

FRESH HORIZONS CNB

England & Wales · Charity number 1167809

Details

Other names	FRESH HORIZONS 'CNB' (CHANCE OF A NEW BEGINNING)
Status	Registered
Legal form	CIO
Registered	2016-06-23
Register	View on the Charity Commission register

Contact

Address 405 High Road
Harrow Weald
Harrow
Middlesex
HA3 6EL

Phone 02035812988

Email office@freshhorizonscnb.org

Website <http://www.freshhorizonscnb.org>

Activities

Objects: 1) THE RELIEF OF POVERTY THROUGH THE PROVISION OF ACCOMMODATION AND OTHER AMENITIES AND SERVICES2) TO ADVANCE THE CHRISTIAN FAITH IN THE UNITED KINGDOM AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT.3) THE FURTHERANCE OF THE CHARITABLE WORK OF THE CHARITY BY THE ADVANCEMENT OF SUCH OTHER CHARITABLE PURPOSES AS THE TRUSTEES SHALL FROM TIME TO TIME DECIDE

Activities: Fresh Horizons CNB rehuses individuals who are street homeless, providing rehabilitation and support with return to education, training and employment. We also help to end food poverty through our food bank initiatives.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Accommodation/housing, Recreation
- **Who:** The General Public/mankind

Geography

- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£153,627	£165,065	-	-
2023-12-31	£168,002	£143,986	-	-
2022-12-31	£138,652	£107,524	-	-
2021-12-31	£99,757	£113,661	-	-
2020-12-31	£133,271	£118,709	-	-

Trustees

Name	Role	Appointed
Olivier Uyttenhove	Chair	2024-10-08
Deborah Tyas		2025-09-03
Geeta Sandhu		2022-03-05
Louis Gargour		2024-10-08
Myrnel Cordelia Denise Abdullahi		2025-09-03

FRESH HORIZONS CNB

England & Wales - Charity number 1167809

Accounts

Charity Registration Number : 1167809

FRESH HORIZONS CNB
A CHARITABLE INCORPORATED ORGANISATION
TRUSTEES' REPORT
AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 DECEMBER 2024

FRESH HORIZONS CNB
LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31 DECEMBER 2024

Trustees	Olivier Uyttenhove Deborah Tyas Myrnel Cordelia Denise Abdullahi Louis Gargour Geeta Sandhu Charlie Hill Andrew Lambert Athina Inneh
Charity Number	1167809
Registered Office	405 High Road Harrow Weald Harrow HA3 6EL
Bankers	Barclays Bank UK PLC. 1 Churchill Place London E14 5HP Metro Bank PLC One Southampton Row London WC1B 5HA
Independent Examiner	Accounting Assist Ltd - Chartered Certified Accountants C/O Good to Give Limited 7 Bell Yard London WC2A 2JR

FRESH HORIZONS CNB

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FRESH HORIZONS CNB
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

The Trustees present their annual report and financial statements for the year ended 31 December 2024.

The Board of Trustees, who are the charity's trustees for legal purposes, submit this report and confirm that the financial statements comply with current statutory requirements, the charity's governing document, and the Charities Statement of Recommended Practice (SORP).

Structure, Governance and Management

Trustees

Name	Appointment / Resignation
Andrew Lambert	Until 25 November 2024
Athina Inneh	Until 26 November 2024
Geeta Sandhu	Appointed 5 March 2022
Olivier Uyttenhove	Appointed 8 October 2024
Louis Gargour	Appointed 8 October 2024
Deborah Tyas	Appointed 3 September 2025
Myrnel Abdullahi	Appointed 3 September 2025
Charlie Hill	Appointed 8 October 2024 (Resigned 31 March 2025)

The Trustees meet regularly throughout the year to oversee governance, financial management, safeguarding, and operational priorities.

Governing Document

Fresh Horizons CNB is a Charitable Incorporated Organisation (CIO), registered with the Charity Commission on 23 June 2016. The charity operates under its approved constitution and is recognised by HMRC for Gift Aid purposes.

Recruitment and Appointment of Trustees

New Trustees are appointed by resolution of the Board, in accordance with the governing document. The Board seeks to maintain a diverse mix of skills and experience in areas such as housing, health and wellbeing, safeguarding, and community development. All new Trustees receive an induction covering their legal responsibilities, the organisation's mission and values, and key operational policies.

FRESH HORIZONS CNB
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

Advisory Support

In addition to its Board, the charity benefits from an advisory network of volunteers, professionals, and community partners who contribute expertise in housing management, safeguarding, and financial planning.

Objectives and Activities

The charitable objects of Fresh Horizons CNB are:

1. The relief of poverty through the provision of accommodation and other amenities and services.
2. The advancement of the Christian faith in the United Kingdom, as the Trustees may from time to time determine.
3. The furtherance of the charity's work by advancing such other charitable purposes as the Trustees may from time to time decide.

The charity's mission is to relieve hardship and promote independence among vulnerable individuals, including those experiencing homelessness, unemployment, or social exclusion. This is achieved through supported accommodation, education, mentoring, and life-skills training.

Vision and Purpose

Fresh Horizons CNB exists to give people a 'Chance of a New Beginning (CNB)' — providing safe homes, emotional support, and opportunities for residents to rebuild their lives with dignity and self-reliance.

Core Activities

Accommodation for the Homeless

The charity provides supported accommodation for individuals who are homeless, threatened with homelessness, or leaving night shelters. Residents stay for periods of six to eighteen months in a safe, stable, and supportive environment.

Training and Life Skills

Residents undertake life-skills training and personalised support programmes during their stay. Training focuses on restoring confidence, improving financial management, accessing education and employment, and developing skills for independent living. Support includes help with budgeting, debt management, access to health and social care, and guidance on resettlement into permanent accommodation.

FRESH HORIZONS CNB
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

Faith-Based Support

Fresh Horizons CNB advances the Christian faith by providing literature, information, and opportunities for worship to residents and others interested or sympathetic to the Christian faith. Participation is voluntary and inclusive.

Food Bank

The charity operates a weekly food bank serving residents, families, individuals, churches, and partner organisations working to reduce food poverty. Supplies are donated by local grocers and food redistribution schemes such as The Felix Project, City Harvest, and Tesco (via FareShare Food Cloud). During the year, the food bank distributed 5,200 shopping bags of re-purposed food with the support of 13 volunteers.

Safeguarding and Advocacy

Fresh Horizons CNB works closely with local authorities and community organisations to ensure robust safeguarding, advocacy, and support frameworks for residents. All staff and volunteers receive safeguarding training, and relevant policies are reviewed annually.

Public Benefit

The Trustees confirm that they have complied with their duty under Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit. The charity's services directly support the public benefit objectives of relieving poverty, homelessness, and social disadvantage.

Risk Management

The Trustees actively identify and manage risks that could affect the charity's operations or reputation. Key risks include:

- Financial dependency on housing-related income and grants
- Operational risks relating to property maintenance and staffing
- Safeguarding and compliance risks inherent in supported housing services

Risk management is embedded within the charity's governance framework and supported by comprehensive policies, including:

- Safeguarding (including vulnerable beneficiaries)
- Financial reserves and internal controls
- Serious incident reporting
- Conflicts of interest
- Volunteer management and staff conduct

All policies are reviewed annually.

FRESH HORIZONS CNB
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

Achievements and Performance

During 2024, Fresh Horizons CNB continued to provide supported accommodation and holistic support to individuals at risk of homelessness, focusing on financial literacy, personal wellbeing, and life-skills development.

