



**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"> <li>1. The relief of poverty through the provision of accommodation and other amenities and services.</li> <li>2. To advance the Christian faith in the United Kingdom as the trustees may from time to time think fit.</li> <li>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.</li> </ol>
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><b>Accommodation for the homeless</b> 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><b>Faith based</b> Advancing the Christian faith by offering literature, information and opportunity for worship to those interested or sympathetic to the Christian faith.</p> <p><b>Life skills Support</b> Residents commit to a support programme throughout the duration of their stay. Our program helps to restore life skills &amp; self-confidence. Enabling residents to return to mainstream living, including education, employment and independent living.</p>

		<p><b>Residents Receive</b>  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><b>Food Bank</b>  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><b>ACTIVITIES UNDERTAKEN FOR THE PUBLIC BENEFIT</b></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	<b>Not applicable.</b>
Policy on social investment including program related investment	Para 1.38	<b>Not applicable.</b>
Contribution made by volunteers	Para 1.38	<p><b>Volunteer Contribution</b></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><b>Accommodation:</b> 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><b>Food Banks:</b> 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 &amp; 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><b>OBJECTIVE 2.</b> To see 45% of residents moved to permanent housing. 50% of residents moved to alternative or permanent accommodation.</p> <p><b>OBJECTIVE 3.</b> 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><b>OBJECTIVE 4.</b> 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><b>OBJECTIVE 5.</b> 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><b>OBJECTIVE 1.</b> 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><b>OBJECTIVE 2.</b> 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 &amp; 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	<b>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.</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>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.</b>
Amount of reserves held	Para 1.22	<b>£10,000 included in above amount</b>
Reasons for holding zero reserves	Para 1.22	<b>N/A</b>
Details of fund materially in deficit	Para 1.24	<b>N/A</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>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.</b>

## 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	<b>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.</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	<b>The Charity does not adhere to an investment policy at this time.</b>
		<b>Principal risks include a reduction in referrals to the charity, comprising of</b>

A description of the principal risks facing the charity	Para 1.46	<b>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.</b>
Other		

## Structure, Governance and Management

Description of charity's trusts:		<b>Not applicable.</b>
Type of governing document ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	<b>Constitution.</b>
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , CIO)	Para 1.25	<b>Charitable Incorporated Organisation.</b>
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	<b>Trustees are selected by the Trustee Board.</b>

### 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 Tesco's, Asda and smaller independent food stores), Felix Project, City Harvest,
Relationship with any related parties	Para 1.51	<b>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.</b>
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				
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20				

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

<b>Director name</b>	N/A	

Name of trustees holding title to property belonging to the charity

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

## 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

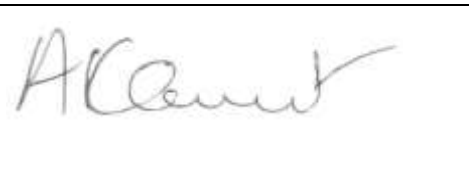
### Other optional information

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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	



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	To	Period end date
	01/01/2022		31/12/2022


### 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 £
<b>A1 Receipts</b>					
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
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>138,652</b>	<b>-</b>	<b>-</b>	<b>138,652</b>	<b>99,757</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>138,652</b>	<b>-</b>	<b>-</b>	<b>138,652</b>	<b>99,757</b>
<b>A3 Payments</b>					
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
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>107,706</b>	<b>-</b>	<b>-</b>	<b>107,709</b>	<b>113,661</b>
<b>Net of receipts/(payments)</b>	<b>30,946</b>	<b>-</b>	<b>-</b>	<b>30,943</b>	<b>- 13,904</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>5,677</b>	<b>-</b>	<b>-</b>	<b>5,677</b>	<b>19,581</b>
<b>Cash funds this year end</b>	<b>36,623</b>	<b>-</b>	<b>-</b>	<b>36,620</b>	<b>5,677</b>

## 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 £
<b>B1 Cash funds</b>	Barclays Bank - Current a/c	36,623	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>36,623</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		Raphael 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