158,450)</u>	<u>103,450</u>	<u>206,100</u>

THE HELIOS FOUNDATION

England & Wales - Charity number 1160233

Accounts

Charity registration number 1160233

THE HELIOS FOUNDATION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2024

THE HELIOS FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr R Baldock Mr P McDonnell Mr G Branson Mr T Thorpe Ms D O'Connor
Charity number	1160233
Principal address	116 Judd Street London WC1H 9NS
Independent examiner	Mitchell Charlesworth 24 Nicholas Street Chester CH1 2AU

THE HELIOS FOUNDATION

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THE HELIOS FOUNDATION

TRUSTEES' REPORT

FOR THE YEAR ENDED 30 JUNE 2024

The trustees present their annual report and financial statements for the year ended 30 June 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements 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 (FRS 102) (effective 1 January 2019)".

Introduction

The Helios Centre has been working with people living with HIV in London since 1986. We work are located in Kilburn, in temporary accommodation. We will shortly be moving to prior new premises in Holborn, which are being adapted to make them welcoming for clients and functional for our work..

Our clients come to us from all over London and highly value our unique service. We provide a range of therapeutic interventions. These include counselling/psychotherapy (including trauma-informed therapies) and complementary therapies such as osteopathy, acupuncture and therapeutic massage.

Our mission is to support our clients to improve their physical and mental well-being through the provision of a range of therapies, advice and advocacy. As part of this we have always worked with our clients to encourage and support adherence to drug treatment regimens, especially antiretroviral treatment (ARVs).

Most of our service users have either a physical or mental disability and often both, the average age of our clients ranges from 45-75 years, and all are on or below the poverty line.

Long-term HIV+ clients: This group contracted HIV before modern treatments were available, often progressing to AIDS. They have poor health with, comorbid long-term conditions, and chronic issues. Our holistic treatments improve their overall quality of life. Many experience deteriorating health, affecting their mobility and cognition. Our holistic treatments improve their overall quality of life.

HIV+ Women of Colour: Most of this group that we work with are refugees and asylum seekers. Most Many are diagnosed late in their HIV journey, often only discovering their HIV status upon hospital admission. Most are refugees and asylum seekers. They often face physical and psychological decline, requiring therapies for chronic pain and sleep issues. They struggle with medication adherence, navigating government forms, and emotional isolation due to HIV stigma. This group has increased from 25% -30%.

Objectives and activities

Helios provides a comprehensive service which includes counselling, psychotherapy, holistic body treatments such as acupuncture and osteopathy. We also give advice and some advocacy plus sign posting to other useful services helping clients with poor housing, financial difficulties and increasingly helping client access food banks.

We serve HIV+ people on low income (70% of our clients) with a focus on marginalised groups who often have inadequate access to services. We do a lot of out-reach to three main groups. Long term HIV, BME and the Trans community. Many of our clients are aging which has additional challenges

(1) Our largest client group remains long term HIV+ people whose overall physical or psychological health is gradually declining, with organ degeneration and a large number of debilitating side issues such as chronic pain, peripheral neuropathy and sleep issues.

(2) The demographic of our clients has gradually changed with more refugees and asylum seekers, especially BME women, often bringing up children on their own. Many are still dealing with stigma and rejection from their community and have physical and emotional issues needing to be addressed.

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

Helios offers support for emotional, physical and practical issues through therapy and advice sessions to the most marginalised people. 48% are for counselling, psychotherapy and life coaching provided alongside physical treatments including nutrition, acupuncture and osteopathy. Treatment effectiveness is often set back by unmet basic needs with accompanying emotional stress that must be addressed by them in order to move on.

Advocacy: There has been a marked increase in the complexity of the needs of many of our clients, not dealt with adequately elsewhere. Consequently, we increasingly need to provide advocacy for clients with serious life issues that affect their long-term mental wellbeing such as housing issues or accessing appropriate medical or social services.

Funding: Our community space is also used for volunteer training and peer support groups. After hours, local groups and organisations rent our rooms. We are very concerned that this source of income has been reduced over the Covid period which has seriously compromised our funding model.

Volunteers

We currently employ 3 part-time project staff supported by 25 volunteers. We are particularly experienced at supporting volunteers with mental ill health issues in need of social contact. We help them to improve their skills and, increase their confidence. Most importantly volunteering reduces their feelings of isolation. This part of what we do is hugely important and has provided many of our clients with a pathway into participating in society. Volunteers report being attracted to Helios due to its holistic nature and see it as a safe and supportive space.

Achievements and performance

Significant activities and achievements against objectives

Our continued monitoring and analysis of client data has helped the staff and therapists fully understand the clients' issues and why certain therapies are most in demand. Our improved structures and programmes, developed prior to Covid, requiring more detailed programme monitoring and oversight than has been needed in the past, are under considerable stress.

The opportunity for clients to see improvement has been very empowering for them. Some outcomes were: 1) improved health, 2) feeling more optimistic, 3) able to manage pain more effectively, 4) being part of a community and feeling supported, 5) improvement in their relationships.

Strengths: The mix of clients from BME women to LGBTQ people has created an inclusive and non-threatening environment that they can feel safe in. Strong networks with local partners and agencies have helped greatly to reach many people new to this kind of treatment. The volunteer team is very committed and costs have been kept to a minimum.

High numbers of clients are served each week. Some come from referral agencies dealing with clients who are not well despite HIV medication. The number of BME HIV+ women attending Helios is encouraging, especially as it was initially difficult to build a relationship with this group due to the stigma associated with HIV. From this strong base, we are now reaching out further into this community.

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

We have always had strong links with the transgender community, both male-female and female-male. Indeed, our long-standing experience serving the LGBTQ community and our informal surroundings is reassuring to transgender people used to discrimination. Because of our very effective approaches, the number coming here has continued to grow through word of mouth.

We are one of very few London charities in the holistic therapy field with an extensive range of psychological sessions alongside physical treatment. We fill a number of significant gaps in services provided elsewhere. Many other providers limit access by postcode, gender, sexuality or race – and clients are often given a fixed set of sessions before being placed on a waiting list for further treatment. At Helios, we provide ongoing treatment according to need.

Risks and challenges: Our reliance on unpaid senior positions. Though there is a high degree of commitment and a good pool of effective volunteers at that level, we have not yet been able to establish one paid top full-time managerial post.

The increasing and shifting needs of many clients. The demand for increased advocacy, to support the more vulnerable clients with issues such as housing, welfare, withdrawal of care and finance is escalating. Our advocacy remains informal so we do need extra resources for this area to be more consistently implemented in the future.

Further funds are also needed for a more inclusive LGBT counselling and psychotherapy programme. Helios has seen a marked increase in clients unable to manage the system and in crisis.

Financial review

Reserves policy

The unrestricted reserves are £96,422, representing approximately 50% of annual running costs. This is in line with expectations.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to major risks.

Location

After 22 years operating in Kings-Cross we have moved to Kilburn. These are temporary premises, and we are preparing to move to new premises in Holborn, where Camden Council will be our new Landlord. This move is pivotal to the growth and continued success of our organization.

The new building is in poor repair and needs extensive renovations, consequently we are able to lease it at a reduced rent. Generous donations and grants have enabled us to carry out a capital project costing £346,000 to refurbish the premises. This represents a long-term investment in a much used, valued and necessary service. It will result in the creation of a modern, accessible, and environmentally friendly facility.

The new space will feature full disabled access and additional capacity to serve more clients effectively. The Holborn premises are in a central, location, easy to reach from all parts of London. They will offer a 20% larger and more adaptable space, significantly enhancing our ability to support London's HIV+ and LGBT+ communities, ensuring our long-term sustainability.

2020 - 2023 Funders

The Mac Foundation

The Branson Family

Community Fund (National Lottery)

Private donations

Mill Hill Trust

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

Structure, governance and management

The charity is a charitable trust and registered as a charity on 12th July 1982. A memorandum of association establishes the objects and the power of the trust and is governed under its Articles of Association.

Type of governing document	Trust deed dated 13 August 1982
How the charity is constituted	By trust
Trustee selection methods	By appointment

Additional Governance Issues The organisational structure consists of an advisory committee to the trustees and a management committee.

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr R Baldock
Mr P McDonnell
Mr G Branson
Mr T Thorpe
Ms D O'Connor

Recruitment and appointment of trustees

Structure:

A. The 5 current Trustees, sustain the mission, carry out the statutory responsibilities and oversee the charity. They hold the sums, assets and income to advance for the benefit of the public the study and practice of the arts and sciences associated with holistic health.

B. A management committee of 8 made up of mainly clients and therapists who give their recommendations to the trustees.

C. The paid Staff:

- (1) Centre and bookings manager
- (2) Project manager
- (3) Cleaner
- (4) Finance Manager

D. 31 Therapists, carefully chosen for their high quality and skill. The majority stay with us for many years providing continuity.

E. 28 Volunteers, many of them service users, cover all areas and are the backbone of the organisation.

Volunteers include jobseekers needing work experience and retirees. They benefit by gaining confidence, computer & IT skills and learning how to work as a team.

Volunteers can claim for travel and lunch expenses.

Volunteer retention is excellent. Some have been with us for over 20 years.

We pride ourselves on the diversity of our clients, volunteers and staff. Helios is committed to inclusion. Our clients include refugees and asylum seekers, trans people and many men and women of colour. People living with HIV are a group as diverse as the general population and we ensure that we welcome anyone that needs our assistance.

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

The trustees' report was approved by the Board of Trustees.

robin baldock

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Mr R Baldock

Gregory R Branson

.....

Mr G Branson

Date:27/03/2025.....

THE HELIOS FOUNDATION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE HELIOS FOUNDATION

I report to the trustees on my examination of the financial statements of The Helios Foundation (the charity) for the year ended 30 June 2024.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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 financial statements to be reached.