Key Achievements

- Supported accommodation maintained an 89% occupancy rate, with 22 residents accommodated during the year.
- Residents came from diverse faith and cultural backgrounds and lived harmoniously.
- Several residents expressed that faith-based materials and discussions provided renewed purpose and calm.
- Life-skills and budgeting workshops were delivered regularly.
- A number of residents moved into permanent accommodation or engaged in employment and education programmes.
- Food bank operations distributed 5,200 shopping bags of food with strong community volunteer participation.
- The charity maintained 100% compliance with safeguarding and health & safety standards.
- Partnerships with local authorities and community organisations were strengthened.

Financial Review

During the financial year:

- Total income: £153,627 (2023: £168,002)
- Total expenditure: £165,065 (2023: £143,986)
- Net deficit: £11,438 (2024: 24,016)

The deficit was met from unrestricted reserves. Restricted funds of £8,817 represent unspent project-specific grants carried forward.

The charity aims to maintain reserves sufficient to cover 3–6 months of operating costs, including staff salaries, property maintenance, utilities, and programme expenses.

Going Concern

The Trustees are satisfied that the charity has adequate financial resources to continue its operations for the foreseeable future and have therefore adopted the going concern basis in preparing these financial statements.

Independent Examiner

The charity's independent examiner, Anum Hassan FCCA of Accounting Assist Ltd C/o Good to Give Ltd, have indicated their willingness to offer themselves for appointment.

Approved by the Board of Trustees on **30 October 2025**

Signed on behalf of the Trustees: Oliver Uyttenhove
Chair / Trustee



FRESH HORIZONS CNB
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2024

I report to the Charity Trustees on my examination of the accounts of the charity for the year ended 31 December 2024 which consists of the Receipts and Payments account and the related notes

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

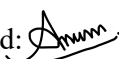
I am qualified to undertake the examination by being a member of ACCA.

Bank statements for part of the year were unavailable due to temporary access issues; however, I verified the charity's Xero reconciliations, continuity of transactions, and year-end balances, which provided sufficient evidence for my review.

No material matters have come to my attention which give me cause to believe that, in any material respect:

- The accounting records were not kept in accordance with section 130 of the Charities Act 2011; or
- The accounts do not accord with those records; or
- The accounts do not comply with the relevant requirements of the Charities (Accounts and Reports) Regulations 2008, other than any requirement to give a 'true and fair' view.

I have no concerns and have come across no other matters that should be drawn to attention to enable a proper understanding of the accounts.

Signed: 

Dated: 31/10/2025

Anum Hassan, FCCA
On behalf of Accounting Assist Ltd

FRESH HORIZONS CNB
RECEIPTS AND PAYMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

Categories	Unrestricted funds	Restricted funds	Total funds	Last year
Receipts				
General Offerings	4,698	-	4,698	32,514
Grant Income	35,000	18,960	53,960	13,000
Housing Benefit	90,915	-	90,915	122,488
Monthly Service Charge	2,765	-	2,765	-
Interest income	239	-	239	-
Other	1,050	-	1,050	-
Total receipts	134,667	18,960	153,627	168,002
Payments				
Charitable Activities				
Security expenses	359	-	359	-
Direct Expenses	2,439	-	2,439	2,768
Housing Council Tax	9,369	-	9,369	4,694
Utilities	1,374	-	1,374	829
Entertainment	185	-	185	-
General Expenses	1,554	-	1,554	1,087
Rent	60,242	-	60,242	65,343
Repairs & Maintenance	4,359	7,660	12,019	13,914
Cleaning	533	-	533	-
Light, Power, Heating	9,362	-	9,362	11,598
Salaries & Wages	35,862	10,143	46,005	37,658
Employer's National Insurance	825	-	825	-
Pensions Costs	4,334	-	4,334	-
Travel - National	178	-	178	-
	130,975	17,803	148,778	137,891
Governance Costs				
Audit & Accountancy Fees	3,195	-	3,195	-
Insurance	2,673	-	2,673	1,044
Bank Fees	46	-	46	-
	5,914	-	5,914	1,044
Support & Administrative Costs				
Professional fees	135	-	135	1,110
Postage, Freight & Courier	264	-	264	-
Printing & Stationery	107	-	107	-

IT Software And Consumables	698	-	698	506
Telephone & Internet	1,525	-	1,525	1,709
Staff Training	6,920	-	6,920	1,726
Subscriptions	470	-	470	-
	10,119	-	10,119	5,051
Asset and investment purchases				
Asset Purchases	254	-	254	-
Total Payments	147,262	17,803	165,065	143,986
Net of Receipts & Payments	-12,595	1,157	- 11,438	24,016
Cash Funds Last year end	53,837	7,660	61,497	36,623
Cash Funds this year end	41,242	8,817	50,059	60,639

FRESH HORIZONS CNB
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

1. Accounting Policies

The principal accounting policies adopted by the Charity, which is a public benefit entity, in the preparation of the accounts are as follows.

1.1 Basis of preparation

These accounts have been prepared on the Receipts and Payments basis in accordance with section 133 of the Charities Act 2011. This means income and payments are recorded when received or paid, not when owed or due. The Charities SORP (FRS 102) accruals basis does not apply.

These accounts are presented in pounds sterling and rounded to the nearest pound.

1.2 Going concern

The Trustees have prepared financial projections, taking into consideration the current economic conditions and have, at the time of approving these accounts, a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, they continue to adopt the going concern basis of accounting in preparing the accounts.

2. Restricted Funds

Restricted income of £18,960 was received during the year for project-specific purposes. £8,817 remains unspent at year-end.

3. Trustee Remuneration and Benefits

Trustee Athina Inneh received £3,150 for fundraising work and for delivering mental wellbeing training for volunteers and staff.

No other trustees received remuneration or benefits from the charity.
(2023: £nil)

4. Related Party Transactions

During the year, the charity received a short-term loan of £1,000 from Trustee Geeta Sandhu in December 2024 to assist with temporary cash-flow requirements. The loan was fully repaid in January 2025, and no interest or other benefit was paid in connection with this transaction.

In addition, during the year, Trustee Charlie Hill personally paid an employee's December 2024 net salary of £2,648 due to a temporary issue with access to the charity's bank account. The amount was reimbursed to the trustee in January 2025. These transactions do not appear in the 2024 Receipts and Payments Account, as the reimbursement occurred outside the financial year.

FRESH HORIZONS CNB
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

5. Prior Year Adjustment

The closing cash balance reported in the 2023 accounts was understated by £859 due to a reconciliation error. The 2023 accounts have not been restated, however the opening cash funds for 2024 have been adjusted to the correct brought-forward amount of £61,497. This adjustment has no impact on the current year's receipts or payments.

