

CARING HEART FOUNDATION

England & Wales · Charity number 1167727

Details

Status Registered

Legal form CIO

Registered 2016-06-20

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

Contact

Address 42b Glenelg Road
London
SW2 5JT

Phone 07737173695

Activities

Objects: THE OBJECT OF THE CIO IS FOR THE BENEFIT OF THE PUBLIC:TO RELIEVE SICKNESS AND PRESERVE AND PROTECT THE GOOD HEALTH OF PEOPLE BY PROVIDING OR ASSISTING IN THE PROVISION OF TRAINING SEMINARS, COURSES AND WORKSHOPS

Activities: Caring Heart Foundation provides practical support services and empowers families and individuals helping them achieve social integration and good health. This is through community health promotion, domestic violence support, promoting safeguarding practices and emotional support services, support to disadvantaged young people in the community, befriending service to the vulnerable and isolated.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** General Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30		£0	£0	-
2024-04-30		£0	£25	-
2023-04-30		£30	£553	-
2022-04-30	£6,000	£5,360		-
2021-04-30	£5,020	£4,689		-

Trustees

Name	Role	Appointed
ANENA GORETTI	Chair	2016-06-20
Ezinne Ikiebe		2016-06-20
FIONA GORETTI		2016-06-20
IRENE ODOGE		2016-06-20

CARING HEART FOUNDATION

England & Wales - Charity number 1167727

Accounts

CARING HEART FOUNDATION

CARING HEART FOUNDATION

REPORT AND FINANCIAL STATEMENTS FOR

YEAR ENDED 30th APRIL 2025

*J & T LEXINGTON SERVICES LIMITED
8 HOLME CLOSE, REDHILL GRANGE,
WELLINGBOROUGH
NN9 5YF*

CARING HEART FOUNDATION

	Page
CONTENTS	2
Charity information	3
Trustees Report	4
Independent Examiner's report	5
Income and Expenditure Account	6
Balance Sheet	7
Notes to the Accounts	8 – 9

CARING HEART FOUNDATION

REFERENCE AND ADMINISTRATIVE DETAILS

Charity No: 1167727

Registered office
42B GLENELG ROAD
LONDON
SW2 5JT

Trustees
FIONA GORETTI
EZINNE IKIEBE
ANENA GORETTI
IRENE ODOGE

Accountants
J & T Lexington Services Limited
8 Holme Close
Redhill Grange
Wellingborough
NN9 5YF

CARING HEART FOUNDATION

Trustees' Report

The Trustees have pleasure in submitting their report, and accounts for the year ended 30th April 2025. The financial statements have been prepared in accordance with the accounting policies set out on page 7, and comply with the statement of recommended practice.

Governing document: CIO - FOUNDATION REGISTERED 20 JUN 2016

Objective of the charity:

THE OBJECT OF THE CIO IS FOR THE BENEFIT OF THE PUBLIC:
TO RELIEVE SICKNESS AND PRESERVE AND PROTECT THE GOOD HEALTH OF
PEOPLE BY PROVIDING OR ASSISTING IN THE PROVISION OF TRAINING
SEMINARS, COURSES AND WORKSHOPS

principal activity of the organisation:

To offer the following services in the community:
Awareness courses relating to prevention of physical and mental health problems,
Safeguarding of children, safeguarding of venerable adults, Equality and diversity, health and safety, communication, confidentiality, and record keeping, personal learning and thinking skills, infection and control, awareness of mental health and counselling sessions.

Review of the financial position

The charity made no Deficit or surplus for the year. (2024 Deficit £25)

Approval

The report was approved by the board of trustees on 2026 and signed on their behalf by:

Anena Maria Goretti _____

CARING HEART FOUNDATION

Independent Examiner's Report
To the Trustees

CARING HEART FOUNDATION

I report on the accounts of the charity for the year ended 30th April 2024 set out on the following pages which have been prepared on the basis of the accounting policies shown in the corresponding pages.

Respective responsibilities of trustees and examiner

The trustees of the charity are responsible for the preparation of the accounts. The charity's trustee consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the 2011 Act), and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit and is eligible for independent examination, it is my responsibility to:

- 1) Examine the accounts under section 145 of the 2011 Act.
- 2) Follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act) and
- 3) To state whether particular matters have come to my attention.