Alex Makinson

Alex Makinson, FCCA

Mitchell Charlesworth

24 Nicholas Street
Chester
CH1 2AU

Dated: 27/03/2025

THE HELIOS FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2024

	Notes	Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:									
Donations and legacies	3	116,344	-	68,275	184,619	227,461	-	109,299	336,760
Charitable activities	4	8,441	-	-	8,441	6,066	-	-	6,066
Investments	5	5,509	-	-	5,509	723	-	-	723
Total income		130,294	-	68,275	198,569	234,250	-	109,299	343,549
Expenditure on:									
Charitable activities	6	(505)	-	226,910	226,405	11,063	-	188,360	199,423
Total expenditure		(505)	-	226,910	226,405	11,063	-	188,360	199,423
Net income/(expenditure)		130,799	-	(158,635)	(27,836)	223,187	-	(79,061)	144,126
Transfers between funds		(158,635)	-	158,635	-	(145,061)	66,000	79,061	-
Net movement in funds		(27,836)	-	-	(27,836)	78,126	66,000	-	144,126
Reconciliation of funds:									
Fund balances at 1 July 2023		124,258	66,000	122,005	312,263	46,132	-	122,005	168,137
Fund balances at 30 June 2024		96,422	66,000	122,005	284,427	124,258	66,000	122,005	312,263

THE HELIOS FOUNDATION

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

FOR THE YEAR ENDED 30 JUNE 2024

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

THE HELIOS FOUNDATION

BALANCE SHEET

AS AT 30 JUNE 2024

	Notes	2024 £	£	2023 £	£
Current assets					
Debtors	11	50,000		1	
Cash at bank and in hand		237,506		340,437	
		<u>287,506</u>		<u>340,438</u>	
Creditors: amounts falling due within one year	12	<u>(3,079)</u>		<u>(28,175)</u>	
Net current assets			<u>284,427</u>		<u>312,263</u>
The funds of the charity					
Restricted income funds	14		122,005		122,005
Unrestricted funds - general	16		96,422		124,258
Unrestricted funds - designated	15		66,000		66,000
			<u>284,427</u>		<u>312,263</u>

Within the financial year £66,000 of unrestricted funds was designated for the refurbishments of the property to be leased in January 2024 to satisfy the charities needs.

The financial statements were approved by the trustees on 27/03/2025.

robin baldock

Gregory R Branson

.....
Mr R Baldock

.....
Mr G Branson

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2024

1 Accounting policies

Charity information

The Helios Foundation is a charitable trust, incorporated and registered as a charity on 12th July 1982. The principle address is 116 Judd Street, London, WC1H 9NS.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

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

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

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

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

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

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

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

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Expenditure is recognised when it is incurred and is recorded gross of related income.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

1 Accounting policies

(Continued)

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds general 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds general 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	116,344	68,275	184,619	227,461	109,299	336,760
Donations and gifts						
Funding - Mill Hill Trust	-	30,000	30,000	3,000	30,000	33,000
Lottery	-	18,275	18,275	-	79,299	79,299
G Branson	61,856	-	61,856	-	-	-
Client donation	54,488	-	54,488	56,417	-	56,417
Pro Client Legacy	-	-	-	168,044	-	168,044
Other	-	20,000	20,000	-	-	-
	116,344	68,275	184,619	227,461	109,299	336,760

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

4 Income from charitable activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Other income		
Sale of goods	8,441	6,066
	<u> </u>	<u> </u>

5 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	5,509	723
	<u> </u>	<u> </u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

6 Expenditure on charitable activities

	Charitable activities 2024 £	Charitable activities 2023 £
Direct costs		
Consultancy fees	7,560	10,699
Volunteer training	-	1,076
Remedies	1,831	644
Staff costs	72,277	54,174
Therapist	88,874	70,806
Rent	204	34,015
Light & heat	3,297	2,344
Office expenses	12,755	12,020
Rates	954	1,441
Repairs and renewals	38,714	628
Telephone	444	514
	<u>226,910</u>	<u>188,361</u>
Share of support and governance costs (see note 7)		
Governance	(505)	11,062
	<u>226,405</u>	<u>199,423</u>
Analysis by fund		
Unrestricted funds - general	(505)	11,063
Restricted funds	226,910	188,360
	<u>226,405</u>	<u>199,423</u>

7 Support costs allocated to activities

	2024 £	2023 £
Governance costs	(505)	11,062
	<u>(505)</u>	<u>11,062</u>
Analysed between:		
Charitable activities	(505)	11,062
	<u>(505)</u>	<u>11,062</u>

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

9 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Total	4	3

No employees received total employee benefits of more than £60,000 in the year.

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

There were no disclosable related party transactions during the year (2023 - none).

There are no key management personnel

10 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

11 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Other debtors	-	1
Prepayments and accrued income	50,000	-
	<u>50,000</u>	<u>1</u>

12 Creditors: amounts falling due within one year

	2024 £	2023 £
Other taxation and social security	160	5,528
Deferred income	-	18,275
Other creditors	322	-
Accruals	2,597	4,372
	<u>3,079</u>	<u>28,175</u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

13 Deferred income

	2024	2023
	£	£
Other deferred income	-	18,275
	<u> </u>	<u> </u>

Deferred income is included in the financial statements as follows:

	2024	2023
	£	£
Deferred income is included within:		
Current liabilities	-	18,275
	<u> </u>	<u> </u>
Movements in the year:		
Deferred income at 1 July 2023	18,275	12,495
Released from previous periods	(18,275)	(12,495)
Resources deferred in the year	-	18,275
	<u> </u>	<u> </u>
Deferred income at 30 June 2024	-	18,275
	<u> </u>	<u> </u>

14 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 July 2023	Incoming resources	Resources expended	Transfers At 30 June 2024	
	£	£	£	£	£
	-	20,000	(21,499)	1,499	-
Investments	2,005	-	-	-	2,005
Mill Hill charitable trust	-	30,000	(30,000)	-	-
Lottery fund	-	18,275	(18,275)	-	-
Property fund	120,000	-	-	-	120,000
Transfers between funds	-	-	(157,136)	157,136	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	122,005	68,275	(226,910)	158,635	122,005
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

14 Restricted funds (Continued)

Previous year:	At 1 July 2022	Incoming resources	Resources expended	Transfers At 30 June 2023	
	£	£	£	£	£
	-	4,210	(4,210)	-	-
Investments	2,005	-	-	-	2,005
Mill Hill charitable trust	-	30,000	(30,000)	-	-
Lottery fund	-	75,089	(75,089)	-	-
Property fund	120,000	-	-	-	120,000
Transfers between funds	-	-	(79,061)	79,061	-
	<u>122,005</u>	<u>109,299</u>	<u>188,360</u>	<u>79,061</u>	<u>122,005</u>

Investments

These represent funds that have been invested in CIC investments.

Property Funds

This money was donated for a new building in 2010. These funds are restricted for this use only.

Transfers

During the year a transfer of £157,136 was made from unrestricted to restricted funds. This represents the charities contribution towards restricted projects during the year

15 Unrestricted funds - designated

These are unrestricted funds which are material to the charity's activities.

	At 1 July 2023	Transfers At 30 June 2024	
	£	£	£
Property fund	66,000	-	66,000
	<u>66,000</u>	<u>-</u>	<u>66,000</u>
Previous year:	At 1 July 2022	Transfers At 30 June 2023	
	£	£	£
Property fund	-	66,000	66,000
	<u>-</u>	<u>66,000</u>	<u>66,000</u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

16 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 July 2023	Incoming resources	Resources expended	Transfers At 30 June 2024	
	£	£	£	£	£
General funds	124,258	130,294	505	(158,635)	96,422
	<u>124,258</u>	<u>130,294</u>	<u>505</u>	<u>(158,635)</u>	<u>96,422</u>
Previous year:	At 1 July 2022	Incoming resources	Resources expended	Transfers At 30 June 2023	
	£	£	£	£	£
Property fund	-	-	-	66,000	66,000
General funds	46,132	234,250	(11,063)	(211,061)	58,258
	<u>46,132</u>	<u>234,250</u>	<u>(11,063)</u>	<u>(211,061)</u>	<u>58,258</u>
	<u>46,132</u>	<u>234,250</u>	<u>11,063</u>	<u>(145,061)</u>	<u>124,258</u>

Within the previous financial year £66,000 of unrestricted funds was designated for the refurbishments of the property leased in January 2024 to satisfy the charities needs.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2024

17 Analysis of net assets between funds

	Unrestricted funds 2024 £	Designated funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Designated funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fund balances at 30 June 2024 are represented by:								
Current assets/(liabilities)	96,422	66,000	122,005	284,427	124,258	66,000	122,005	312,263
	<u>96,422</u>	<u>66,000</u>	<u>122,005</u>	<u>284,427</u>	<u>124,258</u>	<u>66,000</u>	<u>122,005</u>	<u>312,263</u>

The Helios Foundation
116 Judd Street, London, WC1H 9NS

Mitchell Charlesworth
24 Nicholas Street
Chester
CH1 2AU

robin baldock

Dear Sirs

This letter is provided in connection with your independent examination of the accounts of The Helios Foundation for the year ended 30 June 2024.

We confirm that the following representations are made to the best of our knowledge and belief, having made such inquiries of management and staff as we considered necessary to satisfy ourselves that each of the following representations can properly be made.

General

We have fulfilled our responsibilities as trustees, as set out in the terms of your engagement letter dated 24th January 2024 under the Charities Act 2011, for the preparation of the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) for being satisfied that they give a true and fair view and for making accurate representations to you.

All accounting records and relevant information have been made available to you for the purpose of your independent examination and all transactions undertaken by the charity have been properly recorded in the accounting records and are reflected in the accounts.

All other records and related information, including minutes of all trustees' meetings, have been made available to you. We have provided unrestricted access to persons within the entity from whom you have deemed it necessary to request information.

We confirm that the accounts are free of material misstatements, including omissions.

Internal Control and Fraud

We acknowledge our responsibility for the design, implementation, and maintenance of internal control systems to prevent and detect fraud.

We have disclosed to you all information in relation to fraud or suspected fraud that we are aware of affecting the entity involving management or employees who have a significant role in internal control or others where fraud could have a material effect on the accounts.

We have also disclosed to you all information in relation to allegations of fraud, or suspected fraud affecting the entity's accounts communicated by current or former employees, analysts, regulators, or others.

Laws and Regulations

We confirm that we are not aware of any possible or actual instance of non-compliance with those laws and regulations which provide a legal framework within which the charity conducts its business, and which could affect the accounts.

The charity has complied with all aspects of its contractual agreements that could have a material effect on the accounts in the event of non-compliance.

Accounting Estimates

Significant assumptions used by us in making accounting estimates, including those measured at fair value, are reasonable.

Assets and Liabilities

The charity has satisfactory title to all assets, and there are no liens or encumbrances on the charity's assets except as disclosed in the accounts.

We have recorded or disclosed, as appropriate, all liabilities both actual and contingent, and have disclosed in the notes to the accounts all guarantees given to third parties.

The carrying value and where relevant the fair value measurements and classification of assets and liabilities are properly reflected in the accounts and there are no plans or intentions that may materially alter this.

Stock is not stated at an amount in excess of net realisable value. There are no plans to abandon product lines or other plans that will result in any excess or obsolete stock.

Loans and Arrangements

The charity has at no time during the year entered into any arrangement, transaction or agreement to provide credit facilities (including loans, quasi loans or credit transactions) for trustees, nor to guarantee or provide security for such matters.

Legal Claims

We have disclosed all known actual or possible litigation and claims that have been, or are expected to be received and such matters, as appropriate, have been properly accounted for and disclosed in the accounts.

Related Parties

Related party relationships and transactions have been appropriately accounted for and disclosed in the accounts. We have disclosed to you all relevant information concerning such relationships and transactions and are not aware of any other matters that require disclosure in order to comply with the requirements of charity law or accounting standards.