FRESH HORIZONS CNB

England & Wales - Charity number 1167809

Accounts



Trustees' Annual Report for the period

From Period start date To 1.1.2023 Period end date 31.12.2023

Charity name: Fresh Horizons CNB

Charity registration number: 1167809

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ol style="list-style-type: none">1. The relief of poverty through the provision of accommodation and other amenities and services.2. To advance the Christian faith in the United Kingdom as the trustees may from time to time think fit.3. The furtherance of the charitable work of the charity by the advancement of such other charitable purposes as the trustees may from time to time decide
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>Accommodation for the homeless The provision of accommodation for persons previously street homeless, threatened with street homelessness and/or under the care of a night shelter. We offer a stable and secure living environment for individuals who find themselves without accommodation. Residents stay with us for a period of six to eighteen months.</p> <p>Faith based Advancing the Christian faith by offering literature, information and opportunity for worship to those interested in, or sympathetic to, the Christian faith. Life skills Support Residents commit to a support programme throughout the duration of their stay. Our program helps to restore life skills & self-confidence. Enabling residents to return to mainstream living, including education, employment and independent living.</p> <p>Residents Receive Life skills training. Help accessing educational and employment opportunities. Advice on financial budgeting and overcoming debt. Assistance with accessing health and social care. Guidance in finding community facilities and resources. Support with resettlement into independent accommodation.</p>

		<p>Food Bank</p> <p>Fresh Horizons CNB runs a weekly stationary food bank which complements its work with the homeless. Supplies are provided to residents, families, individuals, churches and other help centres working to reduce food poverty. Supplies are provided by local grocers and food share schemes.</p> <p>Our stationary food bank was complemented by a mobile food bank running weekly for 6 months of this year.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>ACTIVITIES UNDERTAKEN FOR THE PUBLIC BENEFIT</p> <p>The trustees have fully complied with guidance to have due regard to the Public Benefit published by the Charity Commission in executing the duties of the charity.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable
Policy on social investment including program related investment	Para 1.38	Not applicable
Contribution made by volunteers	Para 1.38	<p>Volunteer Contribution</p> <p>Volunteer contribution has been invaluable in the running of the charity activities. Over the year 13 volunteers have willingly contributed more than 2,583 man hours, enabling the homeless accommodation and food banks to run successfully. In addition, over this time they have covered over 2,158 miles in their own vehicles to enable the food bank to run and offer help and support to residents. In order to adhere to COVID safe practice. Food bags were distributed at the door observing safe social distancing, rather than clients entering the building.</p>
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Accommodation: Occupancy rate was 98% throughout the year, The Council has now recognised Fresh Horizons Supported housing as an important partnership in their homeless strategy. 62.5% of residents remained with us for at least 1 year before moving on to alternative accommodation. 37.5% remained in part time work through the year. Accommodation is open to residents of all faiths, previous and present residents are from multi-cultural, multi faith backgrounds. Residents have dwelt harmoniously together. Some have shown a particular interest in the Christian faith, and have stated that reading materials and participation has been beneficial in providing a sense of purpose, focus and calm.</p> <p>Food Banks: Attendees of the local food bank are supplied with up to two shopping bags of food. This year the food bank has distributed 5409 shopping bags of re-purposed food. Recording was restricted to the number of bags distributed only due to social distancing. There are 10 volunteers on our foodbank rota, a mixture of local residents & members from local churches - their help has been invaluable. The food bank is supplied with re-purposed food by The Felix Project, City Harvest and Tesco (via Fareshare Food Cloud), as well as local grocers.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>OBJECTIVE 1. To see at least 20% of residents moved to permanent housing. During the year 37% of residents moved to permanent accommodation.</p> <p>OBJECTIVE 2. At least 50% of residents entering work or education. During the year, 63% percent of residents entered in work or education at Harrow College.</p> <p>OBJECTIVE 3. To increase the number of families receiving helped with re-purposed food by 20%. In total 13,107 bags of food were distributed by our mobile weekly food banks. Overall this is a 12% decrease, however, our mobile food bank only ran for part of the year. Meaning a significant increase in the number of food bags given out at our stationary food bank. An increase in food supply deliveries to our stationary food bank helped us to support those in need during a difficult economic time.</p>
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		<p>OBJECTIVE 4. Ensure all volunteers complete the Food Safety Level 2 Certificate. This year all, but one has completed the course. Our outstanding volunteer requires additional support with the course due to learning difficulties, and so works with the clients as they arrive until completed.</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>OBJECTIVE 1. To increase the number of individual donors by 15%. We were able to increase our individual donors by 33% this year.</p> <p>OBJECTIVE 2. To increase the number of individual fundraiser initiatives by 10%. We successful in procuring a total of £42,405 in grants towards our work. These funds came from; the B&Q Foundation (£13000 new kitchen and bathrooms), Lloyds Bank Foundation (£25,225 unrestricted grant), and individual donations (£1,180.00), Mrs Smith & Mount (3,000). These funds were invaluable in allowing us to continue offering our services and paying staff salaries.</p> <p>It must be said that learning on finance, through the ‘Enhanced Programme’ offered by Lloyds Foundation has had a singularly profound effect on the stability and strength of the Charity. Leaving us with a clear understanding of how finances work best for a Charity such as ourselves, the ability to budget much more accurately and excellent tools so that we know exactly where we stand financially at any given point in time. This information has been invaluable in informing Trustees when it comes to planning and governance decisions.</p>
Investment performance against objectives	Para 1.41	Not applicable
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	End of year financial position £60,639 bank balance. The charity has no outstanding debts as present.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity's policy is to reach a position where there are sufficient reserves to allow the charity to run for a minimum of 3 -6 months. This includes meeting the cost of staff salaries, property repairs, utilities and budgeting forecast requirements for the coming financial year, including resident support, staff and volunteer re imbursements, training and travel.
Amount of reserves held	Para 1.22	£60,639 included in above amount
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	The Charity remains confident about its continuation as a going concern due to the steady income received from resident's housing benefit (the main source of income at present). The forecast is that homelessness reduction services such as ours will be increasingly in demand. The end of the universal credit support, furlough scheme and the cost of living crisis are set to increase homelessness unless a roust national initiative is set in place to reduce this. This year the Charity has been able to increase its part time workforce to strengthen the infrastructure and meet the demands of our re-housing programme and food bank initiative.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The principle source of funding comes from housing benefit payments for our residents amounting to 72% of income this year. Donations and funding, have made up a further 28% of received funds.
Investment policy and objectives including any social investment policy adopted	Para 1.46	The Charity does not adhere to an investment policy at this time.
A description of the principal risks facing the charity	Para 1.46	Principal risks include a reduction in referrals to the charity, comprising of individuals who are street homeless, or threatened with street homelessness. A change in policy by local or national government affecting Exempt Accommodation or payment of housing benefit for our residents would also pose a significant

		risk. Following the end of the pandemic and its associated local government policies, homeless referrals to the charity have exceeded capacity by 500%. The present cost of living crisis is likely to increase homelessness. The increase of services will depend on robust staffing and procuring further suitable bed spaces.
Other		

Structure, Governance and Management

Description of charity's trusts:		Not applicable
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation.
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are selected by the Trustee Board.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Induction and training of trustees is carried out through membership of The National Council for Voluntary Organisations (NCVO). Trustees are required to complete the 'Trustee's Role & Responsibilities' course and attend at least one additional course per year, with ongoing refreshers.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Risk management training is given to all staff & volunteers. Our accommodations are risk assessed and carry relevant insurance and health and safety protocol. Our food bank also has a written risk assessment which is reviewed annually. To accomplish its objectives Fresh Horizons CNB works in collaboration with the following organisations: RE-HOUSING: Firm Foundation Night Shelter, Growth Night Shelter, Salvation Army, CRISIS, Shelter, Refugees at Home, Hope World Wide, Brent SHiPs, Harrow Council, Voluntary Action Harrow and Harrow Churches Together.

		FOOD BANK: Fareshare (inc Tesco, Asda and smaller independent food stores), Felix Project, City Harvest.
Relationship with any related parties	Para 1.51	Fresh Horizons CNB works closely with Green Pastures, a Charity committed to ending homelessness through collaboration with local churches throughout the UK. We lease our homes from Green pastures for the purpose of re housing the homeless.
Other		

Reference and Administrative details

Charity name	FRESH HORIZONS CNB
Other name the charity uses	N/A
Registered charity number	1167809
Charity's principal address	30 Gurney Road, NORTHOLT, Middlesex, UB5 6LJ.

