

HECTOR'S HOUSE

England & Wales · Charity number 1165588

Details

Status Registered

Legal form Trust

Registered 2016-02-16

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

Contact

Address 236a High Street
Berkhamsted
Hertfordshire
HP4 1AG

Phone 07397 155562

Email hihector@hectorshouse.org.uk

Website www.hectorshouse.org.uk

Activities

Objects: TO HELP PREVENT SUICIDE, BY MAKING IT EASIER TO RECOGNISE THE SYMPTOMS WHICH MAY LEAD TO SUICIDE AND TO HELP PEOPLE FIND THE APPROPRIATE RESOURCES TO IMPROVE THEIR MENTAL WELLBEING. BY: 1 - MAKING IT EASIER TO RECOGNISE THE SYMPTOMS AND TO IMPROVE ACCEPTANCE OF MENTAL HEALTH ILLNESS IN SOCIETY AND TO TRY TO IMPROVE DISCUSSION AND COMMUNICATION AND PROMOTE TALKING IN SOCIETY, SO THAT THE PUBLIC MIGHT HELP WITH MENTAL ILLNESS. 2 - INCREASING AVAILABLE HELP AND RESOURCES 3 - EDUCATION OF THE PUBLIC

Activities: To help prevent suicide, by making it easier to recognise the symptoms which may lead to suicide and to help people find the appropriate resources to improve their mental wellbeing. Using education, partnership working and the support of mental health professionals, we promote suicide prevention and good mental health practices. To reduce the stigma of talking about mental health.

Classification

- **How:** Makes Grants To Organisations, Provides Other Finance, Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** Children/young People, Other Defined Groups, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£193,123	£170,325	-	-
2024-03-31	£200,007	£102,690	-	-
2023-03-31	£86,869	£83,657	-	-
2022-03-31	£121,629	£76,737	-	-
2021-03-31	£44,987	£62,055	-	-

Trustees

Name	Role	Appointed
ROBERT PHILIP STRINGER	Chair	2016-02-16
BELINDA JANE STRINGER		2016-02-16
Donna Millar		2017-06-16
Dr Grant Robert Coren		2025-05-22
Simon James Terence Botterill		2025-05-22

HECTOR'S HOUSE

England & Wales - Charity number 1165588

Accounts

REGISTERED CHARITY NUMBER: 1165588

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2025
for
HECTORS HOUSE**

Johnsons, Chartered Accountants
1-2 Craven Road
Ealing
London
W5 2UA

HECTORS HOUSE

Contents of the Financial Statements FOR THE YEAR ENDED 31 MARCH 2025

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HECTORS HOUSE

Report of the Trustees FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of 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

Objectives and aims

The charity's objective is to help prevent suicide, by:

- 1) Making it easier to recognise the symptoms and to improve acceptance of mental health illness in society and try to improve discussion and communication and promote talking in society, so that the public might help with mental illness
- 2) Increasing available help and resources
- 3) Education of the public

HECTORS HOUSE

Report of the Trustees FOR THE YEAR ENDED 31 MARCH 2025

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

Summary of main activities in relation to these objectives

In planning our activities for the year, the trustees kept in mind the Charity Commission's guidance on public benefit. The main activities to further the objects include; delivering suicide alertness training (safeTALK) to improve discussions and communication in our local area around suicide and mental health, raising more awareness with numerous stalls and events attended by the Hector's House team and continuing our work with supporting those with a history of suicide attempts in partnership with Hertfordshire County Council. We also increased our service delivery in a new Wellbeing Workshop, which we've been delivering to Public Health, Police and school staff - as well as local workplaces and community groups.

We have attended many seminars and are active members on steering groups such as Support After Suicide Bereavement (SASP), The National Suicide Prevention Alliance (NSPA) as well as local boards as Just Talk Network and other Council-led Suicide Prevention Group in Hertfordshire and Buckinghamshire. We have delivered suicide bereavement talks and opened discussion around Youth Suicide to Heath Care UK (HCUK) and are in regular talks with Hertfordshire Partnership Foundation Trust (HPFT) and other local NHS foundations. We have been strengthening our connections with other charities and community groups, and aim to maintain and develop these relationships further next year.

We have continued our commissioned work with Hertfordshire County Council to improve local support for someone who is caring a person at crisis following a suicide attempt (in partnership with local charity Carers in Hertfordshire), as well as the implementation of a peer support group for anyone who has a history of attempted suicide. We have published a nation-first guide to supporting someone following a suicide attempt, which has been met with great enthusiasm across the UK suicide prevention sector.

The charity has also been successful in increasing the skills and resources available to our beneficiaries. We continue to improve and adapt our triage of support with a trauma-informed approach, and have expanded our number of trusted therapists to meet the needs of our beneficiaries. Our staff and event volunteers have been trained in safeTALK (Suicide Alertness For Everyone) and ASIST (Applied Suicide Intervention Skills Training) to ensure anyone connected to the charity is confident in talking openly and directly about suicide. Our signposting and connections to other mental health organisations has also been improved, meaning a more timely and effective service for our beneficiaries. Following the successful launch of two men's groups, Hector's Gentle-Man's Club (funded by Buckinghamshire Council in 2022) where men get together to do new activities, and HecTalk (funded by Hertfordshire Community Foundation in 2023) which offers group support, these have grown from strength to strength. Our weekly meditation classes are still continuing, providing much solace for the attendees.

Our activity online increased greatly by the employment of a FTE Digital Content Creator; ensuring regular activity on social media channels such as Facebook, Twitter and Instagram - which are important for spreading mental health awareness and signposting to existing resources.

Summary of main achievements

Hector's House had another amazing year of growth and development in 2024-25, and the team and board of trustees are incredibly grateful to our community and funders for all of their support. This vital funding has meant we were able to greatly increase our capacity - particularly in the support services we offer. The charity has seen an increase in demand for our services this year, so the funding secured has enabled us to offer more therapy sessions, school talks, the continuation of our men's groups, listening ear sessions and suicide interventions.

The team has worked hard to raise awareness about the work we do this year through attending events, running awareness stalls and improving our networking and number of volunteers. This year, we launched an exciting new initiative, Ask For Hector, which has trained local bar staff to be alert for the signs of suicide, provide initial listening ear support and signpost to our services.

HECTORS HOUSE

Report of the Trustees FOR THE YEAR ENDED 31 MARCH 2025

Awareness

The awareness for mental health services has been greatly improved for the charity thanks to the hard work of our team, particularly our Fundraising Officer who has run a number of awareness events. They have also focused on increasing the number of volunteers connected to the charity to ensure we can be more visible to the public, thus improving our community's awareness of our services and where to turn to for mental health support. These events have proven successful, as we have had more and more interest in the work we do across the board - from school talks to support calls.

We ensured the improvement of our social media platforms (Facebook, Instagram and TikTok) to reach as many people in our local area as possible. Our digital activity has resulted in a growth of our number of followers and website users.

Education

Our popular mental health talks increased this year. Our popular Eat Move Love talk remains a favourite with the 9 local schools we delivered to. We also added a Wellbeing Workshop, a talk on Exam Stress, a Listening Ear Skills Workshop to improve our educational services. These talks received positive feedback from the 32 presentations we delivered during this year.

Our CPD-accredited course called safeTALK has ensured our community remains safer to suicide, giving 23 local attendees the skills and knowledge on how to spot the signs of suicide and how to get the person to safety in easy-to-follow steps. We have now trained 69 suicide alert helpers in the area, which has already proven to be life-saving. Thanks to this training, attendees spotted the signs of suicide in others and contacted Hector's House. As a result we've directly supported 15 individuals with a suicide intervention and safety plan thanks to this course.

This year we also ran our very first in-house ASIST (Applied Suicide Intervention Skills Training) for our network, volunteers and staff. This has equated to 26 caregivers who can complete a suicide intervention - a vital skill for helping people stay safe from suicide.

Working in Partnership

We have continued our work in partnership with the charity Carers in Hertfordshire, thanks to our work with Hertfordshire County Council, to co-deliver a peer support group for carers who are looking after someone attempting suicide or at crisis point. This has worked very well, and the feedback from the groups has been hugely positive so far.

Hertfordshire County Council and Hector's House have begun work on joint projects, such as improving support for carers as above. We are also working on developing a peer support group for people with a history of attempting suicide called Compassionate Herts - including the development of online and physical resources for both projects. We are also providing wellbeing support for the Public Health team, particularly during challenging conversations and activities they have to undertake. This has been something the Hector's House team are immensely proud of, and we look forward to continuing this work.

