

## HELPING HOUSEHOLDS ANNUAL REPORT 2022

Helping Households Under Great Stress (HHUGS) have been working in the local community for over 18 years, supporting some of the most vulnerable and often forgotten community of the UK.

The charity still works closely with specialists in the sector, partnering up to deliver best practice. As part of the legal structure change HHUGS have actively been working on the process to ensure change management is effective and compliant.

The charity objectives have not changed, but has expanded, to support a wider group of individuals, giving them the right tools and support, ensuring they integrate back in to the community and 'give back'.

'I don't know where I would be without the support of HHUGS, no one else was helping me, when HHUGS came to my help'

The objectives and activities fall in the 4 categories. We aim to ensure these main objectives are met through various activities and support platforms provided by trained staff.

1. Providing funding for education and training
2. Provide advice and counselling
3. Relief of financial hardship

At HHUGS we know that many families feel embarrassed, shy and reluctant to seek help for what seems like small, everyday necessities that were once so easily acquired. Because we realise the importance of preserving dignity, we start our help at the core of each household. We want them to live as normal a life as possible and therefore dedicate a significant amount of our support to catering for every day needs and necessities.

To lighten the load, we provide financial support in the form of shopping vouchers, post office utility bill cards, postal orders to maintain a loved one in prison (where prisoners are not convicted), food packs, direct payments to cover the costs of utility bills and rent, gifts of furniture, bedding, clothing, fuel, legal fees, phone bills, and other household expenditures, transportation costs, full-time carers, tuition fees and debt repayment.

Our financial support is tailored to suit the specific needs of the individual beneficiary. Examples have included bus fares allowing a detainee on house arrest to reach the mosque in time for Friday prayer, phone cards to contact family abroad and a Moses basket for an expectant mother denied access to her belongings stored over 200 miles away. In addition to direct financial help

HHUGS also provided household help and food rotas for families under extra strain from pregnancy, post-child birth, bereavements or court hearings. Living without the most basic of necessities can threaten to strip anyone of their independence and self-worth. At HHUGS we seek to eliminate the humiliation that is often felt by many families struggling to survive. Our aim is to restore and preserve dignity through core support

## **Financial Relief**

The burden of an outstanding debt or additional financial cost can be overbearing for a mother carrying the new found responsibility of single-handedly supporting her household. On top of this, some families may have suddenly been denied access to their bank accounts, including all savings. In other cases, as foreign nationals who have only recently settled in the UK, families have limited access to state welfare. In all cases, families face financial difficulty and struggle to cover the cost of living. Fully aware of the strain such financial burdens can cause to an already fragile family, HHUGS strives to relieve the financial worries of families by taking over their duty of supporting and visiting a loved one in prison, cover rent and food bills or repaying their debts and arrears.

“HHUGS stepped in when no-one else would. They provided financial support when I had nothing and no-one. They helped me get back on my own two feet by getting me onto a skills based course so I could work again. HHUGS helped restore my faith in people.”

## **Ramadan**

The absence of a loved one is not felt more so than at times of family and religious celebration. During the holy month of Ramadan, the annual Islamic month of fasting ending with a festival called Eid al-Fitr, our families can become increasingly lonely, isolated and depressed.

At HHUGS we want to lighten Ramadan, reviving the spirit of our families during this joyous month. As such, we provided food packs this year containing all the essentials needed for a healthy and nutritious Ramadan, food vouchers, a supply of dates to last the entire month, gift packs for children containing activities and sweets, and vouchers for our families to purchase gifts for Eid al-Fitr.

## **Mentoring Scheme**

We are currently working with almost 750 individuals, more than 40% of those are young people. HHUGS have developed a pilot mentoring scheme which aims to enable our young people and the new generation to be empowered and determined to succeed in life with the relevant support.



Mentoring is a very personal and informal tool which can support young beneficiaries to deal with challenges they face on account of arrests, raids, and detention of a loved one. What matters most is that people are there to listen to you in your hour of need and offer sound advice at your most vulnerable. Back to school campaign HHUGS have provided school uniforms to almost 50 children in our first year. Last year this had increased with various other support areas which is an integral part of their personal development, but also in the wider community.

**Back to school**

A troublingly high number of children from the country's poorest families frequently report bullying, because of their embarrassment over not being able to afford key elements of school uniform. Some even suffer the humiliation of being sent home for wearing ‘incorrect’ attire. This results in the sadness of a family, broken and ostracised. The pain of bullying from the previous school year can further increase. Following our support, 100% of HHUGS families who received Back to School support last year, said it restored their dignity and reduced their worry and stress. 83% of these families expressed that your

Back to School gifts helped them financially, enabled them to stay out of debt and improved the quality of their lives. “I was able to buy all the correct uniform, shoes, PE kit, and stationery. The support from HHUGS took all the burden off my shoulders. My daughter is happy and her confidence in her school work has improved. Alhamdulillah.”- Beneficiary in receipt of the Back to School support. Financial review The Trustees are satisfied the with the results of the Charity .

**Other aims:**

Considering the expansion and change management, HHUGS have other areas of focus including the above.

Some of the forecasted plans are to work in other areas to ensure the beneficiaries are job ready but also have the tools to be self employment. Through some of the partnership, HHUGS will also aim to work in the following, which will be incorporated within the CIO:

**LEGACIES-** HHUGS have a clear structure to expand services by providing a will writing service through partnership of one of the leading legacy and will writing services around.