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	ANDREW LAMBERT	TRUSTEE		TRUSTEE BOARD
2	ATHINA INNEH	TRUSTEE		
3	GEETA SANDHU	TRUSTEE		
4				
5				
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7				
8				
9				
10				
11				
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14				
15				
16				
17				
18				
19				

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Homeless Consultancy	Rose McGowan	31A Heather Park Drive, Wembley, Middlesex. HA01SP.

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A


Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Andrew Kevin Lambert	
Position (eg Secretary, Chair, etc)	Chair	
Date	27.2.24	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
FRESH HORIZONS CNB

No (if any)
1167809

CC16a

Receipts and payments accounts

For the period from	Period start date 01/01/2023	To	Period end date 31/12/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Housing Benefit - Harrow Council	122,488	-	-	122,488	77,702
Funding and Donations	32,514	13,000	-	45,514	59,024
Other - i.e. Gift aid, Refunds etc	-	-	-	-	1,926
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	155,002	13,000	-	168,002	138,652
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	155,002	13,000	-	168,002	138,652
A3 Payments					
B & Q Grant - Kitchen refit	-	5,340	-	5,340	-
Council Tax	4,694	-	-	4,694	4,048
Water Rates	547	-	-	547	881
Wages and Salaries	37,658	-	-	37,658	26,575
Staff and volunteer training	1,726	-	-	1,726	1,369
Website	506	-	-	506	686
Lease	65,340	-	-	65,340	51,032
Insurance	1,044	-	-	1,044	944
Fundraising	-	-	-	-	4,603
TV License	282	-	-	282	323
Gas and Electric	11,598	-	-	11,598	3,776
Telephone and Broadband	1,709	-	-	1,709	1,084
Office Admin	1,087	-	-	1,087	455
Client support	923	-	-	923	143
Foodbanks	1,845	-	-	1,845	1,616
Maintenance and repairs	8,574	-	-	8,574	8,067
Professional fees	1,110	-	-	1,110	589
Miscellaneous	-	-	-	-	1,514
Sub total	138,646	5,340	-	143,986	107,706
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	138,646	5,340	-	143,986	107,706
Net of receipts/(payments)	16,356	7,660	-	24,016	30,946
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	36,623	-	-	36,623	5,677
Cash funds this year end	52,979	7,660	-	60,639	36,623

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Barclays Bank a/c	52,979	7,660	-
		-	-	-
		-	-	-
	Total cash funds	52,979	7,660	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

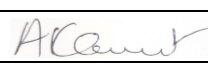
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Andrew Lambert	26.2.24

The Trustees
Fresh Horizons CNB
31A Heather Park Drive
Wembley, Middlesex
HA0 1SP

Independent examiner's report to the trustees of Fresh Horizons CNB

I report to the trustees on my examination of the accounts of Fresh Horizons CNB for the period 1 January 2023 to 31 December 2023.

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 2011 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.

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.

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.

Yours faithfully,



Ekaete Onipinla
93 Kempe Road, London NW6 6SN
23 February 2024

FRESH HORIZONS CNB

England & Wales - Charity number 1167809

Accounts



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' Annual Report for the period

From: Period start date To 1.1.22

Period end date 31.12.22

Charity name: FRESH HORIZONS CNB

Charity registration number: 1167809

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ol style="list-style-type: none"> 1. The relief of poverty through the provision of accommodation and other amenities and services. 2. To advance the Christian faith in the United Kingdom as the trustees may from time to time think fit. 3. The furtherance of the charitable work of the charity by the advancement of such other charitable purposes as the trustees may from time to time decide.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>Accommodation for the homeless The provision of accommodation for persons previously street homeless and/or under the care of a night shelter. We offer a stable and secure living environment for individuals who find themselves without accommodation. Residents stay with us for a period of six to eighteen months.</p> <p>Faith based Advancing the Christian faith by offering literature, information and opportunity for worship to those interested or sympathetic to the Christian faith.</p> <p>Life skills Support Residents commit to a support programme throughout the duration of their stay. Our program helps to restore life skills & self-confidence. Enabling residents to return to mainstream living, including education, employment and independent living.</p>

		<p>Residents Receive Life skills training. Help accessing educational and employment opportunities. Advice on financial budgeting and overcoming debt. Assistance with accessing health and social care. Guidance in finding community facilities and resources. Support with resettlement into independent accommodation.</p> <p>Food Bank Fresh Horizons CNB runs a weekly stationary food bank and a bi-weekly mobile food bank which complements its work with the homeless. Supplies are provided to residents, families, individuals, churches and other help centres working to reduce food poverty. Supplies are provided by local grocers and food share schemes.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>ACTIVITIES UNDERTAKEN FOR THE PUBLIC BENEFIT</p> <p>The trustees have fully complied with guidance to have due regard to the Public Benefit published by the Charity Commission in executing the duties of the charity.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable.
Policy on social investment including program related investment	Para 1.38	Not applicable.
Contribution made by volunteers	Para 1.38	<p>Volunteer Contribution</p> <p>Volunteer contribution has been invaluable in the running of the charity activities. Over the year 24 volunteers have willingly contributed more than 12,030 man hours, enabling the homeless accommodation and food banks to run successfully. In addition, over this time they have covered over 18,200 miles in their own vehicles to enable the food bank to run and to</p>

		offer help and support to residents. This year, as last year, the Café did not run, in order to adhere to COVID safe practice. Food bags were distributed at the door observing safe social distancing, rather than clients entering the building.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Accommodation: Occupancy rate was 82.5% throughout the year, The Council has now recognised Fresh Horizons Supported housing as an important partnership in their homeless strategy. 89% of residents remained with us for at least 1 year before moving on to alternative accommodation. 59% remained in part time work through the year. Accommodation is open to residents of all faiths, previous and present residents are from multi-cultural, multi faith backgrounds. Residents have dwelt harmoniously together. Some have shown a particular interest in the Christian faith, and have stated that reading materials and participation has been beneficial in providing a sense of purpose, focus and calm.</p> <p>Food Banks: Attendees of the local food bank are supplied with up to two shopping bags of food. This year the food bank has distributed 15,000 shopping bags of re-purposed food. Recording was restricted to the number of bags distributed only.</p> <p>There are 23 volunteers on our foodbank rota, a mixture of local residents & members from local churches - their help has been invaluable. The food bank is supplied with re-purposed food by The Felix Project, City Harvest and Tesco (via Fareshare Food Cloud), as well as local grocers.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>OBJECTIVE 2. To see 45% of residents moved to permanent housing. 50% of residents moved to alternative or permanent accommodation.</p> <p>OBJECTIVE 3. At least 45% of residents entering work or education. Forty percent of residents are in work at the time of writing, the number gaining employment has been affected by resident's health or disability issues this year.</p> <p>OBJECTIVE 4. To increase the number of families in need helped with re-purposed food by 25%. There has, been an overall increase of 20% across our stationary and mobile foodbanks through the year, reflected by the increase in bags of food distributed, following economic hardship brought on by the cost of living crisis. An increase in food supplies helped us to support those in need.</p> <p>OBJECTIVE 5. Increase the number of volunteers completing the Food safety course, enabling them to work across both the Food bank and the Café. We were able to achieve a 10% increase this year as most volunteers have previously completed the course. The café currently remains closed.</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>OBJECTIVE 1. To increase the number of individual donors by 20%. We were not as successful in increasing donors this year, the cost of living crisis may have an ongoing influence here.</p> <p>OBJECTIVE 2. To increase the number of individual fundraiser initiatives by 20%. We successful in procuring a total of £48,435 in grants towards our work from the Post Code lottery (£20,435), Mrs smith & Mount Trust (£3,000) and Lloyds Foundation (£25,000). This was invaluable in allowing us to continue offering our services and paying staff salaries.</p>
Investment performance against objectives	Para 1.41	Not applicable.
Other		