The team continue to develop relationships with other local charities, such as Rape and Sexual Abuse Support Service (RSASS) and Talk Back. We were very fortunate to receive autism training from Talk Back as we are seeing an increase in demand from beneficiaries with neurodiversity, and have been able to make many reasonable adjustments in order to best serve this community.

Hector's House are a voluntary sector representative for the suicide prevention board in Buckinghamshire, supporting the creation and implementation of their new 5-year suicide prevention strategy.

We sit on the National Suicide Prevention Alliance (NSPA), Support After Suicide Partnership (SASP), and a number of Suicide Prevention steering, task and finish groups in Hertfordshire and Buckinghamshire. We have attended digital conferences and work closely with any organisation who may need our insights or lived experiences to benefit their own work in the community.

HECTORS HOUSE

Report of the Trustees FOR THE YEAR ENDED 31 MARCH 2025

Support

The amount of support offered this year has been greatly increased thanks to the success in fundraising and in the awareness raised of our services. We delivered 156 hours of tailored signposting and listening ear support to individuals in need of mental health care/crisis interventions. (an increase from the 98 provided last year.) This year, we saw a huge increase in the demand for our funded counselling service, from 83 sessions in 23/24 to 378 in 24/25.

Our team continues to learn and grow their own skills and knowledge - including counselling skills, awareness of suicide and neurodiversity, domestic and sexual abuse and how suicide impacts the LGBTQ+ and racialised communities. We are continually learning and ensuring we maintain a trauma-informed approach that is accessible to all residents of Buckinghamshire, Hertfordshire and Bedfordshire. Our work this year saw an increase in demand from the Gypsy & Roma Traveller (GRT) community, which has highlighted a need to ensure our services are accessible. We are working closely with representatives in both Buckinghamshire and Hertfordshire Councils to improve our accessibility.

We have delivered over 156 hours of support groups this year (up from 107 in 23/24), with many attendees needing further support outside of the group setting. Our men peer support groups HecTalk and HGMC have grown significantly, with a number of male attendees feeding back to us to say how useful they found the opportunity to openly discuss their feelings. The weekly meditation sessions have also had positive feedback, and continues to flourish since its development during lockdown in 2020. We've also held monthly peer support group for carers of those attempting suicide in partnership with Carers in Herts, which has been hugely successful.

Our future support goals are to continue the growth and quality of our services, which will be helped with the hire of a new member of the support team this year as demand for our services grows. This work has been invaluable to our beneficiaries, so we are so grateful to our community for their unwavering support.

FINANCIAL REVIEW

Reserves policy

Restricted Reserves

We were fortunate to secure a number of grants to fund our support services. Our restricted reserves are £40,781.

Statement of the charity's policy on reserves

In setting the reserves policy, the Board of Trustees considers the need to provide against any future income shortfall, fulfil working capital requirements and allow funds to be available to support service developments. This is balanced against the need to spend reserves now to deliver services to meet beneficiary needs.

The target range for free reserves has been set at between six and twelve months of general expenditure, which as of 31 March 2025 equates to £83,055 and £166,109 respectively. We are fortunate to have free reserves of £189,980.

Our administration costs have continued to increase this year due to the hire of a new member of staff and to meet the growing demands of our services. This has been incredibly beneficial to the charity as we have seen an increase in demand - ensuring every person (beneficiary or fundraiser) receives the best care and attention possible.

With the increasing demands for support, we always need to keep funds in hand to offer an immediate response, and to ensure 12 months of continued beneficiary care. Our ultimate goal remains to have a physical Hector's House building - with counselling rooms, offices for staff and volunteers, training rooms, wellbeing rooms with necessary equipment. The reserves need to continue to build for the trustees to consider designating funds for this facility, whether rented or bought. It is believed the current level of reserves are not excessive given the increasing costs in the year ahead, the funds raised are all ad hoc and grant funding remains time consuming and challenging in the current economic climate.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust dated 24 November 2014 and constitutes an unincorporated charity.

HECTORS HOUSE

Report of the Trustees FOR THE YEAR ENDED 31 MARCH 2025

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number
1165588

Principal address

c/o Stringer Mann
236A High Street
Berkhamsted
Hertfordshire
HP4 1AG

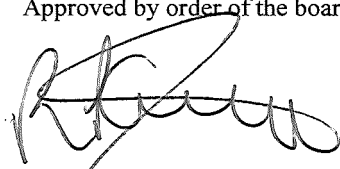
Trustees

R P Stringer
Mrs B Stringer
Ms J Cornell (resigned 28/11/2025)
A Cornell (resigned 28/11/2025)
Ms C Rowland (resigned 28/11/2025)
Ms D Millar
S J T Botterill (appointed 22/5/2025)
Dr G R Coren (appointed 22/5/2025)

Independent Examiner

E Cartwright FCCA FMAAT
Johnsons, Chartered Accountants
1-2 Craven Road
Ealing
London
W5 2UA

Approved by order of the board of trustees on 28 January 2026 and signed on its behalf by:



R P Stringer - Trustee

Independent Examiner's Report to the Trustees of Hectors House

Independent examiner's report to the trustees of Hectors House

I report to the charity trustees on my examination of the accounts of Hectors House (the Trust) for the year ended 31 March 2025.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts to be reached.



E Cartwright FCCA FMAAT
The Association of Chartered Certified Accountants

Johnsons, Chartered Accountants
1-2 Craven Road
Ealing
London
W5 2UA

28 January 2026

HECTORS HOUSE**Statement of Financial Activities
FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	Unrestricted fund £	Restricted fund £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		104,316	85,007	189,323	198,248
Investment income	2	3,607	193	3,800	1,759
Total		<u>107,923</u>	<u>85,200</u>	<u>193,123</u>	<u>200,007</u>
EXPENDITURE ON					
Raising funds		28,917	-	28,917	15,725
Charitable activities					
Charitable Activities		92,538	48,870	141,408	86,367
Other		520	-	520	598
Total		<u>121,975</u>	<u>48,870</u>	<u>170,845</u>	<u>102,690</u>
NET INCOME/(EXPENDITURE)		(14,052)	36,330	22,278	97,317
RECONCILIATION OF FUNDS					
Total funds brought forward		207,037	284	207,321	110,004
TOTAL FUNDS CARRIED FORWARD		<u><u>192,985</u></u>	<u><u>36,614</u></u>	<u><u>229,599</u></u>	<u><u>207,321</u></u>

The notes form part of these financial statements

HECTORS HOUSE

Balance Sheet **31 MARCH 2025**

		Unrestricted fund £	Restricted fund £	2025 Total funds £	2024 Total funds £
	Notes				
FIXED ASSETS					
Tangible assets	5	2,376	-	2,376	1,793
CURRENT ASSETS					
Debtors	6	8,193	-	8,193	2,593
Cash at bank and in hand		190,101	40,781	230,882	209,486
		<u>198,294</u>	<u>40,781</u>	<u>239,075</u>	<u>212,079</u>
CREDITORS					
Amounts falling due within one year	7	(7,685)	(4,167)	(11,852)	(6,551)
NET CURRENT ASSETS		<u>190,609</u>	<u>36,614</u>	<u>227,223</u>	<u>205,528</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>192,985</u>	<u>36,614</u>	<u>229,599</u>	<u>207,321</u>
NET ASSETS		<u>192,985</u>	<u>36,614</u>	<u>229,599</u>	<u>207,321</u>
FUNDS	8				
Unrestricted funds				192,985	207,037
Restricted funds				<u>36,614</u>	<u>284</u>
TOTAL FUNDS				<u>229,599</u>	<u>207,321</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 28 January 2026 and were signed on its behalf by:

R P Stringer - Trustee

HECTORS HOUSE

Notes to the Financial Statements FOR THE YEAR ENDED 31 MARCH 2025

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The trustees have opted to prepare the accounts under the receipts and payments basis.

INCOME

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

EXPENDITURE

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Motor vehicles	- 25% on reducing balance
Computer equipment	- 33% on cost

TAXATION

The charity is exempt from tax on its charitable activities.