Subsequent Events

All events since the balance sheet date which require disclosure, or which would materially affect the amounts in the accounts have been adjusted or included in the accounts.

Going Concern

We believe that the charity's accounts should be prepared on a going concern basis on the grounds that the current and future sources of funding or support will be more than adequate for the charity's needs. We have considered a period of twelve months from the date of approval of the accounts.

We believe that no further disclosures relating to the charity's ability to continue as a going concern need to be made in the accounts.

Grants and donations

All grants, donations and other income, the receipt of which being subject to specific terms or conditions, have been notified to you. There have been no breaches of terms or conditions in the application of such income.

Regulatory matters

We are not aware of any matters of material significance that should be reported to the Charity Commission.

There have been no other communications with the Charity Commission or other regulatory bodies during the year or subsequently concerning matters of non-compliance with any legal duty.

Yours faithfully

Signed on behalf of the Board of Trustees by:

robin baldock

Mr R Baldock
Trustee

THE HELIOS FOUNDATION

England & Wales - Charity number 1160233

Accounts

Charity registration number 1160233

THE HELIOS FOUNDATION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023

THE HELIOS FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr R Baldock Mr P McDonnell Mr G Branson Mr T Thorpe Ms D O'Connor
Charity number	1160233
Principal address	116 Judd Street London WC1H 9NS
Independent examiner	Mitchell Charlesworth 24 Nicholas Street Chester CH1 2AU

THE HELIOS FOUNDATION

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THE HELIOS FOUNDATION

TRUSTEES' REPORT

FOR THE YEAR ENDED 30 JUNE 2023

The trustees present their annual report and financial statements for the year ended 30 June 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements 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 (FRS 102) (effective 1 January 2019)".

Objectives and activities

Helios provides a comprehensive service which includes counselling, psychotherapy, holistic body treatments such as acupuncture and osteopathy. We also give advice and some advocacy plus sign posting to other useful services helping clients with poor housing, financial difficulties and increasingly helping client access food banks.

We serve HIV+ people on low income (70% of our clients) with a focus on marginalised groups who often have inadequate access to services. We do a lot of out-reach to three main groups. Long term HIV, BME and the Trans community. Many of our clients are aging which has additional challenges

(1) Our largest client group remains long term HIV+ people whose overall physical or psychological health is gradually declining, with organ degeneration and a large number of debilitating side issues such as chronic pain, peripheral neuropathy and sleep issues.

(2) The demographic of our clients has gradually changed with more refugees and asylum seekers, especially BME women, often bringing up children on their own. Many are still dealing with stigma and rejection from their community and have physical and emotional issues needing to be addressed.

Helios offers support for emotional, physical and practical issues through therapy and advice sessions to the most marginalised people. 48% are for counselling, psychotherapy and life coaching provided alongside physical treatments including nutrition, acupuncture and osteopathy. Treatment effectiveness is often set back by unmet basic needs with accompanying emotional stress that must be addressed by them in order to move on.

Advocacy: There has been a marked increase in the complexity of the needs of many of our clients, not dealt with adequately elsewhere. Consequently, we increasingly need to provide advocacy for clients with serious life issues that affect their long-term mental wellbeing such as housing issues or accessing appropriate medical or social services.

Funding: Our community space is also used for volunteer training and peer support groups. After hours, local groups and organisations rent our rooms. We are very concerned that this source of income has been reduced over the Covid period which has seriously compromised our funding model.

Achievements and performance

Our continued monitoring and analysis of client data has helped the staff and therapists fully understand the clients' issues and why certain therapies are most in demand. Our improved structures and programmes, developed prior to Covid, requiring more detailed programme monitoring and oversight than has been needed in the past, are under considerable stress.

The opportunity for clients to see improvement has been very empowering for them. Some outcomes were: 1) improved health, 2) feeling more optimistic, 3) able to manage pain more effectively, 4) being part of a community and feeling supported, 5) improvement in their relationships.

Strengths: The mix of clients from BME women to LGBTQ people has created an inclusive and non-threatening environment that they can feel safe in. Strong networks with local partners and agencies have helped greatly to reach many people new to this kind of treatment. The volunteer team is very committed and costs have been kept to a minimum.

High numbers of clients are served each week. Some come from referral agencies dealing with clients who are not well despite HIV medication. The number of BME HIV+ women attending Helios is encouraging, especially as it was initially difficult to build a relationship with this group due to the stigma associated with HIV. From this strong base, we are now reaching out further into this community.

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

We have always had strong links with the transgender community, both male-female and female-male. Indeed, our long-standing experience serving the LGBTQ community and our informal surroundings is reassuring to transgender people used to discrimination. Because of our very effective approaches, the number coming here has continued to grow through word of mouth.

We are one of very few London charities in the holistic therapy field with an extensive range of psychological sessions alongside physical treatment. We fill a number of significant gaps in services provided elsewhere. Many other providers limit access by postcode, gender, sexuality or race – and clients are often given a fixed set of sessions before being placed on a waiting list for further treatment. At Helios, we provide ongoing treatment according to need.

Risks and challenges: Our reliance on unpaid senior positions. Though there is a high degree of commitment and a good pool of effective volunteers at that level, we have not yet been able to establish one paid top full-time managerial post.

The increasing and shifting needs of many clients. The demand for increased advocacy, to support the more vulnerable clients with issues such as housing, welfare, withdrawal of care and finance is escalating. Our advocacy remains informal so we do need extra resources for this area to be more consistently implemented in the future.

Further funds are also needed for a more inclusive LGBT counselling and psychotherapy programme. Helios has seen a marked increase in clients unable to manage the system and in crisis.

Financial review

Room rents and group room rents have not recovered to the levels of pre Covid, which has reduced the income of the charity significantly. The unrestricted reserve funds having decreased from £80,033 to £46,132 in 2022 have now increased to £190,258 mainly due to a legacy from a former trustee of £168,000. We have designated £66,000 to the new building refurbishments. The remaining £102,000 has been added to our reserves.

The situation is improving and clients have increase what they can donate towards there therapy. The trustees are working towards increasing the reserve fund and are in talks with private donors.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to major risks.

Plans for future periods

After 22 years operating in Judd Street, next door to Camden Town Hall, our current Landlords have served notice to quit. The good news is we have secured new premises in Holborn and Camden Council will be our new Landlord. The new premises are in poor condition and need substantial renovation giving us the opportunity to create an environmentally friendly center with full disabled access and extra rooms to see more clients.

2020 - 2023 Funders

The Mac Foundation
The Branson Family
Community Fund (National Lottery)
Private donations
Mill Hill Trust

Structure, governance and management

The charity is a charitable trust and registered as a charity on 12th July 1982. A memorandum of association establishes the objects and the power of the trust and is governed under its Articles of Association.

Type of governing document	Trust deed dated 13 August 1982
How the charity is constituted	By trust
Trustee selection methods	By appointment

Additional Governance Issues The organisational structure consists of an advisory committee to the trustees and a management committee.

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr R Baldock

Mr P McDonnell

Mr G Branson

Mr T Thorpe

Ms D O'Connor

Structure:

A. The 5 current Trustees, sustain the mission, carry out the statutory responsibilities and oversee the charity. They hold the sums, assets and income to advance for the benefit of the public the study and practice of the arts and sciences associated with holistic health.

B. A management committee of 8 made up of mainly clients and therapists who give their recommendations to the trustees.

C. The paid Staff:

(1) Centre and bookings manager

(2) Project manager

(3) Cleaner

(4) Finance Manager

D. 31 Therapists, carefully chosen for their high quality and skill. The majority stay with us for many years providing continuity.

E. 28 Volunteers, many of them service users, cover all areas and are the backbone of the organisation.

Volunteers include jobseekers needing work experience and retirees. They benefit by gaining confidence, computer & IT skills and learning how to work as a team.

Volunteers can claim for travel and lunch expenses.

Volunteer retention is excellent. Some have been with us for over 20 years.

In our reception area, you'll see people of all walks of life all getting along. In this respect we serve the true diversity of people living with HIV helping to break down stigma and prejudice. Our volunteers also reflect this ethos.

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

FSI Evaluation

We recently underwent a full FSI evaluation these are some of their findings

Helios' approach makes these changes possible, because

- Their flexible and person-centered approach. The client is in control; alongside discussions with staff of their treatment plan and can choose how often to attend and when. There is no fixed limit in contrast to many services which are limited to e.g. 12 weekly sessions at the same time.
- A wide range of therapies are on offer.
- Affordable treatments. Therapies are provided on a 'pay what you can' basis, which makes them much more accessible to clients on low wage, disability benefits, or unemployed.
- Welcoming atmosphere and energy. 97% of clients responding to the survey feel welcome with friendly and non-judgmental staff and volunteers. For some clients, the experience of being welcomed at Helios was described as "healing in itself".
- Client base: 65% Male 35% Female is in line with the proportion of women with HIV in the UK (31%)

Improvements:

- Continue refining their impact measurement framework
- Continue to improve booking and monitoring systems
- Review the journey for new clients, to ensure that everyone receives that same welcoming feeling
- Explore needs for other forms of support, funding dependent, such as social events or groups, advocacy support

The trustees' report was approved by the Board of Trustees.

robin baldock

.....
Mr R Baldock

Gregory R Branson

.....
Mr G Branson

Date: 24/01/2024
.....

THE HELIOS FOUNDATION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE HELIOS FOUNDATION

I report to the trustees on my examination of the financial statements of The Helios Foundation (the charity) for the year ended 30 June 2023.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of FCCA, which is one of the listed bodies.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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 financial statements to be reached.