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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	End of year financial position £35,577.78 bank balance. The charity took a 6 month lease payment holiday on one of our properties towards the end of the pandemic. This is being repaid to our partner charity (Green Pastures) over 24 months No other outstanding debts or monies owed to or by the charity.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity's policy is to reach a position where there are sufficient reserves to allow the charity to run for a minimum of 3 -6 months. This includes meeting the cost of staff salaries, property repairs, utilities and budgeting forecast requirements for the coming financial year, including resident support, staff and volunteer re imbursements, training and travel.
Amount of reserves held	Para 1.22	£10,000 included in above amount
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	The Charity remains confident about its continuation as a going concern due to the steady income received from resident's housing benefit (the main source of income at present). The forecast is that homelessness reduction services such as ours will be increasingly in demand as the end of the universal credit support, furlough scheme and the cost of living crisis are set to increase homelessness unless a roust national initiative is set in place to reduce this.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The principle source of funding comes from housing benefit payments for our residents amounting to 56% of income this year. Donations and funding, have made up a further 46.6% of received funds.
Investment policy and objectives including any social investment policy adopted	Para 1.46	The Charity does not adhere to an investment policy at this time.
		Principal risks include a reduction in referrals to the charity, comprising of

A description of the principal risks facing the charity	Para 1.46	individuals who are street homeless, or threatened with street homelessness. A change in policy by local or national government affecting Exempt Accommodation or payment of housing benefit for our residents would also pose a significant risk. Following the end of the pandemic and its associated local government policies, homeless referrals to the charity have exceeded capacity. The present cost of living crisis is likely to increase homelessness. The increase of services will depend on robust staffing and procuring further suitable bed spaces.
Other		

Structure, Governance and Management

Description of charity's trusts:		Not applicable.
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution.
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	Charitable Incorporated Organisation.
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are selected by the Trustee Board.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Induction and training of trustees is carried out through membership of The National Council for Voluntary Organisations (NCVO). Trustees are required to complete the 'Trustee's Role & Responsibilities' course and attend at least one additional course per year, with ongoing refreshers.
		Risk management training is given to all staff & volunteers. Our

The charity's organisational structure and any wider network with which the charity works	Para 1.51	accommodations are risk assessed and carry relevant insurance and safety protocol. Our food banks also have a written risk assessment which is reviewed annually. To accomplish its objectives Fresh Horizons CNB works in collaboration with the following organisations: HOUSING: Firm Foundation Night Shelter, Growth Night Shelter, Salvation Army, CRISIS, Shelter, Refugees at Home, Hope World Wide, Brent SHiPs, Harrow Council, Voluntary Action Harrow and Harrow Churches Together. FOOD BANK: Fareshare (inc Tescos, Asda and smaller independent food stores), Felix Project, City Harvest,
Relationship with any related parties	Para 1.51	Fresh Horizons CNB works closely with Green Pastures, a Charity committed to ending homelessness through collaboration with local churches throughout the UK. We lease our homes from Green pastures for the purpose of re housing the homeless.
Other		

Reference and Administrative details

Charity name	FRESH HORIZONS CNB
Other name the charity uses	N/A
Registered charity number	1167809
Charity's principal address	31A Heather Park Drive, Wembley Middlesex HA0 1SP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	ANDREW LAMBERT	TRUSTEE		TRUSTEE BOARD
2	ATHINA INNEH	TRUSTEE		
3	RAPHEL HEADLAM	TREASURER	5.3.22 to present	
4	GEETA SANDHU	TRUSTEE	4.3.22 to present	
5				
6				

7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

Corporate trustees – names of the directors at the date the report was approved

Director name	N/A	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

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Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Homeless Consultancy	Rose McGowan	31A Heather Park Drive, Wembley. HA01SP

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A	
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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Andrew Lambert	
Position (eg Secretary, Chair, etc)	CHAIR	
Date	13.1.23	



Receipts and payments accounts

For the period from	Period start date 01/01/2022	To	Period end date 31/12/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Housing Benefit - Harrow Council	77,702	-	-	77,702	52,400
Funding & Donations	59,024	-	-	59,024	15,183
Other - i.e. Gift aid, Refunds etc	1,926	-	-	1,926	31,124
Resident's Service Charge	-	-	-	-	1,050
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	138,652	-	-	138,652	99,757
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	138,652	-	-	138,652	99,757
A3 Payments					
COUNCIL TAX	4,048	-	-	4,048	4,181
WATER RATES	881	-	-	881	715
GROSS WAGES & SALARIES	26,575	-	-	26,575	32,724
STAFF & VOLUNTEER TRAINING	1,369	-	-	1,369	313
WEBSITE	686	-	-	686	1,231
LEASE	51,032	-	-	51,032	54,299
INSURANCE (BUILDINGS & GOODS)	944	-	-	947	484
FUNDRAISING	4,603	-	-	4,603	961
TV LICENSE	323	-	-	323	336
GAS & ELECTRIC	3,776	-	-	3,776	2,446
TELEPHONE & BROADBAND	998	-	-	998	919
MOBILE PHONE	87	-	-	87	78
OFFICE ADMIN	455	-	-	455	885
CLIENT SUPPORT	143	-	-	143	393
FOOD BANKS	1,616	-	-	1,616	829
MAINTAINANCE & REPAIRS	8,067	-	-	8,067	12,272
MISCELLANEOUS	1,240	-	-	1,240	-
PROFESSIONAL FEES	589	-	-	589	595
Over payment return to (Harrow Council)	274	-	-	274	-
	107,706	-	-	107,709	113,661
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	107,706	-	-	107,709	113,661
Net of receipts/(payments)	30,946	-	-	30,943	- 13,904
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,677	-	-	5,677	19,581
Cash funds this year end	36,623	-	-	36,620	5,677

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Barclays Bank - Current a/c	36,623	-	-
		-	-	-
		-	-	-
	Total cash funds	36,623	-	-
(agree balances with receipts and payments account(s))		OK	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Raphel Headlam	01/02/2023

The Trustees
Fresh Horizons CNB
31A Heather Park Drive
Wembley, Middlesex
HA0 1SP

Independent examiner's report to the trustees of Fresh Horizons CNB

I report to the trustees on my examination of the accounts of Fresh Horizons CNB for the period 1 January 2022 to 31 December 2022.

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 2011 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.

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.

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.