FUND ACCOUNTING

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. INVESTMENT INCOME

	2025	2024
	£	£
Deposit account interest	<u>3,800</u>	<u>1,759</u>

HECTORS HOUSE

Notes to the Financial Statements - continued FOR THE YEAR ENDED 31 MARCH 2025

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	152,585	45,663	198,248
Investment income	1,759	-	1,759
Total	154,344	45,663	200,007
EXPENDITURE ON			
Raising funds	15,725	-	15,725
Charitable activities			
Charitable Activities	38,993	47,374	86,367
Other	598	-	598
Total	55,316	47,374	102,690
NET INCOME/(EXPENDITURE)	99,028	(1,711)	97,317
RECONCILIATION OF FUNDS			
Total funds brought forward	108,009	1,995	110,004
TOTAL FUNDS CARRIED FORWARD	207,037	284	207,321

HECTORS HOUSE

Notes to the Financial Statements - continued FOR THE YEAR ENDED 31 MARCH 2025

5. TANGIBLE FIXED ASSETS

	Motor vehicles £	Computer equipment £	Totals £
COST			
At 1 April 2024	4,250	-	4,250
Additions	-	1,103	1,103
At 31 March 2025	4,250	1,103	5,353
DEPRECIATION			
At 1 April 2024	2,457	-	2,457
Charge for year	448	72	520
At 31 March 2025	2,905	72	2,977
NET BOOK VALUE			
At 31 March 2025	1,345	1,031	2,376
At 31 March 2024	1,793	-	1,793

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Other debtors	8,193	2,593

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Taxation and social security	2,654	1,193
Other creditors	9,198	5,358
	11,852	6,551

8. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	207,037	(14,052)	192,985
Restricted funds			
Restricted funds	284	36,330	36,614
TOTAL FUNDS	207,321	22,278	229,599

HECTORS HOUSE**Notes to the Financial Statements - continued
FOR THE YEAR ENDED 31 MARCH 2025****8. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	107,923	(121,975)	(14,052)
Restricted funds			
Restricted funds	85,200	(48,870)	36,330
TOTAL FUNDS	<u>193,123</u>	<u>(170,845)</u>	<u>22,278</u>

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	108,009	99,028	207,037
Restricted funds			
Restricted funds	1,995	(1,711)	284
TOTAL FUNDS	<u>110,004</u>	<u>97,317</u>	<u>207,321</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	154,344	(55,316)	99,028
Restricted funds			
Restricted funds	45,663	(47,374)	(1,711)
TOTAL FUNDS	<u>200,007</u>	<u>(102,690)</u>	<u>97,317</u>

HECTORS HOUSE

Notes to the Financial Statements - continued FOR THE YEAR ENDED 31 MARCH 2025

8. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.23 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	108,009	84,976	192,985
Restricted funds			
Restricted funds	1,995	34,619	36,614
TOTAL FUNDS	<u>110,004</u>	<u>119,595</u>	<u>229,599</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	262,267	(177,291)	84,976
Restricted funds			
Restricted funds	130,863	(96,244)	34,619
TOTAL FUNDS	<u>393,130</u>	<u>(273,535)</u>	<u>119,595</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

HECTORS HOUSE**Detailed Statement of Financial Activities
FOR THE YEAR ENDED 31 MARCH 2025**

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	125,217	111,584
Gift aid	5,600	-
Grants	58,506	86,664
	189,323	198,248
 Investment income		
Deposit account interest	3,800	1,759
Total incoming resources	193,123	200,007
 EXPENDITURE		
Raising donations and legacies		
Fundraising	28,917	15,725
 Charitable activities		
Wages	77,125	49,946
Social security	2,124	-
Pensions	1,528	1,190
Insurance	2,777	2,596
Counselling fees	29,377	15,771
Admin expenses	14,692	12,728
Accountancy	7,619	3,903
Training & conferences	6,166	233
	141,408	86,367
 Other		
Motor vehicles	448	598
Computer equipment	72	-
	520	598
 Total resources expended		
	170,845	102,690
 Net income		
	22,278	97,317

This page does not form part of the statutory financial statements

HECTOR'S HOUSE

England & Wales - Charity number 1165588

Accounts

Document Details

Filename:	H146-2024 Full charity accounts.pdf
Client of:	Johnsons

Signature Details

Name:	Robert Philip Stringer
Email:	robert@stringermann.com
Date & Time:	31/01/2025 12:06:53 PM (GMT)
IP Address:	81.133.49.161
Signing Statement:	Robert Philip Stringer confirms that the information is correct and complete to the best of their knowledge and belief.

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**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2024
for
HECTORS HOUSE**

Johnsons, Chartered Accountants
1-2 Craven Road
Ealing
London
W5 2UA

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FOR THE YEAR ENDED 31 MARCH 2024

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HECTORS HOUSE

Report of the Trustees FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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

Objectives and aims

The charity's objective is to help prevent suicide, by:

- 1) Making it easier to recognise the symptoms and to improve acceptance of mental health illness in society and try to improve discussion and communication and promote talking in society, so that the public might help with mental illness
- 2) Increasing available help and resources
- 3) Education of the public

HECTORS HOUSE

Report of the Trustees FOR THE YEAR ENDED 31 MARCH 2024

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Summary of main activities in relation to these objectives

In planning our activities for the year, the trustees kept in mind the Charity Commission's guidance on public benefit. The main activities to further the objects include; delivering suicide alertness training (safeTALK) to improve discussions and communication in our local area around suicide and mental health, raising more awareness with numerous stalls and events attended by the Hector's House team, increasing our listening ear and suicide intervention capacity with the hire of a new member of support staff.

We have attended many seminars and are active members on steering groups such as Support After Suicide Bereavement (SASP), The National Suicide Prevention Alliance (NSPA) as well as local boards as Just Talk Network and other Council-led Suicide Prevention Group in Hertfordshire and Buckinghamshire. We have delivered suicide bereavement talks and opened discussion around Youth Suicide to Heath Care UK (HCUK) and are in regular talks with Hertfordshire Partnership Foundation Trust (HPFT) and other local NHS foundations. We have been strengthening our connections with other charities and community groups, and aim to maintain and develop these relationships further next year.

Most significantly, we have greatly improved our relations with Hertfordshire County Council and have been commissioned to deliver a number of projects in Hertfordshire - such as improving support for someone who is caring a person at crisis following a suicide attempt (in partnership with local charity Carers in Hertfordshire), as well as the implementation of a peer support group for anyone who has a history of attempted suicide.

The charity has also been successful in increasing the skills and resources available to our beneficiaries. We continue to improve and adapt our triage of support with a trauma-informed approach, and have expanded our number of trusted therapists to meet the needs of our beneficiaries. Our staff and event volunteers have been trained in safeTALK (Suicide Alertness For Everyone) to ensure anyone connected to the charity is confident in talking openly and directly about suicide. Our signposting and connections to other mental health organisations has also been improved, meaning a more timely and effective service for our beneficiaries. Last year, with the support of Heart of Bucks funding, we launched a new male peer support group, Hector's Gentle-Man's Club, where men get together to do new activities. Feedback from this group led to the development and launch of a 'brother' group HecTalk, which focuses on open discussion rather than activities. Our weekly meditation classes are still continuing, providing much solace for the attendees, and lead to us doing our first wellness retreat for regular attendees.

Our activity online increased; ensuring regular activity on social media channels such as Facebook, Twitter and Instagram - which are important for spreading mental health awareness and signposting to existing resources.

Summary of main achievements

Hector's House had another amazing year of growth and development in 2023-24, and the team and board of trustees are incredibly grateful to our community and funders for all of their support. This vital funding has meant we were able to greatly increase our capacity - particularly in the support services we offer. The charity has seen an increase in demand for our services this year, so the funding secured has enabled us to offer more therapy sessions, school talks and listening ear sessions - as well as the implementation of our men's peer support group Hector's Gentle-Man's Club.

We were also delighted to be in a position to increase our staffing - with the hire of a new member of the support team. This has increased our capacity and strengthened the existing services offered.

The team has worked hard to raise awareness about the work we do this year through attending events, running awareness stalls and improving our networking and number of volunteers. This has led to many exciting awareness projects and opportunities, such as being a partner for the hit ITV show The Masked Singer!

The Hector's House team are thrilled we have increased our peer support groups with the launch of both the men's group HecTalk and a group for carers of people attempting suicide. We are very proud of the work we are doing with local government bodies, particularly in Hertfordshire where we are increasing support and awareness of services for both carers and people at crisis.

HECTORS HOUSE

Report of the Trustees FOR THE YEAR ENDED 31 MARCH 2024

Awareness

The awareness for mental health services has been greatly improved for the charity thanks to the hard work of our team, particularly our Fundraising Officer who has ran a number of awareness events. They have also focused on increasing the number of volunteers connected to the charity to ensure we can be more visible to the public, thus improving our community's awareness of our services and where to turn to for mental health support. These events have proven successful, as we have had more and more interest in the work we do across the board - from school talks to support calls.

