

Annual Report

2023/24



Heath Hands
The Dairy, Kenwood House, Hampstead Lane, London, NW3 7JN

Registered charity no: 1173419

Trustees

Rachel Chapman (Chair)

Merlin Fox (Deputy Chair), Sarah Williams (Treasurer)

Volunteer Representatives: Stuart Clark, Andrew Morgan, John Arnoldi, Liz Andrew, Susie Gorney

Co-optee: Jeremy Simons

Ex-officio: Emily Hills (EH), Bill LoSasso and William Upton (CoLC), Jeff Waage (Heath & Hampstead Society)

Projects and Volunteer Manager: Colin Houston

Programme Manager: Karin Oleinikova

Bankers: Lloyds Bank, Virgin Money, United Trust Bank

Independent Examiner: Simon Erskine FCA FCIE DChA

Heath Hands is a charitable incorporated organisation (CIO), governed by its Trustees, all of whom are appointed by members in General Meetings. The Trustees herewith submit their Annual Report including independently examined financial report for the year ended 31st March 2024. The Trustees employ staff to administer the charity's operations and membership is open to those who register and contribute to our charitable activities.

Heath Hands works in partnership with the City of London Corporation (CoLC) and English Heritage (EH).

The trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that appropriate procedures are in place to manage those risks.

Objects of Heath Hands

To help, engaging volunteers, to conserve, protect and enhance Hampstead Heath, the Kenwood Estate, Highgate Wood, Keats House and such other areas as the charity trustees may determine from time to time (the "Relevant Open Spaces");

To advance education in conserving, protecting and enhancing the environment of the Relevant Open Spaces for the benefit of the members of the CIO and for the benefit of the public at large, and

To help the bodies responsible for the Relevant Open Spaces to provide facilities in the interests of social welfare for recreation and leisure time occupation by the members of the CIO and the public at large with the object of improving their conditions of life.

Structure, governance and management

At each AGM of the CIO, the members elect from amongst themselves charity trustees that hold office from the conclusion of that meeting.

The Chair of the Hampstead Heath Management Committee and Superintendent of Hampstead Heath are trustees, while English Heritage and the Heath and Hampstead Society may appoint a trustee.

Main activities in relation to those purposes for the public benefit

Heath Hands delivers a range of programmes across our open spaces as detailed in our strategy. Our strategic aims focus on Conservation, Community, Learning and Wellbeing and we're involved with practical conservation and estate maintenance, ecological monitoring, wildlife interpretation and community engagement. We work with our partners to get people involved regardless of background or ability and deliver over 600 volunteer and community sessions across Hampstead Heath, Kenwood Estate and nearby green spaces each year.

Alongside our adult programmes, our youth, work experience and Heath Friendly Schools activities encourage young people to get involved in nature conservation. These complement our community engagement and outreach work, which supports underrepresented people and those with disabilities.

Heath Hands trustees have given regard to the Charity Commission's guidance on public benefit.

Main achievements of the charity

We are a conservation and community organisation with a dedicated staff team and membership of over 250 people. Since Heath Hands was founded in 1999 our volunteers have contributed over 175,000 hours to the conservation of our green spaces: Hampstead Heath, Kenwood Estate, Keats House and Highgate Wood. We deliver up to 20 volunteer and community activities per week and support many thousands of people taking part each year. These are people of all ages and backgrounds, and we help to improve our participant's health and wellbeing. Our volunteers contribute over 15,000 hours per year to our green spaces.

Impact on participants

Our annual members' survey demonstrates that our programmes are important for our participants' wellbeing, for the community and to increase people's knowledge of nature and the environment:

- 98% of our volunteers agree that participating in our activities improves their health and wellbeing
- 92% find our activities important for their mental health
- 97% agree that our activities benefit the local community
- 94% feel that their knowledge of nature on Hampstead Heath has increased as a result of our activities
- The comments on what people enjoy about Heath Hands highlight the importance of the social connections and time spent in nature on the Heath.