Mitchell Charlesworth

Alex Makinson, FCCA

Mitchell Charlesworth

24 Nicholas Street

Chester

CH1 2AU

Dated: 26/01/2024

THE HELIOS FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2023

Current financial year

	Notes	Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £	Total 2022 £
Income from:						
Donations and legacies	3	227,461	-	109,299	336,760	155,823
Charitable activities	4	6,066	-	-	6,066	5,467
Investments	5	723	-	-	723	14
Total income		<u>234,250</u>	<u>-</u>	<u>109,299</u>	<u>343,549</u>	<u>161,304</u>
Expenditure on:						
Charitable activities	6	11,063	-	188,360	199,423	201,930
Net incoming/(outgoing) resources before transfers		<u>223,187</u>	<u>-</u>	<u>(79,061)</u>	<u>144,126</u>	<u>(40,626)</u>
Net incoming/(outgoing) resources before transfers		<u>223,187</u>	<u>-</u>	<u>(79,061)</u>	<u>144,126</u>	<u>(40,626)</u>
Gross transfers between funds		(145,061)	66,000	79,061	-	-
Net income/(expenditure) for the year/ Net movement in funds		<u>78,126</u>	<u>66,000</u>	<u>-</u>	<u>144,126</u>	<u>(40,626)</u>
Fund balances at 1 July 2022		<u>46,132</u>	<u>-</u>	<u>122,005</u>	<u>168,137</u>	<u>208,763</u>
Fund balances at 30 June 2023		<u><u>124,258</u></u>	<u><u>66,000</u></u>	<u><u>122,005</u></u>	<u><u>312,263</u></u>	<u><u>168,137</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

THE HELIOS FOUNDATION

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

FOR THE YEAR ENDED 30 JUNE 2023

Prior financial year

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:				
Donations and legacies	3	50,734	105,089	155,823
Charitable activities	4	5,467	-	5,467
Investments	5	14	-	14
Total income		<u>56,215</u>	<u>105,089</u>	<u>161,304</u>
Expenditure on:				
Charitable activities	6	503	201,427	201,930
Net incoming/(outgoing) resources before transfers		<u>55,712</u>	<u>(96,338)</u>	<u>(40,626)</u>
Gross transfers between funds		<u>(89,613)</u>	<u>89,613</u>	<u>-</u>
Net income/(expenditure) for the year/ Net movement in funds		<u>(33,901)</u>	<u>(6,725)</u>	<u>(40,626)</u>
Fund balances at 1 July 2021		<u>80,033</u>	<u>128,730</u>	<u>208,763</u>
Fund balances at 30 June 2022		<u><u>46,132</u></u>	<u><u>122,005</u></u>	<u><u>168,137</u></u>

THE HELIOS FOUNDATION

BALANCE SHEET

AS AT 30 JUNE 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Investments	11		-		2,005
Current assets					
Debtors	12	1		9,658	
Cash at bank and in hand		340,437		173,279	
		<u>340,438</u>		<u>182,937</u>	
Creditors: amounts falling due within one year	13	<u>(28,175)</u>		<u>(16,805)</u>	
Net current assets			312,263		166,132
Total assets less current liabilities			<u>312,263</u>		<u>168,137</u>
Income funds					
Restricted funds	15		122,005		122,005
<u>Unrestricted funds</u>					
Designated funds:					
Property Fund		66,000		-	
	16	<u>66,000</u>		<u>-</u>	
General unrestricted funds		124,258		46,132	
			190,258		46,132
			<u>312,263</u>		<u>168,137</u>

Within the financial year £66,000 of unrestricted funds was designated for the refurbishments of the property to be leased in January 2024 to satisfy the charities needs.

The financial statements were approved by the Trustees on 24/01/2024

robin baldock

Mr R Baldock
Trustee

Gregory R Branson

Mr G Branson
Trustee

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2023

1 Accounting policies

Charity information

The Helios Foundation is a charitable trust, incorporated and registered as a charity on 12th July 1982. The principle address is 116 Judd Street, London, WC1H 9NS.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

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

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

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

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

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

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

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

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Expenditure is recognised when it is incurred and is recorded gross of related income.

1.6 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds general 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds general 2022 £	Restricted funds 2022 £	Total 2022 £
Donations and gifts	227,461	109,299	336,760	50,734	105,089	155,823

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

3 Donations and legacies (Continued)

Donations and gifts

Funding - Mill Hill Trust	3,000	30,000	33,000	-	30,000	30,000
Lottery	-	79,299	79,299	-	75,089	75,089
Client donation	56,417	-	56,417	50,734	-	50,734
Pro Client Legacy	168,044	-	168,044	-	-	-
	<u>227,461</u>	<u>109,299</u>	<u>336,760</u>	<u>50,734</u>	<u>105,089</u>	<u>155,823</u>

4 Charitable activities

	2023	2022
	£	£
Room rents	<u>6,066</u>	<u>5,467</u>

5 Investments

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £
Interest receivable	<u>723</u>	<u>14</u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

6 Charitable activities

	2023	2022
	£	£
Consultancy fees	10,699	8,434
Volunteer training	1,076	-
Remedies	644	965
Staff costs	54,174	61,388
Therapist	70,806	80,537
Rent	34,015	32,975
Insurance	-	1,459
Light & heat	2,344	1,970
Office expenses	12,020	10,327
Rates	1,441	2,442
Repairs & renewals	628	420
Telephone	514	509
	<u>188,361</u>	<u>201,426</u>
Share of governance costs (see note 7)	11,062	504
	<u>199,423</u>	<u>201,930</u>
	<u><u>199,423</u></u>	<u><u>201,930</u></u>
Analysis by fund		
Unrestricted funds - general	11,063	503
Restricted funds	188,360	201,427
	<u>199,423</u>	<u>201,930</u>
	<u><u>199,423</u></u>	<u><u>201,930</u></u>

7 Support costs

	Support costs	Governance costs	2023	2022
	£	£	£	£
Accountancy	-	2,406	2,406	504
Legal and professional	-	8,656	8,656	-
	<u>-</u>	<u>11,062</u>	<u>11,062</u>	<u>504</u>
	<u><u>-</u></u>	<u><u>11,062</u></u>	<u><u>11,062</u></u>	<u><u>504</u></u>
Analysed between Charitable activities	-	11,062	11,062	504
	<u>-</u>	<u>11,062</u>	<u>11,062</u>	<u>504</u>
	<u><u>-</u></u>	<u><u>11,062</u></u>	<u><u>11,062</u></u>	<u><u>504</u></u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Total	3	4
	<u> </u>	<u> </u>

No employees received total employee benefits of more than £60,000 in the year.

There were no employees whose annual remuneration was more than £60,000.

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 July 2022 & 30 June 2023	2,005
	<u> </u>
Carrying amount	
At 30 June 2023	2,005
	<u> </u>
At 30 June 2022	2,005
	<u> </u>

12 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Other debtors	1	1
Prepayments and accrued income	-	9,657
	<u> </u>	<u> </u>
	1	9,658
	<u> </u>	<u> </u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

13 Creditors: amounts falling due within one year

	Notes	2023 £	2022 £
Other taxation and social security		5,528	698
Deferred income	14	18,275	12,495
Accruals and deferred income		4,372	3,612
		<u>28,175</u>	<u>16,805</u>

14 Deferred income

	2023 £	2022 £
Other deferred income	18,275	12,495
	<u>18,275</u>	<u>12,495</u>

Deferred income is included in the financial statements as follows:

	2023 £	2022 £
Deferred income is included within:		
Current liabilities	18,275	12,495
	<u>18,275</u>	<u>12,495</u>
Movements in the year:		
Deferred income at 1 July 2022	12,495	19,884
Released from previous periods	(12,495)	(19,884)
Resources deferred in the year	18,275	12,495
	<u>18,275</u>	<u>12,495</u>
Deferred income at 30 June 2023	<u>18,275</u>	<u>12,495</u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

15 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds				Movement in funds				Balance at 30 June 2023 £
	Balance at 1 July 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 1 July 2022 £	Incoming resources £	Resources expended £	Transfers £	
Investments	2,005	-	-	-	2,005	-	-	-	2,005
Mill Hill charitable trust	-	30,000	(30,000)	-	-	30,000	(30,000)	-	-
Lottery fund	6,725	75,089	(81,814)	-	-	75,089	(75,089)	-	-
Property fund	120,000	-	-	-	120,000	-	-	-	120,000
Transfers between funds	-	-	(89,613)	89,613	-	-	(79,061)	79,061	-
	<u>128,730</u>	<u>105,089</u>	<u>(201,427)</u>	<u>89,613</u>	<u>122,005</u>	<u>105,089</u>	<u>(184,150)</u>	<u>79,061</u>	<u>122,005</u>

Investments

These represent funds that have been invested in CIC investments.

Property Funds

This money was donated for a new building in 2010. These funds are restricted for this use only.

Transfers

During the year a transfer of £79,061 was made from unrestricted to restricted funds. This represents the charities contribution towards restricted projects during the year

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

16 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds			
	Incoming resources	Balance at 1 July 2022	Transfers	Balance at 30 June 2023
	£	£	£	£
Property fund	-	-	66,000	66,000
	<u>-</u>	<u>-</u>	<u>66,000</u>	<u>66,000</u>
	<u>-</u>	<u>-</u>	<u>66,000</u>	<u>66,000</u>

Within the financial year £66,000 of unrestricted funds was designated for the refurbishments of the property to be leased in January 2024 to satisfy the charities needs.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

17 Analysis of net assets between funds

	Unrestricted funds	Designated funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£	£
Fund balances at 30 June 2023 are represented by:							
Investments	-	-	-	-	-	2,005	2,005
Current assets/(liabilities)	124,258	66,000	122,005	312,263	46,132	120,000	166,132
	<u>124,258</u>	<u>66,000</u>	<u>122,005</u>	<u>312,263</u>	<u>46,132</u>	<u>122,005</u>	<u>168,137</u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2023

18 Related party transactions

There are no key management personnel

The Board of Trustees
The Helios Foundation
116 Judd Street
London
WC1H 9NS

24 January 2024

Dear Sirs

The purpose of this letter is to set out the basis on which we act as independent examiners and accountants of the charity and the respective areas of our responsibilities and those of the trustees.

We are bound by the ethical guidelines of our professional Institute, and accept instructions to act for you on the basis that we will act in accordance with those ethical guidelines.

1 Independent examination

1.1 Responsibilities of trustees and independent examiners

1.1.1 As trustees of the above charity, you are responsible for maintaining proper accounting records and an appropriate system of internal control for the charity and for preparing the account and statement in accordance with the Charities Act 2011 and regulations thereunder.

1.1.2 In accordance with the Charities Act 2011 section 133, where the charity's gross income in any financial year does not exceed £250,000, the charity's trustees may elect to prepare a receipts and payments account and a statement of assets and liabilities as its annual statement of accounts. You have elected to prepare such an account and statement.

1.1.3 Under the Charities Act 2011, we have a statutory responsibility to state whether or not any matters have come to our attention to which in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached, and to report whether or not any matter has come to our attention in connection with the examination which gives us reasonable cause to believe that in any material respect:

- accounting records have not been kept by the charity in accordance with Section 130 Charities Act 2011;
- the account and statement are not in agreement with the accounting records; and
- the account and statement do not comply with the accounting requirements of the Charities Act 2011.