Basis of Independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material aspect, the trustees have not met reasonable requirements to ensure that:
 - proper accounting records are kept (in accordance with section 41 of the Act)
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act: or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Joseph Kinuthia CPA, DMS, MBA
J & T Lexington Services Ltd
8 Holme Close
Redhill Grange
Wellingborough
NN9 5YF

CARING HEART FOUNDATION

Statement of financial activities for the year ended 30th April 2024 Incorporating the Income and Expenditure Account

	Note	2025 £	2024 £
		<u> </u>	<u> </u>
Incoming Resources			
Incoming resources from generated funds			
Donations	2	0	0
Grants		-	-
Total Incoming Resources		<u>0</u>	<u>0</u>
Resources expended			
<u>Charitable activities</u>			
Bank charges		0	3
Donations		0	22
Advertising		-	-
Volunteer Expenses		-	-
Total resources expended		<u>0</u>	<u>25</u>
Net incoming/ (outgoing) resources		<u>0</u>	<u>(25)</u>
Balance carried forward at 30th April 2025		<u>0</u>	<u>(25)</u>

CARING HEART FOUNDATION

Balance Sheet as at 30th April 2025

	2025	2024
	£	£
Fixed assets		
Tangible fixed assets	-	-
Current assets		
Cash at bank and in hand	385	385
Net current assets/(liabilities)	<u>385</u>	<u>385</u>
Net assets	<u><u>385</u></u>	<u><u>385</u></u>
Represented by:		
Funds of the charity		
Reserves	385	410
Net incoming resources	-	<u>(25)</u>
Total funds	<u><u>385</u></u>	<u><u>385</u></u>

The financial statements were approved by the Trustees on2026 and signed on their behalf by:

Anena Maria Goretti

Trustee

CARING HEART FOUNDATION

Notes to the financial statements for the year ended 30th April 2025

1. Accounting policies

a) Accounting basis

These accounts have been prepared on the receipts and payments basis under section 42(3) of the Charities Act 1993 and the Statement of Recommended Practice on Accounting by Charities published in March 2008. The adoption of the revised SORP has resulted in reclassification of some items.

b) Incoming resources

i) Voluntary income

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable.

c) Resources expended

All expenditure is accounted for on an accruals basis.

d) Restricted and unrestricted funds

Income received for restricted purposes is included in a separate restricted fund against which appropriate expenditure is allocated. Restricted funds are those funds which represent grants and donations for a specific purpose. Upon full performance of the purpose of the grant, any surplus is then retrievable by the donor. Income generated for the objects of the charity without further specified purpose is allocated to unrestricted funds. Accumulated surpluses may be retained by the charity and are expendable at the discretion of the trustees in furtherance of the charity's objects. There were no restricted funds during the year.

CARING HEART FOUNDATION

Notes to the financial statements for the year ended 30th April 2025

1. Accounting policies (continued)

e) Designated funds

Designated funds are allocated out of unrestricted funds by the trustees for specific purposes. The use of such funds is at the trustees' discretion. There were no designated funds during the year.

g) Irrecoverable VAT

The charity is unable to recover VAT since it does not make taxable supplies. The cost of irrecoverable VAT is not separately analysed in the financial statements.

h) Cash Flow

The charity has taken advantage of the exemptions in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement on the grounds that it is a small charity.

2. Incoming resources from generated funds

	Unrestricted	Restricted	Total
	£	£	funds 2025
	£	£	£
Donations	0	-	0
	0	-	0

CARING HEART FOUNDATION

England & Wales - Charity number 1167727

Accounts

CARING HEART FOUNDATION

CARING HEART FOUNDATION

REPORT AND FINANCIAL STATEMENTS FOR

YEAR ENDED 30th APRIL 2024

*J & T LEXINGTON SERVICES LIMITED
8 HOLME CLOSE, REDHILL GRANGE,
WELLINGBOROUGH
NN9 5YF*

CARING HEART FOUNDATION

	Page
CONTENTS	2
Charity information	3
Trustees Report	4
Independent Examiner's report	5
Income and Expenditure Account	6
Balance Sheet	7
Notes to the Accounts	8 – 9

CARING HEART FOUNDATION

REFERENCE AND ADMINISTRATIVE DETAILS

Charity No: 1167727

Registered office
42B GLENELG ROAD
LONDON
SW2 5JT

Trustees
FIONA GORETTI
EZINNE IKIEBE
ANENA GORETTI
IRENE ODOGE

Accountants
J & T Lexington Services Limited
8 Holme Close
Redhill Grange
Wellingborough
NN9 5YF

CARING HEART FOUNDATION

Trustees' Report

The Trustees have pleasure in submitting their report, and accounts for the year ended 30th April 2024. The financial statements have been prepared in accordance with the accounting policies set out on page 7, and comply with the statement of recommended practice.