What our members enjoy most about Heath Hands

Highlights for 2023-24

Over **15,750 hours contributed by volunteers** and more than 8,500 participants across our public activity programmes

More than **500 volunteer sessions** delivered, with an active membership of over 250

Heath Hands staff deliver over 400 activities and sessions across our green spaces

- More than 1,000 school **children** take part and we deliver our first school **work experience week**
- Around 3,000 public engagements at **interpretation** sessions; the **Dairy Interpretation Centre** opened weekly through Summer with some 2,200 visitors
- **Youth programmes** grow and successful **Youth Wellbeing project** provides therapeutic activities
- Busy **wildlife monitoring** year with reptile, butterfly, dragonfly surveys and Nature's Calendar phenology project (with London Natural History Society (LNHS))
- Over 50 **corporate volunteering** events delivered this year, with more than 750 people taking part,
- Guided **nature walks** popular once again, with sold-out summer bat walks, and walks on birds, bugs, the historic landscape Kenwood Estate, River Fleet, trees and butterflies.
- Large public **events** delivered: Little Amal visit in April, Community Fun day in June, Seethrough Carnival in September and Conker Championships in October
- Popular programme of **festive** activities, with additional **family** provision during school holidays attracting new audiences to the green spaces
- Busy year for **community engagement and wellbeing** activities, taking over delivery of the Heath's Health Walks, and over 2,500 people participating in these programmes.
- A growing team of dedicated staff help support our volunteers, members and community participants

2024 marks the **25th anniversary** of our charity's founding, and new partnership agreements are being agreed with the City of London Corporation and English Heritage.



Aim: Conservation - key impacts

Over the past year, Heath Hands has:

- Created a **new wildflower meadow** near the Hive and worked to enhance the Sparrow Site meadow
- Planted over **200m of native hedgerows** around the Parliament Hill area; and worked on significant restoration of mature hedgerows
- Continued enhancing the **Savernake Road entrance** to the Heath as a wildlife corridor
- Taken part in a conservation grazing project on the Extension in collaboration with other groups to improve an area of acid grassland
- Launched our Hedgehog Friendly Heath project to help conserve this iconic species, carrying out dozens of practical conservation sessions, installing and checking over 30 hedgehog boxes across the Heath and working with community groups and schools around the fringes of the Heath on wildlife connectivity.

Aim: Conservation (Heath Hands staff-led activities)

Conservation and gardens

Volunteers undertake 17 **sessions around Parliament Hill** assisting with path maintenance, litter picking, hedgerow and meadow management and more. Youth conservation volunteering sessions based around Hive.

Focus on **litter picking** and meadow management over summer to support CoLC Ranger teams; **hedge** conservation and planting during Autumn and Winter.

Popular sessions at **Whitestone Garden** with landscaping and general maintenance. New heathland area created in Autumn 2023.

Increased maintenance with several events and schools now using the **Old Orchard Garden** on a regular basis, regeneration of play and natural features (e.g. willow tunnel), hedgerow management and general maintenance.

Savernake Road bridge and Hive area

Work continues on developing the **Savernake Road Bridge** and places around the **Hive** as wildlife friendly areas and green corridors. Wildflower meadows, native hedgerows, a heathland area all created and maintained and signage and interpretation boards help engage visitors.

New wildflower meadow in collaboration with Big City Butterflies very popular with the public (and butterflies!). Large adjacent grass areas planted with bulbs in Autumn 2023. **New hedge planting** Autumn-Winter 2023 with trees from CPRE.



Corporate Volunteering

53 companies undertook volunteering, with over 775 participants contributing over 1,800 hours of volunteering effort.

A range of tasks completed including fence line maintenance, litter picking, invasive species control, reptile and hedgehog conservation, path clearance and wildlife-friendly gardening.

Youth Programmes

Regular **youth volunteering sessions** run successfully from the Hive contributing nearly 400 hours of volunteering during term time and engaging young people in conservation.

Completion of **successful 'InYouth'** project working with young people who struggle with school attendance and handover to CoLC learning team. First school **work experience** week in July 2023.

Wildlife monitoring

Record levels of **wildlife monitoring** this year (over 1500 volunteer hours contributed).

Collaborating with CoLC Ecologist, LNHS and others - we have coordinated 4 reptile transects and 2 butterfly transects, extending monitoring to Kenwood Estate. Nature calendar plant monitoring project running since January 2023 and expanding to 3 transects in 2024 and dragonfly monitoring developing this year, with many new volunteers involved.

Development of **Hedgehog Friendly Heath** project, working to educate local community and increase wildlife connectivity for hedgehogs - 11 school sessions, 11 community engagement events, new hedgehog first aid protocols, monitoring and conservation initiatives.

City of London and English Heritage Teams

Highgate Wood

Weekly conservation sessions run outside of bird nesting season, with each Tuesday oversubscribed and 365 hours contributed.

Ran a stall, litter picking and interpretation session at Highgate Wood Heritage Day.

Ranger and Conservation teams

Conservation Team run sessions on Wednesdays and Saturdays. 2,129 hours contributed since April, across 119 sessions

Collaboration with Heath and Hampstead Society, Mudchute City Farm, CoLC Ecologist and Ranger teams on sheep grazing project at Heath Extension.



