



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	<p>1. The relief of poverty through the provision of accommodation and other amenities and services.</p> <p>2. To advance the Christian faith in the United Kingdom as the trustees may from time to time think fit.</p> <p>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</p>
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</p> <p>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</p> <p>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</p> <p>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</p> <p>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>

		Food Bank 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. Our stationary food bank was complemented by a mobile food bank running weekly for 6 months of this year.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	ACTIVITIES UNDERTAKEN FOR THE PUBLIC BENEFIT 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.

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	Volunteer Contribution 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.
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:</p> <p>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:</p> <p>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's, 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		
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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	
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

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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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	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	
		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