Our networking has resulted in a number of exciting partnerships - namely with the primetime ITV show The Masked Singer, where we were delighted to be their Charity of the Year. This was a huge opportunity for Hector's House to raise awareness about open discussions about mental health, and to destigmatise suicide in our community.

We ensured the maintenance of our social media platforms (Facebook, Instagram and Twitter) to reach as many people in our local area as possible. Our digital activity has resulted in a growth of our number of followers and website users.

Education

Our popular mental health wellbeing workshop Eat Move Love was well received by 25 local schools and organisations this year - including 19 local secondary schools across Bucks and Herts.

This year, a team member trained to deliver the CPD-accredited course called safeTALK - which is an internationally recognised suicide alertness training by LivingWorks Education. This course is a fantastic tool in making our community safer to suicide, as it gives attendees the skills and knowledge on how to spot the signs of suicide and how to get the person to safety in easy-to-follow steps. We have now trained 46 suicide alert helpers in the area, which has already proven to be life-saving. Thanks to this training, attendees spotted the signs of suicide in others and contacted Hector's House. As a result we've directly supported 9 individuals with a suicide intervention and safety plan thanks to this course.

Alongside this we've done workshops on transitioning from school to university, staying safe over summer breaks, understanding youth suicide, healing from suicide bereavement and have successfully developed a new wellbeing workshop that incorporates the 5 Ways to Wellbeing in practical steps, which has proven very successful with many booked for 2024.

Working in Partnership

This year we partnered with a local charity Rape & Sexual Abuse Support Service South Buckinghamshire (RSASS) to trial student counsellor placements for 4 trainee counsellors. We have also worked closely with RSASS to ensure all their staff and volunteers are trained in safeTALK, making them a charity that is safer to suicide when working with their service users.

We have also partnered with the charity Carers in Hertfordshire, thanks to our work with Hertfordshire County Council, to co-deliver a peer support group for carers who are looking after someone attempting suicide or at crisis point. This has worked very well, and the feedback from the groups has been hugely positive so far. We will continue these groups into 2024 and hopefully 2025 if funding is secured.

Hertfordshire County Council and Hector's House have begun work on joint projects, such as improving support for carers as above. We are also working on developing a peer support group for people with a history of attempting suicide called Compassionate Herts - including the development of online and physical resources for both projects. We are also providing wellbeing support for the Public Health team, particularly during challenging conversations and activities they have to undertake. This has been something the Hector's House team are immensely proud of, and we look forward to continuing this work into 2024.

Hector's House are a voluntary sector representative for the suicide prevention board in Buckinghamshire, supporting the creation and implementation of their new 5-year suicide prevention strategy.

We sit on the National Suicide Prevention Alliance (NSPA), Support After Suicide Partnership (SASP), and a number of Suicide Prevention steering, task and finish groups in Hertfordshire and Buckinghamshire. We have attended digital conferences and work closely with any organisation who may need our insights or lived experiences to benefit their own work in the community.

HECTORS HOUSE

Report of the Trustees FOR THE YEAR ENDED 31 MARCH 2024

Support

The amount of support offered this year has been greatly increased thanks to the success in fundraising and in the awareness raised of our services. We funded 82 therapy and counselling sessions in 23/24 and were able to deliver 98 hours of tailored signposting and listening ear support to individuals in need of mental health care/crisis interventions.

Our team continues to learn and grow their own skills and knowledge - including counselling skills, awareness of suicide and neurodiversity, domestic and sexual abuse and how suicide impacts the LGBTQ+ and racialised communities. We are continually learning and ensuring we maintain a trauma-informed approach that is accessible to all residents of Buckinghamshire, Hertfordshire and Bedfordshire.

We have delivered over 107 hours of support groups this year, with many attendees needing further support outside of the group setting. Our peer support group Hector's Gentle-Man's Club is now well established and its 'brother' group HecTalk was successfully instated, with a number of male attendees feeding back to us to say how useful they found the opportunity to openly discuss their feelings. The weekly meditation sessions have also had positive feedback, and continues to flourish since its development during lockdown in 2020. This year, we ran a free wellbeing day retreat for regular attendees which was very popular. We've also held our first carers groups in January and February, and can already see the benefit to these sessions.

Our future support goals are to continue the growth and quality of our services, which will be helped with the hire of a new member of the support team this year as demand for our services grows. This work has been invaluable to our beneficiaries, so we are so grateful to our community for their unwavering support.

FINANCIAL REVIEW

Reserves policy

Restricted Reserves

We were fortunate to secure a number of grants to fund our support services. Our restricted reserves are £284.

Statement of the charity's policy on reserves

In setting the reserves policy, the Board of Trustees considers the need to provide against any future income shortfall, fulfil working capital requirements and allow funds to be available to support service developments. This is balanced against the need to spend reserves now to deliver services to meet beneficiary needs.

The target range for free reserves has been set at between six and twelve months of general expenditure, which as of 31 March 2024 equates to £ 41,830 and £ 83,660 respectively. We are fortunate to have free reserves of £207,037.

Our administration costs have increased this year due to the hire of a new member of staff and to meet demands of our services. This has been incredibly beneficial to the charity as we have seen an increase in demand - ensuring every person (beneficiary or fundraiser) receives the best care and attention possible.

With the increasing demands for support, we always need to keep funds in hand to offer an immediate response, and to ensure 12 months of continued beneficiary care. Our ultimate goal remains to have a physical Hector's House building - with counselling rooms, offices for staff and volunteers, training rooms, wellbeing rooms with necessary equipment. The reserves need to continue to build for the trustees to consider designating funds for this facility, whether rented or bought. It is believed the current level of reserves are not excessive given the increasing costs in the year ahead, the funds raised are all ad hoc.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust dated 24 November 2014 and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1165588

HECTORS HOUSE

Report of the Trustees FOR THE YEAR ENDED 31 MARCH 2024

Principal address

c/o Stringer Mann
236A High Street
Berkhamsted
Hertfordshire
HP4 1AG

Trustees

R P Stringer
Mrs B Stringer
Ms J Cornell
A Cornell
Ms C Rowland
Ms D Millar

Independent Examiner

E Cartwright FCCA FMAAT
Johnsons, Chartered Accountants
1-2 Craven Road
Ealing
London
W5 2UA

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by order of the board of trustees on 31 January 2025 and signed on its behalf by:

R P Stringer - Trustee

Independent Examiner's Report to the Trustees of Hectors House

Independent examiner's report to the trustees of Hectors House

I report to the charity trustees on my examination of the accounts of Hectors House (the Trust) for the year ended 31 March 2024.

Responsibilities and basis of report

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

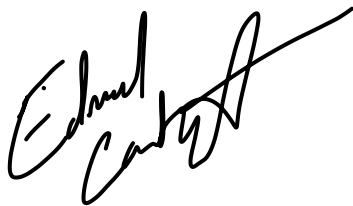
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts to be reached.



E Cartwright FCCA FMAAT
The Association of Chartered Certified Accountants

Johnsons, Chartered Accountants
1-2 Craven Road
Ealing
London
W5 2UA

31 January 2025

HECTORS HOUSE

Statement of Financial Activities FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies		152,585	45,663	198,248	87,603
Investment income	2	1,759	-	1,759	63
Total		<u>154,344</u>	<u>45,663</u>	<u>200,007</u>	<u>87,666</u>
EXPENDITURE ON					
Raising funds		15,725	-	15,725	272
Charitable activities					
Charitable Activities		38,993	47,374	86,367	83,385
Other		598	-	598	797
Total		<u>55,316</u>	<u>47,374</u>	<u>102,690</u>	<u>84,454</u>
NET INCOME/(EXPENDITURE)		99,028	(1,711)	97,317	3,212
RECONCILIATION OF FUNDS					
Total funds brought forward		108,009	1,995	110,004	106,792
TOTAL FUNDS CARRIED FORWARD		<u>207,037</u>	<u>284</u>	<u>207,321</u>	<u>110,004</u>

The notes form part of these financial statements

HECTORS HOUSE**Balance Sheet
31 MARCH 2024**

		Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
	Notes				
FIXED ASSETS					
Tangible assets	5	1,793	-	1,793	2,391
CURRENT ASSETS					
Debtors	6	2,593	-	2,593	2,593
Cash at bank and in hand		205,035	4,451	209,486	105,638
		<u>207,628</u>	<u>4,451</u>	<u>212,079</u>	<u>108,231</u>
CREDITORS					
Amounts falling due within one year	7	(2,384)	(4,167)	(6,551)	(618)
NET CURRENT ASSETS		<u>205,244</u>	<u>284</u>	<u>205,528</u>	<u>107,613</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>207,037</u>	<u>284</u>	<u>207,321</u>	<u>110,004</u>
NET ASSETS		<u>207,037</u>	<u>284</u>	<u>207,321</u>	<u>110,004</u>
FUNDS	8				
Unrestricted funds				207,037	108,009
Restricted funds				284	1,995
TOTAL FUNDS				<u>207,321</u>	<u>110,004</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 31 January 2025 and were signed on its behalf by:

R P Stringer - Trustee

HECTORS HOUSE

Notes to the Financial Statements FOR THE YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The trustees have opted to prepare the accounts under the receipts and payments basis.