Governing document: CIO - FOUNDATION REGISTERED 20 JUN 2016

Objective of the charity:

THE OBJECT OF THE CIO IS FOR THE BENEFIT OF THE PUBLIC:
TO RELIEVE SICKNESS AND PRESERVE AND PROTECT THE GOOD HEALTH OF
PEOPLE BY PROVIDING OR ASSISTING IN THE PROVISION OF TRAINING
SEMINARS, COURSES AND WORKSHOPS

principal activity of the organisation:

To offer the following services in the community:
Awareness courses relating to prevention of physical and mental health problems,
Safeguarding of children, safeguarding of venerable adults, Equality and diversity, health and safety, communication, confidentiality, and record keeping, personal learning and thinking skills, infection and control, awareness of mental health and counselling sessions.

Review of the financial position

The charity made a Deficit for the year amounting to £ 25. (2023 Deficit £523)

Approval

The report was approved by the board of trustees on 2025 and signed on their behalf by:

Anena Maria Goretti _____

CARING HEART FOUNDATION

Independent Examiner's Report
To the Trustees

CARING HEART FOUNDATION

I report on the accounts of the charity for the year ended 30th April 2024 set out on the following pages which have been prepared on the basis of the accounting policies shown in the corresponding pages.

Respective responsibilities of trustees and examiner

The trustees of the charity are responsible for the preparation of the accounts. The charity's trustee consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the 2011 Act), and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit and is eligible for independent examination, it is my responsibility to:

- 1) Examine the accounts under section 145 of the 2011 Act.
- 2) Follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act) and
- 3) To state whether particular matters have come to my attention.

Basis of Independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material aspect, the trustees have not met reasonable requirements to ensure that:
 - proper accounting records are kept (in accordance with section 41 of the Act)
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act: or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Joseph Kinuthia CPA, DMS, MBA
J & T Lexington Services Ltd
8 Holme Close
Redhill Grange
Wellingborough
NN9 5YF

CARING HEART FOUNDATION

Statement of financial activities for the year ended 30th April 2024 Incorporating the Income and Expenditure Account

	Note	2024 £	2023 £
		<hr/>	<hr/>
Incoming Resources			
Incoming resources from generated funds			
Donations	2	0	30
Grants		-	-
Total Incoming Resources		<hr/> 0 <hr/>	<hr/> 30 <hr/>
 Resources expended			
<u>Charitable activities</u>			
Events & Hall Hire		-	550
Bank charges		3	3
Donations		22	-
Advertising		-	-
Volunteer Expenses		-	-
Total resources expended		<hr/> 25 <hr/>	<hr/> 553 <hr/>
Net incoming/ (outgoing) resources		<hr/> (25) <hr/>	<hr/> (523) <hr/>
Balance carried forward at 30th April 2024		<hr/> (25) <hr/>	<hr/> (523) <hr/>

CARING HEART FOUNDATION

Balance Sheet as at 30th April 2024

	2024	2023
	£	£
Fixed assets		
Tangible fixed assets	-	-
Current assets		
Cash at bank and in hand	385	410
Net current assets/(liabilities)	<u>385</u>	<u>410</u>
Net assets	<u><u>385</u></u>	<u><u>410</u></u>

Represented by:

Funds of the charity

Reserves	410	933
Net incoming resources	<u>(25)</u>	<u>(523)</u>
Total funds	<u><u>385</u></u>	<u><u>410</u></u>

The financial statements were approved by the Trustees on2025 and signed on their behalf by:

Anena Maria Goretti

Trustee

CARING HEART FOUNDATION

Notes to the financial statements for the year ended 30th April 2024

1. Accounting policies

a) Accounting basis

These accounts have been prepared on the receipts and payments basis under section 42(3) of the Charities Act 1993 and the Statement of Recommended Practice on Accounting by Charities published in March 2008. The adoption of the revised SORP has resulted in reclassification of some items.

b) Incoming resources

i) Voluntary income

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable.

c) Resources expended

All expenditure is accounted for on an accruals basis.

d) Restricted and unrestricted funds

Income received for restricted purposes is included in a separate restricted fund against which appropriate expenditure is allocated. Restricted funds are those funds which represent grants and donations for a specific purpose. Upon full performance of the purpose of the grant, any surplus is then retrievable by the donor. Income generated for the objects of the charity without further specified purpose is allocated to unrestricted funds. Accumulated surpluses may be retained by the charity and are expendable at the discretion of the trustees in furtherance of the charity's objects. There were no restricted funds during the year.

CARING HEART FOUNDATION

Notes to the financial statements for the year ended 30th April 2024

1. Accounting policies (continued)

e) Designated funds

Designated funds are allocated out of unrestricted funds by the trustees for specific purposes. The use of such funds is at the trustees' discretion. There were no designated funds during the year.

g) Irrecoverable VAT

The charity is unable to recover VAT since it does not make taxable supplies. The cost of irrecoverable VAT is not separately analysed in the financial statements.

h) Cash Flow

The charity has taken advantage of the exemptions in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement on the grounds that it is a small charity.

2. Incoming resources from generated funds

	Unrestricted £	Restricted £	Total funds 2024 £
Donations	22	-	22
	22	-	22

CARING HEART FOUNDATION

England & Wales - Charity number 1167727

Accounts

CARING HEART FOUNDATION

CARING HEART FOUNDATION

REPORT AND FINANCIAL STATEMENTS FOR

YEAR ENDED 30th APRIL 2023

*J & T LEXINGTON SERVICES LIMITED
8 HOLME CLOSE, REDHILL GRANGE,
WELLINGBOROUGH
NN9 5YF*

CARING HEART FOUNDATION

	Page
CONTENTS	2
Charity information	3
Trustees Report	4
Independent Examiner's report	5
Income and Expenditure Account	6
Balance Sheet	7
Notes to the Accounts	8 – 9

CARING HEART FOUNDATION

REFERENCE AND ADMINISTRATIVE DETAILS

Charity No: 1167727

Registered office
42B GLENELG ROAD
LONDON
SW2 5JT

Trustees
FIONA GORETTI
EZINNE IKIEBE
ANENA GORETTI
IRENE ODOGE

Accountants
J & T Lexington Services Limited
8 Holme Close
Redhill Grange
Wellingborough
NN9 5YF

CARING HEART FOUNDATION

Trustees' Report

The Trustees have pleasure in submitting their report, and accounts for the year ended 30th April 2023. The financial statements have been prepared in accordance with the accounting policies set out on page 7, and comply with the statement of recommended practice.

Governing document: CIO - FOUNDATION REGISTERED 20 JUN 2016

Objective of the charity:

THE OBJECT OF THE CIO IS FOR THE BENEFIT OF THE PUBLIC:
TO RELIEVE SICKNESS AND PRESERVE AND PROTECT THE GOOD HEALTH OF
PEOPLE BY PROVIDING OR ASSISTING IN THE PROVISION OF TRAINING
SEMINARS, COURSES AND WORKSHOPS

principal activity of the organisation:

To offer the following services in the community:
Awareness courses relating to prevention of physical and mental health problems,
Safeguarding of children, safeguarding of venerable adults, Equality and diversity, health and safety, communication, confidentiality, and record keeping, personal learning and thinking skills, infection and control, awareness of mental health and counselling sessions.

Review of the financial position

The charity made a Deficit for the year amounting to £ 523. (2022 Surplus £331)

Approval

The report was approved by the board of trustees on 2024 and signed on their behalf by:

Anena Maria Goretti _____

CARING HEART FOUNDATION

Independent Examiner's Report
To the Trustees

CARING HEART FOUNDATION

I report on the accounts of the charity for the year ended 30th April 2023 set out on the following pages which have been prepared on the basis of the accounting policies shown in the corresponding pages.