Golders Hill Park and Hill Garden

Regular sessions working up to three times a week - 685 hours contributed at Golders Hill Park and 1310 at the Hill Garden working with the Garden Team over 131 sessions at both sites combined.

Apprentice Gardeners have been helping lead sessions, with new Friday sessions helping their development.

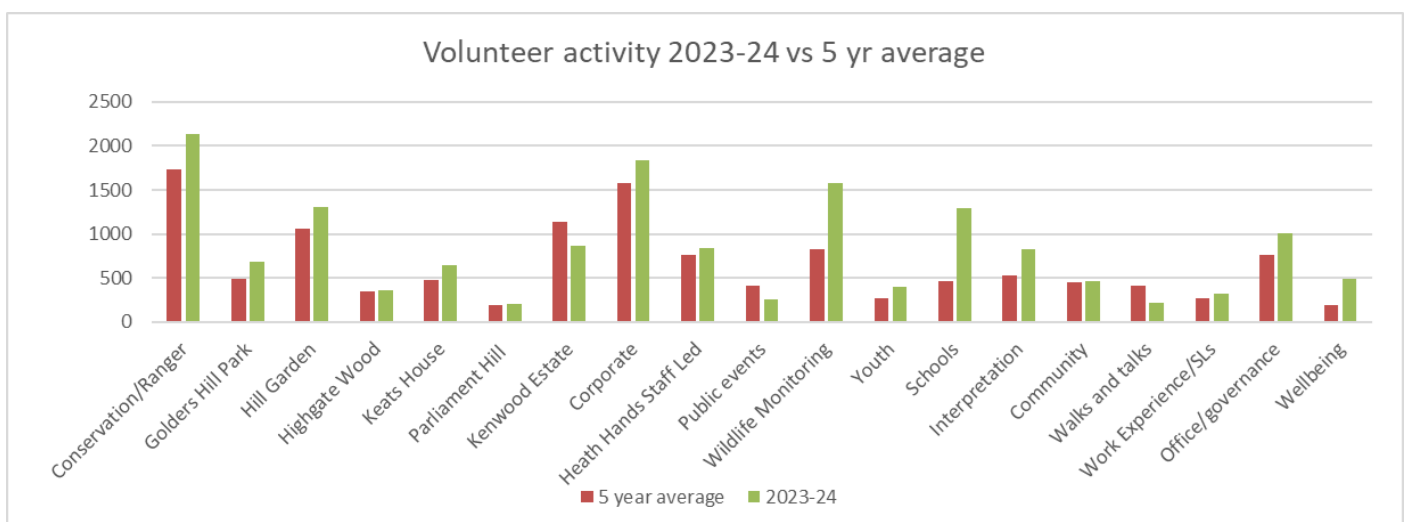
Several sessions run in Golders Hill Park zoo to help the Keepers.

Keats House

Dedicated team of volunteers contribute 667 hours at 47 sessions to help maintain the Keats House grounds, supporting the Head Gardener.

Kenwood Estate

Twice-weekly sessions have volunteers working at locations across Kenwood - 866 hours contributed so far this year across 64 sessions - a slight decrease from previous years, in particular due to the winter cancellation of afternoon sessions.



Aim: Community

74 dedicated **community outreach** activities with local organisations since April, with around 2,700 participants

Community newsletter reaching over 250 organisations locally and across London

Ongoing partnerships with Umoja (African) Health Forum, Queens Crescent Community Association (QCCA) for wellbeing and family sessions on the Heath with groups from BAME communities. Continued **joint working** with wide range of organisations, including Kentish Town City Farm, Barnet Mencap, Camden Carers for disability inclusion and for older people support.

Links with **new organisations** this year: New Citizen Gateway (teen refugees), Prospex (youth centre), Elfrida Rathbone (SEN school)

Little Amal visit to Hampstead Heath in April and **Community Fun Day** in June , with over 1,500 participants. Music from local musicians and a Bengali band, nature activities, visit of Mayor of Camden and we hosted Seethrough Theatre's inclusive **Carnivall** in September.