INCOME

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

EXPENDITURE

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Motor vehicles - 25% on reducing balance

TAXATION

The charity is exempt from tax on its charitable activities.

FUND ACCOUNTING

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	1,759	63

3. TRUSTEES' REMUNERATION AND BENEFITS

In accordance with the terms of the charity's trust deed, C Stringer was paid £25,750 in 2023 for administration services and for preparing and delivering awareness and education presentation but has not been paid in the year.

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

HECTORS HOUSE

Notes to the Financial Statements - continued FOR THE YEAR ENDED 31 MARCH 2024

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	87,603	-	87,603
Investment income	63	-	63
Total	<u>87,666</u>	<u>-</u>	<u>87,666</u>
EXPENDITURE ON			
Raising funds	272	-	272
Charitable activities			
Charitable Activities	83,385	-	83,385
Other	797	-	797
Total	<u>84,454</u>	<u>-</u>	<u>84,454</u>
NET INCOME	3,212	-	3,212
RECONCILIATION OF FUNDS			
Total funds brought forward	104,797	1,995	106,792
TOTAL FUNDS CARRIED FORWARD	<u>108,009</u>	<u>1,995</u>	<u>110,004</u>

5. TANGIBLE FIXED ASSETS

	Motor vehicles £
COST	
At 1 April 2023 and 31 March 2024	<u>4,250</u>
DEPRECIATION	
At 1 April 2023	1,859
Charge for year	598
At 31 March 2024	<u>2,457</u>
NET BOOK VALUE	
At 31 March 2024	<u>1,793</u>
At 31 March 2023	<u>2,391</u>

HECTORS HOUSE

Notes to the Financial Statements - continued FOR THE YEAR ENDED 31 MARCH 2024

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Other debtors	2,593	2,593

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Taxation and social security	1,193	618
Other creditors	5,358	-
	6,551	618

8. MOVEMENT IN FUNDS

	At 1.4.23	Net movement in funds	At 31.3.24
	£	£	£
Unrestricted funds			
General fund	108,009	99,028	207,037
Restricted funds			
Restricted funds	1,995	(1,711)	284
TOTAL FUNDS	110,004	97,317	207,321

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	154,344	(55,316)	99,028
Restricted funds			
Restricted funds	45,663	(47,374)	(1,711)
TOTAL FUNDS	200,007	(102,690)	97,317

HECTORS HOUSE

Notes to the Financial Statements - continued FOR THE YEAR ENDED 31 MARCH 2024

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	104,797	3,212	108,009
Restricted funds			
Restricted funds	1,995	-	1,995
TOTAL FUNDS	<u>106,792</u>	<u>3,212</u>	<u>110,004</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	87,666	(84,454)	3,212
TOTAL FUNDS	<u>87,666</u>	<u>(84,454)</u>	<u>3,212</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	104,797	102,240	207,037
Restricted funds			
Restricted funds	1,995	(1,711)	284
TOTAL FUNDS	<u>106,792</u>	<u>100,529</u>	<u>207,321</u>

HECTORS HOUSE

Notes to the Financial Statements - continued FOR THE YEAR ENDED 31 MARCH 2024

8. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	242,010	(139,770)	102,240
Restricted funds			
Restricted funds	45,663	(47,374)	(1,711)
TOTAL FUNDS	<u>287,673</u>	<u>(187,144)</u>	<u>100,529</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

HECTORS HOUSE

Detailed Statement of Financial Activities FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	111,584	66,510
Gift aid	-	2,593
Grants	86,664	18,500
	198,248	87,603
Investment income		
Deposit account interest	1,759	63
Total incoming resources	200,007	87,666
EXPENDITURE		
Raising donations and legacies		
Fundraising	15,725	272
Charitable activities		
Wages	49,946	56,926
Pensions	1,190	1,024
Insurance	2,596	476
Raising awareness & education	-	228
Counselling fees	15,771	10,220
Admin expenses	12,728	11,444
Accountancy	3,903	1,455
Training & conferences	233	1,612
	86,367	83,385
Other		
Motor vehicles	598	797
Total resources expended	102,690	84,454
Net income	<u>97,317</u>	<u>3,212</u>

This page does not form part of the statutory financial statements

HECTOR'S HOUSE

England & Wales - Charity number 1165588

Accounts

**Report of the Trustees and
Receipts and Payment Accounts
for the period ended 31 March 2023**

for

Hector's House

Hector's House

Contents of the Report of the Trustees and Receipts and Payments Accounts for the period ended 31 March 2023

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Hector's House

Report of the Trustees for the year ended 31 March 2023

The Trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2023.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name	Hector's House
Registered charity number	1165588
Charity's principal address	236a High Street Berkhamsted Hertfordshire HP4 1AG
Names of Trustees	R Stringer B Stringer J Cornell C Rowland D Millar A Cornell
Independent Examiner	E Cartwright, FCCA FMAAT

Governing document

The governing document is a trust deed dated 24 November 2014.

Trustee selection

Trustees are usually appointed or reappointed annually at the annual general meeting held in February.

Summary of objectives

The charity's objective is to help prevent suicide, by:

- 1) making it easier to recognise the symptoms and to improve acceptance of mental health illness in society and try to improve discussion and communication and promote talking in society, so that the public might help with mental illness
- 2) increasing available help and resources
- 3) Education of the public

**Report of the Trustees
for the year ended 31 March 2023**

Summary of main activities in relation to these objectives

In planning our activities for the year, the trustees kept in mind the Charity Commission's guidance on public benefit. The main activities to further the objects include; introducing a 4-hr CPD accredited suicide alertness training to the charity's educational aims (safeTALK), increasing our number of school talks and information presentations and to continue raising awareness in the community.

We have attended many seminars and are active members on steering groups such as Support After Suicide Bereavement (SASP), The National Suicide Prevention Alliance (NSPA) as well as local boards as Just Talk Network and Council-led Suicide Prevention Group in Hertfordshire and Buckinghamshire. We have delivered several suicide Bereavement talks to Heath Care UK and are in regular talks with Hertfordshire Partnership Foundation Trust (HPFT). We have been strengthening our connections with other charities and community groups, and aim to maintain and develop these relationships further next year.

The charity has also been successful in increasing the skills and resources available to our beneficiaries. We have vastly improved our triage of support, and have expanded our number of trusted therapists. Our staff have been trained in Applied Suicide Intervention Skills Training (ASIST), meaning we are able to offer more suicide interventions as part of our services. Our signposting and connections to other mental health organisations has also been improved, meaning a more timely and effective service for our beneficiaries. We have also successfully launched a men's talking group – Hector's Gentle-Man's Club – with another in the pipeline. Our weekly meditation classes are still continuing, providing much solace for the attendees.

Our activity online increased; ensuring regular activity on social media channels such as Facebook, Twitter and Instagram – which are important for spreading mental health awareness and signposting to existing resources.

Summary of main achievements

Hector's House had another amazing year of growth and development in 2022/23, and the team are incredibly grateful to our community and funders for all of their support. This funding has meant we were able to greatly increase our capacity – particularly in the support services we offer. The charity has seen an increase in demand for our services this year, so the funding secured has enabled us to offer more therapy sessions, school talks and listening ear sessions – as well as the implementation of our men's peer support group Hector's Gentle-Man's Club.

We were also delighted to be in a position to increase our staffing - hiring of three new part-time staff members in social media, fundraising and for the running of our men's groups. This has also increased the support team member's capacity to strengthen the existing services offered, as well as ensuring the successful management of these important areas for the charity.

Awareness

We increased the use of our social media platforms (Facebook, Instagram and Twitter) to reach as many people in our local area as possible. Our digital activity has resulted in a growth of our number of followers and website users. We were told in 2022 by an event goer that our social media presence and the messages we put out saved their life – which meant a great deal to the team.