**SOCIAL ENTERPRISE-**HHUGS have joined forces with some of the biggest traders worldwide, who will be working with HHUGS to deliver services for the UK, which will be regenerated back in to the charity to meet objectives

Summary of the purposes of the charity as set out in its	<b>Create a platform to support families who have been impacted by counter terror laws within the UK, with financial, emotional and pastoral</b>
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governing document	<b>support. This will be managed by specialist staff who will partner and team up to deliver services.</b>
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.	<ul style="list-style-type: none"> <li>• <b>Counselling- To provide the right tools and support to ensure families are able to manage traumas</b></li> <li>• <b>Financial support- To support with living needs, basic necessities such as daily survival products, food and clothing</b></li> <li>• <b>Events- To ensure they are integrated with the wider community where appropriate.</b></li> </ul>

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	<b>The Trustees understand their obligations and have regular training on changes and/or updates to the delivery in line with the Charity Commission guidelines.</b>
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### **Additional information**

Policy on grant making	<b>Grant making policy updated annually by the board of trustees and earlier where appropriate or legislation changes.</b>
Policy on social investment including program related investment	<b>This is part of the grant making and donation policy which is updated each year or earlier where appropriate.</b>
Contribution made by volunteers	<b>This is part of the grant making and donation policy which is updated each year or earlier where appropriate.</b>
Other	<b>Donation policy available, to ensure best practice for donors, supporters and staff alike where appropriate for clarity and transparency</b>

### **Achievements and Performance**

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	<b>Currently not running as a CIO charity and managing the structure of the charity and the governance before using this platform to deliver services.</b>

as a whole.	
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	<b>Donations from the public</b>
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The charity's principal sources of funds (including any fundraising)	<b>Community fundraising-Not started Corporate fundraising-Not started Social enterprise-Not started Legacies-Not started Trusts and Foundations-Not started</b>
Investment policy and objectives including any social investment policy adopted	<b>Finalising an investment and social enterprise policy to meet the needs of the commission before proceeding to deliver services.</b>
A description of the principal risks facing the charity	<b>Families who are impacted by terror laws are often ostracised from the community and shone. They face the hardship of the local community at times.</b>

## Structure, Governance and Management

Type of governing document (trust deed, royal charter)	<b>Trust deed provided</b>
How is the charity constituted? (e.g unincorporated association, CIO)	<b>CIO</b>

### Additional information

Policies and procedures adopted for the induction and training of trustees	<ul style="list-style-type: none"> <li>• <b>Safeguarding vulnerable adults and children</b></li> <li>• <b>Grant making policy</b></li> <li>• <b>Donation policy</b></li> <li>• <b>HR management</b></li> <li>• <b>Risk Assessment</b></li> </ul>
The charity's organisational structure and any wider network with which the charity works	<b>CIO</b>

## Reference and Administrative details

Charity name	HELPING HOUSEHOLDS UNDER GREAT STRESS
Other name the charity uses	HHUGS

Registered charity	1172158
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number	
Charity's principal address	HHUGS, 43 Berkeley Square, 4th Floor, London, W1J 5FJ

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	Adnan Aly	HHUGS, 43 Berkeley Square, 4th Floor, London, W1J 5FJ	2006	N/A
2	Junade Zakir	HHUGS, 43 Berkeley Square, 4th Floor, London, W1J 5FJ	May 2017	N/A
3	Fahad Qureshi	HHUGS, 43 Berkeley Square,	May 2016	N/A
<b>Declarations</b>				
The trustees declare that they have approved the trustees' report				

above. Signed on behalf of the charity's trustees

Signature(s)

A, ALY	
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Full name(s)

ADNAN ALY	
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Position  
(eg Secretary,  
Chair, etc)

CHAIR	
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Date 01-01-2023

Income and Expenditure Accounts

HHUGS

Turnover

General Donation	0.00	0.00	0.00
Gift Aid	0.00	0.00	0.00
Grant income	0.00	0.00	0.00
Standing Order / DD	0.00	0.00	0.00
Zakaat Donation	0.00	0.00	0.00

<b>Total Turnover</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
		<b>0</b>	

## Beneficiary Costs

Carers	0.00	0.00	0.00
Eid Gifts	0.00	0.00	0.00
Food / Food Packs	0.00	0.00	0.00
Living Expense - Other	0.00	0.00	0.00
Other Financial Support	0.00	0.00	0.00
Postal Orders	0.00	0.00	0.00
Prison Visits	0.00	0.00	0.00
Rent (Beneficiary)	0.00	0.00	0.00
Shopping Vouchers	0.00	0.00	0.00
Social Recreational Programme	0.00	0.00	0.00
Transport	0.00	0.00	0.00
Utility Bills	0.00	0.00	0.00
<b>Total Beneficiary Costs</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
		<b>0</b>	

## Administrative Costs

Accountancy and audit fees	0.00		
Advertising/Marketing	0.00		
Audit & Accountancy fees	0.00		
Bank Charges	0.00		
Consultancy	0.00		
Donor Stewardship	0.00		
Electricity	0.00		
Employers National Insurance	0.00		
Fundraising Costs	0.00		
Goodwill Gesture	0.00		
IT	0.00		
Mobiles	0.00		
Pensions Costs	0.00		
Postage and Carriage	0.00		
PR (Literature & Brochures)	0.00		
Premises Expenses			
Salaries			
Staff Training			
Stationary			
Subscriptions			
Telephone (Office)			
<b>Total Administrative Costs</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
		<b>0</b>	