Yours faithfully,



Ekaete Onipinla
93 Kempe Road, London NW6 6SN
3 February 2023

FRESH HORIZONS CNB

England & Wales - Charity number 1167809

Accounts



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' Annual Report for the period

From: Period start date To 1.1.20

Period end date 31.12.21

Charity name: FRESH HORIZONS CNB

Charity registration number: 1167809

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ol style="list-style-type: none"> 1. The relief of poverty through the provision of accommodation and other amenities and services. 2. To advance the Christian faith in the United Kingdom as the trustees may from time to time think fit. 3. The furtherance of the charitable work of the charity by the advancement of such other charitable purposes as the trustees may from time to time decide.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>Accommodation for the homeless The provision of accommodation for persons previously street homeless and/or under the care of a night shelter. We offer a stable and secure living environment for individuals who find themselves without accommodation. Residents stay with us for a period of six to eighteen months.</p> <p>Faith based Advancing the Christian faith by offering literature, information and opportunity for worship to those interested or sympathetic to the Christian faith.</p> <p>Life skills Support Residents commit to a support programme throughout the duration of their stay. Our program helps to restore life skills & self-confidence. Enabling residents to return to mainstream living, including education, employment and independent living.</p>

		<p>Residents Receive Life skills training. Help accessing educational and employment opportunities. Advice on financial budgeting and overcoming debt. Assistance with accessing health and social care. Guidance in finding community facilities and resources. Support with resettlement into independent accommodation.</p> <p>Food Bank Fresh Horizons CNB runs a weekly stationary food bank and a bi-weekly mobile food bank which complements its work with the homeless. Supplies are provided to residents, families, individuals, churches and other help centres working to reduce food poverty. Supplies are provided by local grocers and food share schemes.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>ACTIVITIES UNDERTAKEN FOR THE PUBLIC BENEFIT</p> <p>The trustees have fully complied with guidance to have due regard to the Public Benefit published by the Charity Commission in executing the duties of the charity.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable.
Policy on social investment including program related investment	Para 1.38	Not applicable.
Contribution made by volunteers	Para 1.38	<p>Volunteer Contribution</p> <p>Volunteer contribution has been invaluable in the running of the charity activities. Over the year 28 volunteers have willingly contributed more than 10,000 man hours, enabling the homeless accommodation and food banks to run successfully. In addition, over this time they have covered over 18,000 miles in their own vehicles to enable the food bank to run and to</p>

		offer help and support to residents. This year, as last year, the Café did not run, in order to adhere to COVID safe practice. Food bags were distributed at the door observing safe social distancing, rather than clients entering the building.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Accommodation: Occupancy rate was 62.5% throughout the year, due to the closure of local night shelters from March onwards. Govt policy required individuals to be directed to local hotels for accommodation. The Council has now recognised Fresh Horizons Supported housing as an important partnership in their homeless strategy. 98% of residents remained with us for at least 1 year before moving on to alternative accommodation. The unusual circumstances during the pandemic meant a higher percentage of our residents were unable to work, or lost jobs, 55% remained in part time work through the year. Accommodation is open to residents of all faiths, previous and present residents are from multi-cultural, multi faith backgrounds. Residents have dwelt harmoniously together. Some have shown a particular interest in the Christian faith, and have stated that reading materials and participation has been beneficial in providing a sense of purpose, focus and calm.</p> <p>Food Banks: Attendees of the local food bank are supplied with up to two shopping bags of food. This year the food bank has distributed 14,340 shopping bags of re-purposed food. Between January Due to COVID restrictions during the year weekly registrations were suspended as clients were not allowed access to the buildings. Recording was restricted to the number of bags distributed only.</p> <p>There are 24 volunteers on our foodbank rota, a mixture of local residents & members from local</p>

		<p>churches - their help has been invaluable. The food bank is supplied with re-purposed food by The Felix Project, City Harvest and Tesco (via Fareshare Food Cloud), as well as local grocers.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>OBJECTIVE 2. To see 40% of residents moved to permanent housing. Movement of residents was once again curtailed this year due to COVID restrictions. We focused on preparing them for independent living and increased autonomy.</p> <p>OBJECTIVE 3. At least 35% of residents entering work or education. Some residents in work at the beginning of the year maintained their employment, but a downturn continued due to the extended effects of the lockdowns. Nevertheless, 55% remained in work.</p> <p>OBJECTIVE 4. To increase the number of families in need helped with re-purposed food by 25%. Due to the changes in recording this year were unable to calculate sub-groups of families by age. There has, however been an increase to use of the foodbank through the year, reflected by the increase in bags of food distributed. following job losses and economic hardship. An increase in food supplies helped us to support those in need.</p> <p>OBJECTIVE 5. Increase the number of volunteers completing the Food safety course, enabling them to work across both the Food bank and the Café. We were able to achieve a 11% increase this year, however, the café remains closed.</p>
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Performance of fundraising activities against objectives set	Para 1.41	<p>OBJECTIVE 1. To increase the number of individual donors by 20%. We were not as successful in increasing donors this year, mainly due to the stagnating effects of the pandemic and associated lockdowns.</p> <p>OBJECTIVE 2. To increase the number of individual fundraiser initiatives by 20%. This proved to be a very challenging year in this area, our target was not achieved due to continued economic uncertainty as the pandemic continued. We were however, successful in procuring £30,230 in grants towards staff salaries via Homeless Link & Harrow Giving during the year. This was invaluable in allowing us to continue offering our service.</p>
Investment performance against objectives	Para 1.41	Not applicable.
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	End of year financial position £5,677 + reserves. No outstanding debts or monies owed to the charity.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity's policy is to ensure sufficient reserves to allow the charity to run for a minimum of 3 -6 months. This includes meeting the cost of property repairs, upgrades and necessary enhancements to our present leased property. In addition, we seek to meet budgeting forecast requirements for the coming financial year, including resident support, staff and volunteer re imbursements, training and travel.
Amount of reserves held	Para 1.22	£5,677
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	The Charity remains confident about its continuation as a going concern due to the steady income received from resident's housing benefit (the main source of income at present). The forecast is that homelessness reduction services such as ours will be increasingly in demand as the end of the universal credit support, and the furlough scheme are set to increase homelessness unless a roust national initiative is in place to reduce this.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The principle source of funding comes from housing benefit payments for our residents amounting to 53.5% of income this year. Donations, including gift aid payments have made up a further 46.2% of received funds.
Investment policy and objectives including any social investment policy adopted	Para 1.46	The Charity does not adhere to an investment policy at this time.
A description of the principal risks facing the charity	Para 1.46	Principal risks include a reduction in referrals to the charity, comprising of individuals who are street homeless, or threatened with street homelessness. A change in policy by local or national government affecting Exempt Accommodation or payment of housing benefit for our residents would also pose

		a significant risk. These risks were increased during the pandemic due to government protocol on accommodating many of the homeless in hotels. However, these measures have now been rescinded. The Charity has weathered the storm and is set on a successful future in continuing to achieve it's aims.
Other		

Structure, Governance and Management

Description of charity's trusts:		Not applicable.
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution.
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation.
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are selected by the Trustee Board.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Induction and training of trustees is carried out through membership of The National Council for Voluntary Organisations (NCVO). Trustees are required to complete the 'Trustee's Role & Responsibilities' course and attend at least one additional course per year, with ongoing refreshers.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Risk management training is given to all staff & volunteers. Our accommodations are risk assessed and carry relevant insurance and safety protocol. Our food banks also have a written risk assessment which is reviewed annually. To accomplish its objectives Fresh Horizons CNB works in collaboration with the following organisations: HOUSING: Firm Foundation Night Shelter, Growth Night Shelter, Salvation Army, CRISIS, Shelter, Refugees at Home, Hope World Wide, Brent SHiPs, Harrow Council, Voluntary Action Harrow and Harrow Churches Together. FOOD BANK: Fareshare (inc Tescos, Asda and smaller independent food stores), Felix Project, City Harvest,
Relationship with any related parties	Para 1.51	Fresh Horizons CNB works closely with Green Pastures, a Charity committed to ending homelessness through collaboration with local churches throughout the UK. We lease our homes from Green pastures for the purpose of re housing the homeless.