- 1.1.4 We are also required to report any of the following matters that have become apparent during the course of our examination:
- whether there has been any material expenditure or action which appears not to be in accordance with the trusts of the charity; and
 - whether any information or explanation to which we are entitled under regulation 33 of the Charities (Accounts and Reports) Regulations 2008 has not been afforded to us.
- 1.1.5 We shall plan our work on the basis that an examination report is required for the year, unless you inform us in writing that either:
- the charity requires an audit of the accounts; or
 - the charity requires neither an audit nor an examination report.
- 1.1.6 Should you instruct us to carry out an audit, then a separate letter of engagement will be required.
- 1.1.7 Should you inform us that the charity requires neither an audit nor an examination, then we shall have no responsibilities to the charity, except those specifically agreed upon between us in respect of other professional services.
- 1.1.8 Should our work lead us to conclude that the charity is not entitled to exemption from an audit of the accounts, or should we be unable to reach a conclusion on this matter, then we will not issue any report and will notify you in writing of the reasons. In these circumstances, if appropriate, we will discuss with you the need to appoint an auditor.
- 1.1.9 We have a statutory duty to report to the Charity Commission (CC) under section 156 of the Charities Act 2011 such matters (concerning the activities or affairs of the charity or any connected institution or body corporate) of which we become aware during the course of our examination which are (or are likely to be) of material significance to the CC in the exercise of their powers of inquiry into, or acting for the protection of, charities.
- 1.1.10 In common with all accountancy and legal practices, we are required by the Proceeds of Crime Act 2002 and the Money Laundering Regulations 2007 to:
- have due diligence procedures for the identification of all clients;
 - maintain appropriate records of evidence to support customer due diligence; and
 - report in accordance with the relevant legislation and regulations.

1.2 Scope of examination

- 1.2.1 Our examination will be conducted in accordance with the Charity Commission's 'Directions and Guidance Notes for the Carrying out of an Independent Examination'. Our procedures will consist of comparing the accounts with the accounting records, making limited enquiries of the officers of the charity and only in certain circumstances seeking independent evidence to support entries in the accounting records, or the presentation of the accounts. We shall also review the trustees' report.
- 1.2.2 Our examination is not designed to identify all significant weaknesses in the charity's systems but, if such weaknesses come to our notice during the course of our examination which we think should be brought to your attention, we shall report them to you. Any such report may not be provided to third parties without our prior written consent. Such consent will be granted only on
-

the basis that such reports are not prepared with the interests of anyone other than the charity in mind and that we accept no duty or responsibility to any other party as concerns the reports.

- 1.2.3 As part of our normal procedures, we may request you to provide written confirmation of oral representations which we have received from you during the course of the examination on matters having a material effect on the account and statement.
- 1.2.4 In order to assist us with the examination of your accounts, we shall request sight of all documents or statements, including the trustees' annual report, which are due to be issued with the accounts. If it is proposed that any documents or statements which refer to our name, other than the examined accounts, are to be circulated to third parties, please consult us before they are issued.
- 1.2.5 The responsibility for safeguarding the assets of the charity and for the prevention and detection of fraud, error and non-compliance with laws or regulations rests with yourselves. Our examination should not be relied upon to disclose all material misstatements or frauds, errors or instances of non-compliance as may exist.
- 1.2.6 We shall not be treated as having notice, for the purposes of our examination responsibilities, of information provided to members of our firm other than those engaged on the examination.
- 1.2.7 Once we have issued our report, we have no further direct responsibility in relation to the accounts for that financial year.

Other services

It was agreed that we should carry out the following services as your agents on the basis that you will make full disclosure to us of all relevant information.

2. Accounting services

- 2.1 You have asked us to help you prepare the accounts in accordance with the requirements of the Charities Act 2011 and the Statement of Recommended Practice 'Accounting and Reporting by Charities' (SORP 2015). We will compile the annual accounts for your approval based on the accounting records maintained by you, the results of our audit work and the information and explanation given to us by you.
- 2.2 You have agreed that your staff will be responsible for:-
- i) keeping the record of receipts and payments;
 - ii) reconciling the balances monthly with the bank statements;
 - iii) keeping posted and balanced the purchase and sales ledgers;
 - iv) preparing a detailed list of ledger balances;
 - v) preparing details of the annual stocktaking suitably priced and extended.
-

3. Value added tax (VAT)

3.1 At the time of this letter you are not VAT registered. If registration becomes necessary, we will endeavour to ensure that you register in time provided that:

- (a) you notify us in writing within 14 days of the end of each month of the total value of supplies you have made in that month; and
- (b) you notify us immediately in writing if the value of taxable supplies that you will make in the next 30 days is likely to exceed the annual registration limit then in force.

4. Limitation of liability

To the fullest extent permitted by law, we will not be responsible for any losses where you or others supply incorrect or incomplete information, or fail to supply any relevant or appropriate information, or where you fail to act on our advice or respond promptly to communications from us.

In the event that a claim for negligence shall arise against us our liability in respect thereof shall be limited to an amount of ten times our fees for the service to which the claim relates.

We acknowledge that the limit in respect of our total aggregate liability will not apply to any acts, omissions or representations that are in any way criminal, dishonest or fraudulent on the part of Mitchell Charlesworth, its partners or employees.

5. Responsibility for your affairs

The practice operates an engagement partner system to ensure that you have at least one main point of contact at partner level.

The name of the partner who has responsibility for your affairs is Alex Makinson.

The other key member of the team is Mike Griffiths.

If you are in any way unhappy with our service please contact Alex Makinson in the first instance. If you wish to take the matter further, please contact Rob Hall in the Chester office.

6. Terms and conditions

This engagement letter should be read in conjunction with our standard terms and conditions, a copy of which is attached. Further copies are available on request and are available on our website at <http://www.mitchellcharlesworth.co.uk/terms-conditions>.

Terms and conditions are subject to variation to reflect current practice and/or changes to professional and other regulatory requirements that we are obliged to meet. We will provide one month's written notice of our intention to modify these terms.

7. Agreement of terms

- 7.1 The terms set out in this letter shall take effect immediately upon your countersigning this letter and returning it to us or upon the commencement of our work on the independent examination, accounts and tax return for the accounting period ended 30 June 2023 whichever is the earlier.
- 7.2 Once it has been agreed, this letter will remain effective, from one audit appointment to another, until it is replaced. We shall be grateful if you could confirm in writing your agreement to these terms by signing and returning the enclosed copy of this letter, or let us know if they are not in accordance with your understanding of our terms of engagement.

Yours faithfully

Mitchell Charlesworth

We have read and understood the contents of this letter and confirm our agreement to its terms.

robin baldock

.....
**Signed for and on behalf of
The Helios Foundation**

24/01/2024
.....
Date

The Helios Foundation
116 Judd Street, London, WC1H 9NS

Mitchell Charlesworth
24 Nicholas Street
Chester
CH1 2AU

24/01/2024

Dear Sirs

This letter is provided in connection with your independent examination of the accounts of The Helios Foundation for the year ended 30 June 2023.

We confirm that the following representations are made to the best of our knowledge and belief, having made such inquiries of management and staff as we considered necessary to satisfy ourselves that each of the following representations can properly be made.

General

We have fulfilled our responsibilities as trustees, as set out in the terms of your engagement letter dated 24th January 2024 under the Charities Act 2011, for the preparation of the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) for being satisfied that they give a true and fair view and for making accurate representations to you.

All accounting records and relevant information have been made available to you for the purpose of your independent examination and all transactions undertaken by the charity have been properly recorded in the accounting records and are reflected in the accounts.

All other records and related information, including minutes of all trustees' meetings, have been made available to you. We have provided unrestricted access to persons within the entity from whom you have deemed it necessary to request information.

We confirm that the accounts are free of material misstatements, including omissions.

Internal Control and Fraud

We acknowledge our responsibility for the design, implementation, and maintenance of internal control systems to prevent and detect fraud.

We have disclosed to you all information in relation to fraud or suspected fraud that we are aware of affecting the entity involving management or employees who have a significant role in internal control or others where fraud could have a material effect on the accounts.

We have also disclosed to you all information in relation to allegations of fraud, or suspected fraud affecting the entity's accounts communicated by current or former employees, analysts, regulators, or others.

Laws and Regulations

We confirm that we are not aware of any possible or actual instance of non-compliance with those laws and regulations which provide a legal framework within which the charity conducts its business, and which could affect the accounts.

The charity has complied with all aspects of its contractual agreements that could have a material effect on the accounts in the event of non-compliance.

Accounting Estimates

Significant assumptions used by us in making accounting estimates, including those measured at fair value, are reasonable.

Assets and Liabilities

The charity has satisfactory title to all assets, and there are no liens or encumbrances on the charity's assets except as disclosed in the accounts.

We have recorded or disclosed, as appropriate, all liabilities both actual and contingent, and have disclosed in the notes to the accounts all guarantees given to third parties.

The carrying value and where relevant the fair value measurements and classification of assets and liabilities are properly reflected in the accounts and there are no plans or intentions that may materially alter this.

Stock is not stated at an amount in excess of net realisable value. There are no plans to abandon product lines or other plans that will result in any excess or obsolete stock.

Loans and Arrangements

The charity has at no time during the year entered into any arrangement, transaction or agreement to provide credit facilities (including loans, quasi loans or credit transactions) for trustees, nor to guarantee or provide security for such matters.

Legal Claims

We have disclosed all known actual or possible litigation and claims that have been, or are expected to be received and such matters, as appropriate, have been properly accounted for and disclosed in the accounts.

Related Parties

Related party relationships and transactions have been appropriately accounted for and disclosed in the accounts. We have disclosed to you all relevant information concerning such relationships and transactions and are not aware of any other matters that require disclosure in order to comply with the requirements of charity law or accounting standards.

Subsequent Events

All events since the balance sheet date which require disclosure, or which would materially affect the amounts in the accounts have been adjusted or included in the accounts.

Going Concern

We believe that the charity's accounts should be prepared on a going concern basis on the grounds that the current and future sources of funding or support will be more than adequate for the charity's needs. We have considered a period of twelve months from the date of approval of the accounts.

We believe that no further disclosures relating to the charity's ability to continue as a going concern need to be made in the accounts.

Grants and donations

All grants, donations and other income, the receipt of which being subject to specific terms or conditions, have been notified to you. There have been no breaches of terms or conditions in the application of such income.

Regulatory matters

We are not aware of any matters of material significance that should be reported to the Charity Commission.

There have been no other communications with the Charity Commission or other regulatory bodies during the year or subsequently concerning matters of non-compliance with any legal duty.

Yours faithfully

Signed on behalf of the Board of Trustees by:

robin baldock

Mr R Baldock
Trustee

THE HELIOS FOUNDATION

England & Wales - Charity number 1160233

Accounts

Charity registration number 1160233

THE HELIOS FOUNDATION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2022

THE HELIOS FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr R Baldock Mr P McDonnell Mr G Branson Mr T Thorpe Ms D O'Coner	(Appointed 24 February 2022) (Appointed 24 January 2022)
Charity number	1160233	
Principal address	116 Judd Street London WC1H 9NS	
Independent examiner	Mitchell Charlesworth 24 Nicholas Street Chester CH1 2AU	

THE HELIOS FOUNDATION

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THE HELIOS FOUNDATION

TRUSTEES' REPORT

FOR THE YEAR ENDED 30 JUNE 2022

The trustees present their annual report and financial statements for the year ended 30 June 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements 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 (FRS 102) (effective 1 January 2019)".

