

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	(Appointed 24 February 2022)
	Ms D O'Coner	(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

CONTENTS

	Page
Trustees' report	1 - 4
Independent examiner's report	5
Statement of financial activities	6
Balance sheet	7
Notes to the financial statements	8 - 17

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.
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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

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Mr R Baldock

Gregory R Branson

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Mr G Branson

Date: 10/09/2023
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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

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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> </u>	<u> </u>

5 Investments

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Interest receivable	14	37
	<u> </u>	<u> </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>
Analysis by fund		
Unrestricted funds	503	1,873
Restricted funds	<u>201,427</u>	<u>150,196</u>
	<u>201,930</u>	<u>152,069</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>
Analysed between Charitable activities	-	504	504	1,873
	<u>-</u>	<u>504</u>	<u>504</u>	<u>1,873</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	12,495	19,884
	<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