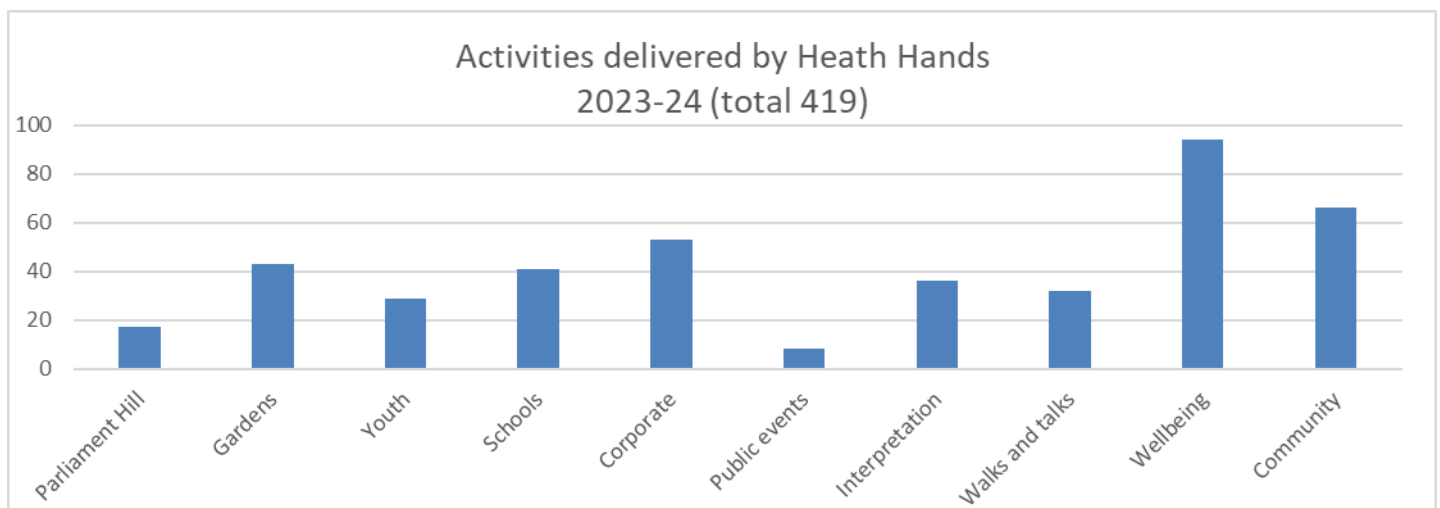
Aim: Wellbeing

12 Mindfulness and mental health wellbeing sessions delivered, with over 80 participants

Social Prescribing: new activities focusing on those with poor mental health in partnership with Mind in Camden and sheltered housing group. Visits organised with UCL / Royal Free medical students.

21 individuals with additional needs supported into beneficial activities across the green spaces.

Ongoing walking programmes - weekly health walks with our walk leaders with new weekly walk added March 2024, family/community walks, women-only Nordic walks with QCCA.



Aim: Learning

Interpretation (WaHH)

Over **2,900 public engagements at 39 weekend activity sessions**. Running multiple activities each month on the Heath, plus participation in community events, Highgate Wood, Kenwood (Dairy) and street parties off the Heath.

New nature interpretation centre at the Dairy opened! Open once a week on average throughout the year, with schedule varying by season. Over 2,200 visitors at the Dairy Centre.

4 nature outreach sessions delivered for young people at Kentish Town City Farm.

Walks and talks

32 walks, talks and workshops this year, with bat walks particularly popular. Other topics including bugs, the River Fleet, history, birds and the Kenwood Estate.

Very popular festive programme running in December .

Return of member outings with visits to Stephen's Garden, Hackney Wick and Brompton Cemetery.



Work Experience

Work experience trainee (Jay) worked with us this year, focusing on office tasks, interpretation and helping open the Dairy.

7 volunteer Session Leaders regularly helping us lead community, youth and school sessions.

First school **work experience** week delivered in partnership with Acland Burghley school to provide more opportunities to discover the environmental sector as a career path.

Heath Friendly Schools

41 school sessions and outings delivered, involving **over 1000 children** and contributing 1,295 volunteer hours. Successful fundraising initiatives and multiple visits to school assemblies and clubs.

20 schools now members including: Brookfield, Heathside, South Hampstead High School, Highgate School, the Village School, St Margarets, CFBL, Gospel Oak, Fleet, Hampstead Hill, Swiss Cottage, UCS, Christchurch, St Anthony's and Abacus.

Supporting special educational needs **(SEN) projects** to use Old Orchard Garden every week and weekly activities with Swiss Cottage Special Needs school and working with Camden DofE to support their expedition preparation.

2023-24 Financial review

Total cash funds at the end of the period were £74,288 with £65,663 held in deposit accounts.

The charity's principal sources of income are donations, retail sales, grant funding, corporate volunteering plus the benefits in kind set out in the Notes to the Accounts. Total receipts for the period were £120,392.