Objectives and activities

Helios provides a comprehensive service which includes counselling, psychotherapy, holistic body treatments such as acupuncture and osteopathy. We also give advice and some advocacy plus sign posting to other useful services helping clients with poor housing, financial difficulties and increasingly helping client access food banks.

We serve HIV+ people on low income (72% of our clients) with a focus on marginalised groups who often have inadequate access to services. We do a lot of out-reach to various ethnic groups and LGBTQ+ communities. Many of our clients are aging which has additional challenges when you are HIV+; 74% - 50+, 37% - 60+, 6% - 70+, studies on HIV and aging show an increase in pain and sleep quality in people with HIV.

(1) Our largest client group remains long term HIV+ people whose overall physical or psychological health is gradually declining, with organ degeneration and a large number of debilitating side issues such as chronic pain, peripheral neuropathy and sleep issues.

[2] The demographic of our clients has gradually changed with more refugees and asylum seekers, especially BME women, often bringing up children on their own. Many are still dealing with stigma and rejection from their community and have physical and emotional issues needing to be addressed.

Helios offers support for emotional, physical and practical issues through therapy and advice sessions to the most marginalized people. 48% are for counselling, psychotherapy and life coaching provided alongside physical treatments including nutrition, acupuncture and osteopathy. Treatment effectiveness is often set back by unmet basic needs with accompanying emotional stress that must be addressed by them in order to move on.

Advocacy: There has been a marked increase in the complexity of the needs of many of our clients, not dealt with adequately elsewhere. Consequently, we increasingly need to provide advocacy for clients with serious life issues that affect their long-term mental wellbeing such as housing issues or accessing appropriate medical or social services.

Funding: Our community space is also used for volunteer training and peer support groups. After hours, local groups and organisations rent our rooms. We are very concerned that this source of income has been reduced over the Covid period which has seriously compromised our funding model.

Achievements and performance

Our continued monitoring and analysis of client data has helped the staff and therapists fully understand the clients' issues and why certain therapies are most in demand. Our improved structures and programmes, developed prior to Covid, requiring more detailed programme monitoring and oversight than has been needed in the past, are under considerable stress.

The opportunity for clients to see improvement has been very empowering for them. Some outcomes were: 1) improved health, 2) feeling more optimistic, 3) able to manage pain more effectively, 4) being part of a community and feeling supported, 5) improvement in their relationships.

Strengths: The mix of clients from BME women to LGBTQ people has created an inclusive and non-threatening environment that they can feel safe in. Strong networks with local partners and agencies have helped greatly to reach many people new to this kind of treatment. The volunteer team is very committed and costs have been kept to a minimum.

High numbers of clients are served each week. Some come from referral agencies dealing with clients who are not well despite HIV medication. The number of BME HIV+ women attending Helios is encouraging, especially as it was initially difficult to build a relationship with this group due to the stigma associated with HIV. From this strong base, we are now reaching out further into this community.

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2022

We have always had strong links with the transgender community, both male-female and female-male. Indeed, our long-standing experience serving the LGBTQ community and our informal surroundings is reassuring to transgender people used to discrimination. Because of our very effective approaches, the number coming here has continued to grow through word of mouth.

We are one of very few London charities in the holistic therapy field with an extensive range of psychological sessions alongside physical treatment. We fill a number of significant gaps in services provided elsewhere. Many other providers limit access by postcode, gender, sexuality or race – and clients are often given a fixed set of sessions before being placed on a waiting list for further treatment. At Helios, we provide ongoing treatment according to need.

Risks and challenges: Our reliance on unpaid senior positions. Though there is a high degree of commitment and a good pool of effective volunteers at that level, we have not yet been able to establish one paid top full-time managerial post.

The increasing and shifting needs of many clients. The demand for increased advocacy, to support the more vulnerable clients with issues such as housing, welfare, withdrawal of care and finance is escalating. Our advocacy remains informal so we do need extra resources for this area to be more consistently implemented in the future.

Further funds are also needed for a more inclusive LGBT counselling and psychotherapy programme. Helios has seen a marked increase in clients unable to manage the system and in crisis.

Financial review

Room rents and group room rents have not recovered to the levels of pre Covid, which has reduced the income of the charity significantly. The unrestricted reserve funds have decreased from £80,033 to £46,132

The situation is improving and clients have increase what they can donate towards there therapy. The trustees are working towards increasing the reserve fund and are in talks with private donors.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to major risks.

Plans for future periods

This will depend on:

1. Whether the sums received from other groups and individuals hiring our rooms returns to it's previous level.
2. During Covid, a team of volunteers stepped in to enable our psychotherapy, counselling services to continue online. Many but not all of our psychotherapists have now returned to give in-person sessions. Advocacy over the phone, is still often needed.

2018-2021 Funders

The Mac Foundation
The Branson Family
Mill Hill Trust
Community Fund (National Lottery)
Clothworkers Foundation

Structure, governance and management

The charity is a charitable trust and registered as a charity on 12th July 1982. A memorandum of association establishes the objects and the power of the trust and is governed under its Articles of Association.

Type of governing document	Trust deed dated 13 August 1982
How the charity is constituted	By trust
Trustee selection methods	By appointment

Additional Governance Issues The organisational structure consists of an advisory committee to the trustees and a management committee.

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2022

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr R Baldock

Mr A Eyre (Resigned 30 June 2022)

Mr P McDonnell

Mr G Branson

Ms S Neogi (Resigned 30 June 2022)

Mr T Thorpe (Appointed 24 February 2022)

Ms D O'Coner (Appointed 24 January 2022)

Structure:

A. The 5 current Trustees, sustain the mission, carry out the statutory responsibilities and oversee the charity. They hold the sums, assets and income to advance for the benefit of the public the study and practice of the arts and sciences associated with holistic health.

B. A management committee of 8 made up of mainly clients and therapists who give their recommendations to the trustees.

C. The paid Staff:

- (1) Centre and bookings manager
- (2) Project manager
- (3) Cleaner
- (4) Finance Manager

D. 31 Therapists, carefully chosen for their high quality and skill. The majority stay with us for many years providing continuity.

E. 28 Volunteers, many of them service users, cover all areas and are the backbone of the organisation.

Volunteers include jobseekers needing work experience and retirees. They benefit by gaining confidence, computer & IT skills and learning how to work as a team.

Volunteers can claim for travel and lunch expenses.

Volunteer retention is excellent. Some have been with us for over 20 years.

In our reception area, you'll see people of all walks of life all getting along. In this respect we serve the true diversity of people living with HIV helping to break down stigma and prejudice. Our volunteers also reflect this ethos

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2022

FSI Evaluation

We recently underwent a full FSI evaluation these are some of their findings

Helios' approach makes these changes possible, because

- Their flexible and person-centered approach. The client is in control/ along side discussion with staff of their treatment plan and can choose how often to attend and when. There is no fixed limit in contrast to many services which are limited to e.g. 12 weekly sessions at the same time.
- A wide range of therapies are on offer.
- Affordable treatments. Therapies are provided on a 'pay what you can' basis, which makes them much more accessible to clients on low wage, disability benefits, or unemployed.
- Welcoming atmosphere and energy. 97% of clients responding to the survey feel welcome with friendly and non-judgmental staff and volunteers. For some clients, the experience of being welcomed at Helios was described as "healing in itself".
- Client base: 65% Male 35% Female is in line with the proportion of women with HIV in the UK (31%)

Improvements:

- Continue refining their impact measurement framework
- Continue to improve booking and monitoring systems
- Review the journey for new clients, to ensure that everyone receives that same welcoming feeling
- Explore needs for other forms of support, funding dependent, such as social events or groups, advocacy support

The trustees' report was approved by the Board of Trustees.

robin baldock

.....
Mr R Baldock

Gregory R Branson

.....
Mr G Branson

Date: 10/09/2023
.....

THE HELIOS FOUNDATION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE HELIOS FOUNDATION

I report to the trustees on my examination of the financial statements of The Helios Foundation (the charity) for the year ended 30 June 2022.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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 financial statements to be reached.

Alex Makinson

Alex Makinson, FCCA

Mitchell Charlesworth

24 Nicholas Street
Chester
CH1 2AU

Dated: 11/09/2023

THE HELIOS FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes						
Income from:							
Donations and legacies	3	50,734	105,089	155,823	17,347	134,035	151,382
Charitable activities	4	5,467	-	5,467	6,311	-	6,311
Investments	5	14	-	14	37	-	37
Total income		56,215	105,089	161,304	23,695	134,035	157,730
Expenditure on:							
Charitable activities	6	503	201,427	201,930	1,873	150,196	152,069
Net gains/(losses) on investments	10	-	-	-	-	5	5
Net incoming/(outgoing) resources before transfers		55,712	(96,338)	(40,626)	21,822	(16,156)	5,666
Gross transfers between funds		(89,613)	89,613	-	(22,886)	22,886	-
Net movement in funds		(33,901)	(6,725)	(40,626)	(1,064)	6,730	5,666
Fund balances at 1 July 2021		80,033	128,730	208,763	81,097	122,000	203,097
Fund balances at 30 June 2022		46,132	122,005	168,137	80,033	128,730	208,763

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

THE HELIOS FOUNDATION

BALANCE SHEET

AS AT 30 JUNE 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Investments	12		2,005		2,005
Current assets					
Debtors	13	9,658		25,561	
Cash at bank and in hand		173,279		214,886	
		<u>182,937</u>		<u>240,447</u>	
Creditors: amounts falling due within one year	14	<u>(16,805)</u>		<u>(33,689)</u>	
Net current assets			166,132		206,758
Total assets less current liabilities			<u>168,137</u>		<u>208,763</u>
Income funds					
Restricted funds	16		122,005		128,730
Unrestricted funds			46,132		80,033
			<u>168,137</u>		<u>208,763</u>

The financial statements were approved by the Trustees on 10/09/2023

robin baldock

.....

Mr R Baldock
Trustee

Gregory R Branson

.....

Mr G Branson
Trustee

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2022

1 Accounting policies

Charity information

The Helios Foundation is a charitable trust, incorporated and registered as a charity on 12th July 1982. The principle address is 45c St Augustine's Road, London NW1 9RL.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

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

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

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

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

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

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

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

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Expenditure is recognised when it is incurred and is recorded gross of related income.