**Report of the Trustees
for the year ended 31 March 2023**

Awareness (Continued)

We are also ensuring that GPs, other local charities, the Public Health teams and County Council workers in our area are aware of the service we provide by sitting on a number of boards and steering groups (listed above) that meet regularly.

Education

Our popular mental health wellbeing workshop Eat Move Love was well received by a number of local schools and organisations this year – and we were able to increase the amount of these talks by 60% across Buckinghamshire, Hertfordshire and the neighbouring counties.

We have also had a team member trained to deliver the CPD-accredited course called *safeTALK* – which is an internationally recognised suicide alertness training by LivingWorks Education. This course is a fantastic tool in making our community safer to suicide, as it gives attendees the skills and knowledge on how to spot the signs of suicide and how to get the person to safety in easy-to-follow steps. We are looking forward to implementing this training in 2023/24.

Alongside this we've done workshops on transitioning from school to university, staying safe over summer breaks, healing from suicide bereavement and are in the process of developing a wellbeing workshop that incorporates the 5 Ways to Wellbeing in practical steps.

Working in Partnership

We sit on the National Suicide Prevention Alliance (NSPA), Support After Suicide Partnership (SASP), and a number of Suicide Prevention steering, task and finish groups in Hertfordshire and Buckinghamshire. We have attended digital conferences and work closely with any organisation who may need our insights or lived experiences to benefit their own work in the community.

Support

The amount of support offered this year has been greatly increased thanks to the success in fundraising and in the awareness raised of our services. We funded 130 therapy and counselling sessions in 22/23 and were able to give tailored signposting and give listening ear support to over 60 individuals in need of mental health care/crisis interventions.

Our team has been trained in Applied Suicide Intervention Skills Training (ASIST) – meaning we have an extended capacity for delivering direct suicide interventions. This has been life-saving for many of our beneficiaries.

Our peer support group Hector's Gentle-Man's Club was successfully instated, with a number of male attendees feeding back to us to say how useful they found the opportunity to openly discuss their feelings. The weekly meditation sessions have also had positive feedback, and continues to flourish since it's development during lockdown in 2020.

Our future support goals are to continue the growth and quality of our services, to expand our counselling network (including working with volunteer student placements) and to provide support for loved ones supporting those at crisis point. This work has been invaluable to our beneficiaries, so we are so grateful to our community for their unwavering support.

Hector's House

Report of the Trustees for the year ended 31 March 2023

Restricted Reserves

We were fortunate to secure a number of grants to fund our support services. Our restricted reserves are £1,995.

Statement of the charity's policy on reserves

We are fortunate to have free reserves of £103,643. Our administration costs have increased this year with the employment three new members of staff. This has been incredibly beneficial to the charity as we have seen an increase in demand – ensuring every person (beneficiary or fundraiser) receives the best care and attention possible. With the increasing demands for support, we always need to keep funds in hand to offer an immediate response.

Our ultimate goal remains to have a physical Hector's House whether rented or bought, the reserves need to build for the trustees to consider designating funds for this facility. It is believed the current level of reserves are not excessive given the increasing costs in the year ahead, the funds raised are all ad hoc.

There is no core funding.

DECLARATION

The Trustees declare that they have approved the trustee's report above.

Name.....

Signed

Date

Trustee, on behalf of Hector's House

Hector's House

Receipts and Payments Account for the period ended 31 March 2023

RECEIPTS AND PAYMENTS

	Unrestricted	Restricted	2023 Total	2022 Total
	£	£	£	£
<u>RECEIPTS</u>				
Voluntary Income				
Donations	65,713	-	65,713	85,727
Grants	18,500	-	18,500	35,902
Gift Aid	2,593	-	2,593	-
Investments				
Deposit account interest	63	-	63	1
Total Receipts	86,869	-	86,869	121,629
<u>EXPENDITURE</u>				
Charitable Activities				
Raising awareness & education	228	-	228	5,719
Counselling fees	10,220	-	10,220	8,820
Admin expenses	11,444	-	11,444	6,364
Insurance	476	-	476	471
Staff costs	57,950	-	57,950	48,961
Accountancy	1,455	-	1,455	1,636
Training & conferences	1,612	-	1,612	444
Raising Funds				
Fundraising	272	-	272	72
Expenditure	83,657	-	83,657	72,487
Asset purchases	-	-	-	4,250
Total Expenditure	83,657	-	83,657	76,737
<u>EXCESS OF RECEIPTS OVER PAYMENTS</u>	3,212	-	3,212	44,892

Hector's House

Receipts and Payments Account for the period ended 31 March 2023

RECONCILIATION TO AMOUNTS HELD

	Unrestricted	Restricted	2023 Total	2022 Total
	£	£	£	£
Excess of payments over receipts	3,212	-	3,212	44,892
Funds brought forward	100,431	1,995	102,426	57,534
CASH FUNDS (Note 1)	103,643	1,995	105,638	102,426

Notes

1. CASH FUNDS

Current account	26,507	1,995	28,502	95,353
Deposit account	77,015	-	77,015	6,952
Cash	121	-	121	121
	<u>103,643</u>	<u>1,995</u>	<u>105,638</u>	<u>102,426</u>

2. OTHER MONETARY ASSETS

Gift aid claim	<u>2,593</u>	<u>-</u>	<u>2,593</u>	<u>-</u>
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3. ASSETS RETAINED FOR CHARITY OWN USE

Motor Vehicle	<u>2,391</u>	<u>-</u>	<u>2,391</u>	<u>3,188</u>
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4. LIABILITIES

Social security	423	-	423	422
Pension	195	-	195	254
	<u>617</u>	<u>-</u>	<u>617</u>	<u>676</u>

5. REMUNERATION OF CONNECTED PERSON

In accordance with the terms of the charity's trust deed, C Stringer was paid £11,327 for the first four months our financial year (in FY2022: £25,750 per annum) for administration services and for preparing and delivering awareness and education presentations.

**Independent Examiners Report to the Trustees of Hector's House
for the period ended 31 March 2023**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2023 which are set out on pages 5 to 6.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 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 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the accounts do not accord with those records

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

Examiner E Cartwright, FCCA FMAAT
Morton House, 9 Beacon Court, Pitstone Green Business Park, Pitstone, LU7 9GY

Date

HECTOR'S HOUSE

England & Wales - Charity number 1165588

Accounts

**Report of the Trustees and
Receipts and Payment Accounts
for the period ended 31 March 2022**

for

Hector's House

Hector's House

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Hector's House

Report of the Trustees for the year ended 31 March 2022

The Trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2022.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name	Hector's House
Registered charity number	1165588
Charity's principal address	236a High Street Berkhamsted Hertfordshire HP4 1AG
Names of Trustees	R Stringer B Stringer J Cornell C Rowland D Millar A Cornell
Independent Examiner	E Cartwright ACCA MAAT

Governing document

The governing document is a trust deed dated 24 November 2014.

Trustee selection

Trustees are usually appointed or reappointed annually at the annual general meeting held in February.

Summary of objectives

The charity's objective is to help prevent suicide, by:

- 1) making it easier to recognise the symptoms and to improve acceptance of mental health illness in society and try to improve discussion and communication and promote talking in society, so that the public might help with mental illness
- 2) increasing available help and resources
- 3) education of the public

**Report of the Trustees
for the year ended 31 March 2022**

Summary of main activities in relation to these objectives

In planning our activities for the year, the trustees kept in mind the Charity Commission's guidance on public benefit. The main activities to further the objects include; delivering an increased number of talks and webinars on mental wellbeing, emotional resilience, exam stress, suicide prevention and suicide bereavement to schools and organisations. We have attended many seminars and are active members on steering groups such as Support After Suicide Bereavement (SASP), The National Suicide Prevention Alliance (NSPA) as well as local boards such as Just Talk Network in Hertfordshire and The Suicide Prevention Group in Buckinghamshire.

The charity has also been successful in increasing help and resources available by extending the therapeutic side of the charity, as well as working on a number of online resources. We have been very busy in signposting and supporting our beneficiaries, and we are making progress in launching a support group for men.

Our activity online increased; ensuring regular activity on social media channels such as Facebook, Twitter and Instagram – which are important for spreading mental health awareness and signposting to existing resources.

Summary of main achievements

We have been incredibly fortunate to have had a very successful year – both in the support we've received from our community, and the support we have been able to offer our beneficiaries. We successfully signposted our highest number of beneficiaries to the correct mental health support for them, as well as offering therapeutic services in house and externally. We made progress with our aim to start a support group for men – Hector's Gentle-Man's Club – by securing funding and a volunteer to assist us with the running of the sessions.