Total payments for the period were £138,161 and included payroll, catering, events, office expenses, volunteer uniform and equipment, insurance and training.

Statement on reserves

The trustees of Heath Hands employ a prudent approach in terms of financial management, retaining a fairly large reserve against risk, but spending a proportion of the reserves on beneficial projects that enhance our green spaces in line with our charitable objectives and Strategic Plan. The reserves were generated from a variety of sources including a major legacy left by our founder Bobby de Joia.

Heath Hands will retain reserves to cover 12 months of core operational costs for the charity, this has increased to around £60,000 due to the increased growth of the charity. Financial unrestricted reserves on 31st March 2024 were £70,443.

Signed on behalf of the Trustees



Rachel Chapman, Chair - 19th June 2024

Heath Hands Annual Accounts

For the year ended 31 March 2024

Account	2023/24 to 31 March Restricted	2023/24 to 31 March Unrestricted	2023/24 to 31 March TOTAL	2022/23 TOTAL
Receipts	£	£	£	£
Interest Income	-	2,734	2,734	883
Merchandise	-	5,464	5,464	4,707
Donations	-	15,310	15,310	14,580
Friends	-	3,345	3,345	2,441
Heath Friendly Schools	-	8,440	8,440	6,407
Events and Venue Hire	-	5,913	5,913	3,785
Wildlife adoptions	-	2,550	2,550	1,431
Gift Aid	-	2,322	2,322	1,902
Corporate Volunteering	-	42,046	42,046	29,761
Grants	31,608	-	32,268	55,920
Total Receipts	31,608	88,124	120,392	121,817
Payments				
Catering and events	142	3,693	3,836	4,464
Transportation	-	3,145	3,145	6,483
Insurance	-	1,439	1,439	1,290
Office expenses	53	10,143	10,197	15,983
Tools and equipment	1,745	5,604	7,349	8,858
Training	2,407	5,034	7,441	5,783
Volunteer Expenses	441	485	926	500
PPE/ Uniform	362	4,388	4,750	3,587
Buildings and Rates	-	6,012	6,012	4,456
Pensions Costs	-	1,416	1,416	1,370
Salaries	29,655	61,337	91,652	70,012
Total Payments	34,805	102,696	138,161	122,787
Surplus (deficit)	(3,197)	(14,572)	(17,769)	(970)
Transfers	111	(111)	-	-
Surplus (deficit) after transfers	(3,086)	(14,683)	(17,769)	(970)
Cash funds last year end	6,931	85,126	92,056	93,026
Cash funds this year end	3,845	70,443	74,288	92,056

Heath Hands Statement of assets and liabilities as at 31/03/2024

Bank balances

	2024	2023
Lloyds Cash	£9,070	£12,330
United Trust Savings	£62,868	£80,152
Virgin Money Savings	£2,795	£2,760
Credit card payable	(445)	(3186)
TOTAL	<u>£74,288</u>	<u>£92,056</u>

Other assets

Equipment, stock and PPE	£16,245
ATV vehicle	<u>£13,400</u>
TOTAL	<u>£29,645</u>

Liabilities

PAYE due for Feb-Mar 2024	£1,740
Account examination fee	£1,300
Rent on Dairy for April 2024-March 2025	<u>£3,600</u>
TOTAL	<u>£6,640</u>

Notes to accounts:

1. The full-time Projects and Volunteer Manager is seconded from the City of London Corporation which meets all their costs.
2. Heath Hands occupies the Hive, Hampstead Heath, courtesy of the City of London Corporation.
3. Grants received in 2023-24: The National Lottery Awards for all (£10,000), Aviva / BA community fund crowdfunders (£8,458), London Catalyst (£3,000), Camden Giving (£2,000), John Lyon's Charity (£2,000), Walking and Cycling Grants London (£1,500), CPRE (£1,000), Camden Festival Grant (£400)
4. Transfers represent the short-fall in funding of completed projects which has been met from Unrestricted funds.
5. Donations include Co-counsel in memory of Peter Usborne (£5,000), Kenwood Walking Group (£420).

Signed on behalf of the Trustees



Sarah Williams, Treasurer - 19th June 2024

Independent examiner's report on the accounts

Report to the trustees of Heath Hands, registered charity no. 1173419, on the accounts for the year ended 31/03/2024 set out on the preceding two pages.

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended.

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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 19/06/2024

Simon Erskine FCA FCIE DChA
61 Mortimer Road
London
NW10 5QR

Heath Hands

The Dairy
Kenwood House, Hampstead Lane
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NW3 7JN