1.6 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2022

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2022

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations and gifts	50,734	105,089	155,823	17,347	134,035	151,382
Donations and gifts						
CoVid-19 Grant	-	-	-	-	10,000	10,000
Funding - Mill Hill Trust	-	30,000	30,000	-	30,000	30,000
Lottery	-	75,089	75,089	-	69,589	69,589
HMRC Furlough Grant	-	-	-	-	19,446	19,446
Funding - MAC Aids	-	-	-	-	5,000	5,000
Client donation	50,734	-	50,734	17,347	-	17,347
	50,734	105,089	155,823	17,347	134,035	151,382

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2022

4 Charitable activities

	2022	2021
	£	£
Room rents	5,467	6,311
	<u>5,467</u>	<u>6,311</u>

5 Investments

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Interest receivable	14	37
	<u>14</u>	<u>37</u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2022

6 Charitable activities

	2022	2021
	£	£
Monitoring	-	7,190
Consultancy fees	8,434	10,650
Remedies	965	331
Volunteer lunch/travel	-	309
Staff costs	61,388	45,268
Therapist	80,537	35,846
Rent	32,975	32,180
Insurance	1,459	1,333
Light & heat	1,970	1,578
Office expenses	10,327	12,361
Rates	2,442	1,502
Repairs & renewals	420	1,012
Telephone	509	636
	<u>201,426</u>	<u>150,196</u>
Share of governance costs (see note 7)	504	1,873
	<u>201,930</u>	<u>152,069</u>
	<u><u>201,930</u></u>	<u><u>152,069</u></u>
Analysis by fund		
Unrestricted funds	503	1,873
Restricted funds	201,427	150,196
	<u>201,930</u>	<u>152,069</u>
	<u><u>201,930</u></u>	<u><u>152,069</u></u>

7 Support costs

	Support costs	Governance costs	2022	2021
	£	£	£	£
Accountancy	-	504	504	1,873
	<u>-</u>	<u>504</u>	<u>504</u>	<u>1,873</u>
	<u><u>-</u></u>	<u><u>504</u></u>	<u><u>504</u></u>	<u><u>1,873</u></u>
Analysed between Charitable activities	-	504	504	1,873
	<u>-</u>	<u>504</u>	<u>504</u>	<u>1,873</u>
	<u><u>-</u></u>	<u><u>504</u></u>	<u><u>504</u></u>	<u><u>1,873</u></u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2022

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
Total	4	2

No employees received total employee benefits of more than £60,000 in the year.

There were no employees whose annual remuneration was more than £60,000.

10 Net gains/(losses) on investments

	Total	Restricted funds
	2022 £	2021 £
Revaluation of investments	-	5

11 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

12 Fixed asset investments

	Listed investments £
Cost or valuation At 1 July 2021 & 30 June 2022	2,005
Carrying amount At 30 June 2022	2,005
At 30 June 2021	2,005

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2022

13 Debtors

	2022	2021
	£	£
Amounts falling due within one year:		
Other debtors	1	1
Prepayments and accrued income	9,657	25,560
	<u>9,658</u>	<u>25,561</u>

14 Creditors: amounts falling due within one year

	Notes	2022	2021
		£	£
Other taxation and social security		698	9,137
Deferred income	15	12,495	19,884
Accruals and deferred income		3,612	4,668
		<u>16,805</u>	<u>33,689</u>

15 Deferred income

	2022	2021
	£	£
Other deferred income	12,495	19,884
	<u>12,495</u>	<u>19,884</u>

Deferred income is included in the financial statements as follows:

	2022	2021
	£	£
Deferred income is included within:		
Current liabilities	12,495	19,884
	<u>12,495</u>	<u>19,884</u>
Movements in the year:		
Deferred income at 1 July 2021	19,884	22,889
Released from previous periods	(19,884)	(22,889)
Resources deferred in the year	12,495	19,884
	<u>12,495</u>	<u>19,884</u>
Deferred income at 30 June 2022	<u>12,495</u>	<u>19,884</u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2022

16 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds					Movement in funds				
	Balance at 1 July 2020 £	Incoming resources £	Resources expended £	Transfers £	Revaluations, gains and losses £	Balance at 1 July 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 30 June 2022 £
Investments	2,000	-	-	-	5	2,005	-	-	-	2,005
Mill Hill charitable trust	-	30,000	(30,000)	-	-	-	30,000	(30,000)	-	-
MAC Aids fund	-	5,000	(5,000)	-	-	-	-	-	-	-
CoVid-19 grant	-	10,000	(10,000)	-	-	-	-	-	-	-
Lottery fund	-	69,589	(62,864)	-	-	6,725	75,089	(81,814)	-	-
Property fund	120,000	-	-	-	-	120,000	-	-	-	120,000
Coronavirus job retention scheme	-	19,446	(19,446)	-	-	-	-	-	-	-
Transfers between funds	-	-	(22,886)	22,886	-	-	-	(89,613)	89,613	-
	<u>122,000</u>	<u>134,035</u>	<u>(150,196)</u>	<u>22,886</u>	<u>5</u>	<u>128,730</u>	<u>105,089</u>	<u>(201,427)</u>	<u>89,613</u>	<u>122,005</u>

Investments

These represent funds that have been invested in CIC investments.

Property Funds

This money was donated for a new building in 2010. These funds are restricted for this use only.

Transfers

During the year a transfer of £89,613 was made from unrestricted to restricted funds. This represents the charities contribution towards restricted projects during the year

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2022

17 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 30 June 2022 are represented by:						
Investments	-	2,005	2,005	-	2,005	2,005
Current assets/(liabilities)	46,132	120,000	166,132	80,033	126,725	206,758
	<u>46,132</u>	<u>122,005</u>	<u>168,137</u>	<u>80,033</u>	<u>128,730</u>	<u>208,763</u>

18 Related party transactions

There are no key management personnel

THE HELIOS FOUNDATION

England & Wales - Charity number 1160233

Accounts

Charity registration number 1160233

THE HELIOS FOUNDATION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2021

THE HELIOS FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr R Baldock Mr A Eyre Mr P McDonnell Mr G Branson Ms S Neogi
Charity number	1160233
Principal address	116 Judd Street Kings Cross London WC1H 9NS
Independent examiner	Mitchell Charlesworth 24 Nicholas Street Chester CH1 2AU

THE HELIOS FOUNDATION

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Statement of financial activities	6
Balance sheet	7
Notes to the financial statements	8 - 16

THE HELIOS FOUNDATION

TRUSTEES' REPORT

FOR THE YEAR ENDED 30 JUNE 2021

The trustees present their annual report and financial statements for the year ended 30 June 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements 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 (FRS 102) (effective 1 January 2019)".

Objectives and activities

Helios provides a comprehensive service which includes counselling, holistic treatment and advice with an increasing emphasis on advocacy for those people on limited means who come to us with difficult or chronic health conditions requiring urgent or ongoing treatment. We were originally set up for HIV+ people and those from the LGBTQ and BME communities who remain 75% of our client base.

Helios has been particularly effective over 35 years by listening and responding to clients needs, both physical and psychological, which are changing all the time as people live longer with HIV.

[1] Our largest client group remains long term HIV+ people whose overall physical or psychological health is gradually declining, with organ degeneration and a large number of debilitating side issues such as chronic pain, peripheral neuropathy and sleep issues.

[2] The profile of our clients gradually changed when more refugees and asylum seekers, especially BME women arrived, often bringing up children on their own, presenting with HIV. Many are still dealing with stigma and rejection from their community and have physical and emotional issues needing to be addressed. Often, they need body therapies before counselling. Therapeutic touch is part of how they feel accepted.

[3] Older LGBT clients: We have developed a very successful service, based on ongoing monitoring, which deals with the high prevalence of depression and isolation in this group, which has been aggravated by Covid19, plus degenerative conditions.

[4] For some years now, we have been addressing other immune system and degenerative conditions such as lupus, hepatitis and osteoporosis.

Helios offers support for emotional, physical and practical issues through therapy and advice sessions to the most marginalized people. 48% are for counselling, psychotherapy and life coaching provided alongside physical treatments including nutrition, acupuncture and osteopathy. Treatment effectiveness is often set back by unmet basic needs with accompanying emotional stress that must be addressed by them in order to move on.

Advocacy: There has been a marked increase in the complexity of the needs of many of our clients, not dealt with adequately elsewhere. Consequently, we increasingly need to provide advocacy for clients with serious life issues that affect their long-term mental wellbeing such as housing issues or accessing appropriate medical or social services.

Funding: Our community space is also used for volunteer training and peer support groups. After hours, local groups and organisations rent our rooms. We are very concerned that this source of income has been reduced over the Covid period which has seriously compromised our funding model.

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

Achievements and performance

Our continued monitoring and analysis of client data has helped the staff and therapists fully understand the clients' issues and why certain therapies are most in demand. Our improved structures and programmes, developed prior to Covid, requiring more detailed programme monitoring and oversight than has been needed in the past, are under considerable stress.

The opportunity for clients to see improvement has been very empowering for them. Some outcomes were: 1) improved health, 2) feeling more optimistic, 3) able to manage pain more effectively, 4) being part of a community and feeling supported, 5) improvement in their relationships.

Strengths: The mix of clients from BME women to LGBTQ people has created an inclusive and non-threatening environment that they can feel safe in. Strong networks with local partners and agencies have helped greatly to reach many people new to this kind of treatment. The volunteer team is very committed and costs have been kept to a minimum.

High numbers of clients are served each week. Some come from referral agencies dealing with clients who are not well despite HIV medication. The number of BME HIV+ women attending Helios is encouraging, especially as it was initially difficult to build a relationship with this group due to the stigma associated with HIV. From this strong base, we are now reaching out further into this community.

We have always had strong links with the transgender community, both male-female and female-male. Indeed, our long-standing experience serving the LGBTQ community and our informal surroundings is reassuring to transgender people used to discrimination. Because of our very effective approaches, the number coming here has continued to grow through word of mouth.

We are one of very few London charities in the holistic therapy field with an extensive range of psychological sessions alongside physical treatment. We fill a number of significant gaps in services provided elsewhere. Many other providers limit access by postcode, gender, sexuality or race – and clients are often given a fixed set of sessions before being placed on a waiting list for further treatment. At Helios, we provide ongoing treatment according to need.

Risks and challenges: Our reliance on unpaid senior positions. Though there is a high degree of commitment and a good pool of effective volunteers at that level, we have not yet been able to establish one paid top full-time managerial post.

The increasing and shifting needs of many clients. The demand for increased advocacy, to support the more vulnerable clients with issues such as housing, welfare, withdrawal of care and finance is escalating. Our advocacy remains informal so we do need extra resources for this area to be more consistently implemented in the future.

Further funds are also needed for a more inclusive LGBT counselling and psychotherapy programme. Helios has seen a marked increase in clients unable to manage the system and in crisis.

Financial review

The statement of financial activities discloses a decrease in total income received £157,730 (2020: £188,584), which resulted in a decrease in net incoming resources for the year amounting to £5,666 when compared with the prior year (2020: £20,032).

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to major risks.

Plans for future periods

This will depend on:

1. Whether the sums received from other groups and individuals hiring our rooms returns to its previous level.
2. During Covid, a team of volunteers stepped in to enable our psychotherapy, counselling services to continue online. Many but not all of our psychotherapists have now returned to give in-person sessions. Advocacy over the phone, is still often needed.