Other		
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Reference and Administrative details

Charity name	FRESH HORIZONS CNB
Other name the charity uses	N/A
Registered charity number	1167809
Charity's principal address	31A Heather Park Drive, Wembley Middlesex HA0 1SP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	ANDREW LAMBERT	TRUSTEE		TRUSTEE BOARD
2	DULCETTE LAMBERT	SECRETARY		
3	ATHINA INNEH	TRUSTEE		
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name	N/A	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Homeless Consultancy	Rose McGowan	31A Heather Park Drive, Wembley. HA01SP

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (eg Secretary, Chair, etc)		
Date		



Receipts and payments accounts

For the period from	Period start date 01/12/2020	To	Period end date 31/12/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Housing Benefit - Harrow Council	52,400	-	-	52,400
Residents service charge	1,050	-	-	1,050
Donations	15,183	-	-	15,183
Other i.e gift aid, refunds, etc	31,124	-	-	31,124
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	99,757	-	-	99,757
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	99,757	-	-	99,757
A3 Payments				
Council Tax	4,181	-	-	4,181
Water Rates	3,072	-	-	3,072
Gross Wages & Salaries	30,367	-	-	30,367
Staff & Volunteer Training	313	-	-	313
Website	1,231	-	-	1,231
Lease	54,299	-	-	54,299
Insurance(building and goods)	484	-	-	484
Fund raising	961	-	-	961
TV Licence	336	-	-	336
Gas & Electricity	2,446	-	-	2,446
Telephone and broadband	919	-	-	919
Mobile Phone	78	-	-	78
Office Admin	885	-	-	885
Client support	393	-	-	393
Food Bank	829	-	-	829
Maintainance & repairs	12,272	-	-	12,272
Professional fees	595	-	-	595
Miscellaneous	-	-	-	-
Sub total	113,661	-	-	113,661
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Barclays Bank - Current a/c	5,677	-
		-	-
		-	-
	Total cash funds	5,677	-
	(agree balances with receipts and payments account(s))	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
			-
			-
			-
			-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)
			-
			-
CCXX R3 accounts (SS)	3		17/02/2022

		-
		-

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

A.Inneh	Athina Inneh
<i>Dulcette Lambert</i>	Dulcette Lambert
<i>Andrew Lambert</i>	Andrew Lambert

CC16a



Last year

to the nearest £

126,202
25
1,912
5,132
-
-
-
-
133,271

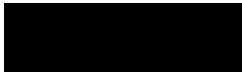
-
-

133,271

3,758
724
22,092
1,196
1,062
70,839
351
2,374
265
1,279
866
150
683
39
2,058
8,780
-
2,195
118,709

5 -

118,709
14,562
-
5,019
19,581



Endowment funds to nearest £

	-
	-
	-
	-

OK

Endowment funds to nearest £

	-
	-
	-
	-
	-
	-

Current value (optional)

	-
	-
	-
	-
	-

Current value (optional)

	-
	-
	-
	-
	-
	-
	-
	-
	-

When due (optional)

7

Date of approval
15/02/2022
15/02/2022
15/02/2022

The Trustees
Fresh Horizons CNB
31A Heather Park Drive
Wembley, Middlesex
HA0 1SP

Independent examiner's report to the trustees of Fresh Horizons CNB

I report to the trustees on my examination of the accounts of Fresh Horizons CNB for the period 1 December 2020 to 31 December 2021.

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 2011 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.

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.

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.

Yours faithfully,



Ekaete Onipinla
93 Kempe Road, London NW6 6SN
10 February 2022

FRESH HORIZONS CNB

England & Wales - Charity number 1167809

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From: Period start date To 1.1.20

Period end date 31.12.20

Charity name: FRESH HORIZONS CNB

Charity registration number: 1167809

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ol style="list-style-type: none"> 1. The relief of poverty through the provision of accommodation and other amenities and services. 2. To advance the Christian faith in the United Kingdom as the trustees may from time to time think fit. 3. The furtherance of the charitable work of the charity by the advancement of such other charitable purposes as the trustees may from time to time decide.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>Accommodation for the homeless The provision of accommodation for persons previously street homeless and/or under the care of a night shelter. We offer a stable and secure living environment for individuals who find themselves without accommodation. Residents stay with us for a period of six to eighteen months.</p> <p>Faith based Advancing the Christian faith by offering literature, information and opportunity for worship to those interested or sympathetic to the Christian faith.</p> <p>Life skills Support Residents commit to a support programme throughout the duration of their stay. Our program helps to restore life skills & self-confidence. Enabling residents to return to mainstream living, including education, employment and independent living.</p>

		<p>Residents Receive Life skills training. Help accessing educational and employment opportunities. Advice on financial budgeting and overcoming debt. Assistance with accessing health and social care. Guidance in finding community facilities and resources. Support with resettlement into independent accommodation.</p> <p>Food Bank Fresh Horizons CNB runs a weekly stationary food bank and a bi-weekly mobile food bank which complements its work with the homeless. Supplies are provided to residents, families, individuals, churches and other help centres working to reduce food poverty. Supplies are provided by local grocers and food share schemes.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>ACTIVITIES UNDERTAKEN FOR THE PUBLIC BENEFIT</p> <p>The trustees have fully complied with guidance to have due regard to the Public Benefit published by the Charity Commission in executing the duties of the charity.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable.
Policy on social investment including program related investment	Para 1.38	Not applicable.
Contribution made by volunteers	Para 1.38	<p>Volunteer Contribution</p> <p>Volunteer contribution has been invaluable in the running of the charity activities. Over the year 34 volunteers have willingly contributed more than 10,300 man hours, enabling the homeless accommodation and food banks to run successfully. In addition, over this time they have covered over 15,000 miles in their own vehicles to enable the food bank to run and to</p>

		offer help and support to residents. This year the Café did not run, in order to adhere to COVID safe practice. Food bags were distributed at the door observing safe social distancing, rather than clients entering the building.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Accommodation: Occupancy rate was 72% throughout the year, due to the closure of local night shelters from March onwards. Govt policy required individuals to be directed to local hotels for accommodation. The Council has now recognised Fresh Horizons Supported housing as an important partnership in their homeless strategy. 95% of residents remained with us for at least 1 year before moving on to alternative accommodation. The unusual circumstances during the pandemic meant a higher percentage of our residents were unable to work, or lost jobs, 40% remained in work through the year. Accommodation is open to residents of all faiths, previous and present residents are from multi-cultural, multi faith backgrounds. Residents have dwelt harmoniously together. Some have shown a particular interest in the Christian faith, and have stated that reading materials and participation has been beneficial in providing a sense of purpose, focus and calm.</p> <p>Food Banks: Attendees of the local food bank are supplied with up to two shopping bags of food. This year the food bank has distributed 13,520 shopping bags of re-purposed food. Between January December 6,240 adults have benefitted from the food bank (an increase of 43% on last year), 2,040 children have been supported with food (up 28.5% on last year). 426 have been between the ages of 0 – 5yrs (up 10.4% on last year). Numbers were not higher simply because of the amount of supplies available.</p>

		<p>There are 30 volunteers on our foodbank rota, a mixture of local residents & members from local churches - their help has been invaluable. The food bank is supplied with re-purposed food by The Felix Project, City Harvest and Tesco (via Fareshare Food Cloud).</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>OBJECTIVE 2. To see 40% of residents moved to permanent housing. Movement of residents was curtailed this year due to COVID restrictions. We focused on preparing them for independent living and increased autonomy.</p> <p>OBJECTIVE 3. At least 35% of residents entering work or education. Some residents in work at the beginning of the year maintained their employment, but March onwards saw a downturn due to the extended effects of the lockdowns. Nevertheless, 40% remained in work.</p> <p>OBJECTIVE 4. To increase the number of families in need helped with re-purposed food by 25%. This year saw an increase in visitors to the foodbank by 44% following job losses and economic hardship. An increase in food supplies helped us to support those in need.</p> <p>OBJECTIVE 5. Increase the number of volunteers completing the Food safety course, enabling them to work across both the Food bank and the Café. We were able to achieve a 15% increase this year, however, the café remains closed.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>OBJECTIVE 1. To increase the number of individual donors by 20%. We were not as successful in increasing donors this year, mainly due to the stagnating effects of the pandemic and associated lockdowns.</p>

