

# CARING HEART FOUNDATION

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## **CARING HEART FOUNDATION**

REPORT AND FINANCIAL STATEMENTS FOR

YEAR ENDED 30<sup>th</sup> APRIL 2023

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

# **CARING HEART FOUNDATION**

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# **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 30<sup>th</sup> 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 30<sup>th</sup> 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 30<sup>th</sup> April 2023 Incorporating the Income and Expenditure Account

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

# CARING HEART FOUNDATION

## Balance Sheet as at 30<sup>th</sup> April 2023

	<b>2023</b>	<b>2022</b>
	<u>£</u>	<u>£</u>
<b>Fixed assets</b>		
Tangible fixed assets	-	-
<b>Current assets</b>		
Cash at bank and in hand	410	933
<b>Net current assets/(liabilities)</b>	<u>410</u>	<u>933</u>
<b>Net assets</b>	<u><b>410</b></u>	<u><b>933</b></u>

Represented by:

<b>Funds of the charity</b>		
Reserves	933	293
Net incoming resources	<u>(523)</u>	<u>640</u>
<b>Total funds</b>	<u><b>410</b></u>	<u><b>933</b></u>

The financial statements were approved by the Trustees on .....2024 and signed on their behalf by:

**Anena Maria Goretti .....**

**Trustee**

# CARING HEART FOUNDATION

## Notes to the financial statements for the year ended 30<sup>th</sup> 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 30<sup>th</sup> 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