We delivered an increased number of mental health awareness talks and workshops to schools, businesses, organisations and health care boards from last year, despite the current restrictions.

Our social media presence and website had many updates and an increase in service users. We also had the opportunity to be featured on podcasts, and many local publications.

The charity was extremely lucky to be chosen as Charity of the Year by a number of businesses; most notably by Waddesdon Manor and the Rothschild Foundation. Our community also was incredibly supportive, with a number of amazing individuals taking on fundraising challenges. The funds secured in these bids enables us to continue our life-saving work and ensuring the future of the charity.

Awareness

We increased the use of our social media platforms (Facebook, Instagram and Twitter) to reach as many people as possible. Our digital activity has resulted in a growth of our number of followers and website users. We received an anonymous letter this year to inform us our social media messages and website helped to save this person's life. We were incredibly thankful to have been given this news – and it shows the high importance of our online presence.

We are also ensuring that GPs, other local charities and health workers in our area are aware of the service we provide by sitting on a number of boards and steering groups (listed above) that meet regularly.

Education

With the pandemic easing but not entirely lifted, the Hector's House team did our best to continue delivering a high number of mental health presentations to schools, organisations and conferences. We

Hector's House

Report of the Trustees for the year ended 31 March 2022

utilised the time to perfect our current Eat Move Love presentation (which is based on the Mental Health Foundation's 10 Steps to Well-being). Our workshop offerings have now expanded on our popular Eat Move Love presentation; as we also now deliver talks on exam stress for students, suicide awareness and prevention, leaving for university, help and awareness for parents, the complications of suicide bereavement and a talk based on Neurolinguistic Programming (NLP). These have been very popular, and we were also fortunate to deliver a number of workshops to corporates that combined all of our presentations.

Working in Partnership

We sit on the National Suicide Prevention Alliance (NSPA), Support After Suicide, The Suicide Prevention steering, task and finish groups in Hertfordshire and Buckinghamshire. We attend conferences (digitally this year) and work closely with any organisation who may need our insights or lived experiences to benefit their own work in the community.

Support

We successfully implemented our new Triage of Support model, which has helped us to lower waiting times and ensure each brave person who reaches out to us is given the best care possible. This includes a member of staff providing a listening ear and signposting to another organisation if required, or referring them to our in-house RTT therapist for an assessment of needs.

Where someone is in crisis and needs help and where there is a financial need, we may facilitate some counselling or referral to local relevant support including a psychologist.

With NHS waiting times rising in the current pandemic, we have seen a huge increase in people looking to us for support. We are fortunate that we have been able to help every person who has turned to us this year – and have seen a number of them flourish, grow and survive thanks to the help we have provided. This year, we have also made significant progress with our support group for men – Hector's Gentle-Man's Club. This initiative has been fully funded and we have found a trained volunteer to help us facilitate the sessions. Men are the most at risk group of suicidal behaviours, yet are the least likely to reach out for support. This project has been based on the Samaritans guide called Engaging Men Earlier and we hope to implement the project by the end of 21-22.

Restricted Reserves

We were fortunate to secure a number of grants to fund particular projects, such as Hector's Gentle-Man's Club. Our restricted reserves are £1,995.

Statement of the charity's policy on reserves

We are fortunate to have free reserves of £95,051. Our administration costs have increased this year with the employment of one member of staff to assist with the running of the charity, working alongside our CEO and in-house therapist. This has been beneficial to the charity as we have seen an increase in the administrative tasks, which would take away vital time for our beneficiaries. With the increasing demands for support, we always need to keep funds in hand to offer an immediate response.

Our ultimate goal remains to have a physical Hector's House whether rented or bought, the reserves need to build for the trustees to consider designating funds for this facility. It is believed the current level of reserves are not excessive given the increasing costs in the year ahead, the funds raised are all ad hoc

Hector's House

**Report of the Trustees
for the year ended 31 March 2022**

there is no core funding.

DECLARATION

The Trustees declare that they have approved the trustee's report above.

Name Robert Feinzel Signed 

Date 31/1/2023

Trustee, on behalf of Hector's House

Hector's House**Receipts and Payments Account
for the period ended 31 March 2022****RECEIPTS AND PAYMENTS**

	Unrestricted	Restricted	2022	2021
	£	£	Total £	Total £
<u>RECEIPTS</u>				
Voluntary Income				
Donations	85,727	-	85,727	40,622
Grants	35,902	-	35,902	4,365
Fundraising Income	-	-	-	-
Gift Aid	-	-	-	-
Investments				
Deposit account interest	1	-	1	-
Total Receipts	<u>121,629</u>	<u>-</u>	<u>121,629</u>	<u>44,987</u>
<u>EXPENDITURE</u>				
Charitable Activities				
Youth Health Champions	-	-	-	-
Raising awareness & education	5,719	-	5,719	8,262
Counselling fees	8,820	-	8,820	17,680
Admin expenses	6,364	-	6,364	1,125
Insurance	471	-	471	471
Staff costs	48,961	-	48,961	32,115
Accountancy	1,636	-	1,636	192
Consultant	-	-	-	45
Training & conferences	444	-	444	99
Raising Funds				
Fundraising	72	-	72	-
Expenditure	<u>72,487</u>	<u>-</u>	<u>72,487</u>	<u>59,989</u>
Asset purchases	-	4,250	4,250	2,066
Total Expenditure	<u>72,487</u>	<u>-</u>	<u>76,737</u>	<u>62,055</u>
<u>EXCESS OF RECEIPTS OVER PAYMENTS</u>	<u>49,142</u>	<u>(4,250)</u>	<u>44,892</u>	<u>(17,068)</u>

Hector's House**Receipts and Payments Account
for the period ended 31 March 2022****RECONCILIATION TO AMOUNTS HELD**

	Unrestricted	Restricted	2022	2021
	£	£	Total	Total
			£	£
Excess of payments over receipts	49,142	(4,250)	44,892	(17,068)
Funds brought forward	45,909	6,245	52,154	69,222
CASH FUNDS (Note 1)	95,051	1,995	97,046	52,154

Notes**1. CASH FUNDS**

Current account	93,358	1,995	95,353	45,081
Deposit account	6,952	-	6,952	6,952
Cash	121	-	121	121
	100,431	1,995	102,426	52,154

2. OTHER MONETARY ASSETS

Gift aid claim	-	-	-	5,381
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3. ASSETS RETAINED FOR OWN USE

Computer assets	-	-	-	2,066
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4. LIABILITIES

Social security	422	-	422	658
Pension	254	-	254	193
	676	-	676	851

5. REMUNERATION OF CONNECTED PERSON

In accordance with the terms of the charity's trust deed, C Stringer was paid £24,750 (2021: £14,123) for administration services and for preparing and delivering awareness and education presentations during the year.

**Independent Examiners Report to the Trustees of Hector's House
for the period ended 31 March 2022**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2022 which are set out on pages 5 to 6.

Responsibilities and basis of report

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

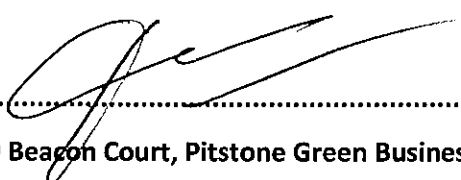
I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the accounts do not accord with those records

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

Examiner  K Stone FCCA MAAT

Morton House, 9 Beacon Court, Pitstone Green Business Park, Pitstone, LU7 9GY

Date

..... 31st January 2023

HECTOR'S HOUSE

England & Wales - Charity number 1165588

Accounts

**Report of the Trustees and
Receipts and Payment Accounts
for the period ended 31 March 2021**

for

Hector's House

Hector's House

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Hector's House

Report of the Trustees for the year ended 31 March 2021

The Trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name	Hector's House
Registered charity number	1165588
Charity's principal address	236a High Street Berkhamsted Hertfordshire HP4 1AG
Names of Trustees	R Stringer B Stringer J Cornell C Rowland D Millar A Cornell
Independent Examiner	E Cartwright A.C.C.A. M.A.A.T.

Governing document

The governing document is a trust deed dated 24 November 2014.

Trustee selection

Trustees are usually appointed or reappointed annually at the annual general meeting held in February.