Respective responsibilities of trustees and examiner

The trustees of the charity are responsible for the preparation of the accounts. The charity's trustee consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the 2011 Act), and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit and is eligible for independent examination, it is my responsibility to:

- 1) Examine the accounts under section 145 of the 2011 Act.
- 2) Follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act) and
- 3) To state whether particular matters have come to my attention.

Basis of Independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material aspect, the trustees have not met reasonable requirements to ensure that:
 - proper accounting records are kept (in accordance with section 41 of the Act)
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act: or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Joseph Kinuthia CPA, DMS, MBA
J & T Lexington Services Ltd
8 Holme Close
Redhill Grange
Wellingborough
NN9 5YF

CARING HEART FOUNDATION

Statement of financial activities for the year ended 30th April 2023 Incorporating the Income and Expenditure Account

	Note	2023 £	2022 £
		<hr/>	<hr/>
Incoming Resources			
Incoming resources from generated funds			
Donations	2	30	1,000
Grants		-	5,000
Total Incoming Resources		<hr/> 30 <hr/>	<hr/> 6,000 <hr/>
 Resources expended			
<u>Charitable activities</u>			
Events & Hall Hire		550	1,360
Bank charges		3	-
Transport		-	4,000
Advertising		-	-
Volunteer Expenses		-	-
Total resources expended		<hr/> 553 <hr/>	<hr/> 5,360 <hr/>
Net incoming/ (outgoing) resources		<hr/> (523) <hr/>	<hr/> 640 <hr/>
Balance carried forward at 30th April 2023		<hr/> (523) <hr/>	<hr/> 640 <hr/>

CARING HEART FOUNDATION

Balance Sheet as at 30th April 2023

	2023	2022
	£	£
Fixed assets		
Tangible fixed assets	-	-
Current assets		
Cash at bank and in hand	410	933
Net current assets/(liabilities)	<u>410</u>	<u>933</u>
Net assets	<u>410</u>	<u>933</u>
Represented by:		
Funds of the charity		
Reserves	933	293
Net incoming resources	<u>(523)</u>	<u>640</u>
Total funds	<u>410</u>	<u>933</u>

The financial statements were approved by the Trustees on2024 and signed on their behalf by:

Anena Maria Goretti

Trustee

CARING HEART FOUNDATION

Notes to the financial statements for the year ended 30th April 2023

1. Accounting policies

a) Accounting basis

These accounts have been prepared on the receipts and payments basis under section 42(3) of the Charities Act 1993 and the Statement of Recommended Practice on Accounting by Charities published in March 2008. The adoption of the revised SORP has resulted in reclassification of some items.

b) Incoming resources

i) Voluntary income

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable.

c) Resources expended

All expenditure is accounted for on an accruals basis.

d) Restricted and unrestricted funds

Income received for restricted purposes is included in a separate restricted fund against which appropriate expenditure is allocated. Restricted funds are those funds which represent grants and donations for a specific purpose. Upon full performance of the purpose of the grant, any surplus is then retrievable by the donor. Income generated for the objects of the charity without further specified purpose is allocated to unrestricted funds. Accumulated surpluses may be retained by the charity and are expendable at the discretion of the trustees in furtherance of the charity's objects. There were no restricted funds during the year.

CARING HEART FOUNDATION

Notes to the financial statements for the year ended 30th April 2023

1. Accounting policies (continued)

e) Designated funds

Designated funds are allocated out of unrestricted funds by the trustees for specific purposes. The use of such funds is at the trustees' discretion. There were no designated funds during the year.

g) Irrecoverable VAT

The charity is unable to recover VAT since it does not make taxable supplies. The cost of irrecoverable VAT is not separately analysed in the financial statements.

h) Cash Flow

The charity has taken advantage of the exemptions in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement on the grounds that it is a small charity.