		OBJECTIVE 2. To increase the number of individual fundraiser initiatives by 20%. This proved to be a very challenging year in this area, our target was not achieved due to the need for social distancing. However, we are expecting an upturn as the economy returns to normalcy.
Investment performance against objectives	Para 1.41	Not applicable.
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	End of year financial position £26,582 + reserves. No outstanding debts or monies owed to the charity.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity's policy is to ensure sufficient reserves to allow the charity to run for a minimum of 3 -6 months. This includes meeting the cost of property repairs, upgrades and necessary enhancements to our present leased property. In addition, we seek to meet budgeting forecast requirements for the coming financial year, including resident support, staff and volunteer re imbursements, training and travel.
Amount of reserves held	Para 1.22	£19,581
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no present concerns about the charity continuing as a going concern. It has held sufficient reserves to meet its outgoings over the last five years since launching.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The principle source of funding comes from housing benefit payments for our residents amounting to 91.2% of income this year. Donations, including gift aid payments have made up a further 5.1% of received funds.
Investment policy and objectives including any social investment policy adopted	Para 1.46	The Charity does not adhere to an investment policy at this time.
A description of the principal risks facing the charity	Para 1.46	Principal risks include a reduction in referrals to the charity, comprising of individuals who are street homeless, or threatened with street homelessness. A change in policy by local or national government affecting Exempt Accommodation or payment of housing benefit for our residents would also pose a significant risk. These risks were increased during the pandemic due to government protocol on accommodating many of the homeless in hotels. However, the Charity has weathered the storm and is set on a successful future in continuing to achieve it's aims.

Other		

Structure, Governance and Management

Description of charity's trusts:		Not applicable.
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution.
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation.
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are selected by the Trustee Board.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Induction and training of trustees is carried out through membership of The National Council for Voluntary Organisations (NCVO). Trustees are required to complete the 'Trustee's Role & Responsibilities' course and attend at least one additional course per year, with ongoing refreshers.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Risk management training is given to all staff & volunteers. Our accommodations are risk assessed and carry relevant insurance and safety protocol. Our food banks also have a written risk assessment which is reviewed annually. To accomplish its objectives Fresh Horizons CNB works in collaboration with the following organisations: HOUSING: Firm Foundation Night Shelter, Growth Night Shelter, Salvation Army, CRISIS, Shelter, Refugees at Home, Hope World Wide, Brent SHiPs, Harrow Council, Voluntary Action Harrow and Harrow Churches Together. FOOD BANK: Fareshare (inc Tescos, Asda and smaller independent food stores), Felix Project, City Harvest,
Relationship with any related parties	Para 1.51	Fresh Horizons CNB works closely with Green Pastures, a Charity committed to ending homelessness through collaboration with local churches throughout the UK. We lease our homes from Green pastures for the purpose of re housing the homeless.

Other		
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Reference and Administrative details

Charity name	FRESH HORIZONS CNB
Other name the charity uses	N/A
Registered charity number	1167809
Charity's principal address	31A Heather Park Drive, Wembley Middlesex HA0 1SP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	ROSE MCGOWAN	CHAIR		TRUSTEE BOARD
2	JASON EDWARDS	TREASURER		
3	DULCETTE LAMBERT	SECRETARY		
4	ANDREW LAMBERT	TRUSTEE		
5	ATHINA INNEH	TRUSTEE	5.2.20 to present	
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name	N/A	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
N/A		

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A


Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Jason Edwards	
Position (eg Secretary, Chair, etc)	Treasurer	
Date	20.10.21	



Receipts and payments account

For the period from	Period start date 11/30/2019	To
----------------------------	---------------------------------	-----------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
A1 Receipts			
Housing Benefit - Harrow Council	126202	-	-
Residents service charge	25	-	-
Donations	1912	-	-
Other i.e gift aid, refunds, etc	5132	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
Sub total(Gross income for AR)	133,271	-	-
A2 Asset and investment sales, (see table).			
	-	-	-
	-	-	-
Sub total	-	-	-
Total receipts	133,271	-	-
A3 Payments			
Council Tax	3,758	-	-
Water Rates	724	-	-
Gross Wages & Salaries	22,092	-	-
Staff & Volunteer Training	1,196	-	-
Website	1,062	-	-
Lease	70,839	-	-
Insurance(building and goods)	351	-	-
Fund raising	2,374	-	-
TV Licence	265	-	-
Gas & Electricity	1,279	-	-
Telephone and broadband	866	-	-
Mobile Phone	150	-	-
Office Admin	683	-	-
Client support	39	-	-
Food Bank	2,058	-	-
Maintainance & repairs	8,780	-	-
Miscellaneous	2,195	-	-
	-	-	-
Sub total	118,709	-	-

167809

ounts

Period end date
12/01/2020

CC16a



Total funds

Last year

to the nearest £

to the nearest £

126,202
25
1,912
5,132
-
-
-
-
133,271

41,479
1,040
734
8,898
-
-
-
-
52,151

-
-
-

-
-
-

133,271

52,151

3,758
724
22,092
1,196
1,062
70,839
351
2,374
265
1,279
866
150
683
39
2,058
8,780
2,195
-
118,709

2,621
686
7,820
150
57
22,660
281
-
232
3,281
907
73
6
69
1,745
6,378
2,865
-
49,831

A4 Asset and investment purchases, (see table)			
	-	-	-
	-	-	-
Sub total	-	-	-
Total payments	118,709	-	-
Net of receipts/(payments)	14,562	-	-
A5 Transfers between funds	-	-	-
A6 Cash funds last year end	5,019	-	-
Cash funds this year end	19,581	-	-

Section B Statement of assets and liabilities at the end of t

Categories	Details	Unrestricted funds to nearest £
B1 Cash funds	Barclays Bank - Current a/c	19,581
		-
		-
	Total cash funds	19,581
	(agree balances with receipts and payments account(s))	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £
		-
		-
		-
		-
		-
B3 Investment assets	Details	Fund to which asset belongs
B4 Assets retained for the	Details	Fund to which asset belongs
	Office PC	Office

-	
-	
-	-
118,709	49,831
14,562	2,320
-	-
5,019	2,699
19,581	5,019

the period

Restricted funds to nearest £	Endowment funds to nearest £
-	-
-	-
-	-
-	-
OK	OK

Restricted funds to nearest £	Endowment funds to nearest £
-	-
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
349	-

charity's own use

B5 Liabilities

Details

Fund to which liability relates

Signed by one or two trustees on behalf of all the trustees

Signature

Print N

J Edwards

Jason Ec

	-		-
	-		-
	-		-
	-		-
	-		-
	-		-
	-		-
	-		-

**Amount due
(optional)**

**When due
(optional)**

	-		
	-		
	-		
	-		
	-		

Name

Date of approval

dwads	08/31/2021

The Trustees
Fresh Horizons CNB
31A Heather Park Drive
Wembley, Middlesex
HA0 1SP

Independent examiner's report to the trustees of Fresh Horizons CNB

I report to the trustees on my examination of the accounts of Fresh Horizons CNB for the period 31 December 2019 to 31 December 2020.

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 2011 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.

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.

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.

Yours faithfully,



Ekaete Onipinla
93 Kempe Road, London NW6 6SN
20 October 2021