Summary of objectives

The charity's objective is to help prevent suicide, by:

- 1) making it easier to recognise the symptoms and to improve acceptance of mental health illness in society and try to improve discussion and communication and promote talking in society, so that the public might help with mental illness
- 2) increasing available help and resources
- 3) education of the public

**Report of the Trustees
for the year ended 31 March 2021**

Summary of main activities in relation to these objectives

As to be expected, Hector's House had an incredibly busy year as it was a difficult time for so many. In 2021, we greatly increased our online resources and digital presence for our community, to help ensure nobody felt alone during a very isolating time, with vital information on staying well and where to turn to for help.

We adapted our main presentations on mental wellbeing and resilience so we are able to deliver these digitally – which we have done in a number of local schools and colleges. We also delivered this talk to a number of corporate organisations.

We helped a great number of people who were struggling to cope by getting them access to therapy – which is saving lives. A new triage of support is being developed to ensure we give each beneficiary the best level of care we can.

Summary of main achievements

Due to the increase in demand in 2021, Hector's House have had a very busy year.

Our website now holds a new vital resource the Library of Calm – which is a collection of videos, sounds, tips and signposting for anyone who is currently struggling to get through this difficult time. This has been a great success and is especially useful when we need to keep a suicidal person alive.

The website also has a number of new blog posts with advice and validation and campaigns that have helped people through the toughest months of lockdown – such as our Stay Home Stay Well initiative. We also began a free online mindfulness class for those in need during Lockdown, too.

We are fortunate in benefitting from the fund-raising activities of many individuals and groups (we are always incredibly touched by this) as well as receiving grants from corporates and other grant making organisations.

As is true for many charitable organisations, the pandemic put a stop to a great number of organised fundraising events organised this year. This was a concern for the charity, but we were humbled to witness our community rally around us and adapt to the new restrictions – still finding ways to raise money and awareness for our cause. We have been so proud of each and every supporter for doing so. From office Zoom parties to runners taking on 100 miles per month; we are so grateful to everyone for their support. These funds allow us to continue our main objectives, of raising awareness, education and support.

Awareness

We have increased the use of our social media platforms (Facebook, Instagram and Twitter) in 2021 to reach as many people as possible. Our digital presence has resulted in a growth of our number of followers and is helping a great number of people to feel less alone.

We have also been fortunate enough to appear in a number of local publications and feature on radio numerous times this year. We have also been interviewed on podcasts relating to bereavement by suicide. Hector's House is increasing its awareness in the area, particularly via word of mouth and more extensively through social media and our connections with our charities and work on steering groups and organisations.

We estimate – through press, online presence, work in schools, businesses and community outreach – we have an annual awareness reach of 40-60,000 people. That could potentially equate to hundreds of lives being saved.

**Report of the Trustees
for the year ended 31 March 2021**

Education

A great deal of work has been put into innovating our current talks and presentations this year. We have re-developed our Eat Move Love talk, which is still built around the Mental Health Foundation 10 steps to wellbeing. It is delivered to students, teachers, parents, corporates and it has had a great impact on those who have listened.

We have also worked on a mental health presentation that is a lot more in depth on how the mind works, which can help people to understand how thought-work can drastically improve our lives. This level of psychology has been simplified by our CEO (also a therapist) and we have seen it resonate with students of all levels this year.

We have delivered both these resources into schools, colleges and places of work this year. Some of these were delivered to small groups – but many were delivered digitally to ensure the safety of staff and beneficiaries.

Working in Partnership

We sit on The Alliance of Suicide Charities (TASC), National Suicide Prevention Alliance (NSPA), Support After Suicide, The Suicide Prevention steering, task and finish groups in Hertfordshire and Buckinghamshire.

We attend conferences (digitally this year) and work closely with any organisation who may need our insights or lived experiences to benefit their own work in the community.

Support

We have been working on a triage of support when someone comes to us looking for help. This includes our new member of staff providing a listening ear and signposting to another organisation if required, or referring them to our in-house RTT therapist for an assessment of needs. We have referred between 15-20 high risk people this year to a chartered psychologist. If circumstances mean that a beneficiary is unable to fund these sessions, we do provide funding for them to access the best care available.

With NHS waiting times rising in the current pandemic, and with isolation at an all time high, we have seen a huge increase in people looking to us for support. We are fortunate that we have been able to help every person who has turned to us this year – and have seen a number of them flourish, grow and survive thanks to the help we have provided.

Restricted Reserves

Last year we crowdfunded a total of £6,245 for the charity to buy a bus to enable us to attend events more easily. This is included in restricted reserves at the year end. The bus has been purchased in the next financial year.

Statement of the charity's policy on reserves

We are fortunate to have free reserves of £45,909. Our administration costs have increased this year with the employment of one member of staff to assist with the running of the charity, working alongside our CEO and in-house therapist. This has been beneficial to the charity as we have seen an increase in the administrative tasks, which would take away vital time for our beneficiaries. With the increasing demands for support, we always need to keep funds in hand to offer an immediate response.

Our ultimate goal remains to have an actual Hector's House whether rented or bought, the reserves need to build for the trustees to consider designating funds for this facility. It is believed the current level of

Hector's House

Report of the Trustees for the year ended 31 March 2021

reserves are not excessive given the increasing costs in the year ahead, the funds raised are all ad hoc there is no core funding.

DECLARATION

The Trustees declare that they have approved the trustee's report above.

Name R Stringer Signed Date 20/01/2022

Trustee, on behalf of Hector's House

Hector's House

Receipts and Payments Account for the period ended 31 March 2021

RECEIPTS AND PAYMENTS

	Unrestricted	Restricted	2021 Total	2020 Total
	£	£	£	£
<u>RECEIPTS</u>				
Voluntary Income				
Donations	40,622	-	40,622	54,315
Grants	4,365	-	4,365	-
Fundraising Income	-	-	-	1,791
Gift Aid	-	-	-	1,246
Investments				
Deposit account interest	-	-	-	345
Total Receipts	<u>44,987</u>	<u>-</u>	<u>44,987</u>	<u>57,697</u>
<u>EXPENDITURE</u>				
Charitable Activities				
Youth Health Champions	-	-	-	-
Raising awareness & education	8,262	-	8,262	4,781
Counselling fees	17,680	-	17,680	1,800
Admin expenses	1,125	-	1,125	2,002
Insurance	471	-	471	481
Staff costs	32,115	-	32,115	21,039
Accountancy	192	-	192	1,956
Consultant	45	-	45	950
Training & conferences	99	-	99	243
Raising Funds				
Fundraising	-	-	-	2,363
Expenditure	<u>59,989</u>	<u>-</u>	<u>59,989</u>	<u>35,615</u>
Asset purchases	2,066	-	2,066	-
Total Expenditure	<u>62,055</u>	<u>-</u>	<u>62,055</u>	<u>35,615</u>
<u>EXCESS OF RECEIPTS OVER PAYMENTS</u>	<u>(17,068)</u>	<u>-</u>	<u>(17,068)</u>	<u>22,082</u>

Hector's House

Receipts and Payments Account for the period ended 31 March 2021

RECONCILIATION TO AMOUNTS HELD

	Unrestricted	Restricted	2021	2020
	£	£	Total	Total
	£	£	£	£
Excess of payments over receipts	(17,068)	-	(17,068)	22,082
Funds brought forward	62,977	6,245	69,222	47,140
CASH FUNDS (Note 1)	45,909	6,245	52,154	69,222

Notes

1. CASH FUNDS

Current account	38,836	6,245	45,081	63,752
Deposit account	6,952	-	6,952	5,349
Cash	121	-	121	121
	<u>45,909</u>	<u>6,245</u>	<u>52,154</u>	<u>69,222</u>

2. OTHER MONETARY ASSETS

Gift aid claim	<u>5,381</u>	<u>-</u>	<u>5,381</u>	<u>-</u>
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3. ASSETS RETAINED FOR OWN USE

Computer assets	<u>2,066</u>	<u>-</u>	<u>2,066</u>	<u>-</u>
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4. LIABILITIES

Social security	658	-	658	-
Pension	193	-	193	-
	<u>851</u>	<u>-</u>	<u>851</u>	<u>-</u>

5. REMUNERATION OF CONNECTED PERSON

In accordance with the terms of the charity's trust deed, C Stringer was paid £14,123 (2020: £18,269) for administration services and for preparing and delivering awareness and education presentations during the year.

**Independent Examiners Report to the Trustees of Hector's House
for the period ended 31 March 2021**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2021 which are set out on pages 5 to 6.

Responsibilities and basis of report

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

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the accounts do not accord with those records

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

Examiner E Cartwright
..... E Cartwright A.C.C.A. M.A.A.T.

Morton House, 9 Beacon Court, Pitstone Green Business Park, Pitstone, LU7 9GY

Date 27/01/2022
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