2. Incoming resources from generated funds

	Unrestricted £	Restricted £	Total funds 2023 £
Donations	30	-	30
	30	-	30

CARING HEART FOUNDATION

England & Wales - Charity number 1167727

Accounts

CARING HEART FOUNDATION

CARING HEART FOUNDATION

REPORT AND FINANCIAL STATEMENTS FOR

YEAR ENDED 30th APRIL 2022

*J & T LEXINGTON SERVICES LIMITED
8 HOLME CLOSE, REDHILL GRANGE,
WELLINGBOROUGH
NN9 5YF*

CARING HEART FOUNDATION

	Page
CONTENTS	2
Charity information	3
Trustees Report	4
Independent Examiner's report	5
Income and Expenditure Account	6
Balance Sheet	7
Notes to the Accounts	8 – 9

CARING HEART FOUNDATION

REFERENCE AND ADMINISTRATIVE DETAILS

Charity No: 1167727

Registered office
42B GLENELG ROAD
LONDON
SW2 5JT

Trustees
FIONA GORETTI
EZINNE IKIEBE
ANENA GORETTI
IRENE ODOGE

Accountants
J & T Lexington Services Limited
8 Holme Close
Redhill Grange
Wellingborough
NN9 5YF

CARING HEART FOUNDATION

Trustees' Report

The Trustees have pleasure in submitting their report, and accounts for the year ended 30th April 2022. The financial statements have been prepared in accordance with the accounting policies set out on page 7, and comply with the statement of recommended practice.

Governing document: CIO - FOUNDATION REGISTERED 20 JUN 2016

Objective of the charity:

THE OBJECT OF THE CIO IS FOR THE BENEFIT OF THE PUBLIC:
TO RELIEVE SICKNESS AND PRESERVE AND PROTECT THE GOOD HEALTH OF
PEOPLE BY PROVIDING OR ASSISTING IN THE PROVISION OF TRAINING
SEMINARS, COURSES AND WORKSHOPS

principal activity of the organisation:

To offer the following services in the community:
Awareness courses relating to prevention of physical and mental health problems,
Safeguarding of children, safeguarding of venerable adults, Equality and diversity, health and safety, communication, confidentiality, and record keeping, personal learning and thinking skills, infection and control, awareness of mental health and counselling sessions.

Review of the financial position

The charity made a Surplus for the year amounting to £ 331. (2021 Surplus £640)

Approval

The report was approved by the board of trustees on 2023 and signed on their behalf by:

Anena Maria Goretti _____

CARING HEART FOUNDATION

Independent Examiner's Report
To the Trustees

CARING HEART FOUNDATION

I report on the accounts of the charity for the year ended 30th April 2022 set out on the following pages which have been prepared on the basis of the accounting policies shown in the corresponding pages.

Respective responsibilities of trustees and examiner

The trustees of the charity are responsible for the preparation of the accounts. The charity's trustee consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the 2011 Act), and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit and is eligible for independent examination, it is my responsibility to:

- 1) Examine the accounts under section 145 of the 2011 Act.
- 2) Follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act) and
- 3) To state whether particular matters have come to my attention.

Basis of Independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material aspect, the trustees have not met reasonable requirements to ensure that:
 - proper accounting records are kept (in accordance with section 41 of the Act)
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act: or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Joseph Kinuthia CPA, DMS, MBA
J & T Lexington Services Ltd
8 Holme Close
Redhill Grange
Wellingborough
NN9 5YF

CARING HEART FOUNDATION

Statement of financial activities for the year ended 30th April 2022 Incorporating the Income and Expenditure Account

	Note	2022 £	2021 £
		<hr/>	<hr/>
Incoming Resources			
Incoming resources from generated funds			
Donations	2	1,000	5,020
Grants		5,000	-
Total Incoming Resources		<hr/> 6,000 <hr/>	<hr/> 5,020 <hr/>
 Resources expended			
<u>Charitable activities</u>			
Insurance		-	114
Events & Hall Hire		1,360	275
Donations		-	500
Transport		4,000	1,500
Advertising		-	1,500
Volunteer Expenses		-	800
Total resources expended		<hr/> 5,360 <hr/>	<hr/> 4,689 <hr/>
Net incoming/ (outgoing) resources		<hr/> 640 <hr/>	<hr/> 331 <hr/>
Balance carried forward at 30th April 2022		<hr/> 640 <hr/>	<hr/> 331 <hr/>

CARING HEART FOUNDATION

Balance Sheet as at 30th April 2022

	2022 £	2021 £
Fixed assets		
Tangible fixed assets	-	-
Current assets		
Cash at bank and in hand	933	293
Net current assets/(liabilities)	<u>933</u>	<u>293</u>
Net assets	<u>933</u>	<u>293</u>

Represented by:

Funds of the charity

Reserves	293	(38)
Net incoming resources	<u>640</u>	<u>331</u>
Total funds	<u>933</u>	<u>293</u>

The financial statements were approved by the Trustees on2023 and signed on their behalf by:

Anena Maria Goretti

Trustee

CARING HEART FOUNDATION

Notes to the financial statements for the year ended 30th April 2022

1. Accounting policies

a) Accounting basis

These accounts have been prepared on the receipts and payments basis under section 42(3) of the Charities Act 1993 and the Statement of Recommended Practice on Accounting by Charities published in March 2008. The adoption of the revised SORP has resulted in reclassification of some items.

b) Incoming resources

i) Voluntary income

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable.

c) Resources expended

All expenditure is accounted for on an accruals basis.

d) Restricted and unrestricted funds

Income received for restricted purposes is included in a separate restricted fund against which appropriate expenditure is allocated. Restricted funds are those funds which represent grants and donations for a specific purpose. Upon full performance of the purpose of the grant, any surplus is then retrievable by the donor. Income generated for the objects of the charity without further specified purpose is allocated to unrestricted funds. Accumulated surpluses may be retained by the charity and are expendable at the discretion of the trustees in furtherance of the charity's objects. There were no restricted funds during the year.

CARING HEART FOUNDATION

Notes to the financial statements for the year ended 30th April 2022

1. Accounting policies (continued)

e) Designated funds

Designated funds are allocated out of unrestricted funds by the trustees for specific purposes. The use of such funds is at the trustees' discretion. There were no designated funds during the year.

g) Irrecoverable VAT

The charity is unable to recover VAT since it does not make taxable supplies. The cost of irrecoverable VAT is not separately analysed in the financial statements.

h) Cash Flow

The charity has taken advantage of the exemptions in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement on the grounds that it is a small charity.

2. Incoming resources from generated funds

	Unrestricted £	Restricted £	Total funds 2023 £
Donations	1,000	-	1,000
Grants	-	5,000	5,000
	<u>1,000</u>	<u>5,000</u>	<u>6,000</u>

CARING HEART FOUNDATION

England & Wales - Charity number 1167727

Accounts

CARING HEART FOUNDATION

CARING HEART FOUNDATION

REPORT AND FINANCIAL STATEMENTS FOR

YEAR ENDED 30th APRIL 2021

*J & T LEXINGTON SERVICES LIMITED
8 HOLME CLOSE, REDHILL GRANGE,
WELLINGBOROUGH
NN9 5YF*

CARING HEART FOUNDATION

	Page
CONTENTS	2
Charity information	3
Trustees Report	4
Independent Examiner's report	5
Income and Expenditure Account	6
Balance Sheet	7
Notes to the Accounts	8 – 9

CARING HEART FOUNDATION

REFERENCE AND ADMINISTRATIVE DETAILS

Charity No: 1167727

Registered office
42B GLENELG ROAD
LONDON
SW2 5JT

Trustees
FIONA GORETTI
EZINNE IKIEBE
ANENA GORETTI
IRENE ODOGE

Accountants
J & T Lexington Services Limited
8 Holme Close
Redhill Grange
Wellingborough
NN9 5YF

CARING HEART FOUNDATION

Trustees' Report

The Trustees have pleasure in submitting their report, and accounts for the year ended 30th April 2021. The financial statements have been prepared in accordance with the accounting policies set out on page 7, and comply with the statement of recommended practice.

Governing document: CIO - FOUNDATION REGISTERED 20 JUN 2016

Objective of the charity:

THE OBJECT OF THE CIO IS FOR THE BENEFIT OF THE PUBLIC:
TO RELIEVE SICKNESS AND PRESERVE AND PROTECT THE GOOD HEALTH OF
PEOPLE BY PROVIDING OR ASSISTING IN THE PROVISION OF TRAINING
SEMINARS, COURSES AND WORKSHOPS

principal activity of the organisation:

To offer the following services in the community:
Awareness courses relating to prevention of physical and mental health problems,
Safeguarding of children, safeguarding of venerable adults, Equality and diversity, health and safety, communication, confidentiality, and record keeping, personal learning and thinking skills, infection and control, awareness of mental health and counselling sessions.