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

2018-2021 Funders

The Mac Foundation

The Branson Family

Mill Hill Trust

Community Fund (National Lottery)

Clothworkers Foundation

Structure, governance and management

The charity is a charitable trust and registered as a charity on 12th July 1982. A memorandum of association establishes the objects and the power of the trust and is governed under its Articles of Association.

Type of governing document	Trust deed dated 13 August 1982
How the charity is constituted	By trust
Trustee selection methods	By appointment

Additional Governance Issues The organisational structure consists of an advisory committee to the trustees and a management committee.

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr R Baldock

Mr A Eyre

Mr P McDonnell

Mr G Branson

Ms S Neogi

- (a) The Trustees, currently five, provide the vision, statutory responsibility and overall oversight.
- (b) They hold the sums, assets and income to advance for the benefit of the public the study and practice of the arts and sciences associated with holistic health.
- (c) The experienced advisory panel to the trustees - currently three members - is vital for the running of the charity as they oversee the detailed implementation of policy.
- (d) The executive Sub-committee oversees the day to day activities of the charity.
- (e) The paid Staff. Currently four part-time are 1. Centre and bookings manager 2. Project manager. 3. Cleaner 4. Finance Manager
- (f) The self-employed experienced therapists, currently 32 active. The majority stay with us for many years, which supports the consistency of the therapy available.
- (g) The present team of 36 volunteers, mainly service users, cover all areas from reception to senior management, and are the backbone of the organisation. Many have come to us, recommended by previous or existing clients who have benefitted from their time at Helios and are wanting to 'give back'.

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

Volunteers include job-seekers needing work experience, also retirees and those on disability benefits with no pressure to return to work. We provide supervision and advise them in CV updating and HIV awareness, Providing HIV awareness advice helps the volunteers to sensitively assist our clients to understand their condition. As many are also service users, we pay close attention to their physical and emotional wellbeing.

Volunteers are paid expenses (e.g. travel and lunch).

Volunteer retention is excellent. Some have been with us for over 20 years. By drawing on the experience of our volunteers, working closely with the staff, we have developed strong core standards and a rigorous code of conduct. At least six volunteers each year go on to employment after receiving work experience at Helios.

Our volunteer programme breaks down the stigma, myths and preconceptions that the community still have about people living with HIV and/or the LGBTQ experience. In our reception area all types of clients mix well together; LGBTQ, Muslim, Black African women and heterosexual volunteers.

The trustees' report was approved by the Board of Trustees.



Mr R Baldock



Mr G Branson

14 April 2023

THE HELIOS FOUNDATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE HELIOS FOUNDATION

I report to the trustees on my examination of the financial statements of The Helios Foundation (the charity) for the year ended 30 June 2021.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

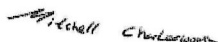
Independent examiner's statement

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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 financial statements to be reached.

 Mitchell Charlesworth

Alex Makinson, FCCA
Mitchell Charlesworth

24 Nicholas Street
Chester
CH1 2AU

Dated: 14 April 2023

THE HELIOS FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Income from:							
Donations and legacies	3	17,347	134,035	151,382	61,931	103,151	165,082
Charitable activities	4	6,311	-	6,311	23,369	-	23,369
Investments	5	37	-	37	133	-	133
Total income		23,695	134,035	157,730	85,433	103,151	188,584
Expenditure on:							
Charitable activities	6	1,873	150,196	152,069	82,921	103,151	186,072
Net gains/(losses) on investments	10	-	5	5	17,520	-	17,520
Net incoming/(outgoing) resources before transfers		21,822	(16,156)	5,666	20,032	-	20,032
Gross transfers between funds		(22,886)	22,886	-	-	-	-
Net movement in funds		(1,064)	6,730	5,666	20,032	-	20,032
Fund balances at 1 July 2020		81,097	122,000	203,097	61,065	122,000	183,065
Fund balances at 30 June 2021		80,033	128,730	208,763	81,097	122,000	203,097

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

THE HELIOS FOUNDATION

BALANCE SHEET

AS AT 30 JUNE 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Investments	11		2,005		2,000
Current assets					
Debtors	13	25,561		6,939	
Cash at bank and in hand		214,886		223,521	
		<u>240,447</u>		<u>230,460</u>	
Creditors: amounts falling due within one year	14	(33,689)		(29,363)	
Net current assets			206,758		201,097
Total assets less current liabilities			<u>208,763</u>		<u>203,097</u>
Income funds					
Restricted funds	16	128,730		122,000	
Unrestricted funds		80,033		81,097	
		<u>208,763</u>		<u>203,097</u>	

The financial statements were approved by the Trustees on 14 April 2023



Mr R Baldock
Trustee



Mr G Branson
Trustee

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2021

1 Accounting policies

Charity information

The Helios Foundation is a charitable trust, incorporated and registered as a charity on 12th July 1982. The principle address is 45c St Augustine's Road, London NW1 9RL.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

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

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

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

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

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

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

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

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Expenditure is recognised when it is incurred and is recorded gross of related income.

1.6 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2021 £	2021 £	2021 £	2020 £	2020 £	2020 £
Donations and gifts	17,347	134,035	151,382	61,931	103,151	165,082
Donations and gifts						
CoVid-19 Grant	-	10,000	10,000	-	-	-
Funding - Mill Hill Trust	-	30,000	30,000	-	15,000	15,000
Lottery	-	69,589	69,589	-	71,323	71,323
HMRC Furlough Grant	-	19,446	19,446	-	-	-
Funding - MAC Aids	-	5,000	5,000	-	10,000	10,000
Private donation - S Neogi	-	-	-	4,000	-	4,000
Client donation	17,347	-	17,347	35,790	-	35,790
Gabbitas AS	-	-	-	20,637	-	20,637
Other	-	-	-	1,504	6,828	8,332
	17,347	134,035	151,382	61,931	103,151	165,082

4 Charitable activities

	2021 £	2020 £
Room rents	6,311	23,369

5 Investments

	Unrestricted funds	Unrestricted funds
	2021 £	2020 £
Interest receivable	37	133

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

6 Charitable activities

	2021	2020
	£	£
Monitoring	7,190	3,605
Consultancy fees	10,650	15,107
Remedies	331	1,007
Volunteer lunch/travel	309	2,511
Staff costs	45,268	34,884
Therapist	35,846	72,478
Rent	32,180	31,432
Insurance	1,333	1,270
Light & heat	1,578	1,782
Office expenses	12,361	10,639
Rates	1,502	132
Repairs & renewals	1,012	8,914
Telephone	636	716
	<u>150,196</u>	<u>184,477</u>
Share of governance costs (see note 7)	1,873	1,595
	<u>152,069</u>	<u>186,072</u>
Analysis by fund		
Unrestricted funds	1,873	82,921
Restricted funds	150,196	103,151
	<u>152,069</u>	<u>186,072</u>

7 Support costs

	Support costs	Governance costs	2021	2020
	£	£	£	£
Accountancy	-	1,873	1,873	1,595
	<u>-</u>	<u>1,873</u>	<u>1,873</u>	<u>1,595</u>
Analysed between	-	1,873	1,873	1,595
Charitable activities	<u>-</u>	<u>1,873</u>	<u>1,873</u>	<u>1,595</u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
Total	2	2

No employees received total employee benefits of more than £60,000 in the year.

There were no employees whose annual remuneration was more than £60,000.

10 Net gains/(losses) on investments

	Restricted funds	Unrestricted funds
	2021 £	2020 £
Revaluation of investments	5	-
Gain/(loss) on sale of investments	-	17,520
	<u>5</u>	<u>17,520</u>

11 Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 July 2020 & 30 June 2021	2,000
Carrying amount	
At 30 June 2021	<u>2,000</u>
At 30 June 2020	<u>2,000</u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

12	Financial instruments		2021	2020
			£	£
	Carrying amount of financial assets			
	Instruments measured at fair value through profit or loss		2,005	2,000
			<u> </u>	<u> </u>
13	Debtors		2021	2020
			£	£
	Amounts falling due within one year:			
	Other debtors		1	-
	Prepayments and accrued income		25,560	6,939
			<u> </u>	<u> </u>
			25,561	6,939
			<u> </u>	<u> </u>
14	Creditors: amounts falling due within one year		2021	2020
			£	£
		Notes		
	Other taxation and social security		9,137	3,679
	Deferred income	15	19,884	22,889
	Accruals and deferred income		4,668	2,795
			<u> </u>	<u> </u>
			33,689	29,363
			<u> </u>	<u> </u>
15	Deferred income		2021	2020
			£	£
	Other deferred income		19,884	22,889
			<u> </u>	<u> </u>
	Deferred income is included in the financial statements as follows:			
			2021	2020
			£	£
	Deferred income is included within:			
	Current liabilities		19,884	22,889
			<u> </u>	<u> </u>
	Movements in the year:			
	Deferred income at 1 July 2020		22,889	-
	Released from previous periods		(22,889)	-
	Resources deferred in the year		19,884	22,889
			<u> </u>	<u> </u>
	Deferred income at 30 June 2021		19,884	22,889
			<u> </u>	<u> </u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

16 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 July 2019		Movement in funds		Balance at 1 July 2020		Movement in funds		Balance at 30 June 2021			
	£	£	Incoming resources	Resources expended	£	£	Incoming resources	Resources expended	Transfers	Revaluations, gains and losses	£	£
Investments												
Mill Hill charitable trust	2,000	-	-	-	2,000	-	-	-	-	5	2,005	
MAC Aids fund	-	15,000	15,000	(15,000)	-	30,000	30,000	(30,000)	-	-	-	
CoVid-19 grant	-	10,000	10,000	(10,000)	-	5,000	5,000	(5,000)	-	-	-	
Lottery fund	-	-	-	-	-	10,000	10,000	(10,000)	-	-	-	
Property fund	120,000	71,323	71,323	(71,323)	-	69,589	69,589	(62,864)	-	-	6,725	
Coronavirus job retention scheme	-	6,828	6,828	(6,828)	120,000	-	19,446	(19,446)	-	-	120,000	
Transfers between funds	-	-	-	-	-	-	-	(22,886)	22,886	-	-	
	122,000	103,151	103,151	(103,151)	122,000	134,035	134,035	(150,196)	22,886	5	128,730	

Investments

These represent funds that have been invested in CIC investments.

Property Funds

This money was donated for a new building in 2010. These funds are restricted for this use only.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2021

17 Analysis of net assets between funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Fund balances at 30 June 2021 are represented by:						
Investments	-	2,005	2,005	-	2,000	2,000
Current assets/(liabilities)	80,033	126,725	206,758	81,097	120,000	201,097
	<u>80,033</u>	<u>128,730</u>	<u>208,763</u>	<u>81,097</u>	<u>122,000</u>	<u>203,097</u>

18 Related party transactions

There are no key management personnel