Review of the financial position

The charity made a Surplus for the year amounting to £ 331. (2020 Deficit £405)

Approval

The report was approved by the board of trustees on 2022 and signed on their behalf by:

Anena Maria Goretti _____

CARING HEART FOUNDATION

Independent Examiner's Report
To the Trustees

CARING HEART FOUNDATION

I report on the accounts of the charity for the year ended 30th April 2021 set out on the following pages which have been prepared on the basis of the accounting policies shown in the corresponding pages.

Respective responsibilities of trustees and examiner

The trustees of the charity are responsible for the preparation of the accounts. The charity's trustee consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the 2011 Act), and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit and is eligible for independent examination, it is my responsibility to:

- 1) Examine the accounts under section 145 of the 2011 Act.
- 2) Follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act) and
- 3) To state whether particular matters have come to my attention.

Basis of Independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material aspect, the trustees have not met reasonable requirements to ensure that:
 - proper accounting records are kept (in accordance with section 41 of the Act)
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act: or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Joseph Kinuthia CPA, DMS, MBA
J & T Lexington Services Ltd
8 Holme Close
Redhill Grange
Wellingborough
NN9 5YF

CARING HEART FOUNDATION

Statement of financial activities for the year ended 30th April 2021 Incorporating the Income and Expenditure Account

	Note	2021 £	2020 £
Incoming Resources			
Incoming resources from generated funds			
Donations	2	5,020	156
Total Incoming Resources		5,020	156
 Resources expended			
<u>Charitable activities</u>			
Insurance		114	232
Events		275	-
Donations		500	-
Transport		1,500	-
Rent		-	329
Advertising		1,500	-
Volunteer Expenses		800	-
Total resources expended		4,689	561
Net incoming/ (outgoing) resources		331	(405)
Balance carried forward at 30th April 2021		331	(405)

CARING HEART FOUNDATION

Balance Sheet as at 30th April 2021

	<u>2021</u> £	<u>2020</u> £
Fixed assets		
Tangible fixed assets	-	-
Current assets		
Cash at bank and in hand	293	(38)
Net current assets/(liabilities)	<u>293</u>	<u>(38)</u>
Net assets	<u>293</u>	<u>(38)</u>

Represented by:

Funds of the charity

Reserves	(38)	367
Net incoming resources	<u>331</u>	<u>(405)</u>
Total funds	<u>293</u>	<u>(38)</u>

The financial statements were approved by the Trustees on2022 and signed on their behalf by:

Anena Maria Goretti

CARING HEART FOUNDATION

Trustee

Notes to the financial statements for the year ended 30th April 2021

1. Accounting policies

a) Accounting basis

These accounts have been prepared on the receipts and payments basis under section 42(3) of the Charities Act 1993 and the Statement of Recommended Practice on Accounting by Charities published in March 2008. The adoption of the revised SORP has resulted in reclassification of some items.

b) Incoming resources

i) Voluntary income

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable.

c) Resources expended

All expenditure is accounted for on an accruals basis.

d) Restricted and unrestricted funds

Income received for restricted purposes is included in a separate restricted fund against which appropriate expenditure is allocated. Restricted funds are those funds which represent grants and donations for a specific purpose. Upon full performance of the purpose of the grant, any surplus is then retrievable by the donor. Income generated for the objects of the charity without further specified purpose is allocated to unrestricted funds. Accumulated surpluses may be retained by the charity and are expendable at the discretion of the trustees in furtherance of the charity's objects. There were no restricted funds during the year.

CARING HEART FOUNDATION

Notes to the financial statements for the year ended 30th April 2021

1. Accounting policies (continued)

e) Designated funds

Designated funds are allocated out of unrestricted funds by the trustees for specific purposes. The use of such funds is at the trustees' discretion. There were no designated funds during the year.

g) Irrecoverable VAT

The charity is unable to recover VAT since it does not make taxable supplies. The cost of irrecoverable VAT is not separately analysed in the financial statements.

h) Cash Flow

The charity has taken advantage of the exemptions in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement on the grounds that it is a small charity.

2. Incoming resources from generated funds

	Unrestricted	Restricted	Total
	£	£	funds 2021
	£	£	£
Donations	5,020	-	5,020
	<u>5,020</u>	<u>-</u>	<u>5,020</u>

CARING HEART FOUNDATION